

JMHCC

Lifelines



Lesley Kling joins JMHCC this month as a family nurse practitioner.

JMHCC announces new provider

Lesley Kling is looking forward to practicing medicine in a rural area close to her family. She joined the medical staff at Jacobson Memorial Hospital Care Center (JMHCC) as a family nurse practitioner on Aug. 2.

She grew up in Lemmon, S.D., and completed her bachelor of science degree in nursing from South Dakota State University in 2007. After becoming

a nurse, Lesley worked in Rapid City, S.D., for a year before moving to Fort Collins, Colo. She worked as a hospital cardiac RN for more than four years and also has experience as an electronic health records specialist RN while in Colorado. For the past 3.5 years, she has been working as an RN at the Lemmon Clinic.

With her nursing experience, Lesley

wanted to pursue another challenge.

“After working as an RN for five years, I was ready for another challenge and decided to further my education to be a provider,” she says. “I knew I was helping patients as an RN, but I knew that I would be living in a rural area and could help even more as a provider. I enjoy seeing patients

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JMHCC Lifelines • Summer 2017

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

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across the lifespan and especially like to see patients for preventative and wellness health care visits.”

Lesley stresses the importance of preventative care, and encourages patients to schedule those visits.

“I believe it is important to see patients when they are well to catch any problems early and help them to continue living health lives,” she shares.

“I really enjoy meeting new people and getting to know different members of the community,” she adds.

Lesley completed her doctorate of nursing practice from SDSU and recently graduated. She may be familiar with some at JMHCC and the communities, as she worked for JMHCC for a short time a couple of years ago as the assistant director of nursing.

“I had a great experience as a student with JMHCC and was excited to find out they had a position available as I was getting toward the end of my program,” she says. “I am excited that I could find an FNP position close to home that allows me to be home each night with my family rather than having to travel commute a great distance for work.”



“I enjoy seeing patients across the lifespan and especially like to see patients for preventative and wellness health care visits.”

– Lesley Kling, FNP

Upon starting graduate school, Lesley moved back home and married her husband, Cody, who farms and ranches with his family. About two years ago, they started a homestead six miles south of Thunder Hawk, where they live with their son, Tucker, who is 22 months old. They are also expecting another baby in January.

“From ER and hospital to the clinic, I look forward to the wide variety of things that are seen at JMHCC. I have so much to continue to learn as a provider and a great group of providers to learn from. I enjoyed getting to know the staff and patients of JMHCC as a student and look forward to transitioning into a provider with

JMHCC,” she shares.

During her free time, Lesley enjoys reading (for enjoyment, not school), camping and spending time with her family.

JMHCC’s medical staff is led by Dr. Alan Lindemann, who has been with JMHCC since 2016. He also serves as medical director. Other providers include Carey Rivinius, who has been with JMHCC as an FNP since 2008. She completed her doctorate of nurse practitioner (DNP) degree last year. Also practicing with JMHCC is Carrie Gerving, FNP, who joined JMHCC in 2016 and primarily sees patients at the Glen Ullin Family Medical Clinic. ■

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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.

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.

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

IMMUNIZATIONS

The Elgin Community Clinic now offers your child scheduled immunizations to prevent childhood diseases.

Information about required immunizations can be found at www.jacobsonhospital.org.

Schedule an appointment today at the Elgin Community Clinic for any required immunizations.

Call 584-3338.



CERTIFIED CAR SEAT INSPECTIONS

JMHCC now offers free car seat safety inspections.

For an appointment to have your car seat inspected for safety, call 584-2792 and ask for Becca.



live
well

with JMHCC's therapy services

Physical therapy

Cardiac rehabilitation

Occupational therapy

Jacobson Memorial Hospital Care Center (JMHCC) offers rehabilitation and therapy services to help patients continue to live well.

LIVE WELL WITH:

- Physical therapy
- Cardiac rehabilitation
- Occupational therapy

These services are all offered close to home, so you can have peace of mind knowing you won't have to travel a long distance to be cared for in a professional setting.

In this issue of "Lifelines," we offer information on each service. To learn how to take advantage of these services close to home, visit with your health care provider.



What is physical therapy?

Physical therapy is a health care specialty devoted to evaluating, diagnosing and treating disorders of the musculoskeletal system. Physical therapists are licensed professionals who treat individuals of all ages, from infants to the elderly. We treat a wide range of patients with varying physical problems, injuries or conditions that limit their ability to perform their daily functional activities.

The ultimate goal is to restore maximum functional independence. To achieve this goal, physical treatments

such as exercise, heat, cold and electricity are utilized to help injured or ill people improve their movement or manage pain.

Physical therapy can also help reduce the need for medications and provide alternatives to surgery.

Who benefits from physical therapy?

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

What services are available?

JMHCC treats patients in the hospital and swing bed settings as well as provides outpatient services.

Medical conditions such as arthritis, and back, neck, shoulder and foot pain are commonly treated on an outpatient basis. Other outpatient services include treating fractures, sprains, tendinitis, bursitis, foot pain, or chronic back and neck pain.

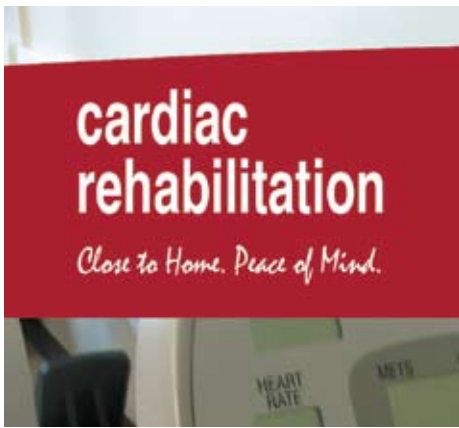
Swing bed services typically involve

patients who have been recently hospitalized or are recovering from surgery. Some examples of health issues include COPD, pneumonia, stroke and general debility following hospitalization or surgeries. Our goal is to get these patients back on their feet and returned to their home.

We also treat 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.

What is the goal of physical therapy?

Physical therapists work closely with doctors, occupational therapists and nurses to develop a treatment plan to restore patients to their full potential. These personalized treatment plans are designed to improve a patient's lifestyle by improving strength, flexibility, balance and coordination. 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. ■



What is cardiac rehab?

The cardiac rehabilitation program takes place at JMHCC to help patients recover following heart surgery or a heart attack. 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 program.

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, a flight of stairs and a NuStep.

- You'll be screened for depression, which is often the result of dramatic lifestyle changes following a heart attack.

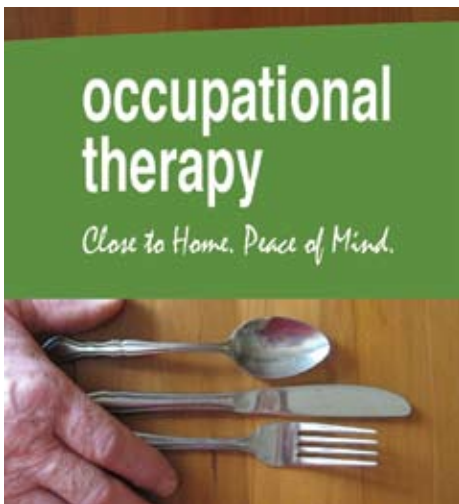
- You'll be weighed at each session and learn more about healthy diet and lifestyle choices.

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. ■



What is occupational therapy?

Your life is made up of occupations – meaningful everyday activities. These occupations can include many roles, such as being a parent, a grandparent, an employee, a business owner, a golfer or an artist.

We generally don't think about our daily occupations until we have trouble doing them.

If you have a medical condition,

your health status changes, or if you are recovering from an accident or injury, your valued occupations may be disrupted or limited. Occupational therapy focuses on your occupations and integrates them into the prevention, wellness and rehabilitation processes. The goal of occupational therapy is to help you do what you need and want to do in everyday life.

Occupational therapists have a holistic view of health. They are trained to assess and intervene in health factors (like strength, range of motion, mobility, cognition and motor planning), but ultimately are interested in how these factors are impacting your ability to perform the tasks that you need and want to be doing (known as "occupations.")

Occupational therapists assist all ages in leading a safer, healthier life.

Why would I need occupational therapy?

The aging process, accidents, ill-

ness, injury or disease can change our ability to participate in daily activities, but occupational therapy can help you stay active and live well despite limitations. For example, during recovery from a joint replacement, you may need new ways to dress, bathe and prepare meals. Pain from arthritis and other conditions can make it difficult to drive safely, walk through a grocery store, or maintain favorite hobbies.

As abilities diminish during the normal aging process, assistance or changes may be needed to maintain your independence and to age safely at home.

Occupational therapy looks at you, your environment, your needs and your social supports to create an approach that will help you live life to its fullest. An occupational therapist will evaluate your situation and, with input from you (and perhaps your family, care provider or friend), develop individualized goals that allow you to

continued on next page

occupational therapy

Close to Home. Peace of Mind.



continued from previous page
resume or pursue your valued occupations. After you develop goals with your occupational therapist, you will work together on a specific intervention plan to help improve or maintain your ability to perform daily activities and reach your goals.

Who can benefit from occupational therapy?

Research shows that occupational therapy can:

- Support independence and safety through home modifications and falls prevention training.
- Improve quality of life for persons with dementia and their caregivers by modifying the environment and specific stressors.
- Enhance function through rehabilitation after a stroke, surgery or other medical incidents.
- Support leisure activities by helping to compensate for chronic conditions such as low vision or diabetes. ■

live
well

Physical therapy

Cardiac rehabilitation

Occupational therapy

Questions about rehab or therapy?

Talk to your provider.

CALL FOR AN APPOINTMENT TODAY!

Elgin Community Clinic • 603 E. St. N., Elgin • 584-3338

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

Glen Ullin Family Medical Clinic • 602 Ash Ave., Glen Ullin • 348-9175

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

JMHCC • 601 East St. N., Elgin • 584-2792



JMHCC adopts revised mission, vision statements

Through its recent strategic planning process and development of a strategic plan, Jacobson Memorial Hospital Care Center (JMHCC) has adopted a revised mission statement, a new vision statement and core values to guide the facility into the future.

“We now refer to our mission and vision statements, and our core values daily to ensure we are best meeting the needs of our patients and striving to continually improve,” says JMHCC CEO Theo Stoller. ■

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 vision of Jacobson Memorial Hospital Care Center:

Striving to be the community choice by providing excellent health care through continuous improvement.

The core values of Jacobson Memorial Hospital Care Center:

Serving with commitment, compassion, excellence, integrity

JMHCC acquires new equipment in lab, X-ray

Jacobson Memorial Hospital Care Center (JMHCC) has recently acquired two new pieces of equipment to better serve patients.

The first is a new portable X-ray machine. The equipment was purchased through a \$30,000 grant from the Coverys Community Healthcare Foundation, a \$5,000 grant from the MDU Resources Foundation and generous donations from Joann and Henry Eslinger and Sandra Schmitz and Marvin Kubousek.

The portable X-ray machine replaces the hospital's portable X-ray machine which was 18 years old. The outdated equipment did not allow for images to penetrate body mass beyond a certain point, thus limiting its usefulness on certain patients. Portable X-ray equipment is necessary for emergency room treatment and treatment of patients in the hospital beds who cannot be easily moved to the facility's lower-level radiology room.



Lab Director Crystal Stoller uses the new analyzer in JMHCC's lab.

The new portable X-ray equipment is much more flexible and can be used to capture any type of X-ray.

"This equipment will better serve our emergency and hospital patients because we will no longer have to move those patients to the permanent radiology room located in the lower level of the facility," says JMHCC CEO Theo Stoller.

The second piece of equipment is a Tosoh 360 analyzer being used in the laboratory. The equipment is used to analyze blood samples for prostate-specific antigen (PSA). A PSA test is a blood test used primarily to screen for



Radiology Supervisor Treavor Kattick shows the new portable X-ray machine at JMHCC. It also analyzes levels of TSH and Free T4, which evaluate thyroid function. The analyzer is also used to show levels of iron in patient's blood samples.

"This equipment also replaced an outdated piece, and is important for offering these lab services close to home," Stoller says. ■

Join us for our fall event!

Jacobson Memorial Hospital Foundation

Sept. 30

Watch for details!

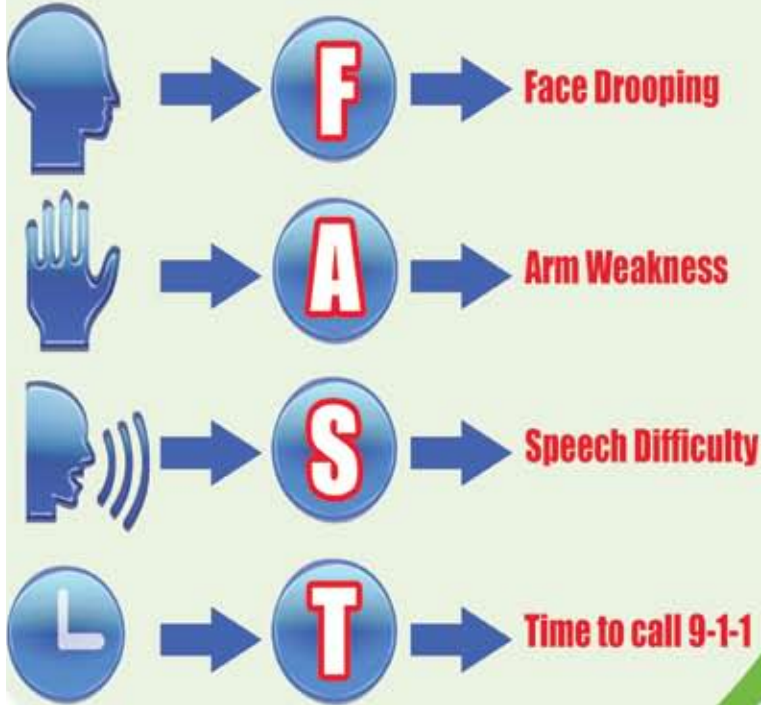
As part of the event, raffle tickets are now being sold at the Elgin Community Clinic or Glen Ullin Family Medical Clinic.

Prizes:

- Up to \$599 R Family Mart 3-minute shopping spree
- Dakota Farms John Deere gun safe
- Up to \$500 R Family Mart 3-minute shopping spree
- \$500 cash
- Sanford AirMed 15-minute helicopter ride for two

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

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.



Discounted sports physicals

**Athletes who participate in school sports
need a physical EVERY year!**

Sports physicals for \$35 July 1-Aug. 31

Payment required same day as physical

Call to schedule an appointment today!

Elgin Community Clinic
584-3338

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

Glen Ullin Family Medical Clinic
348-9175

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