



A junior at Grant County High School in Elgin, Madison Zimmerman is one of six high school students working as CNAs at JMHCC.

## Learning life lessons as a CNA

As Rhonda Billig offers a hand to a patient, she asks, “Do you want to go for a walk?” As a certified nursing assistant (CNA) at Jacobson Memorial Hospital Care Center (JMHCC), she gently holds a wrinkled hand, steadying a walk. Or tips a glass of water to thirsty lips. Or shares a laugh or a joke.

CNAs at JMHCC in Elgin offer dignity and quality of life to those who

need it most. During a typical shift, CNAs help long-term patients with their daily care, from dressing in the morning to helping with meals to tucking them back into bed at night.

JMHCC has 27 CNAs on staff; 11 are high school or college students who work as needed.

And JMHCC has implemented in-house training to make it even easier for students to start a career path.

“Providing local training for this certification allows our young people in the community to become involved at our critical access hospital. It can open doors for a career in the health care field. This is a great job opportunity for people of any age that can keep our hospital thriving with local staff members,” says Director of Nursing Jessica Werner.

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JMHCC Lifelines • Spring 2023

Jacobson Memorial Hospital Care Center  
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PO Box 367  
Elgin, ND 58533  
701-584-2792  
[www.jacobsonhospital.org](http://www.jacobsonhospital.org)  
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### How to start

Upon applying and being accepted for the position, a CNA then completes an 80-hour class, all while getting paid.

“That’s very valuable, especially to the high school and college kids who can do all their training right here, and get paid for doing their training,” says Human Resources Coordinator Kristin Heid. Training onsite also allows JMHCC to fill positions more quickly, rather than waiting for other training options.

A CNA must pass a written test and a skills test to obtain certification. The skills test might entail transferring a patient from a bed to a wheelchair, bathing a patient or brushing someone’s teeth. CNAs do not administer medications or shots, but may assist a nurse with basic care.

Those who have experience may simply pass the tests and forego the additional training. CNAs must recertify with the state every two years, which is often accomplished by simply working a certain number of hours.

**“Being a CNA  
is a very emotionally rewarding job,  
and I love getting to see  
how my role is impacting lives.”**

**- Ameerah Rosin**

Training covers general anatomy and health conditions, personal care such as bathing, grooming and eating, learning how to take vital signs, transferring a patient, working with a patient with mental health needs such as Alzheimer’s and learning residents’ rights.

“There are 24 different skills that they learn to pass the CNA education course,” says instructor Holly Gaugler, a registered nurse. Trainees are paired with a certified CNA to get real-life, on-the-job practice, too.

“I think it’s great, because you give people who are in the community an option to take a class and learn a new trade without having to leave the community,” Gaugler says. “But I think the biggest thing is we’re giving high school kids a foot in the door in the

medical field. ... Knowing these basic CNA skills just gives them a great foundation.”

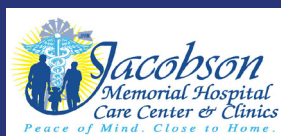
The next class will be June 5-16. A CNA starting wage is \$17, and the position is eligible for a \$4,000 sign-on bonus. Apply with Kristin Heid at [kheid@jmhcc.org](mailto:kheid@jmhcc.org) or call 584-7247.

Training during the summer helps high school students, says senior Zoey Heid.

“I very much enjoyed the way Holly and Jacobson Memorial set up the CNA training,” she says. “I also found it very nice that they were able to get us through the classroom and have our shadow hours all complete before the summer was over, so we were able to work by ourselves for a couple of weeks. It was also nice that we got paid to be in the classroom and to do

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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.



Along with Madison Zimmerman, other high school students working as CNAs are, left to right, Zoey Heid, Bailey Anderson, Delaney Hoffman, Ameerah Rosin and Emilie Raab.

shadow hours.”

Attracting a high school and college workforce benefits both the students and JMHCC.

“It’s a great opportunity for them to get into the medical field and make sure it’s something they want to do long-term, but it helps us out greatly when they can come in for that 5 to 9 shift and help do the evening routines,” Kristin Heid says. “It works good for them to get a few hours, get a little extra cash and it helps us to fill that shift.”

### **High school workforce**

Six Grant County High School students are now working at JMHCC after becoming certified through onsite CNA classes, including Zoey Heid, Ameerah Rosin, Emilie Raab, Bailey Anderson, Delaney Hoffman and Madison Zimmerman.

And the CNA position is a four-

shadow hours.”  
 dation for those planning medical careers.

“I plan to be a physical therapist, and CNA work has been so helpful in giving me a head start on my future career,” says Emilie, who is a high school senior.

“I am using this experience as a way to gain additional knowledge in the medical field. It has allowed me to see what areas best fit me and which may not interest me as much. I always knew I wanted to pursue a career in the medical field, but with so many options and directions to go, I was never sure where exactly I would end up. I feel this job has helped me tremendously,” Zoey says.

“I am looking at going to nursing school and specializing in pediatrics, and becoming a CNA has just given me a better understanding of how a hospital works,” says Delaney, who is a junior.

“I decided to become a CNA to become more experienced. I am wanting to become a nurse and being a CNA helps me work with people who need help. I get to see nurses working firsthand with patients and residents,” says Bailey, another senior.

“I decided to become a CNA, because it was a great job opportunity and a good first step in looking at the medical field range of jobs. I also love working and helping people, trying to make a difference in people’s lives, always trying to bring a smile across their face and lend a helping hand, and this job allows me to do so. Becoming a CNA has given me the skillsets I need to be ready to accomplish my job wherever I am and whenever I need to,” says Madison, who is a junior.

“I decided to become a CNA, because I am interested in pursuing

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### CNA from page 3

a career in health care, and this was a good way to get into that. Being a CNA is a very emotionally rewarding job, and I love getting to see how my role is impacting lives,” Ameerah says.

All the CNAs have one other commonality – a love for the patients at JMHCC.

“It is a very rewarding job, as I am helping someone’s quality of life by giving good care to them and it is a great feeling. I have also learned so many lifeskills from other CNAs,” Emilie says.

“I find that being a CNA is so rewarding. I love working with the residents and seeing the smiles on their faces. One of the things I enjoy most is the fact that I know a lot of the residents and they can tell me stories of my grandparents or even my parents. I also love all of the staff at JMHCC. They are all so nice and make it easy for me as a student-athlete to come back after maybe not working for a couple of weeks from my busy schedule,” Zoey says.

“The part I like about being a CNA is working with the residents. I love hearing about their life experiences and what life advice they have,” Bailey says.

“Sometimes my favorite thing to do is to just go and sit and talk and visit with the residents. Those conversations and talks are the things that stick with me the most and bring smiles across both of our faces,” Madison shares.

“I like being a CNA, because it’s a very rewarding job. I get to see how my care can put a smile on faces and brighten a day. I love getting to visit with the residents while helping them. It’s just overall a very gratifying job,” Ameerah says.

The high school CNAs also encour-

age others to apply for the job, which offers flexibility to those involved in high school activities, too.

“You gain so much knowledge and go through so many experiences. Being a CNA can set you up for any medical-related job. You learn the basics of patient care; you learn many people skills, patience, respect, time management, work ethic, responsibility and so much more. Even just going through the class to see if you would enjoy it will benefit you,” Zoey says.

“I would highly recommend this job. Yes, it is very hard work, but what you put into it, you get out. It’s very rewarding and allows you to make a difference in so many people’s lives, including your own,” Madison says.

“I would encourage them to become a CNA, even if they are not looking at going into the medical field. I have learned so many life lessons from becoming a CNA,” Delaney says. ■

## GET TRAINED HERE. GET HIRED HERE.



### TRAIN AS A CNA At Jacobson Memorial Hospital Care Center, Elgin

Complete 80 hours of on-the-job paid training to become a Certified Nurse Assistant right here at JMHCC!

**Classes are June 5 to 16**

Whether it’s guiding a patient in a walk down the hall or simply sharing a smile, the CNAs are a valuable part of the team of caregivers at JMHCC.

**Apply for a position, then complete training while on the job!**

Full-time or part-time positions are available now!

**Eligible for a \$4,000 sign-on bonus.**  
**Starting wage \$17/hour.**  
May increase based on experience.

*Commitment, Compassion, Excellence, Accountability*

To apply for a CNA position and on-the-job training, contact:  
Kristin Heid, [kheid@jmhcc.org](mailto:kheid@jmhcc.org) or 584-7247.

JMHCC is an equal opportunity provider and employer.



# We Care Like Family



*Peace of mind  
close to home*



Adult day care provides social, health and personal care to older adults who need supervised care during the day.

## When to consider day care:

- They feel isolated or lonely
- They cannot be safely left alone during the day
- The caregiver needs a respite

**Adult day care available:**  
**8 a.m. to 5 p.m. Monday-Friday**  
**or arranged hours**  
Call admissions at 584-2792.



## Adult day care services:

- Social activities and interaction with peers
- Meals and snacks
- Room for napping or rest



Call Kala Geestman  
to schedule a tour  
or for admissions  
at 701-584-2792 or email  
[kgeestman@jmhcc.org](mailto:kgeestman@jmhcc.org)



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# Join us!

## National Hospital Week May 8-12

Jacobson Memorial Hospital Care Center (JMHCC) in Elgin will celebrate National Hospital Week with activities May 8-12, including discounted prices on certain lab tests. The theme for the week is “We Are Health Care.”

“We invite the public to celebrate the week with us, and encourage everyone to take advantage of the screenings we have scheduled,” says JMHCC CEO Scott Brooks.

### FOOD DRIVE PLANNED

As part of the activities, the staff at JMHCC will also be holding a food drive for the local food pantry.

“JMHCC is always looking for ways to give back to the community and this is just one way our staff would like to continue that tradition,” Brooks said. A drop-off location will be located at the Elgin Community Clinic for anyone who wishes to donate items for the food pantry.

### DISCOUNTED LAB TESTS

Discounted prices on 10 different lab tests will be available during

clinic hours during the week at the Elgin Community Clinic, Glen Ullin Family Medical Clinic and Richardton Clinic. Specific tests are shared on the next page.

“Knowing what your numbers are is an important aspect of taking charge of your health, so we offer these discounts during National Hospital Week,” Brooks said.

Those wishing to complete one or more of the tests should first make an appointment at their local clinic during National Hospital Week.

For appointments, call the Elgin Community Clinic at 584-3338, the Glen Ullin Family Medical Clinic at 348-9175 or the Richardton Clinic at 974-3372. All tests must be prepaid.

### OTHER OBSERVANCES

JMHCC will be celebrating National Skilled Nursing Care Week, too!

Celebrating with the theme, “Cultivating Kindness,” events are planned throughout the week to recognize long-term patients at JMHCC. A Farkle tournament will be held throughout the week, dress-up themes will be

held each day, and an afternoon tea to honor both nurses and mothers will be held Friday afternoon. As a community service, the residents plan to donate their Farkle winnings to a local petting zoo.

To “cultivate kindness” within the community, residents will be planting flowers with community members, assembling and painting birdhouses to place at Lake Tschida and will be baking cookies to send to soldiers who are deployed.

For details, see the activities calendar on the “Patients/Visitors” page at [www.jacobsonhospital.org](http://www.jacobsonhospital.org). Community members are invited to take part in any of the activities!

National Nurses Week is also observed May 8-12, and in-house recognition will be shared with JMHCC nurses, with fun activities planned during the week. Staff will be dressing for different themes each day, from 1970s attire, to wild hair day to pajama day and beach day, as they have some fun celebrating.

If you see one of JMHCC’s nurses, thank them for their dedication! ■

We Are Health Care

# We Are Health Care

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

May 8-12

*Discounted prices  
on 10 different lab tests*

Must be prepaid. Appointment necessary.

**Chem 14: \$30**

(Must fast beforehand)

Used to check organ function and monitor certain health conditions.

**Complete blood count: \$23**

(Must fast beforehand)

A complete blood count checks hemoglobin, and white and red blood cells. Used to detect anemia or infections.

**FIT test: \$39**

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

**Glycated hemoglobin (A1C): \$27**

Used to detect diabetes.

**Lipid panel: \$37**

(Must fast beforehand)

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

**PSA: \$42**

Tests for prostate cancer.

**Vitamin B12: \$38**

Tests for B12 levels.

**Iron: \$23**

Tests iron levels for anemia.

**Vitamin D: \$53**

Tests for Vitamin D deficiency.

**TSH (\$45) and Free T4 (\$20)**

Evaluates thyroid function.

*Celebrating our nurses during  
National Nurses Week!*

*Skilled Nursing Care Week:  
“Cultivating Kindness”*

*Planting flowers with community members*

*Assembling and painting birdhouses for Lake Tschida*

*Baking cookies for deployed soldiers*

*Tea party with community invited*

*Collecting canned goods for food pantry all week!  
Dropoff at Elgin Community Clinic!*



*Serving with commitment, compassion, excellence and accountability*

[www.jacobsonhospital.org](http://www.jacobsonhospital.org)



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is an equal opportunity provider and employer.

Elgin Community Clinic • 584-3338  
Glen Ullin Family Medical Clinic • 348-9175  
Richardton Clinic • 974-3372



# Like things tidy? So do we!

## AND JMHCC needs your help!



### JMHCC needs full-time or part-time housekeepers!

# \$5,000 sign-on bonus.

All full-time and part-time positions are eligible for our competitive benefits package.

Contact Kristin at 701-584-7247  
or [kheid@jmhcc.org](mailto:kheid@jmhcc.org) to apply.



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