



Beth Reiten, a nurse practitioner at Jacobson Memorial Hospital Care Center, treats a patient in Honduras as part of a medical mission team.

Serving a **MEDICAL MISSION**

A humbling mission trip to San Pedro Sula in Honduras has given Elizabeth Reiten a worldview of health care and a renewed appreciation for her life in rural North Dakota.

Reiten, an as-needed nurse practitioner for Jacobson Memorial Hospital Care Center (JMHCC) in Elgin, traveled to Honduras in July with a

Missions.Me medical team. A non-denominational Christian organization, Missions.Me organizes outreach to areas of need.

“I wanted to do mission work since I was 10 years old. The opportunity finally came for me to be able to go globally. I feel like I have been doing mission work throughout my life at home, but this was a way to reach out

to another country, to step out of my own comfort zone,” she said.

“We encourage all types of volunteerism with our staff, including locally and globally, and appreciate Beth’s efforts also,” said JMHCC CEO Theo Stoller.

During the five-day clinic, Reiten worked with seven other providers

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to diagnose and treat 1,500 patients. Reiten, along with a provider from Hettinger, two doctors from other states and four Honduran doctors created the team that saw patients in a large convention center. Providers met with patients at tables, each with a nurse and interpreters from nearby churches to assist them. Physical therapists, nutritionists, obstetricians and pharmacists were also participating, along with a prayer team.

Patients started arriving at 4 a.m. and stood in line for hours to be seen, Reiten described. Diabetes, gastritis and

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- Beth Reiten

muscular pain were the top ailments, and everyone was treated for parasites, she said.

The majority of the patients were extremely poor, living along the riverbanks and earning only \$2 a day. Honduras is one of the poorest countries in Latin America. San Pedro Sula was considered the “murder capital of the world” until early 2016, when a Venezuelan city surpassed its homicide rate. Five years ago, Reiten described, a similar mission group was escorted by armored cars, while the group had a police escort this year.

Nonetheless, her first patient was a gunshot victim with a wound that had not healed.

“They do have public hospitals, which are horrendous,” Reiten described. A team leader who accompanied one patient to a public hospital described seeing post-surgical patients lying on the floor in the hallways and deceased patients still on the beds.

Reiten’s trip to Honduras is her second medical mission; she has previously served in Nicaragua also.

“Last year when I went to Nicaragua, we had a lady who came with her two children. She waited six hours to get vitamins for her children and the only health checkup they’ve ever had,” she said.

Reiten had trepidations about her first mission, but found great rewards from the work.

“The first time I went, I went with lots of doubts. Is this something I should do? Am I really making a difference? Will I be able to recognize and diagnose? Then I realized it’s not me, it’s God,” she said.

“You get far more than you ever give. They are so appreciative. They have love for Christ in their conditions, they



have appreciation for you to care about them,” she said.

“To know that someone has waited six hours for vitamins, you realize how much we have in America. Our poorest are their richest,” she said. “We have safety nets everywhere. It is survival of the fittest there. Food, clothing, shelter. Those are the people I saw. They’re never going to be able to get out of their conditions.”

Reiten has practiced at the Dakota Women’s Correctional and Rehabilitation Center in New England and the Cheyenne River Health Center in Eagle Butte, S.D. Most recently, she served as a family nurse practitioner for West River Health Services in Mott. She had retired, but recently decided to return to practice at JMHCC in Elgin.

At JMHCC, she works in a supplemental capacity, filling in for providers as needed. She is married to Dr. Frank Thorngren, a doctor in Hettinger. They have five children and five grandchildren. Their children live in Taiwan, Minnesota, Florida and California, so Beth enjoys traveling to visit them.

Next year, she plans to accompany a medical mission team to Peru, and she is willing to share all her experiences by speaking to organizations or churches.

“I would love to share my experience with others,” she said. “It humbles you to the lowest level. It humbles you to your core.” ■

New provider, Rhonda Schmidt, joins JMHCC

Rhonda Schmidt, a Glen Ullin native, has joined the Jacobson Memorial Hospital Care Center staff as a family nurse practitioner (FNP) who will see patients primarily at the Glen Ullin Family Medical Clinic.

Rhonda is a graduate of Glen Ullin High School. She earned her ASPN degree from the University of North Dakota-Williston, and her BSN and master's degrees from the University of Mary in Bismarck.

She pursued a medical career after being encouraged by staff where she was working as a nursing assistant. The late Dr. George Hsu encouraged her to obtain her FNP degree and assisted with her education.

Rhonda worked 4.5 years at a Dickinson clinic, and has been practicing the last 5.5 years at the clinic in Richardton.

"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," she said.

"I like helping people and it's not only about providing them with health



Rhonda Schmidt

care, but also including both their mental and spiritual health. Overall, I enjoy helping patients through different stages in their life," she said.

Along with serving in family practice, Rhonda plans to pursue caring for patients who need chronic pain management.

"A lot of these patients, I feel, fall through the cracks," she 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," she said.

Rhonda and her husband, Jamie, live on the family farm near Glen Ullin where Rhonda was raised. They have three sons, Channing, and twins Coleton and Chandler. Channing and his wife, Lauren, live in Dickinson with their two children, Camden and Zaylee. Channing is a plant operator at Petro Hunt. Coleton continues to live on the family farm, and works as a truck driver/diesel mechanic. Chandler passed away in 2016.

Rhonda loves to spend time with her family, including her two grandchildren, as well as camping and reading. She currently is receiving training to be a leader in a grief support group called Grief Share. ■

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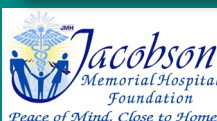
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Welcome!

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.

JMHCC is an equal opportunity provider and employer



Arm yourself with a flu shot.

Walk-in flu shot clinics
Elgin and Glen Ullin



Tuesday, Oct. 16

Elgin Community Clinic

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

Walk in.
Get your flu shot.
Walk out.
It's that simple.

Wednesday, Oct. 24

Glen Ullin Family Medical Clinic

8 a.m.-noon CT

Or make an appointment:

Elgin Community Clinic 584-3338

Glen Ullin Family Medical Clinic 348-9175

8 a.m.-4:30 p.m. Monday-Friday

JMHCC ANNUAL MEETING TO BE HELD NOV. 15

The annual meeting of Jacobson Memorial Hospital Care Center (JMHCC) will be held on Thursday, Nov. 15, at the Elgin Community Center in Elgin.

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 a free meal, special presentations and recognition of board members, employ-

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

The Jacobson Memorial Hospital Foundation will also plan activities during the annual meeting.

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; Joel Klein, Elgin, vice chairperson; Marci Koeplin, Elgin, secretary; Kimberly Oien, Elgin; Ann Hertz, Carson; Clair Hauge, Carson; Marcy Haase, New Leipzig; Ron Bartz, Elgin; and Julie Armijo, Carson.

Watch for more details as the event approaches. ■

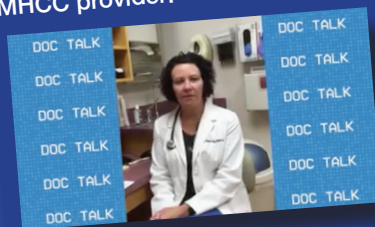
DISCOUNTED SPORTS PHYSICALS OFFERED

Discounted sports physicals are being offered for the winter sports season at the Elgin Community Clinic and Glen Ullin Family Medical Clinic. Through Nov. 30, sports physicals are \$35. Athletes who participate in school sports need a physical every year.

Appointments can be scheduled in Elgin by calling 584-3338 and in Glen Ullin by calling 348-9175. Clinic hours are 8 a.m.-4:30 p.m. Monday-Friday. Payment is required the same day as the physical. ■

FOLLOW US ON FACEBOOK

Follow JMHCC's Facebook page for event updates, health information and the latest "Doc Talk" from a JMHCC provider!



CARDIAC READY

Do you know where AEDs are located?

In Elgin, a Cardiac Ready Community:

- Fire hall
- Elgin Community Center
- Our Place Cafe
- Dakota Hill Housing
- Jacobson Memorial Hospital Care Center
- Elgin/New Leipzig Public School: three locations, including the high school, elementary school and the pool

WHAT IS AN AED?

An AED is an automated external defibrillator, a portable electronic device which uses audio and visual commands to direct a layperson to treat a cardiac arrest through the application of the device.



Jacobson Memorial Hospital Care Center

PINK WEEK

OCT. 15-19



Schedule a mammogram!

Jacobson Memorial Hospital Care Center in Elgin will be hosting activities during Pink Week, Oct. 15-19, to draw attention to the importance of mammograms in the fight against breast cancer.

On Tuesday, Oct. 16, the mobile mammogram unit will be available at the Elgin Community Clinic. Starting at 10 a.m. MT, meet the tech, tour the mobile unit and complete your mammogram during your appointment. To schedule a mammogram that day or during another time, call the Elgin Community Clinic at 584-3338 or the Glen Ullin Family Medical Clinic at 348-9175.

Also on Tuesday, Oct. 16, the Elgin Community Clinic will stay open until 6 p.m. MT for women's wellness exams with Lesley Kling, DNP, FNP-C. Appointments will be needed by calling the clinic.

Kling encourages women to schedule an annual wellness exam anytime at the clinics.

"Sometimes women neglect their health until problems occur," she said. Women ages 21 to 65 are encouraged to have a pap smear every three years. Mammograms are recommended for women ages 45-54 every year. Women 55 and older should have a mammogram every two years or can continue yearly screenings.

On Wednesday, Oct. 17, a 5K walk/run will be held, weather-permitting. Participants should register at the Elgin Community Clinic, then complete the walk/run on their own between 8 a.m. and 4:30 p.m. MT All participants who register will receive a T-shirt promoting breast cancer awareness. A map of the course will be available at the clinic.

One in eight women will be diagnosed with breast cancer in their lifetime, but when breast cancer is detected early, in the localized stage, the five-year survival rate is 98 percent, according to the National Cancer Institute.

A mammogram is one tool in early detection, along with routine self-examinations. JMHCC will be contacting patients who are scheduled for a mammogram.

Women's Way provides a way to pay for most breast and cervical cancer screenings for eligible North Dakota women. Call 800-449-6636 or visit the website, www.ndhealth.gov/womensway, to learn more. ■

FOR APPOINTMENTS, CALL:

**Elgin Community Clinic • 584-3338
Glen Ullin Family Medical Clinic • 348-9175**

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



**OPEN LATE!
NO EXCUSES!**

Oct. 16

The Elgin Community Clinic
will stay open until
6 p.m. MT Tuesday, Oct. 16,
for women's wellness exams
with Lesley Kling.
Schedule your appointment!

Lesley Kling, *DNP, FNP-C*

MAMMOGRAM DAY!

Oct. 16

Mammogram appointments available
this day in Elgin!
Starting at 10 a.m. MT, meet the tech,
tour the mobile unit
and complete your mammogram
during your appointment!

5K WALK/RUN

Oct. 17

Register at the Elgin Community Clinic,
complete the 5K walk/run anytime from 8 a.m.-4:30 p.m. MT.
Receive a free T-shirt promoting breast cancer awareness.





**Are you loyal, driven,
and compassionate?**

**Join our team of
like-minded people.**

All full-time and part-time positions are eligible for our competitive benefits package.
Contact Kristin at (701) 584-7247 or kheid@jmhcc.org to apply.
JMHC is an equal opportunity provider and employer.

Dietary aide

One full time and one part time; rotating days and evenings, weekends and holidays. \$1,000 sign-on bonus.

Housekeeper

Full time; rotating weekends and holidays. \$1,000 sign-on bonus.

Laundry aide

As needed

Licensed Practical Nurse (LPN)

Enrich the lives of patients while choosing your own schedule in full-time or part-time LPN position. Competitive pay and benefits; eligible for \$15,000 student loan repayment and \$5,000 sign-on bonus.

Registered Nurse (RN)

Make a difference and gain valuable experience as a full-time or part-time charge nurse at JMHC! This position is eligible for a \$5,000 sign-on bonus and \$15,000 student loan repayment program, along with competitive pay and benefits.

CNA instructor

Part time; must hold a current RN license, have two years charge nurse experience and one-year long-term care/swing bed experience.

Clinic Nurse RN/LPN – Glen Ullin

This role is full time and eligible for competitive wages and our full benefits package, along with a \$7,500 sign-on bonus and up to \$15,000 student loan repayment for nurses.

Certified Nurse Assistant (CNA)

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, along with competitive wages and benefits package.

Serving with commitment, compassion, excellence and integrity

