

Anne Pemberton, a registered nurse at the Elgin Community Clinic, connects to the Center for Psychiatric Care via a telemedicine link.

New services **FOR YOU** at JMHC

Psychiatric care now available

Jacobson Memorial Hospital Care Center (JMHC) in Elgin has expanded its services by offering psychiatric care at the Elgin Community Clinic beginning Jan. 4.

Dr. Tim Peterson and Dr. Matthew Pitera are seeing patients via telemedicine links at the clinic. Patients come to the clinic for their appointments

and register with the clinic receptionist, just as they do for other provider appointments. During their appointment, patients will be assisted by a clinic nurse to link with a psychiatrist via a monitor in the exam room. The nurse will then leave the room so the patient and psychiatrist have privacy.

Drs. Peterson and Pitera are associated with the Center for Psychiatric

Care headquartered in Grand Forks, and both are familiar with the use of telemedicine services. They are available for both adults and children of all ages.

Appointments must be made directly through the Center for Psychiatric Care by calling toll-free 1-877-732-2511 or 1-218-444-7013.

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JMHC Lifelines • Winter 2018

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

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Upcoming dates the psychiatrists will be available at the Elgin Community Clinic include Feb. 8 and Feb. 15. The psychiatrists will be available beyond those specific dates.

Dr. Tim Peterson is a board-certified family physician who joined Center for Psychiatric Care in 2007. He has 18 months of psychiatric residency fellowship training and he is currently completing his American Society of Addiction Medicine certification. Dr. Peterson graduated from the University of Manitoba School of Medicine and also completed his family medicine residency there. His psychiatry residency was completed at the University of North Dakota. Prior to joining CPC, Dr. Peterson worked as a family physician in Grand Forks.

Dr. Pitera is board certified in adult and child/adolescent psychiatry. Dr. Pitera earned his medical degree from the University of Medicine and Dentistry: New Jersey Medical School. After that, he served as the administrative chief resident and the chief resident in the department of



Dr. Matthew Pitera



Dr. Tim Peterson

psychiatry at the same school before completing his child and adolescent fellowship there. Dr. Pitera brings with him nearly 30 years of psychiatric treatment experience.

A third psychiatrist, Dr. Thomas Peterson, will serve as backup for Dr. Tim Peterson and Dr. Pitera. He is a board-certified general psychiatrist with more than 23 years of experience, and is a founding partner and current president and medical director of the Center for Psychiatric Care and multiple outreach service locations throughout the region.

The psychiatrists will be available to help with behavioral issues, ADHD, depression, autism spectrum disorders and other emotional or behavioral problems in children under 18; and any type of psychiatric care for adults, ranging from depression, grief, marital strife, parent-child concerns or

emotion distress.

They also help patients with addictions or substance abuse disorders, anxiety, bipolar disorder, obsessive compulsive disorder, post-traumatic stress disorder, stress or those with suicidal thoughts.

“We encourage area residents to pursue help and treatment for their mental health,” says JMHCC CEO Theo Stoller. “By bringing this service close to home, our patients will not have to travel to get professional psychiatric help.”

Dr. Matthew Doppler, a psychologist with Sanford Health, will continue to offer counseling services at the Elgin Community Clinic onsite each week.

Psychiatrists and psychologists differ in that psychiatrists are trained medical doctors and can prescribe and manage medications. ■

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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.

We're here for you... 24/7

The providers at Jacobson Memorial Hospital Care Center, Elgin Community Clinic and Glen Ullin Family Medical Clinic care for you and your family with professional, high standards and a genuine concern for your health.

They're supported by a top-quality nursing and ancillary staff with years of experience.

JMHCC
584-2792

**Elgin Community
Clinic**
584-3338

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



Lori Hill, FNP-C

Carrie Gerving, FNP-C

Dr. Alan Lindemann, MD

Carey Rivinius, DNP, FNP-C

Lesley Kling, DNP, FNP-C

Serving with commitment, compassion, excellence and integrity

Be a Giving Heart

Support JMHCC on Feb. 8

Give from the heart on Giving Hearts Day Feb. 8 and help Jacobson Memorial Hospital Foundation (JMHF) reach its goal for its next fundraising campaign, "A Place Called Home."

On Thursday, Feb. 8, the Jacobson Memorial Hospital Foundation will participate in Giving Hearts Day, a 24-hour online fundraising event.

With your generosity, the JMHF hopes to raise funds during Giving Hearts Day to support Jacobson Memorial Hospital Care Center (JMHCC) in Elgin to update the activity room and hospital lobby, and renovate the hospital's nurses' station.

Donations to the "A Place Called Home" campaign, which has a goal of \$50,000, will help offset the cost of these latest renovations, all of which will improve patient care at JMHCC, said JMHCC CEO Theo Stoller. This year, all Giving Hearts Day donations will be dedicated to this campaign, which will create a more comfortable atmosphere for those who call JMHCC "home."

To make a secure online contribution to the Jacobson Memorial Hospital Foundation during the Giving Hearts Day event, simply go to the online site on Feb. 8 at www.givingheartsday.org.

You may also donate by sending a check dated Feb. 8 to: JMHF, PO Box 367, Elgin, ND 58533.

Those who do not wish to participate in Giving Hearts Day, but who want to donate to this vital project, are welcome to send a check at any time to the Foundation, with a note that the donation is for the "A Place Called Home" campaign. All donations of \$1,000 or more will be recognized on a plaque in the newly renovated areas. Donor recognition plaque acknowledgements will include:

- Gold: \$1,000 to \$5,000
- Platinum: \$5,001 to \$10,000
- Diamond: \$10,001 and above

Last fall, the Foundation launched its "A Place Called Home" capital campaign to help fund the costs of the proj-

Honor a loved one with your gift!

As part of the "A Place Called Home" fundraising campaign, donors of \$1,000 or more will be recognized on a plaque in the renovated areas.

Honor a parent or grandparent, or other loved one, on a permanent plaque.

Families can join together to donate \$1,000 or more to honor a loved one.

Send your donation with the names of those you wish to honor to:
JMHCC • PO Box 367 • Elgin, ND 58533

ect. The campaign has raised about \$20,000 so far. The Elgin Lions Club has donated a \$4,000 match to the Giving Hearts Day event.

"The Elgin Lions Club has been a tremendous supporter of JMHCC and its projects over the years and we are grateful for this continued support of Giving Hearts Day," Stoller said.

The "A Place Called Home" project will encompass three phases, including:

- **Phase I** – Activity room: JMHCC's long-term patients live at the facility, so JMHCC wants them to feel at home. The patients eat meals and socialize in the activity room, which hasn't been updated in decades. An update of the activity room will include replacing the carpet with improved flooring and updating the wall covering.



Giving Hearts Day

← FEBRUARY 8TH 2018 →

• **Phase II** – Hospital lobby: A welcoming entrance to the facility will include replacing the carpet with improved flooring and updating the wall covering.

• **Phase III** – Nurses’ station: JMHCC’s nurses are working at a station that has not been upgraded since the facility was built, meaning it’s not conducive to new technology. JMHCC wants to give the nurses an area to work that is comfortable, welcoming to visitors and which offers improved patient privacy.

“Any amount you can give to this project will be appreciated! Help JMHCC create a facility which will make our patients feel at home, our staff comfortable and our community proud!” Stoller said.

Giving Hearts Day is an annual event coordinated by the Dakota Medical Foundation, the Impact Foundation and the Alex Stern Family Foundation to help raise funds in a 24-hour period for deserving entities.

This is the fourth year that JMHCC has participated in Giving Hearts Day.

“We encourage our supporters to go online during Giving Hearts Day Feb. 8 to help support JMHCC,” Stoller said. “Any and every donation amount is certainly welcome and appreciated.” ■

WHAT:

Giving Hearts Day

WHEN:

Thursday, Feb. 8

HOW:

To make a secure online contribution to the Jacobson Memorial Hospital Foundation during the Giving Hearts Day event, simply go to the online site on Feb. 8 at www.givingheartsday.org.

*You may also donate by sending a check dated Feb. 8 to:
JMHF, PO Box 367, Elgin, ND 58533.*



**Be a Giving Heart
Support JMHCC**

**Go online Feb. 8
www.givingheartsday.org**

Funds dedicated to “A Place Called Home” campaign

**Giving Hearts Day is 24-hour
online fundraising event for
Jacobson Memorial Hospital Foundation**

Pictured are children of JMHCC employees.



Hosted by: Dakota Medical Foundation
Questions? Contact JMHCC at 584-2792

Matching funds of \$4,000 have been donated by the Elgin Lions.

A SIMPLE SHOT can STOP a lot

MenB vaccine

The Elgin Community Clinic now carries a new vaccine, called MenB, to protect against meningococcal disease. The vaccine has been added to the recommended childhood vaccine schedule that providers follow. It is being recommended for those ages 16-23 to provide protection against strains of meningococcal disease, particularly for college-bound students or others who will be in close living quarters. Two doses are required.

According to the Centers for Disease Control and Prevention, meningococcal disease is a serious illness caused by bacteria which can lead to meningitis, or an infection of the lining of the brain and spinal cord, and infections of the blood. Adolescents and young adults are at increased risk of the disease. Symptoms progress rapidly and are often mistaken for the flu in early stages, but can lead to death within 24 hours in some patients.

This new vaccine provides additional protection to vaccinations teens may have received earlier. Both meningococcal and MenB vaccines are recommended by the Advisory Committee on Immunization Practices.

HPV vaccine

The Elgin Community Clinic reminds parents that everyone between the ages of 11 and 26 should receive the human papillomavirus vaccine for the prevention of cervical, throat and other cancers.

“We have an amazing opportunity to prevent certain types of cancer in future generations through HPV vaccinations,” said Tyawna Ackerman, RN, quality and clinic nurse supervisor at JMHCC.

The HPV vaccine is recommended by providers for both girls and boys.

Influenza vaccine

Influenza season continues, and vaccinations for everyone 6 months of age and older are the first and most important step in protecting against this serious disease.

“While the single best way to prevent seasonal influenza is to get vaccinated each year, good health habits like covering your cough and washing your hands often can help stop the spread of germs,” says Dr. Alan Lindemann, medical director at JMHCC. ■

**The Elgin Community Clinic also has all other childhood immunizations available.
For an appointment for immunizations, call the Elgin Community Clinic at 584-3338.
Appointment hours are 8:15 a.m. to 4:45 p.m. MT Monday-Friday.**



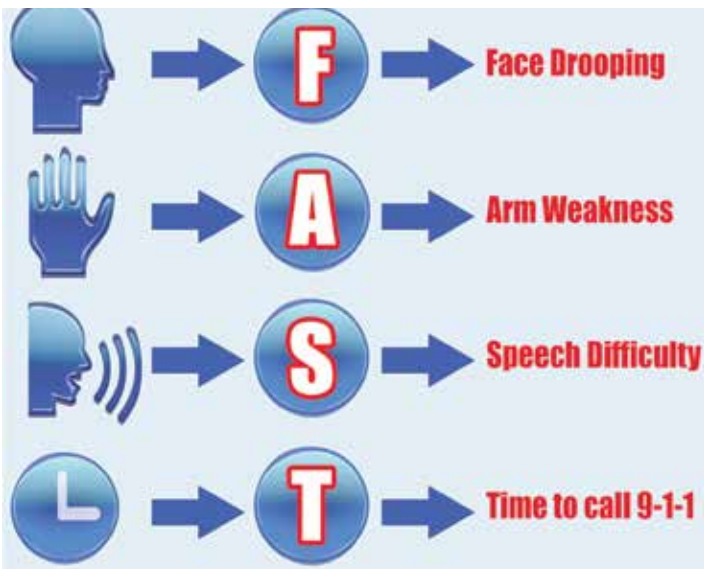
Finding it difficult to continue hands-on care for your loved one?

Jacobson Memorial Hospital Care Center provides skilled nursing care. Your loved one will find comforting, nurturing care and you will have peace of mind close to home.

Rooms now available in Elgin, ND

Call Shannon to schedule a tour or for admissions questions. 701-584-2792 or swangsvick@jmhcc.org

- Care for dementia patients • Skilled nursing care
- Medication management • Assistance with daily living
- Nutrition management • Activities and socializing



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. 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

JMHCC recertified as stroke-ready hospital

Jacobson Memorial Hospital Care Center in Elgin has been recertified as an Acute Stroke Ready Hospital, which means it has the proper resources to diagnose, stabilize and provide definitive care to acute stroke patients. JMHCC is now part of a care system in which JMHCC will immediately diagnose and treat symptoms, then transfer the patient for further care. This is a renewal of JMHCC's initial designation in April 2017.

WHAT IT MEANS

JMHCC has the equipment to diagnose a stroke and administer medication to reverse the effects of a stroke.

Once a stroke is diagnosed with the hospital's CT scanner, JMHCC has the ability to administer an intravenous tissue plasminogen activator, or "tPA." With certain types of strokes, tPA can aid in reversing the effects of a stroke if administered within an hour.

Acute Stroke Ready Hospital designation is granted by the N.D. Department of Health upon application by the facility. Facilities which plan to care for acute stroke patients must be designated.

EARLY DETECTION AND TREATMENT ARE KEY!

Be aware of stroke symptoms, and call 9-1-1 immediately. Stroke symptoms can be reversed in certain instances if treatment is given immediately. Beyond F.A.S.T., other symptoms include sudden numbness or weakness of face, arm, leg, especially on one side of the body; sudden confusion or trouble speaking; sudden trouble seeing; sudden dizziness or loss of coordination; and sudden severe headache with no known cause.

"JMHCC can now care for stroke patients within that timely window of treatment," says JMHCC CEO Theo Stoller. "This is just one more step we're taking to offer better patient care close to home." ■

**February is
American Heart
Month.**

**Do you
know your
numbers?**

**Discounted
lipid profile**

(LDL and HDL cholesterol and triglycerides)
Fasting for eight hours is recommended
for accurate results. Water or coffee
can be consumed.

\$34 cash basis

Feb. 12-16 only!

**Elgin Community
Clinic**

8:15 a.m. - 4:45 p.m. MT

**Glen Ullin Family
Medical Clinic**

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

Call today!

Elgin clinic: 584-3338

Glen Ullin clinic: 348-9175

