

JMHCC

Lifelines



DeAnn Mosbrucker, left, is a certified nursing assistant (CNA) at Jacobson Memorial Hospital Care Center, which currently has openings for three CNA positions.

Choose a CNA career at JMHCC

DeAnn Mosbrucker gently holds a wrinkled hand, steadying a walk. Or tips a glass of water to thirsty lips. Or shares a laugh or a joke. As a certified nursing assistant, or CNA, at Jacobson Memorial Hospital Care Center in Elgin, she offers dignity and quality of life to those who need it most.

“I just like helping people. I enjoy that. It’s the little things they say

that make your day,” she says with a smile. “I’ve always gotten along with the elderly.”

Mosbrucker has been a CNA off and on since she was a senior in high school in Sidney, Mont., where she started her career at a local nursing home connected to a hospital.

She has been with Jacobson Memorial Hospital Care Center (JMHCC)

for seven years, after returning to the community with her son, Shawn Dillon, to be closer to her parents, Bernnett and Collette Ozbun, who live in Carson.

During a typical shift, Mosbrucker helps the long-term patients with their daily care, from dressing in the morning to helping with meals to tucking

continued on next page

JMHCC Lifelines • Spring 2017

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

INSIDE:

- \$100,000 goal reached! 3
- Take part in activities May 8-12 4
- Every Kid Healthy campaign 6
- Know stroke symptoms! 8
- And more



them back into bed at night.

"We're their caregiver," she describes.

"It's not an easy job, but the return is really a plus," says Director of Nursing RN Connie Mitchell-Gustafson. "When they smile or pat you on the cheek and tell you they missed you, that's worth it."

JMHCC currently has openings for three full-time CNAs, or the equivalent part-time positions, and encourages high school students or college students interested in a medical career to start their path as a CNA.

The entry-level salary for a CNA is \$13.75 an hour, and JMHCC is currently offering a \$2,000 sign-on bonus. Applications for a CNA position are available from Kristin Heid in human resources or by clicking the "Employment" tab at www.jacobsonhospital.org.

To become a CNA, employees must complete a two-week course, then pass a written test and a skills test. The skills test might entail transferring a patient from a bed to a wheelchair, bathing a patient or brushing

\$2,000
sign-on bonus

TO LEARN MORE,
CONTACT
KRISTIN HEID
AT 584-2792.

Applications available
in human resources or by clicking
the "Employment" tab at
www.jacobsonhospital.org.

someone's teeth, Mitchell-Gustafson explains. CNAs do not administer medications or shots, but may assist a nurse with basic care.

JMHCC pays for the training time and tests for an employee to become certified. Those who have experience may simply pass the tests and forego the additional training, which is the route Mosbrucker took when she joined JMHCC. CNAs must recertify with the state every two years, which is often accomplished by simply working a certain number of hours.

Becca Finck, another JMHCC CNA, completed the course and

tests through JMHCC's program. The courses are not complicated, she says, and she encourages those interested to job shadow at JMHCC to see if they are interested in a CNA career.

"At least try it. See if you like it," Mosbrucker says.

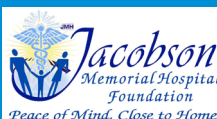
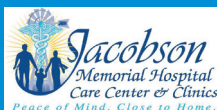
"You should have the affinity to care for people and want to care for people," Mitchell-Gustafson says.

It's a career path that Mosbrucker is glad she chose.

"I like the residents. I like the people. I like putting a smile on their face, because I'm kind of a goofball," she says with a laugh. ■

JMHCC Lifelines • Spring 2017

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



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.

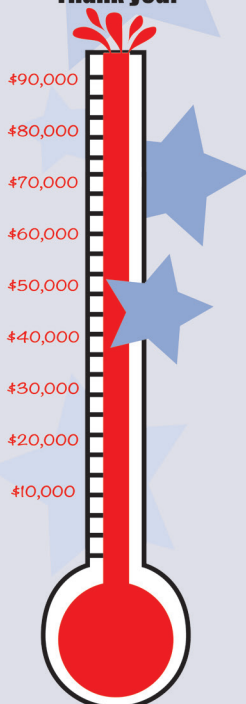
We did it!

Due to the generosity of its supporters, JMHCC met its \$100,000 goal in the “Share the Gift of Life” campaign.

The campaign was launched last September to help offset costs of Jacobson Memorial Hospital Care Center’s recent renovation project, which was completed to improve patient care at JMHCC.

“We want to thank everyone who donated to this campaign. We reached our goal quickly, which shows the community support for your local facility,” said JMHCC CEO Theo Stoller.

JMHCC
Share the Gift of Life
We reached the
\$100,000 goal!
Thank you!



Diamond Donors

First International Bank & Trust
Elgin Lions Club

Dakota Community Bank & Trust
Robert Larson & Leona Zemliska
In Memory of Raymond & Patricia Schmitz

Gold Donors

Tim & Kim Boehm
Elroy Herbel & Family
James Kisse
Robert Larson & Leona Zemliska
Dennis & Veryl Roth
Rodger & Kim Schock
Theo and Crystal Stoller
In Memory of Ray and Darlene Bader
and Walter and Inez Roth from
Marcy and Morris Haase and family
In Memory of Brenda Heid

In Memory of John & Tillie Eslinger from
Colleen and Chuck Vetter and Ray
and Donna Eslinger
In Memory of Walt Odegaard from
Kathy Odegaard
In Memory of Jerry Roehrich from
Carol Roehrich
In Memory of Kenneth Schatz from
LaDonna Schatz
In Memory of Jerry Schmidt from
JoAnn Ryherd
In Memory of Harlan J. & Jeanette E. Veitz
In Honor of Glaesemann grandchildren
Elgin-New Leipzig Elementary School
Classes of 2023-2029
All 2017 Giving Hearts Day donors

We're celebrating!

NATIONAL HOSPITAL WEEK • MAY 8-12 Jacobson Memorial Hospital Care Center, Elgin

Public events planned during celebration

Jacobson Memorial Hospital Care Center (JMHCC) in Elgin will celebrate National Hospital Week with activities May 8-12, including health sessions, car seat safety inspections, a 5-K walk/run and discounted prices on certain lab tests.

"We invite the public to celebrate the week with us. We're offering refreshments in the hospital lobby every day, and we welcome you to all the events we have scheduled," says JMHCC CEO Theo Stoller.

HEALTH SESSIONS

JMHCC providers will lead three mini health sessions from 11-11:30 a.m. in the hospital conference room located on the lower level. Sessions will include:

- **Monday, May 8:** Weight loss management with Carrie Gerving, FNP
- **Tuesday, May 9:** Diabetes question-and-answer session with Art Renner, PA
- **Wednesday, May 10:** Sharing the myths and facts about a colonoscopy with Carey Rivinius, DNP

"We hope the public takes advantage of these sessions, as they offer an opportunity to learn more about these topics from our providers, and ask questions," Stoller says.

CAR SEAT INSPECTIONS

Throughout the day on Friday, May 12, Patty Roth, RN, will be offering free car seat safety inspections by appointment. Call JMHCC at 584-2792 and ask for Becca prior to Friday to schedule an appointment to inspect your car seat for safety. Appointments will be scheduled between 8 a.m. and 4 p.m. at JMHCC. Knowing the brand and manufacture year of your car seat will be an important part of the safety inspection.

Roth recently underwent training to become certified to inspect car seats. This free service also will be available at JMHCC by appointment on an ongoing basis.

DISCOUNTED LAB TESTS

Discounted prices on 10 different lab tests will be available Monday through Friday, May 8-12, at the Elgin Community Clinic.

Call for an appointment and details at 584-3338. All tests must be pre-paid. (See *related story for details on lab tests.*)

Other events planned include:

- On Monday, May 8, judging will begin for the coloring contest. Entries from students in kindergarten

through fourth grade will be displayed throughout the week. The public will cast their votes for their favorites and the contest winners will be announced Friday, May 12.

- On Wednesday, May 10, a reception for Viola Sprenger will be held in honor of her retirement. Viola has been working as an LPN at JMHCC for more than 40 years, and has been an LPN for more than 50 years. A reception will be held from 2-4 p.m. in the hospital activities room.

- On Friday, May 12, a 5-K walk/run will be held from 8:30 a.m. to 3:30 p.m. Participants must check in at the clinic, complete the course, then check back in at the clinic, throughout the day.

Each participant who registers and completes the course will receive a T-shirt. A map of the course will be available at the clinic.

- Staff will be dressing for a different theme each day, so stop by and vote for your favorite. Monday is hat day, Tuesday is JMHCC apparel day, Wednesday is formal day, Thursday is "wear red" day and Friday is sportswear day.

- Refreshments will be served in the hospital lobby from 9 a.m. to 5 p.m. Monday-Friday. ■

Discounted lab tests offered May 8-12

Discounted prices on these lab tests will be available from 8:15 a.m. to 4:45 p.m. MT Monday-Friday, May 8-12, at the Elgin Community Clinic. All tests must be prepaid. Call for an appointment at 584-3338.

Chem 14 – \$27

(Must fast beforehand.)

Used to check organ function and monitor certain health conditions. A Chem 14 measures blood levels of sodium, potassium, chloride, bicarbonate and glucose. It also evaluates kidney and liver function. This is considered a baseline test to monitor overall health.

Lipid panel – \$34

(Must fast beforehand.)

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

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.

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

Evaluates thyroid function.

PSA – \$39

Tests for prostate cancer.

Glycated hemoglobin – \$24

Used to detect diabetes.

Urine microalbumin and creatinine – \$23

Monitors kidney health and detects early signs of kidney damage.

Vitamin D – \$50

Tests for Vitamin D deficiency.

Iron/iron binding – \$32

Tests for iron deficiency. ■



Serving with commitment, compassion, excellence and integrity

Jacobson Memorial Hospital Care Center introduces its new child wellness program

“Every Kid Healthy”

Jacobson Memorial Hospital Care Center (JMHCC) in Elgin is implementing a new child wellness program, called “Every Kid Healthy.” The program includes wellness visits, a childhood immunization program and car

seat safety inspections. The Elgin Community Clinic also includes a new exam room specially designed just for children. Here’s a look at the pieces of the child wellness program:



WELLNESS VISITS

Every child benefits from well-child visits at JMHCC’s affiliated clinics in Elgin and Glen Ullin.

Please refer to your insurance policy regarding what is included in coverage of wellness visits.

IMMUNIZATIONS

Your child receives scheduled immunizations to prevent childhood diseases.

FOR APPOINTMENTS:

Elgin Community Clinic
8:15 a.m.–4:45 p.m. MT
584-3338

Glen Ullin Family Medical Clinic
8 a.m.–4:30 p.m. CT
348-9175

CERTIFIED CAR SEAT INSPECTIONS NOW AVAILABLE

JMHCC is now offering free car seat safety inspections. For an appointment to have your car seat inspected for safety, call 584-2792 and ask for Becca.

The Elgin Community Clinic now has an exam room dedicated to kids, with a life-size cartoon of Goofy greeting them at the door, a TV, a white board to draw on and coloring books.



JMHCC implements new standards for care

Jacobson Memorial Hospital Care Center (JMHCC) in Elgin is implementing new standards for patient wellness in its clinics and hospital.

Three of these new standards include:

- To continue quality patient care, JMHCC is now contacting all patients after they have been discharged from the hospital. Patients will receive a call from a nurse shortly after they are discharged, to make sure their recovery is continuing and to answer any questions they may have.

“JMHCC is dedicated to its patients, and we want to make sure

after-care is provided when needed,” explains JMHCC CEO Theo Stoller.

- Secondly, every patient at the Elgin Community Clinic and Glen Ullin Family Medical Clinic is being given a patient satisfaction survey to gauge the services being provided.

“We want to make sure we are meeting patients’ expectations,” Stoller says.

All responses are anonymous and confidential, but will be used to make any necessary improvements.

- Clinic patients are also being screened for depression during their visits to the clinics.

“Depression ranked high as a concern when we conducted our community health needs assessment, so

we want to make sure we address this within our communities,” Stoller says. “We hope the screenings open communications between the patient and provider and identify those who would benefit from further care.”

- The hospital is also implementing a process to remind patients when they are due to have a preventative screening, such as a mammogram or colonoscopy. Patients will receive a notice when a screening is due and are encouraged to schedule the screening as part of their preventative care.

These new standards are among JMHCC’s refocused concentration on preventative care. ■

JMHCC featured in *North Dakota Living*

Jacobson Memorial Hospital Care Center was featured as the cover story in the April issue of *North Dakota Living* magazine. The magazine is a publication of the North Dakota Association of Rural Electric Cooperatives, with a circulation of more than 100,000 in North Dakota. ■



NO EXCUSES!

Mammograms save lives!

All patients of Jacobson Memorial Hospital Care Center and its clinics will be contacted when they are due for a mammogram.

When you are contacted, schedule an appointment!
Elgin Community Clinic • 584-3338
Glen Ullin Family Medical Clinic • 348-9175

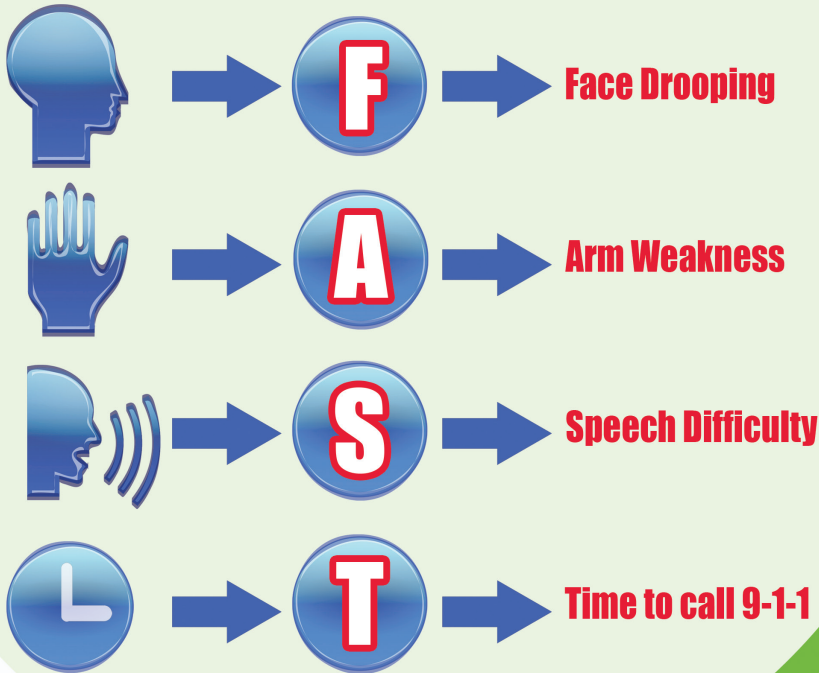
Mammograms are covered by most insurance companies.

Or contact North Dakota Women’s Way at 800-449-6636 to learn if you are eligible for a free screening.

Jacobson Memorial Hospital Care Center is now a **STROKE-READY HOSPITAL**

{ JMHCC now has the equipment to diagnose a stroke
AND medication to reverse the effects of a stroke }

F.A.S.T. is:



Face Drooping – Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven?

Arm Weakness – Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

Speech Difficulty – Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence, like "The sky is blue." Is the sentence repeated correctly?

Time to call 9-1-1 – If someone shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get the person to the hospital immediately. Check the time so you'll know when the first symptoms appeared.

Beyond F.A.S.T. – Other Symptoms You Should Know

- Sudden **NUMBNESS** or weakness of face, arm, or leg, especially on one side of the body
- Sudden **CONFUSION**, trouble speaking or understanding speech
- Sudden **TROUBLE SEEING** in one or both eyes
- Sudden **TROUBLE WALKING**, dizziness, loss of balance or coordination
- Sudden **SEVERE HEADACHE** with no known cause

THINK YOU ARE HAVING A STROKE? CALL 9-1-1 IMMEDIATELY!

F.A.S.T. is an easy way to remember the sudden signs of stroke. When you can spot the signs, you'll know that you need to call 9-1-1 for help right away.

EARLY DETECTION AND TREATMENT ARE KEY!

Medication must be given within an hour.

"Because We Care"