



JMHCC Director of Nursing TyAwna Ackerman, left, teaches Glen Ullin High School student Chelsey Duppong how to administer an IV during Scrubs Camp.

Learning about HEALTH CAREERS

As the balloon pops, sending a spray of water into her face, the student grimaces, wipes her face, then laughs. At another table, a student concentrates as he meticulously ties a translucent thread. In a nearby corner, a student gasps at the strength of a machine that administers automatic heart compressions on a mannequin.

It was all part of an interactive day to learn about medical careers, as 38 sophomore and junior students from Glen Ullin High School and Grant County High School learned about a variety of health occupations available locally during a daylong Scrubs Camp in Elgin.

Jacobson Memorial Hospital Care Center (JMHC) and the Center for

Rural Health (CRH) co-hosted the Rural Collaborative Opportunities for Occupational Learning in Health Scrubs Camp March 27, when students were introduced to careers through hands-on exercises and presentations.

"I liked it," said Glen Ullin High School junior Holly Wolf, who plans to pursue a nursing career. "It gave me

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JMHCC Lifelines • Spring 2019

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

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Celebrating
#MyHospital
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 an idea of what I would like to do
 when I get into nursing.”

“I enjoyed it a lot,” said Grant
 County High School sophomore
 Payleigh Dent, who plans to pursue
 a medical career. “I enjoyed the am-
 bulance presentation the best.”

“The Scrubs Camp was a great
 hands-on opportunity for our high
 school students,” said Grant County
 High School Career Development
 Counselor Jared Bollom. “The
 ability for our students to get the
 CTE health sciences experiences
 of administering shots, giving an IV,
 suturing together open wounds, and
 utilizing some of the new technol-



ogy our EMS crew uses cannot be
 replicated in a book or on a video.
 That made this amazing. I appreciate
 the time and effort put into this unique
 experience by the staff at Jacobson
 Memorial, Custer Health and the
 Elgin EMS.”

“The Scrubs Camp was a great
 opportunity for students to explore
 different careers in the health science
 area. The students enjoyed the hands-
 on experience of what the profession-
 als do on a daily basis. Students these
 days love to learn by actually ‘doing’
 something. The professionals were
 very knowledgeable and it was nice to
 see them share that information with
 the students,” said Glen Ullin High

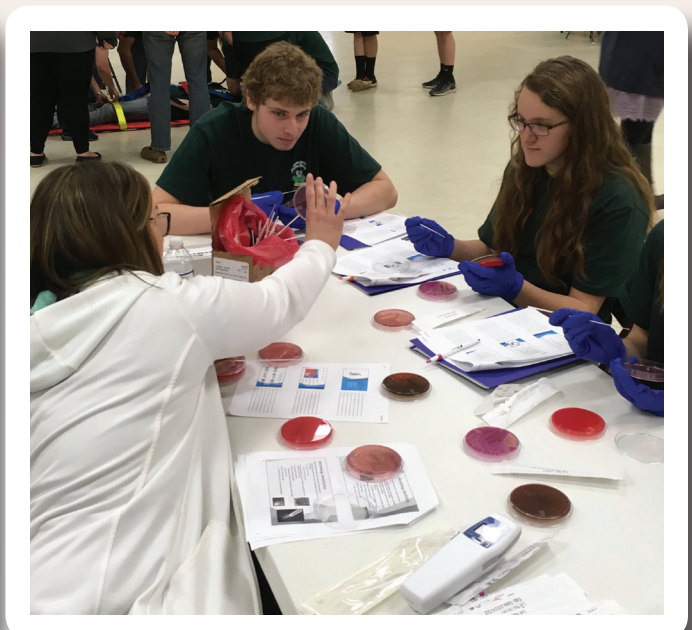


School Counselor Kayla Knoll.

“The more we can expose stu-
 dents to a variety of careers, the
 better,” said Glen Ullin High School
 Superintendent John Barry. “As
 schools, we need to bridge the gap
 between the school and the work-
 place. And when students can have
 a hands-on experience, they are
 more likely to remember it.”

The sessions included both seri-
 ous and light-hearted moments for
 the students.

Carey Rivinius, DNP, FNP-C, led
 a hands-on lesson on suturing a
 wound. Using a silicone practice kit
 replicating open wounds, students
 used a curved suture needle and



thread to carefully close a hypothetical wound. Amid laughter, one group of students declared they were working on inventing a new suturing method.

At the nursing session, JMHCC registered nurses TyAwna Ackerman, Juanita Achtenburg and Anne Pemberton taught the students how to start an IV, using real IV needles on rubber gloves and balloons. If the students didn't insert the IV needle with precision, the balloon popped, sending a spray of water into the air. Custer Health registered nurses Heidi Peltz and Bridget Winkler showed the students how to give an injection, allowing the students to practice on oranges and hot dogs. The students also donned stethoscopes and listened to their own hearts and lungs.

JMHCC Lab Director Crystal Stoller showed students plating methods during the lab session, sharing examples of what different bacteria, such as E. coli, look like on a plate.

"This one smells like grapes," she said, passing a plate to a student,

who caught a gentle whiff of the plate.

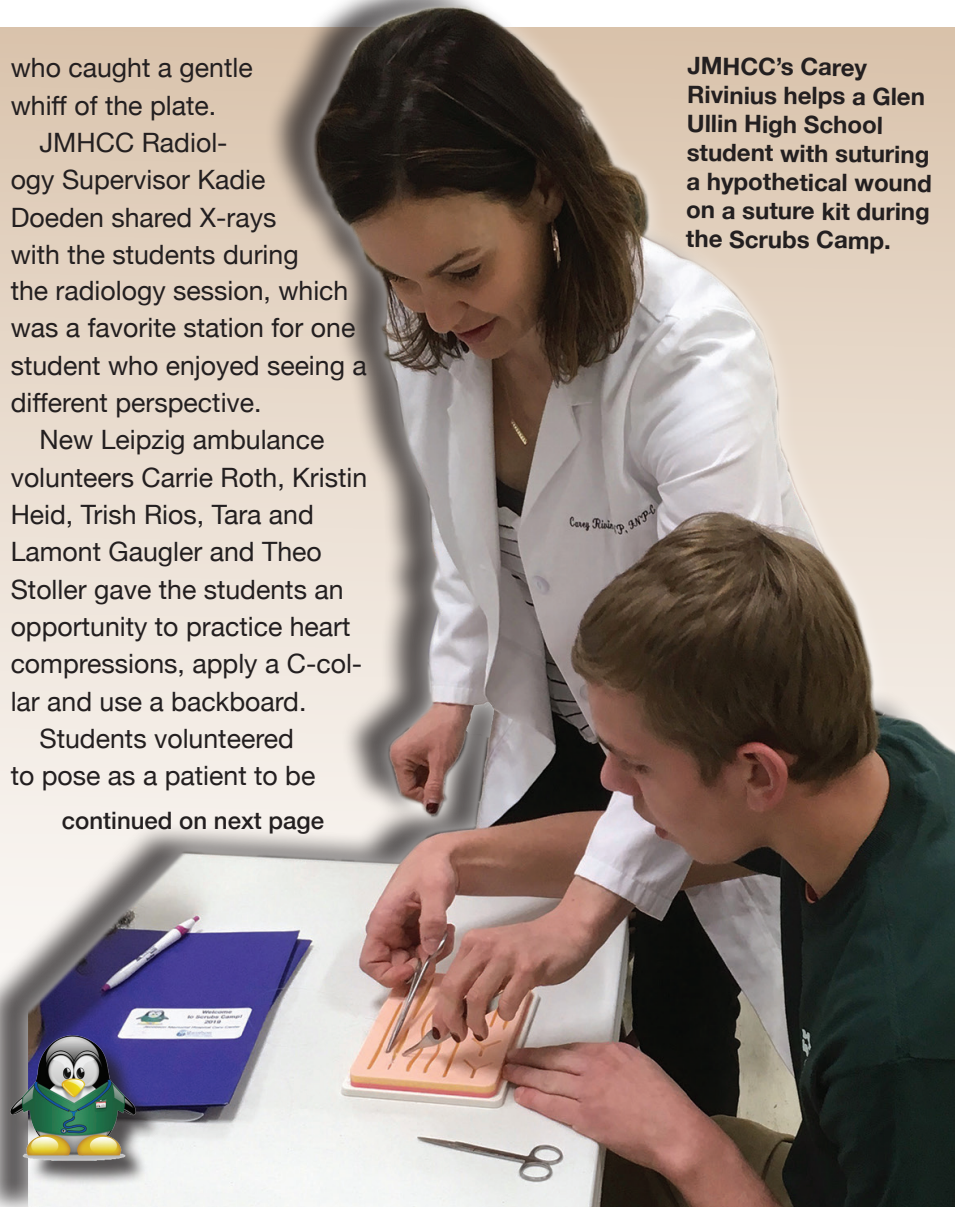
JMHCC Radiology Supervisor Kadie Doeden shared X-rays with the students during the radiology session, which was a favorite station for one student who enjoyed seeing a different perspective.

New Leipzig ambulance volunteers Carrie Roth, Kristin Heid, Trish Rios, Tara and Lamont Gaugler and Theo Stoller gave the students an opportunity to practice heart compressions, apply a C-collar and use a backboard.

Students volunteered to pose as a patient to be

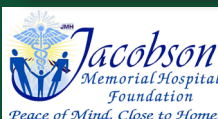
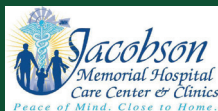
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JMHCC's Carey Rivinius helps a Glen Ullin High School student with suturing a hypothetical wound on a suture kit during the Scrubs Camp.



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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.



continued from previous page strapped to a backboard, applied C-collars on each other, then saw the power of a LUCAS chest compression system, which automatically applies chest compressions while the crew lifts a patient into the ambulance.

At the end of the day's activities, physical therapist Mark Bogert shared some fun games during the physical therapy session, testing the reflexes and balance of volun-



teer students, who drew applause when they quickly caught a dropped tennis ball or won one of the other physical challenges.

Throughout the day, the professionals shared information about their education and their day-to-day jobs with the students.

The CRH co-hosts 10 Scrubs Camps in communities around North Dakota each year. Other communities hosting camps in 2019 include Carrington, Devils Lake, Hettinger,



Kenmare, Mayville, Rugby, Velva, Watford City and Williston.

The Scrubs Camps are supported with grant funds from the CRH at the University of North Dakota School of Medicine & Health Sciences. The program focuses on rural students in grades 5-12 with the goal of increasing awareness, interest and understanding of health careers available in rural North Dakota through creative and interactive activities. ■

Grant to fund new X-ray equipment at JMHCC

The Jacobson Memorial Hospital Care Center (JMHCC) has received a \$219,241 grant from The Leona M. and Harry B. Helmsley Charitable Trust for the purchase of a new digital radiography (DR) X-ray room in Elgin. JMHCC has a goal for project completion on or around July 1.

"This is another much-needed improvement at our hospital," said JMHCC CEO Theo Stoller. "We would appreciate patience and understanding as we go through this construction update this summer."

The Leona M. and Harry B. Helmsley Charitable Trust announced new

grants totaling more than \$14.2 million to 50 hospitals in the rural Upper Midwest to purchase advanced X-ray technology, some of which will replace devices that are more than a half-century old.

"Our goal has always been to improve access to exceptional medical treatment for those who live in rural America," said Walter Panzirer, a trustee for the Helmsley Charitable Trust. "To that end, rural hospitals need to remain viable and have the latest equipment to ensure their patients can receive essential, quality health care services locally. This initiative is just one of many that strives to improve

health care outcomes throughout the Upper Midwest."

Critical access hospitals in Montana, North Dakota, South Dakota, Minnesota, Nebraska, Iowa and Wyoming are hampered by outdated equipment. Over the last four years, the Helmsley Charitable Trust's Rural Healthcare Program has awarded more than \$30 million in grants to 82 hospitals in the Upper Midwest to purchase state-of-the-art computer tomography (CT) scanners.

JMHCC was a recipient of the CT grant funds also, helping it to purchase its current CT scanner, which has already saved lives. ■

cough. *Cough!* **COUGH!?!?!!**

cough.

Yes, we would rather you NOT get sick!

cough.

So, get your pneumococcal vaccine if you are 65 years of age or older or at high risk of developing pneumonia.

cough. cough. cough.

cough.

And spend less time with us!

Part of Jacobson Memorial Hospital Care Center's mission is preventative care, sharing information and care that keeps patients healthy.

Yes, JMHCC would rather you NOT get sick!

So, JMHCC is encouraging those who are 65 years of age or older or at high risk of developing pneumonia to get their pneumococcal vaccine.

And spend less time with us!

What is the pneumococcal vaccine?

A weakening immune system means that older adults are at greater risk, and can face more severe side effects from pneumococcal disease. Pneumococcal disease can lead to serious infections like pneumonia and meningitis, according to the U.S. Department of Health and Human Services. Those who are more at risk include older adults, people who smoke, those with heart disease,

diabetes, asthma or other ailments that can cause a weakened immune system.

The good news is that pneumococcal vaccines can help prevent the infections caused by the bacteria.

Medicare Part B typically covers pneumococcal vaccines to help prevent pneumococcal infections (like certain types of pneumonia). The vaccine is given twice, at least a year apart, and can be administered at your local clinics in Elgin or Glen Ullin.

The two vaccines protect against different strains of the bacteria. Medicare typically covers the first vaccine at any time after age 65, and also covers the second vaccine if it's given one year (or later) after the first vaccine. Talk with your doctor or other health care provider to see if you need one or both of the pneumococcal vaccines. ■

Make an appointment today!

Elgin Community Clinic

584-3338

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

Glen Ullin Family Medical Clinic

348-9175

8 a.m.-4:30 p.m. CT Monday, Thursday, Friday
7 a.m.-7:30 p.m. CT Tuesday, Wednesday

Or log onto www.jacobsonhospital.org and make an appointment through the patient portal.

PATIENT PORTAL

We're celebrating! Join us!

NATIONAL HOSPITAL WEEK • MAY 13-17

Jacobson Memorial Hospital Care Center, Elgin

Jacobson Memorial Hospital Care Center (JMHCC) in Elgin will celebrate National Hospital Week with activities May 13-17, including discounted prices on certain lab tests; free blood pressure screenings; classes on responding to a cardiac arrest; and a 5-K walk/run in Elgin and Glen Ullin. The theme for the week is “Celebrating #My Hospital.”

“We invite the public to celebrate the week with us, and encourage everyone to take advantage of all the events we have scheduled,” says JMHCC CEO Theo Stoller.

DISCOUNTED LAB TESTS

Discounted prices on nine different lab tests will be available Monday through Friday, May 13-17, at the Elgin Community Clinic and Glen Ullin Family Medical Clinic.

For appointments, call the Elgin Community Clinic at 584-3338 or the Glen Ullin Family Medical Clinic at 348-9175. All tests must be prepaid.

MAMMOGRAMS SCHEDULED

On Monday, May 13, mammogram screenings will be scheduled at the Elgin Community Clinic during regular hours. Call the clinic at 584-3338 to schedule your mammogram on Monday, May 13.

HEART HEALTH ENCOURAGED

Free blood pressure screenings will be conducted at the clinics during regular hours May 13-17.

To encourage residents to be prepared during a cardiac emergency, JMHCC is offering free 10-minute sessions on how to recognize and respond to a cardiac event, and how to do chest compressions. The sessions will also include a demonstration on using an AED, a portable electronic device used during a cardiac emergency.

The classes will be held from 9-11 a.m. MT Tuesday, May 14, and from 1-3 p.m. MT Thursday, May 16, in the conference room in the lower level of JMHCC. The pub-

lic can arrive anytime during those hours to complete a session. A certified instructor, Carrie Roth, will be leading the classes.

COMPLETE WALK/RUN

On Friday, May 17, a 5-K walk/run will be held from 8 a.m. to 4 p.m. in Elgin and Glen Ullin. Participants must register at the clinic in the community where they plan to complete the walk/run. A course map will be posted at each clinic. Complete the course on your own schedule during the day, then check back in at the clinic.

Each participant who registers and completes the course will receive a free T-shirt.

Other events planned during the week include:

- On Friday, May 17, Custer Health nurses Bridget Winkler and Heidi Peltz will conduct bike safety demonstrations and share information on sun safety and the West Nile virus from 8:30 a.m. to noon MT at the Elgin Community Clinic.

- Throughout the week, entries from the JMHCC National Hospital Week coloring contest from local elementary school students will be displayed in the lower level of JMHCC, in the hallway just off the Elgin Community Clinic.

- Staff will be dressing for a different theme each day, so stop by and vote for your favorite. On Monday, staff will wear red, Tuesday is beach day, Wednesday is JMHCC apparel day, Thursday is team spirit day and Friday is fitness day.

- Refreshments will be served at JMHCC during National Hospital Week in the clinic and hospital lobby.

OTHER OBSERVANCE MAY 12-18

JMHCC will be celebrating National Skilled Nursing Care Week May 12-18, too!

Celebrating with the theme, “Live Soulfully,” events are planned throughout the week to recognize long-term patients at JMHCC. For details, see the activities calendar at www.jacobsonhospital.org. ■

Discounted lab tests offered May 13-17

Discounted prices on nine different lab tests will be available May 13-17, at the Elgin Community Clinic and at the Glen Ullin Family Medical Clinic. All tests must be prepaid. For appointments, call the Elgin Community Clinic at 584-3338 or the Glen Ullin Family Medical Clinic at 348-9175.

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.

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.

FIT test: \$36

This take-home kit, recommended for those ages 50-75, assists in screening for colorectal cancer.

Glycated hemoglobin (A1C): \$24

Used to detect diabetes.

Lipid panel: \$34

(Must fast beforehand)

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

PSA: \$39

Tests for prostate cancer.

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

Evaluates thyroid function.

Urine microalbumin and creatinine: \$23

Monitors kidney health and detects early signs of kidney damage.

Vitamin D: \$50

Tests for Vitamin D deficiency. ■



Carey Rivinius, DNP, FNP-C

Lori Hill, FNP-C

Carrie Gerving, FNP-C

Rhonda Schmidt, FNP-C

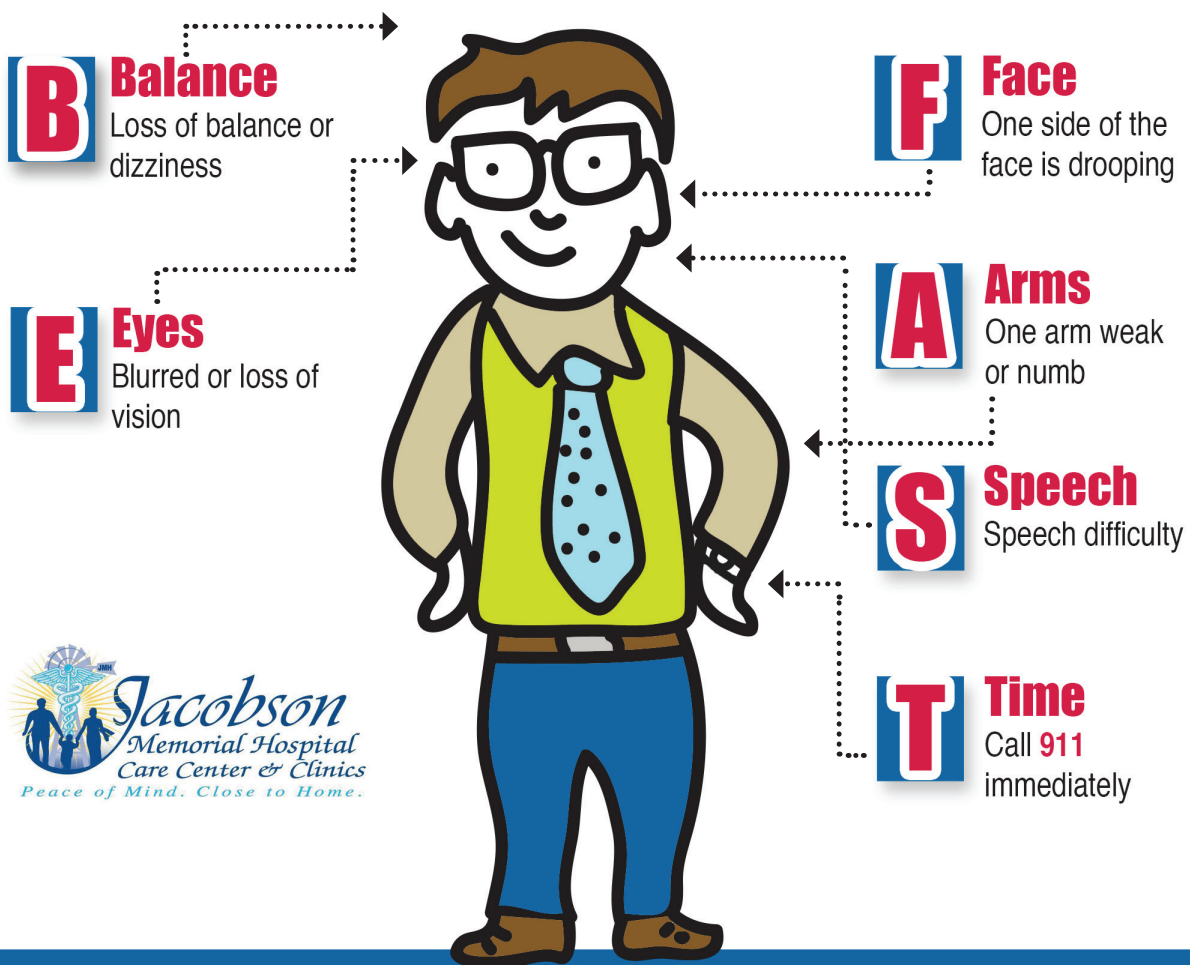
Dr. Alan Lindemann, MD

Serving with commitment, compassion, excellence and integrity

BE FAST

Know the signs of stroke.

Stroke is a medical emergency. For any sign of stroke **CALL 911!**
Every minute counts. Learn the physical symptoms to swiftly identify stroke and save your life or the lives of loved ones.



Jacobson Memorial Hospital Care Center (JMHC) in Elgin has been designated as an Acute Stroke Ready Hospital, which means it has the proper resources to diagnose, stabilize and provide definitive care to acute stroke patients. This allows for quicker response to help stroke patients.

Keep your blood pressure in check:

Know your numbers

Have your blood pressure checked by a health care professional.

Quit smoking

Part of a healthy lifestyle includes quitting smoking and limiting alcohol consumption.

Eat healthier

Include more fruits and vegetables in your diet. Read food labels and limit sodium.

Be active

Physical activity helps control blood pressure, manage weight and reduce stress. Exercise regularly.

FREE blood pressure screenings during National Hospital Week May 13-17 at Elgin Community Clinic or Glen Ullin Family Medical Clinic

Measuring your blood pressure

Normal	Less than 120 over 80
Prehypertension	120-139 over 80-89
Hypertension, Stage 1	140-159 over 90-99
Hypertension, Stage 2	160 or higher over 100 or higher

Celebrate National Scavenger Hunt Day May 24 with Jacobson Memorial Hospital Care Center!

- Pick up an entry form at the Elgin Community Clinic during business hours May 20-24.
- Follow the instructions, and locate all the AEDs in Elgin and New Leipzig, which have been designated as a Cardiac Ready Community
- Return your completed form to the clinic by 4:30 p.m. Friday, May 24, for a chance to win a heart-healthy prize!

AED LOCATED HERE No. 1 on your scavenger hunt

Look for this type of sign in the window of the AED locations during the scavenger hunt.



"Every Kid Healthy"

Immunizations are for teens, too

You tell them not to text and drive when they get their driver's license. You share tips about being safe when they leave for college. But do you also protect them with updated immunizations? Teens may still need immunizations to protect them, particularly a newer MenB and HPV vaccines.

The Elgin Community Clinic carries a newer 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, such as college dormitories. 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.

The Elgin Community Clinic also reminds parents that


INFORMATION FOR PARENTS


Recommended Immunizations for Children 7-18 Years Old


Talk to your child's doctor or nurse about the vaccines recommended for their age.


	Flu <i>Influenza</i>	Tdap Tetanus, diphtheria, pertussis	HPV Human papillomavirus	Meningococcal		Pneumococcal	Hepatitis B	Hepatitis A	Inactivated Polio	MMR Measles, mumps, rubella	Chickenpox <i>Varicella</i>
				MenACWY	MenB						
7-8 Years	Shaded Green	Shaded Orange		Shaded Purple		Shaded Purple	Shaded Orange	Shaded Purple	Shaded Orange	Shaded Orange	Shaded Orange
9-10 Years	Shaded Green	Shaded Orange	Shaded Purple, Shaded Blue	Shaded Purple	Shaded Purple	Shaded Purple	Shaded Orange	Shaded Purple	Shaded Orange	Shaded Orange	Shaded Orange
11-12 Years	Shaded Green	Shaded Orange	Shaded Orange	Shaded Purple, Shaded Green	Shaded Purple	Shaded Purple	Shaded Orange	Shaded Purple	Shaded Orange	Shaded Orange	Shaded Orange
13-15 Years	Shaded Green	Shaded Orange	Shaded Orange	Shaded Purple, Shaded Orange	Shaded Purple	Shaded Purple	Shaded Orange	Shaded Purple	Shaded Orange	Shaded Orange	Shaded Orange
16-18 Years	Shaded Green	Shaded Orange	Shaded Orange	Shaded Purple, Shaded Orange	Shaded Purple, Shaded Blue	Shaded Purple	Shaded Orange	Shaded Purple	Shaded Orange	Shaded Orange	Shaded Orange

More information: Preteens and teens should get a flu vaccine every year. Preteens and teens should get one shot of Tdap at age 11 or 12 years. All 11-12 year olds should get a 2-shot series of HPV vaccine at least 6 months apart. A 3-shot series is needed for those with weakened immune systems and those age 15 or older. All 11-12 year olds should get a single shot of a meningococcal conjugate (MenACWY) vaccine. A booster shot is recommended at age 16. Teens, 16-18 years old, may be vaccinated with a serogroup B meningococcal (MenB) vaccine.

 These shaded boxes indicate when the vaccine is recommended for all children unless your doctor tells you that your child cannot safely receive the vaccine.

 These shaded boxes indicate the vaccine should be given if a child is catching-up on missed vaccines.

 These shaded boxes indicate the vaccine is recommended for children with certain health or lifestyle conditions that put them at an increased risk for serious diseases. See vaccine-specific recommendations at www.cdc.gov/vaccines/pubs/ACIP-list.htm.

 This shaded box indicates children not at increased risk may get the vaccine if they wish after speaking to a provider.



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN™



AMERICAN ACADEMY OF FAMILY PHYSICIANS
STRONG MEDICINE FOR AMERICA

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 Director of Nursing TyAwna Ackerman.

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

The Elgin Community Clinic offers these, as well as childhood immunizations and encourages parents to make an appointment for their children to have any necessary immunizations.

The N.D. Department of Health (NDDoH) and Jacobson Memorial Hospital Care Center are also emphasizing the need to fully immunize children 24 months and younger against 14 vaccine-preventable diseases.

“Vaccines are among the most successful public health tools available for preventing disease and death,” said Molly Howell, immunization program manager for the NDDoH. “They not only help protect vaccinated individuals, but also help protect entire communities by preventing and reducing the spread of infectious diseases.”

According to the National Immunization Survey, North Dakota’s infant immunization rate is 68.2 percent, which is below the national average of 70.7 percent.

“About 30 percent of North Dakota infants are not fully vaccinated on time, leaving them vulnerable to diseases,” Howell said.

Quarterly, the NDDoH sends letters to parents of infants who are 30 or more days past due for immunizations. Parents should contact the Elgin Community Clinic at 584-3338 to schedule vaccinations for their children as soon as they receive a letter.

The clinic also offers developmental screenings to help parents continue to track their child’s health. ■

NORTH DAKOTA DEPARTMENT of HEALTH

HPV Vaccine is CANCER Prevention

Every 20 minutes, someone in the United States is diagnosed with an HPV-related cancer.

2

Doses

of HPV vaccine are recommended if the series was started before age 15. If is started at 15 or older, then three doses are needed.



The HPV vaccine is recommended for both boys and girls at age 11 or 12.

If you aren't vaccinated at age 11 or 12, catch-up vaccination is available through age 26



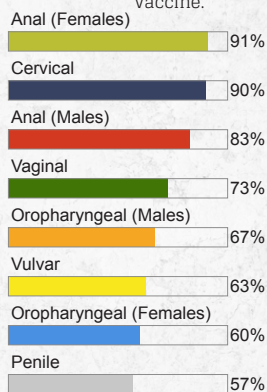
About 79 million Americans are currently infected with HPV. About 14 million people become newly infected each year.



186 cases

In North Dakota, there are 5.6 cases of cervical cancer per 100,000 people. 186 cases were reported in a ten-year time period.

Percent of Cancers Covered by the HPV9 Vaccine.



The HPV 9 vaccine protects against nine strains of HPV that cause cancer and genital warts.



**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.
JMHCC is an equal opportunity provider and employer.

Groundskeeper

16 hours/week temporary. Primary job duties will be mowing lawn and tree maintenance.

Dietary aide

One full time and one part time; rotating days and evenings, weekends and holidays. \$2,000 sign-on bonus.

Housekeeper

Two full time; rotating weekends and holidays. \$2,000 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 full-time up to \$25,000 and part-time up to \$12,500 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 JMHCC! This position is eligible for a \$5,000 sign-on bonus and eligible for full-time up to \$25,000 and part-time up to \$12,500 student loan repayment, along with competitive pay and benefits.

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

