



As a breast cancer survivor, Debbie Gaugler, a nurse at JMHC, advocates for regular mammogram screenings.

Surviving breast cancer journey

A nurse at Jacobson Memorial Hospital Care Center for 44 years, Debbie Gaugler stepped away from her job for nine months last year to become a patient herself – and a breast cancer survivor.

“All the years I was in nursing, I had to think, ‘Now it’s me. Now it’s my turn,’” she says.

An advocate of regular mammogram screenings, Debbie accidentally

discovered a lump in her breast Jan. 4, 2018. That accidental discovery between mammograms also solidifies the importance of monthly self-exams.

“I always have been very faithful having my annual checkups,” she says. “Lo and behold, I happened to find this in January. Of course, you’re very unsettled.”

Visits with a provider, another mammogram and a needle biopsy resulted

in a call from her provider, telling her she would need to see a surgeon.

“I wanted to drop the phone. ... I couldn’t even think straight. It was upsetting, to say the least,” she says.

Debbie was diagnosed with Stage 2, Grade 3 breast cancer, with a pea-size tumor in her right breast, but her surgeon was upbeat.

“‘You’ll be fine,’ he said. I’ll never

continued on next page

JMHCC Lifelines • Fall 2019

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INSIDE:

Mammo Day & Women’s Way	3
Opioid dependence treatment.....	4
Annual meeting highlights	8
Care close to home	10
Cardiac rehab now available	11
And more	



DEBBIE GAUGLER: from page 1

forget his words. He said, ‘We’re going to rock and roll through this,’” she remembers him saying.

As she began her journey, Debbie also underwent genetic testing.

She tested negative for the BRCA (an abbreviation for “BREast CANcer”) gene, which is a blood or saliva test that uses DNA analysis to identify mutations in either of two breast cancer susceptibility genes – BRCA1 and BRCA2. Those gene mutations indicate a higher risk of developing certain types of cancers.

Every human has both the BRCA1 and BRCA2 genes, according to the National Breast Cancer Foundation.

“Despite what their names might suggest, BRCA genes do not cause breast cancer. In fact, these genes normally play a big role in preventing breast cancer. They help repair DNA breaks that can lead to cancer and the uncontrolled growth of tumors. Because of this, the BRCA genes are known as tumor suppressor genes,” the Foundation states. “When a gene becomes altered or broken, it doesn’t

function correctly. This is called a gene mutation.”

People who inherit mutations in the BRCA genes are at an increased risk of developing breast and ovarian cancer compared to the general population. The carrier of the mutated gene can also pass a gene mutation down to his or her offspring.

Debbie’s initial treatment included surgical removal of lymph nodes, after which she developed an infection which had to be treated before she started chemotherapy. She turned to JMHCC for local care of the infection.

“That was very good care I got here,” she says.

In March 2018, she started chemotherapy in Bismarck, making weekly visits each Tuesday for the treatments, accompanied by her husband, Richard, and a fellow longtime nurse, Marcy Haase.

Early in the treatments, Debbie lost her long, dark hair. As it began to fall out in clumps, she decided to shave her head herself, which she describes a traumatizing.

“That was part of my identity was

my long hair,” she says.

Debbie rang the bell following her last treatment on July 31, 2018.

But Debbie’s journey continued, as she also underwent a bilateral mastectomy in September 2018, removing her right breast.

“It went well. I was scared, but it went well,” she says. “My recovery went pretty good.”

“You just go through all these steps and emotions and somehow you get through them, but I had a very good support system,” she says. “And the good Lord was right there with me, very much so.”

During her treatment, Debbie was away from work from Feb. 24 through Nov. 13, 2018, but she found great support from JMHCC and her co-workers.

“I had a very good support system,” she says.

“My sick time was built up. I had a lot of PTO (paid time off), and they were very good helping me out that way,” she says of JMHCC.

“You wanted to feel like you were

continued on page 6

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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.

Mammo Day & Women's Way event

Jacobson Memorial Hospital Care Center in Elgin is inviting you to a special event from 10 a.m. to 3 p.m. MT on Saturday, Nov. 23, at the Elgin Community Clinic. On that day, the mobile mammography unit will be at the clinic to provide mammograms to those who are due for a screening.

Coupled with this service, representatives from Custer Health *Women's Way* will be at the clinic to help enroll eligible women in *Women's Way* to help pay for their mammogram that day! You may also enroll beforehand by calling Custer Health at 888-667-3370.

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

Those who are due or past due for a mammogram are encouraged to take advantage of this special event, because your health is important!

"JMHCC, in partnership with Custer Health *Women's Way*, have developed this event to not only raise awareness about the importance of a regular mammogram, but to help those who

Mammo Day & Women's Way

 **Saturday, Nov. 23**
10 a.m.-3 p.m. MT

 **Elgin Community Clinic**
603 East St. N., Elgin

**Early detection is
your best protection!**

Women's Way may be able to cover the mammogram cost for eligible women.

Custer Health *Women's Way* representatives will be at the clinic to help enroll eligible women that day, or you may call 888-667-3370 beforehand, to see if you are eligible.



During this special event, the mobile mammography unit will be at the clinic.

Please make your mammogram appointment beforehand:
Call 701-584-3338

A partner event of:



are eligible to enroll in *Women's Way*," said JMHCC Director of Nursing TyAwna Ackerman.

"We are excited to partner with Jacobson Memorial to increase access to mammography and identify women who may benefit from *Women's Way*," said Becky Bailey, *Women's Way* local coordinator.

To schedule an appointment for a mammogram during this event, you will first need to schedule an annual visit with a provider at the local clinic.

You can do this by making an appointment at the Elgin Community Clinic at 584-3338. Be sure to schedule your annual visit now, so you can schedule your mammogram Nov. 23.

Once your appointment on Nov. 23 is confirmed, please arrive early. Also, bring your insurance cards or other information.

If you have questions about the event, your provider visit or your mammogram, please contact us at 584-3338. ■

Opioid dependence treated at Glen Ullin

Thorbbing pain, silenced by prescription painkillers. Then another pain occurs - addiction. And another silence - an unwillingness to come forward for help until it's too late. But help is here, and hope is near, with medication-assisted treatment for opioid dependence at the Glen Ullin Family Medical Clinic and the Richardton Clinic, both operated by Jacobson Memorial Hospital Care Center.

Every day, more than 115 people in the United States die after overdosing on opioids, according to the National Institute on Drug Abuse. The misuse of and addiction to opioids – including prescription pain relievers, heroin and synthetic opioids such as fentanyl – is a serious national and local crisis that affects public health as well as social and economic welfare.

“The statistics regarding opioid abuse are staggering, and our local communities are not immune to this nationwide epidemic,” says Jacobson Memorial Hospital Care Center (JMHCC) CEO Theo Stoller.

Roughly 21 to 29 percent of patients prescribed opioids for chronic pain misuse them. Opioid overdoses increased 30 percent from July 2016 through September 2017 in 52 areas in 45 states.

In 2016, there were 54 drug overdose deaths in North Dakota. This sudden rise from 4.5 in 2014 is concerning, according to the National Institute on Drug Abuse.

The Glen Ullin Family Medical Clinic and the Richardton Clinic are now poised to help stop this epidemic, with specially trained medical providers who can help patients withdraw from the use of opioids.

Addiction occurs when uncontrollable cravings cause someone to



In 2016, there were 54 drug overdose deaths in North Dakota. This sudden rise from 4.5 in 2014 is concerning.

become unable to stop using a drug, even though it leads to harmful results. Dependence happens when the body physically adapts to a drug and becomes tolerant to it. This leads you to need more of the drug to create the same effect.

And it can happen to anyone, says Rhonda Schmidt, a family nurse practitioner (FNP) at the Glen Ullin Family Medical Clinic.

The providers, including Rhonda Schmidt at the Glen Ullin Family Medical Clinic, and Jolene Engelhart, an FNP at the Richardton Clinic, offer medication-assisted treatment for those with opioid dependence. Treatments can reduce withdrawal symptoms and drug cravings.

For those who have become addicted to narcotic pain relievers, the providers are experienced in prescribing Suboxone. Coupled with a complete treatment plan, Suboxone is used in the treatment of opioid dependence.

“I really feel that spending time with patients is a very important part of their health care. It is nice to be able to have a personal relationship with

your patients,” Rhonda said.

“I like helping people and it's not only about providing them with health care, but also including both their mental and spiritual health. Overall, I enjoy helping patients through different stages in their life,” Rhonda added.

That includes caring for patients who need chronic pain management.

“A lot of these patients, I feel, fall through the cracks,” Rhonda said. “If they are having pain, someone should be there to listen to them and help them. It may not always be with pain medication. There are other ways that you can help them manage their pain and maybe even decrease the use of narcotics.”

“There are so many people out there who are not able to get the care they need, so they are turning to street drugs and that is unsafe. If I am able to help a portion of these patients, I will have then reached my goal,” Rhonda shared.

Physical therapy available

Another aspect of the treatment of
continued on page 6



Help is here. Hope is near.

Anyone can become addicted to opioids.
We can help. There is hope.

Glen Ullin Family Medical Clinic

- Medication-assisted treatment for those with opioid dependence or who are addicted to narcotic pain relievers for chronic pain.

“If they are having pain, someone should be there to listen to them and help them. There are other ways that you can help them manage their pain and maybe even decrease the use of narcotics.”

– Rhonda Schmidt, FNP, Glen Ullin Family Medical Clinic

Glen Ullin Family Medical Clinic

602 Ash Ave., Glen Ullin • 348-9175

8 a.m.-4:30 p.m. CT

Monday, Thursday, Friday

7 a.m.-7:30 p.m. CT Tuesday and Wednesday

“Peace of Mind. Close to Home.”

OPIOID DEPENDENCE: from page 4

those with opioid addiction is also managing their original pain symptoms.

Jacobson Memorial Hospital Care Center, which manages the clinics in Richardton and Glen Ullin, has a physical therapist available. Patients may make an appointment with him at JMHCC in Elgin by calling 584-3338.

Mark Bogert works closely with JMHCC's doctors, occupational therapist and nurses to develop a treatment plan to restore patients to their full potential.

With more than 30 years of experience, Bogert treats everything from arthritis, back, neck, shoulder and foot pain to stroke patients.

"Our goal is to get these patients back on their feet," Bogert said. "We do see a good number of patients who are recovering from total joint surgeries of the hip, knee, back and shoulder who need a little more time to recover prior to going home."

"Any time you are having difficulty performing normal day-to-day activities means you may benefit from physical therapy services prescribed to improve your range of motion, strength, balance and endurance," Bogert said.

JMHCC implements pain medication agreement

In response to the opioid crisis, JMHCC is also taking action to help local communities and patients by advancing better practices for pain management.

JMHCC and its affiliated clinics in Elgin, Glen Ullin and Richardton have implemented a pain medication agreement for patients prescribed pain medications.

The agreement provides for discontinuation of a pain medication prescription under certain conditions and requires consent for a urine drug screening to determine that medications are being taken as prescribed. Patients will be charged directly for the urine drug screening. The urine drug screening will determine if the drug is in the patient's system, as it is being prescribed, and if other drugs are present in the system.

If it is determined that the patient is not abiding by the pain medication agreement, the patient will be terminated from the agreement and will no longer be prescribed pain medications.

The agreement outlines the patient's responsibility for refills, protecting the medications from use by others and other responsibilities.

The agreement will be put into place at the discretion of the provider.

A prescription drug monitoring program also allows providers to access a patient's prescriptions being written by other providers.

"All of these measures are being put into place to try to decrease the abuse of opioids," Stoller said. "We are seeing an increase in the abuse of these drugs. The abuse of pain medications can have dangerous outcomes and we hope to identify and help patients who may have an addiction to pain medications."

Jacobson Memorial Hospital Care Center and its clinics are committed to assisting those with opioid dependence and addiction, offering peace of mind, close to home. ■

DEBBIE GAUGLER: from page 2

still staying in touch with your co-workers," she says. "The hospital was good working with me in whatever I decided."

Following treatment and surgery, she was declared cancer-free, but was equipped with a chemotherapy port until Sept. 19 of this year. The port had to be flushed regularly, another procedure she was able to have done locally.

"That worked out good. I said I'm not going all the way to Bismarck just for that, so it was done here," she says.

Debbie carried her personal mantra throughout her journey: "Let your faith be bigger than your fear."

And she encourages other women to get their mammogram, as early breast cancer detection saves lives.

"You just have to make that first step. That's where it starts. That's so important. I would go with someone," she says.

She also advocates for *Women's Way*, which coupled with her insurance to help pay for certain expenses.

JMHCC is inviting women to a special event from 10 a.m. to 3 p.m. MT on Saturday, Nov. 23, at the Elgin Community Clinic. On that day, the mobile mammography unit will be at the clinic to provide mammograms to those who are due for a screening.

Coupled with this service, representatives from Custer Health *Women's*

Way will be at the clinic to help enroll eligible women in *Women's Way* to help pay for their mammogram that day! (See related story for details about the event.)

Debbie's curly hair has regrown, now tinged with gray, a badge of honor she carries proudly.

"Your whole mindset changes," she says. "I'm not going to say this went so smoothly, because it didn't. It was tough. You have to change your attitude about a lot of things."

Debbie returned to work at JMHCC last November and continues caring for others now.

"It's almost like I never left," she says. But, she's completed a personal journey of survival. ■

physical therapy

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Hours: 8 a.m. to 4:30 p.m. MT Monday-Friday



Our goal

Physical therapists work closely with doctors, occupational therapists and nurses to develop a treatment plan to restore patients to their full potential. Often, recovering from an injury or surgery can be frustrating and even scary for patients. We encourage and motivate patients to do their best and work toward a full recovery.

NOW WITH EXPANDED HOURS IN ELGIN
Monday, Tuesday, Wednesday, and Friday

JMHCC highlights year during annual meeting

Those attending learned about a continuing positive financial position, elected three board members and heard about the past year's accomplishments during Jacobson Memorial Hospital Care Center's (JMHCC) annual meeting and the Jacobson Memorial Hospital Foundation's event in New Leipzig Oct. 24.

JMHCC CEO Theo Stoller reviewed JMHCC's 2019 strategic plan, and outlined JMHCC's core values of commitment, compassion, excellence and integrity. Strategies were developed in clinical quality and patient satisfaction; community engagement; recruitment and retention of workforce; and maintenance and growth of scope of service.

"We are in the business to take care of patients. We are here for you," Stoller said.

Highlights among the strategic plan include:

- Expansion of services through the acquisition of the Richardton Clinic.
- Addition of services from a visiting cardiologist in Elgin.
- Implementation of a medication-assisted treatment program for opioid dependence at the Glen Ullin and Richardton clinics.
- Continuation of a quality workforce, with six providers serving JMHCC and its clinics. Psychiatric and psychotherapy care is available via telemedicine at Glen Ullin and Elgin, and a visiting nurse cares for patients in their homes. And as of Sept. 15, JMHCC does not have any charge nurse vacancies.

In fiscal year 2019, JMHCC invested \$1.6 million in construction, updates and equipment, including installing new flooring on the first floor, completing the conversion of the boiler system from coal to propane, and installing a new digital X-ray room.

In his report to the members, Stoller shared that JMHCC continued a six-year trend of sustaining a positive operational bottom line. This was accomplished, in part, with \$257,555 in grant revenue and donations of \$72,828 from the Jacobson Memorial Hospital Foundation. An estimated \$200,000 in nonoperating revenue is needed each year to sustain JMHCC, Stoller pointed out. Revenues included a \$219,291 grant from The Leona M. and Harry B. Helmsley Charitable Trust for a new digital X-ray room at JMHCC.

Since 2015, JMHCC has experienced an approximate 40 percent increase in revenue.

Other significant financial events in 2019 included JMHCC's participation in the FCHIP program and acquisition of the Richardton Clinic.

In 2016, JMHCC expanded its number of in-patient



Top left: JMHCC CEO Theo Stoller reports to the members during the hospital's annual meeting. Right: The second-graders at Elgin-New Leipzig Elementary School created apple art to help decorate the tables during the event. Thank you for sharing your talent! Bottom left: Board members recognized for their service include, left to right, outgoing board member Marcia Koeplin, Chairperson Leslie Niederman and re-elected director Marcy Haase. Also re-elected was director Ron Bartz.

hospital beds from 25 to 30 through a Frontier Community Health Integration Project (FCHIP), a national pilot project overseen by the Center for Medicare and Medicaid Innovation.

JMHCC was the only critical access hospital in North Dakota selected for the project, and one of only three in the nation. The FCHIP demonstration concluded Aug. 1, 2019, but JMHCC continues to have an average daily census of 25 or above.

With the loss of the five extra beds through the FCHIP program, JMHCC experienced an 11 percent decrease in revenue tied to the decrease in beds.

JMHCC has also experienced increases in laboratory, hospital, pharmacy, medical outpatient and clinic volumes.

"We continue to grow and put that money back into the hospital and the people," Stoller said.

As JMHCC moves forward, the cardiac rehab program will be reinstated, and further improvements will be explored, Stoller said.

During the meeting, members elected directors to fill three positions, including incumbent directors Ron Bartz, Elgin, and Marcy Haase, New Leipzig. JoAnn Schatz, Elgin, was elected to replace Marcia Koeplin, who opted not to seek re-election after serving for six years on the board.

Others serving on the board include Leslie Niederman, Elgin, chairperson; Joel Klein, Elgin, vice chairperson; Julie Armijo, Carson, secretary; Ann Hertz, Carson; Patrick Diehl, Carson; and Dennis Sabin, Morristown, S.D.

Stoller thanked the board for their service, stating, "We do what's best for the patients, always."

Employees recognized for their years of service were: five years - Katrina Hummel, Lacy Smith, Tabitha Zimmerman, Casalea Rosin; 10 years - Christine Gathright, Deann Mosbrucker, Sherri Rafteseth, Crystal Stoller; and 30 years, Joyce Liedtke.

During the Foundation report, Stoller pointed to the upcoming Giving Hearts Day Feb. 13, 2020, to raise funds for future projects.

"This is the dreaming portion of the annual meeting," he said. "We want to make sure we are able to provide that service and the Foundation is where we can dream a little bit."

Marie Klein gave the JMHCC Auxiliary report, inviting volunteers to attend the Auxiliary meetings at 2:30 p.m. the third Thursday of each month.

During the volunteer report, all those who volunteer at JMHCC were thanked for their service.

Funds raised from the raffle and donations during the event will be used to complete the "A Place Called Home - Phase II" campaign. Final project work will be replacing worn and outdated wallpaper on the main floor hallways of JMHCC, where new flooring is also now in place. ■

Time for that flu shot!

Fever, cough, muscle aches. It's influenza season. Don't despair. There is a way to dodge the dreaded illness.

Jacobson Memorial Hospital Care Center (JMHCC) urges anyone from 6 months old and older to get a flu shot as soon as possible to not only avoid getting the influenza, but to keep it from spreading to your family.

JMHCC and the Elgin Community Clinic have flu vaccines available and encourage everyone to get vaccinated!

A yearly vaccination is the most effective way to avoid the flu. While you may still get the flu after having a vaccination, research shows that even if you do get the flu after getting a flu shot, it is less likely to be as severe. A flu shot will also keep you from spreading the flu to your family or other people.

A common misconception is that people contract influenza from the vaccination. That's impossible.

In addition to vaccination, JMHCC recommends frequent hand washing, covering coughs and sneezes and staying home when you are sick to prevent the spread of influenza. Common signs and symptoms of influenza include abrupt onset of fever, muscle aches, sore throat and cough.

Flu can be more dangerous to young children, those age 65 or older and those with other health conditions. ■

TAKE 3 ACTIONS TO FIGHT FLU

Influenza (flu) is a contagious disease that can be serious. Every year, millions of people get sick, hundreds of thousands are hospitalized, and thousands die from flu. CDC urges you to take the following actions to protect yourself and others from flu.

GET YOURSELF AND YOUR FAMILY VACCINATED!

A yearly flu vaccine is the first and most important step in protecting against flu viruses.

Everyone 6 months or older should get an annual flu vaccine. Protect Yourself. Protect Your Family. Get Vaccinated. #FightFlu

STOP THE SPREAD

Take everyday preventive actions to help stop the spread of flu viruses!

Avoid close contact with sick people, avoid touching your eyes, nose, and mouth, cover your coughs and sneezes, wash your hands often (with soap and water).

ASK YOUR DOCTOR ABOUT FLU ANTIVIRALS

Take antiviral drugs if your doctor prescribes them!

Antiviral drugs can be used to treat flu illness and can make illness milder and shorten the time you are sick.

Care close to home

The comfort of family and friends is possible through new equipment grants

Marcy Haase, a nurse who retired after 50 years on the job, 47 of which were spent at Jacobson Memorial Hospital Care Center (JMHCC) in Elgin, had experienced a bilateral pulmonary embolism before. The blood clots in her lungs make breathing difficult. So, she knew that she should take frequent breaks during a long car ride to help her circulation.

But while on a short vacation, she didn't take those breaks. Just two days later, she was having trouble breathing while headed to JMHCC, where she currently serves on the board of directors. Marcy has had her fingers on the pulse of the hospital for some time and knew that it had acquired a new 32-slice CT scanner through a grant from The Leona M. and Harry B. Helmsley Charitable Trust. "Please don't send me along," Marcy begged the attending staff. "Use the new CT to diagnose this, so I can stay close to home."

The last time she had experienced a pulmonary embolism, in 2012, she had to travel by ambulance to Bismarck, an expensive 90-minute ride that ended with six nights in the hospital 94 miles from home. But now, the new CT scanner was able to be used to diagnose the issue and the staff then provided the correct prescription to treat the condition, enabling her to stay for just one night in the hospital and only six miles from her home. After her release from the hospital, she was also able to make an appointment with a visiting cardiologist, again at her local clinic.

"Everything was able to be done locally, which I was so happy with," Marcy said.

"I love our CT!" Marcy exclaimed. "We also have a new X-ray machine! I am so proud of the changes we have made in our facility over the past six years. It is just amazing. We are so grateful for the grants from Helmsley. Small hospitals just can't do this on their own; we need help."

Marcy is also helping with a new fundraising project at JMHCC, titled "A Place called Home - Phase II."

"Being taken care of near home and not having to go to another area with strangers is what it is all about," she said. "My husband was able to come and be with me and my family stopped in. There was great comfort knowing I was only six miles from home. We can now do so much more from our Jacobson Memorial Hospital than before. That machine is used, I can tell you that!"



Marcy Haase sits in the CT room at Jacobson Memorial Hospital Care Center in Elgin, where she found just the right care close to home.

JMHCC also offers specialty cardiology care at the Elgin Community Clinic.

"We are offering cardiology 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 here not only for convenience, but also for a high level of care," said JMHCC CEO Theo Stoller.

FNP Janel Olson sees cardiology patients at the Elgin Community Clinic the first Wednesday of each month.

Olson is visiting Elgin from Sanford Health in Bismarck. Patients must schedule an appointment with Olson at the Elgin Community Clinic by calling Sanford Health directly at 701-323-5202 or 800-932-8758. ■

cardiac rehabilitation

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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) will reinstate its cardiac rehabilitation program in mid-November, 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. ■



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Housekeeper - Elgin

Two full time; rotating weekends and holidays. \$2,000 sign-on bonus. Starting wage \$12.36/ hour. May increase based on experience.

Dietary Aide/Cook - Elgin

Part time. Starting wage \$12/hour. May increase based on experience.

Clinic Nurse RN/LPN - Elgin

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 for RN and \$19.57/hour for LPN. 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