

AppleSeeds

Quarterly Foundation News



Shocked by his costume reveal, JRMHC Hospice Manager Trisha Jungels cheers with event founder Don Wegner as Dr. Bradley Skari prepares to plunge.

OUR MISSION

TO SECURE PHILANTHROPIC GIFTS THAT WILL ENHANCE AND SUPPORT THE WORK OF JAMESTOWN REGIONAL MEDICAL CENTER.

Polar Pig “Walk the Plank” raises \$19,000

THE “H.O.G.s” ARE HEROES

Brave, local volunteers made a “big splash” for JRMHC’s Hospice program on Feb. 2, when the Jamestown Harley Owners Group (H.O.G.s) sponsored the Polar Pig “Walk the Plank” event on a wintery North Dakota day. The event, now in its seventh year, was again hosted by Stutsman Harley Davidson.

Through heavy snowflakes, jumpers of all shapes and sizes—including a firefighter, clown, beauty queen, parrot and a pair of superheroes—all took a plunge into a tank of water for JRMHC Hospice.

While each jumper set out to raise \$100, many collected much more. In fact, JRMHC employees raised over \$1,200 for their “hospice heroes” to take the chilly plunge. JRMHC CFO Brandon Vaughan as Superman and JRMHC Hospice Medical Director Dr. Bradley Skari as Batman, both made quite a splash.

Superman demonstrated his super skills, winning the *biggest splash* award. Dr. Skari received the *best costume* award for entertaining the crowd with the speedo and flowered swim cap he revealed under his Batman outfit.

District 8 ABATE’s annual chili cook-off gave the fund raising effort an extra kick. Seventeen chefs competed in this year’s competition. Event attendees bought \$5 tickets to sample and judge all of the chili entries. Chili sales netted an amazing \$740 for the cause.

This year’s cook-off winners were:

- First Place – Alan Sabinash
- Second Place – Jan Wiese

continued on next page



Jamestown Fire Department member Connie Jenkins gives the crowd one last smile as she prepares for her snowy jump.



WALK THE PLANK

continued from page 1

Also adding to the day was a silent auction. Items included purses, gift baskets, salon products, a car and Harley Davidson gear. Sales from the auction totaled \$4,950.

This year's event raised over \$19,000 for the JRMC Hospice program.

Event founder and coordinator Don Wegner is a member of the Jamestown Harley Owners Group (H.O.G.). "It was a banner year for everyone," says Don. "People told me if they would have known it was that close they would have raised another thousand just to be able to shave my head!"

Don committed at last year's event to shaving his head if proceeds topped the \$20,000 mark. So close!

JRMC Hospice Manager Trisha Jungels expressed her deepest gratitude to the H.O.G. members and said, "The definition of a 'hero' is a man of distinguished courage or ability, admired for his brave deeds and noble qualities. In the eyes of JRMC Hospice employees, volunteers, patients and families, the H.O.G. members are hospice heroes."

"Your endless support and dedication to JRMC Hospice plays a vital role in our ability to provide hospice services to patients and their families in Jamestown and surrounding communities."

More than 300 people gathered to watch the 16 jumpers walk the plank.

THANK YOU 2013 JUMPERS

Dennis Mickelson, Jamestown Clowns
Dennis Sand, Jamestown Clowns
Connie Jenkins, Jamestown Fire Department
DeeDee Trieu, I-94 Clark Station
Chad Kaiser, Stutsman County Sheriff
Cruz Kaiser, son of Chad Kaiser
Mia Kaiser, daughter of Chad Kaiser
Patti Martin, Ladies Individuals Motorcycle Club
MacKenzie Johnson, ND Miss Junior High
Tim Walch, Individuals Motorcycle Club
Ross Walch, Individuals Motorcycle Club
Don Martin, Individuals Motorcycle Club
Troy Grade, Farmers Union Insurance
Brandon Vaughan, JRMC CFO
Dr. Bradley Skari, JRMC Hospice Medical Director
Mark Wiese, Jamestown H.O.G.s Director



Members of the Jamestown Harley Owners Group present their amazing contribution to Penny Holland of JRMC Foundation. (left-to-right) Penny Holland, Mark Wiese, Jan Wiese, Don Wegner, Nancy Magee, Duane Andersen, Marla Wegner, George Quigley and Laurie Hayes.

"The total raised was over \$19,000. People told me if they would have known it was that close, they would have raised another thousand just to be able to shave my head!"



Don Wegner (pictured above with his wife Marla) commenting on his challenge that he would shave his head if contributions reached \$20,000.

MARK YOUR CALENDAR

Upcoming Events



MAY



AUXILIARY PLANT SALE

The plants let us know when they are ready!



JULY



FOUNDATION GOLF TOURNAMENT

3rd Annual 4-person Scramble

2013: New year, new role: NEW TAX CREDIT ENDOWMENT FUND



2013 has brought with it the start of a new role for me with the JRM Foundation. As the newly-elected chairperson of the Foundation Board of Directors, I am enthusiastic to continue my work as a team. Together we have accomplished so much and I look forward to many new and exciting endeavors.

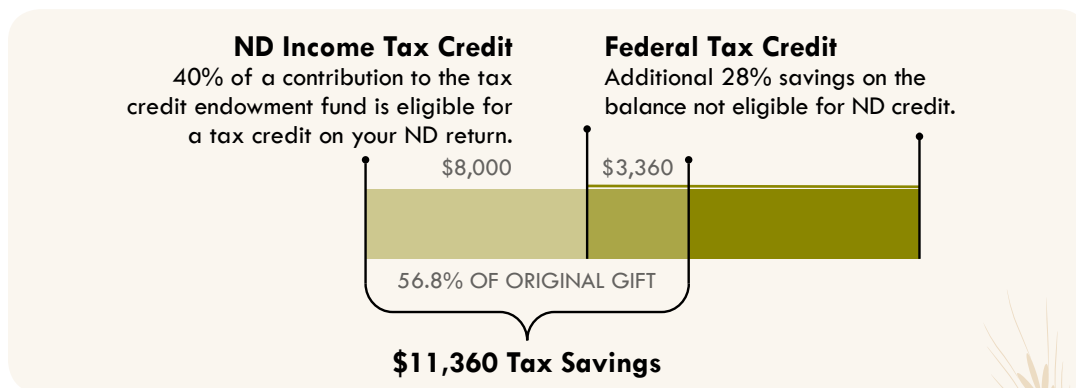
One new opportunity we have for our donors provides North Dakotans with the chance to take advantage of generous tax savings.

North Dakota established a law allowing for state tax savings in addition to existing federal savings. Individual donations of \$5,000 or more can receive a state tax credit of 40% of the charitable deduction allowed by the IRS. Donors who contribute to a qualified endowment fund can take advantage of that added savings.

“

We were delighted to have received our first donation to it last December. **A big thank you to Nels and Ileene Albin** for their generous contribution! We invite you to take advantage of the opportunity, just as our first savvy donor did!

CONSIDER THIS EXAMPLE* OF A \$20,000 GIFT



I appreciate the opportunity to serve on the Foundation Board of Directors and most importantly, to serve you. With your on-going support, we will continue toward our goal of providing you with the very best in health care now and for many years to come.

Most sincerely,
Marlene Axtman, Chairperson
JRM Foundation Board of Directors

*Data presented is informational only. Actual savings vary by contribution, tax bracket and other factors. Please consult your attorney, accountant or financial advisor for advice on your specific giving opportunities.



Expert care and compassion save eyesight

TEAMWORK MAKES IT HAPPEN

Have you ever imagined what it would be like to lose your eyesight? What challenges would you face? How would you cope with the loss?

These quickly became real fears for Jamestown resident, Kathy Eversvik.

It began last October when Kathy started to experience pain and redness in her right eye. Dr. James Torrance, her primary care physician, suspected a sinus infection. Providing thorough care, he ordered antibiotics, x-rays and recommended she follow up with her ophthalmologist, Dr. Raymond Larsen.

Before Kathy could even have her x-rays taken to confirm Dr. Torrance's suspicion, her symptoms worsened and her pain escalated.

"The pain had spread over the top and down the back of my head," explains Kathy. "It went into my nose, jaw and cheekbone. There was swelling under my right eye."

She called Dr. Larsen, who ordered an emergency CT scan, but the scan showed no signs of sinus problems and revealed nothing obvious.

As her pain worsened into Saturday, Dr. Larsen and his wife Rita opened their clinic to treat Kathy's eye. Kathy's eye was inflamed and swelling shut. She began to consider the terrifying thought that she could lose her vision.

Kathy would make several trips throughout the week to see Dr. Larsen for continued treatment. Her dear friend, Shirley McDaniel, was there for every appointment, providing transportation and much needed support.

Despite treatment with drops, the swelling and redness in Kathy's eye was increasing. Even worse, her vision was now beginning to dim.



Kathy Eversvik, comfortable and much-improved at home with her husband Bob. Kathy credits the excellent care of (left-to-right) Dr. Larsen, Dr. Torrance and Dr. Jystad.



Friday night, Kathy woke to horrific pain! "The pain and pressure were awful," recalls Kathy. "It seemed like a nightmare!"

Unable to see well enough to drive, Kathy called JRM Emergency Department and spoke with Dr. Phil Jystad. He instructed her on how to alleviate the pain. Kathy credits his expertise for getting her through the night.

The next day, although comforted by a visit from Darren Purdy, her pastor, as well as Elder Wayne McDaniel and other church members, she was forced by her pain to call Dr. Larsen. Again, the compassionate couple opened their clinic to treat Kathy's eye.

Seeing a more aggressive treatment was needed, Dr. Larsen told a fearful Kathy she would need an injection in her eye. Sensing anxiety, Rita gave Kathy a big hug. "Rita was so sweet and Dr. Larsen was so gentle that the shot wasn't very painful" says Kathy. "It meant so much that they both really cared about me."

The following week, Dr. Larsen monitored Kathy's progress. "I was showing small signs of improvement. Then right before Thanksgiving, my eye had improved significantly. Dr. Larsen said to me, 'Now you truly have something to be thankful for!'"

"I am so thankful for the wonderful care from Dr. Larsen, Dr. Torrance and Dr. Jystad. Without their expertise, quick action, kindness and willingness to go above and beyond the call of duty, I could have potentially lost vision in that eye."

New DEXA machine planned

SUPPORTING EARLY DIAGNOSIS OF OSTEOPOROSIS

Research indicates that by the year 2020, osteoporosis may affect as many as half of all Americans over age 50. Bones become more fragile as we age; placing you at a greater risk for fracture, even from a minor accident.

A DEXA (Dual-Energy X-ray Absorptiometry) scan takes a bone mass measurement that helps determine a patient's risk of potential fractures and/or osteoporosis. If a patient is diagnosed with osteoporosis, the doctor can start a treatment plan to both slow down or even stop bone loss and reduce the risk of fracture.

In a continuing effort to provide Jamestown and the surrounding communities with the latest technology and the most accurate results possible, JRM Foundation and JRM Radiology Department are working on a **replacement plan for the Medical Center's outdated DEXA machine.**

Dr. Gary Wade, medical director of radiology, and Diane Nelson, radiology manager, both noticed a need for a new DEXA machine. "We think that this will be a great addition to our community," says Nelson. "It is an excellent tool for early risk detection and can help patients prevent fractures due to osteoporosis."

"The new machine will help detect elevated fracture risk better than our current DEXA," says Dr. Wade. "It has much newer technology that scans faster and more consistently."

MORE THAN BONES

In addition to looking at bone density, a new DEXA machine can also perform total body composition scans. The new machine will be able to measure overall body fat as well as divide the body analysis into fat mass, bone mass and lean mass categories.

"A total body composition scan with a DEXA machine is also more accurate than the traditional method through immersion in water," says Dr. Wade.

The use of a DEXA machine to do body composition provides an easy and comfortable procedure for the patient. While body composition might be done for an athlete, anyone looking to stay fit, lose weight or to just know how body shape can affect his or her health can benefit from the scan.

Young or old, male or female – everyone depends on a strong and healthy skeletal structure. Fundraising has started for the new DEXA machine and with your help, we hope to have the new machine in place by late summer.

With your gifts, the Foundation will continue adding new equipment to improve the quality of life for you and those you love.



A DEXA scan is relatively easy to perform and the amount of radiation exposure is low.

During a DEXA scan, a patient will lay down on an open table for a short period of time while the area in focus is scanned. The entire body can be scanned for a body composition analysis or just the hip and lower spine for a bone density exam.



The DEXA machine produces two x-ray beams—one high energy and one low energy wave—which scan the selected area of the body. For bone density tests, the amount of x-rays that pass through the bone is measured for each beam. In thicker bones, less x-ray will be able to pass through. The actual density is then determined from the difference between the two beam measurements.



Confirmation students share warmth

Eighth and ninth grade confirmation students from Atonement Lutheran Church donated blankets to JRMC Foundation. Each student made a blanket as part of their service project for the class. Foundation Board Secretary, David Smette thanked the students for their kindness and thoughtfulness toward others.

The blankets will be given to children participating in ND Health Tracks and for pediatric patients at JRMC.



(front) Jaxon S., Nicole W., Julia B., Brittney C., Nicole G.
(middle) Pastor Scott, Peggy W., Heidi K., Andrea B., Alyssa G., Tricia S., Lucas S.
(back) Cayden H., Chris H., Dylan K., Dave Smette

Christmas blankets make meaningful gifts

JRMC Hospice patients received Sherpa blankets from the John Dardis Memorial Hospice Gift Fund this past Christmas. "I discussed my idea of giving blankets with Pat Dardis. I thought blankets would convey comfort and warmth to our hospice patients," says Hospice Coordinator, Maren Radi.



Pat Dardis created the fund three years ago to memorialize her late husband, John Dardis. The fund's purpose is to purchase gifts for JRMC Hospice patients and is sustained by donations to the fund.

\$8,500 raised for children's services

Breakfast with Santa was held on Nov. 17, 2012 at the Gladstone Inn and Suites, where over \$8,500 was raised for children's services at JRMC. Proceeds were used to purchase a pediatric scale for the patient care unit and a pediatric immobilizer for radiology.

"The nursing staff loves the new scale!" says JRMC Patient Care Unit Manager, Deb Falk. "The scale easily converts pounds to kilograms with the touch of a button. The conversion is needed for dosing medications and accurate weight measurement is crucial."



Pictured above with Santa is Ryder Alexia Schlafman Hieb of Jamestown.



Charlie the teddy bear demonstrates the new pediatric immobilizer. Technologist, Tanya Schroeder (pictured left) and Radiology Manager, Diane Nelson (right), appreciate how much safer the device keeps our pediatric patients during diagnostic procedures. Thanks to you, the Foundation is able to sustain children's services at JRMC.

NEW JRMCC CLINIC OPENS

March 2013 • APPLESEEDS

“The entire space gave me a feeling that I had nothing to worry about...I didn’t have any anxiety.”

First clinic patient gives rave reviews

NEW JRMCC CLINIC OPENED DECEMBER 31ST

Since Jamestown Regional Medical Center moved to its new location in August of 2011, the JRMCC Clinic has been located in a modular building on the edge of campus. On Dec. 31, 2012; however, the clinic said ‘hello’ to its permanent location in the recently-completed Jamestown Clinic Building.

On New Year’s Eve, Dr. Manuel Harris, JRMCC’s podiatrist, welcomed the facility’s first patient, Jacqueline Pfeiffer.

A long-time patient of the clinic, Jacqueline had many great things to say. “I thought that it felt very homey, it didn’t feel like I was in a clinic,” said Jacqueline. “The entire space gave me a feeling that I had nothing to worry about...I didn’t have any anxiety.”

The Jamestown Clinic Building is conveniently attached to Jamestown Regional Medical Center and is home to the JRMCC Clinic, Essentia Health-Jamestown Clinic and will soon also house the Veterans Affairs (VA) Clinic.

The new, shared campus provides clinic visitors with convenient access to services provided in the hospital. Patients can be seen at multiple appointments, while making only one, easy trip.

“When I was making my appointment for a radiology service at the hospital, I told them that I had an appointment at the clinic and they were able to schedule me at a time when I was already on the JRMCC campus.”

Jacqueline said that it was very convenient to park her car once and walk to various services, all within one building. She also stated that

Jacqueline Pfeiffer, the first patient at the new JRMCC Clinic, with JRMCC Podiatrist, Dr. Manuel Harris.

at Jamestown Regional Medical Center she does not feel like just a patient. “You really know what to expect when you come for an appointment,” shared Pfeiffer.

GRAND OPENING

A grand opening celebration was held Feb. 19 at the Jamestown Clinic Building. The building’s main tenants; Essentia Health-Jamestown Clinic and JRMCC Clinic, along with building developer, The Davis Group, and building manager, IRET welcomed the community to the celebration. “Growing Healthcare in Our Community” was the theme of the event.



North Dakota Lieutenant Governor, Drew Wrigley and North Dakota Senator, Heidi Heitkamp, along with representatives from Essentia Health, JRMCC, The Davis Group and the Jamestown Chamber of Commerce officially open the Jamestown Clinic Building.



GIFTS & TRIBUTES

This issue of Appleseeds includes contributions received by JRMC Foundation from November 1, 2012 through January 31, 2013.

BONE DENSITOMETRY EQUIPMENT (DEXA)

Steve & Kathy Aldinger
Brian & DeAnn Ament
Jason & Tracy Anderson
Ross Argent
Deborah Attleson
Cindy Barnes
Debra Beaton
LeRoy & Mary Bowder
Beau & Jenna Bredahl
Cody Champagne
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Jennifer Lang
Diana Lange
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Hal & Deanna Weiser
Meredith Weisz
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Robin & Michelle Ziesch

In Honor of

Jan Barnes

John & Carol Splonskowski

Leona Golde's Birthday

Elaine Millspaugh

Phil Jystad

Allen & Karol Schlenker

Frank Liegman's 80th Birthday

Clifford & Stella Wegner

In Memory of

Sarah "Sally" Anderson

Robert & Maureen Urlaub

Linda Becker

JRMC Laboratory Staff

Frances Bellon

Elaine Nieland

Verna Peterson

Mary Walicki

Russel Bieri

Duane & Lois Knudson

Francis Bivins

Terry & Robyn McDonald

Teresa Borth

Quentin Roaldson

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Archine & Madelyn Hoffer

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Kent & Jean Miller

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Lester & Joann Putnam

Wilbert Hofmann

Michael & Shelly Fercho

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Lucille Mayer

Grace Walz

Marcella Kamlitz

Elaine Millspaugh

Beverly Kurtz

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Adeline Nitschke

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Jeff Pfarr

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Lester & Sharon Larson

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Harrison & Connie Smith

Mary Walicki

Grace Walz

Magdalena Wald

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Clarence Weller

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Gifts & Tributes

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In Memory of

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Jerome & Liane Braun

Ronald "Porky" Ganser

Dwayne & Yvonne Bair

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In Honor of

Jan Barnes

Charles & Dorothy Erstad

In Memory of

Scott McMillan

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In Memory of

Mabel Goehring

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ND TAX CREDIT ENDOWMENT

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In Memory of

Sarah Gunderson

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Kathi Tompkins Family

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Jason & Tania Falk

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Don Weisz

Family & Friends

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Atonement Lutheran Church Women

South Central Human Service Center

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Bluette Clancy

Nancy Schulz

Joann Williams

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Bob Lee

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Victoria Hertwig

Earl Amundson

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Frank & Marvel Fischer

Dale Bayer

Bob Lee

William Boelke

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Linda Hill

Clifford & Stella Wegner



GIFTS & TRIBUTES

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Dick & Lil Dixon

Vera Dominick

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Tammy Gumke

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In Memory of

Donley "Bob" Bergquist

Arnie & Deb Falk

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Pamela Burkhardt
Byron & Mary Hill
South Central Human Service Center
Employees Blue Jeans Fund

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Jay & Cynthia Nimens

In Memory of

John Dardis
Patricia Dardis & Family
Thomas & Sharon Dardis
Thomas & Wanda Dardis
Everett & Bev Miller
Richard & Gloria O'Brien

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Your words keep us going

THANK YOU FOR SHARING YOUR EXPERIENCES

"I am deeply grateful to each of you for your role in making an epidural steroid injection possible for me. As I looked around the procedure room and heard your reassuring words, I relaxed and knew you were there to help improve my health."

— Sister Michaelun Jantze

"I had the pleasure of meeting Lisa (home health and hospice nurse) on December 12th prior to my mother's passing. I appreciate the excellent care and consideration to Esther as well as the helpful information she conveyed to me. Thanks!"

— Don Hovda

Crocheted bedspread winner

CONGRATULATIONS SALLY SIEFKEN

The winner of the crocheted bedspread that was raffled this past November was Sally Siefken. Sally is an RN in JRMC Surgical Services. The bedspread was donated by Dianne C. Purcell of Jamestown. Proceeds were used to benefit Community Care.

Thank you, Dianne and congratulations, Sally!

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Making a "Big Splash" for JRMHC Hospice.



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is just around the corner.

July 19th

