

AppleSeeds

Quarterly Foundation News



A transformational process

TEAMWORK LEADS TO REHABILITATION SUCCESS

"I was on the floor for five hours," says Helen Young who suffered multiple injuries to her hips and knees in late October of 2011. This was the last in a series of falls which led to hospitalization. Unfortunately, this type of event is not uncommon. The Center for Disease Control and Prevention reports that annually, one in three adults 65 and older suffers a fall. The injuries and fear of falling again make it difficult to get around, begin the healing process and in some cases the ability to live independently. Luckily, services at Jamestown Regional Medical Center (JRMCC) are available to aid in successful recovery.

Over tea at Young's home, she shared her journey of recuperation. Originally from Missouri, Young grew up dancing and doing gymnastics. Her son Drexel often noted she even walked like she was dancing. However, Young was struggling to get back on her feet. After her initial fall, she was homebound and utilized JRMCC's Home Health and in-home physical therapy. Once stabilized, these services are no longer available with Medicare. Young was given exercises to follow at home—it proved difficult on her own. The process repeated itself. Young fell again, was hospitalized and worked through physical therapy a second time until she plateaued. Young notes, "I didn't want to stop coming to rehab. I was a little somber." Her son knew without help, she might not walk again.

continued on next page

Helen pictured with JRMCC Home Health Nurse, Sheila Metz.



A TRANSFORMATIONAL PROCESS *continued from page 1*

That's when Drexel reached out to JRM's Home Health program to inquire about a private caregiver. He was referred to JRM's Private Duty Care program which offers trained, Certified Nurse Assistants (CNA) and can provide multiple services including bathing, wound care or companionship. The aides can also assist in carrying out a client's physical therapy exercises. "The Private Duty Care program began two years ago," says Tamie Gerntholz, JRM Home Health Care Manager, "And we now complete approximately 70 visits a month." This service is very attractive because there is no need for a physician's order and anyone is eligible for benefits at a reasonable rate.

Sheila Metz was one of the aides assigned to Young and she played an important role in post-rehabilitation stretching exercises and massage as well as encouragement and care in Young's home. Initially, Young could not raise her leg off the floor. It was difficult, but over the next few months, she showed improvement in her mobility and even took a couple steps. Metz worked with her supervisor Arlyce Klein to ensure the best care plan. During a routine evaluation and after seeing Young's progress, Klein recommended she see her doctor again for the approval of another physical therapy evaluation. "The ultimate goal for Helen was to get her walking again," says Klein, "And there was now an opportunity for treatment at JRM since Young's first evaluation."

INTRODUCING THE ALTER G TREADMILL

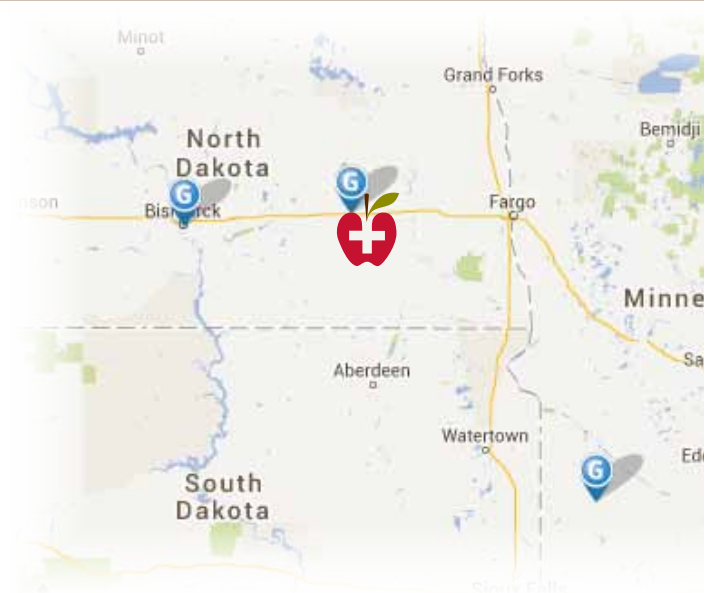
What Young didn't know at the time; was that Dan Lies, another JRM patient, was also struggling to walk again after having a stroke. His wife Nancy started researching medical technology which could help him walk again and discovered the anti-gravity AlterG treadmill equipment. She brought the idea as well as the first gift toward its purchase to the JRM Foundation. By July of 2012, with an additional \$40,000 in gifts from 271 people, the AlterG equipment was installed.

"I knew it was my last chance to get on my feet," says Young. After zipping up the air-tight and pressurized pants, Young remembers thinking, "These are really weird and not very fashionable." However, she began to enjoy the process which allowed her a low-gravity environment to safely increase mobility. Ross Argent works with many patients like Young at JRM's Physical Therapy Department on the AlterG. He spent an additional four months working with her. "Ross even picked choke cherries in my backyard since I couldn't," says Young. Argent received

JRM's Legend award for his work with Young and going beyond just the patient/provider relationship.

Then a big milestone was reached. After Argent made a few adjustments to Young's walker and shoe lifts, she began walking across the physical therapy department and eventually down the JRM corridor. It was a big surprise when she knocked on Sheila Metz's office door. Now Young's goal is to get to the mail box and back. Until then, she can navigate through her kitchen fine and enjoys the occasional afternoon tea with Metz.

The outcome could have been different had it not been for Young's drive, private care's attention, the generosity of other patients and teamwork amongst the medical, home health and rehabilitation staff at JRM. In the end, the results were transformational.



**JRM's AlterG is one of only two in
all of the Dakotas—thanks to you!**

LEARN MORE

If you have a family member or a friend who may benefit from JRM's Private Duty program or rehabilitation services, please contact Tami Gerntholz, Home Health and Hospice manager at (701) 952-4847 or the Physical Therapy Department at (701) 952-4800.

To read this and additional stories about JRM, visit our blog at www.jrmcnd.com, click on the "News" tab.

MARK YOUR CALENDAR

Upcoming Events

Read more about our upcoming tournament on **page 6**.

Thank you to our title sponsors:



JULY



FOUNDATION GOLF TOURNAMENT

3rd Annual 4-person Scramble: **Form a Team!**



From the new Foundation Director...

When I was in college, I began my fundraising career planning a week-long series of events to raise money in support of Prevent Child Abuse America. Then, I did not know this was a job, let alone a career path I'd follow someday. What I did know is the generosity of the human spirit inspired me. Throughout the years, I've learned the complexities of the philanthropy industry, but advice I received early on still rings true. "People give to people; it's as simple as that." No one makes a gift without thinking about how it may transform another person's life.

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Jackson graduated from NDSU with a degree in mass communications and has worked in annual giving for Jamestown College and major gifts and planning for Kansas University Endowment. She is the co-founder of GivingPoint, a fundraising consulting firm and helped launch Today's Giving, a philanthropy magazine. She has a two-year-old daughter, Hadley and is married to Dustin.

A week into my new position here, I received a message from a local financial advisor. He said, "I have someone that lists you [JRM Foundation] as a beneficiary of their estate." It was so exciting to know JRM impacted a life in a way that resulted in this gift. As we added this donor's name to the Wall of Honor, I took time to review the thousands of names of generous supporters who believe and testify to the quality work being done here at JRM.

Since the Foundation's inception in 1985, a total of \$10 million has been donated to provide better healthcare for the people in our region. Since 2009, over \$526,000 in equipment has been purchased including patient lifts, infant warmer and the AlterG treadmill. In the last three years, more than \$4 million was raised in cash and pledges for the new facility. In 2012, 6,500 volunteer hours were dedicated to achieving better service. We are surrounded by other's generosity of time and treasures every day.

Are you inspired yet?

In the next few pages, take a minute to read quotes from grateful patients, review our quarterly tribute list, find more information about the future of care here at JRM and how people continue to be the difference in the lives we serve. We will also be reaching out to you—our readers, volunteers, staff and contributors to receive your input on how we can build a foundation that supports our medical needs of the future. We have exciting opportunities on the horizon and I'm thrilled to be working with you.

It is our vision to be the best place for patients to receive care, employees to work and physicians to practice. It is our benefactors who see this vision and help make it possible - thank you.



Exploratory discussions:

A LETTER FROM JRMC CEO



Dear AppleSeeds Reader:

Jamestown Regional Medical Center, with the approval of the JRMC Board, is in the exploratory phase of discussions regarding an enhanced relationship with Sanford Health. We look forward to continued discussion as we examine opportunities to expand care locally including cancer services, a shared electronic medical record as well as a variety of other services.

“Cancer services have long been in demand in Jamestown,” said Connie Krapp, JRMC Board Chairperson. “Not many of us can say we don’t know someone who hasn’t been affected by it. We appreciate that Sanford, with their depth and breadth of specialized services, shares our interest in delivering advanced cancer care close to home.”

Another reason that we are exploring a relationship is to be able to utilize the Epic electronic medical record system that is currently installed at both Sanford and Essentia Clinics in Jamestown. The use of Epic by JRMC will improve clinical quality and safety by linking us with the clinic record. This will provide physicians caring for our inpatients access to better clinical information, reduce duplicate testing, and enhance patient safety.

The affiliation option that is being explored is the Associate level – which will result in very little noticeable change for patients or employees. The JRMC Board of Directors maintains full decision-making authority for the hospital and there will be no signage changes.

JRMC’s Vision is to be the best rural hospital in the United States. We feel that a partnership with Sanford provides JRMC with additional expertise to help us reach our Vision to be the best place for patients to receive care, employees to work and physicians to practice.

Sincerely,

Todd Hudspeth
President/CEO



Sanford Associate Agreement:

- an entry-level affiliation agreement
- JRMC maintains name & remains an independent hospital
- access to value-added services like purchasing, lab, IT
- full fiduciary responsibility remains with local board
- creates common electronic health record system (EHR) with all local clinics
- access to menu of other services

Why Now?

- payment systems are changing
- JRMC proactively preparing
- ability to mobilize strategic interests:
 - common EHR platform
 - development of cancer services
- ability to deliver coordinated care and expand services

JRMC Foundation is very proud and humbled by the commitment Hour Club contributors have made in the spirit of helping one another. Thank you for your support. You are proof that "Caring Makes the Difference".

- since moving to our new campus, Hour Club donations have exceeded \$62,000
- over the life of the program, employees have given over half a million dollars
- the Meditation Room at JPMC is named in honor of Hour Club members



Happy feet

WELCOME NEW PODIATRIST, JILL KANG, DPM

Jill Kang, Doctor of Podiatric Medicine is the newest provider in the Jamestown medical community. Dr. Kang is now seeing patients at the Essentia Health - Jamestown Clinic located in the Jamestown Clinic Building. In addition to seeing patients in the clinic, Dr. Kang provides podiatric surgery at JPMC.

Originally from Moorhead, Minn., Dr. Kang received her Doctor of Podiatric Medicine degree from Des Moines University, College of Podiatric Medicine and Surgery in Des Moines, Iowa. Following her time in Iowa, she completed her residency in Podiatric Medicine and Surgery at St. John Hospital and Medical Center in Detroit. Dr. Kang is Board Qualified by the American Board of Podiatric Surgery.

"I always wanted to work in medicine. I choose podiatry because I liked that I could specialize in one area that was also broad," says Dr. Kang.

Dr. Kang sees patients of all ages for issues regarding feet and ankles. She provides treatment and surgery for things such as hammertoes, bunions, fractures, trauma and club foot.

Watching progressive improvement in patients is what she likes best about practicing medicine. "Treating maladies of the foot and ankle not only improves patients' health but also can restore their quality of life," says Dr. Kang. She also states that feet are predictable, so pay attention to them.

In her spare time Dr. Kang enjoys cooking Indian food, traveling and working with dogs. She and her husband see Jamestown as "an idyllic, close-knit community" in which to raise their daughter.



Jill Kang, DPM • Essentia Health - Jamestown Clinic

**It is not "normal" for your feet to hurt!
Seventy-five percent of Americans
will experience foot health problems
of varying degrees of severity at one
time or another in their lives.**

Your feet have $\frac{1}{4}$ of all the bones in your body – 52 bones!

**The foot is an intricate structure. It
contains 26 bones with 33 joints, 107
ligaments, 19 muscles and multiple
tendons that hold the structure together
and allow it to move in a variety of ways.**

PLEASE CONTACT DR. KANG AT JPMC BY CALLING (701) 253-5300

Volunteer recognition

CELEBRATING THEIR AMAZING CONTRIBUTIONS

On Tuesday, April 23rd, the JRCM Foundation held a Volunteer Recognition Banquet in coordination with National Healthcare Volunteer Week. Over 100 men and women donated approximately 6,500 hours to JRCM and the Foundation in 2012.



The Auxiliary and additional volunteers from our community assist JRCM Foundation to raise funds and increase community engagement by planning and hosting events.

The annuals and perennials were raised and donated by Arnie Falk, Volunteer and Deb Falk, Patient Care Unit Manager.

On Monday, May 6th, the Gift Shoppe held an open house to showcase new items and invite the community to enjoy a sampling of food. **The annual Plant Sale was also held in May and raised \$862.**

The Gift Shoppe had a record-breaking month with over \$8,500 sold during the month of May.

Thank you to our merchants, volunteers and JRCM family for your participation.



(L-R Volunteer Services Coordinator Nancy Jo Johnston, Shirley and JRCM President Todd Hudspeth)

Shirley Flieth was recognized as the 2012 Auxilian Volunteer of the Year, an honor bestowed on her by her Auxiliary peers.

Flieth provided 500 volunteer hours to JRCM this past year. Thank you, volunteers for making the difference in the lives of those we serve.



GIFTS & TRIBUTES

This issue of Appleseeds includes contributions received by JRM Foundation from February 1, 2013 through April 30, 2013.

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GIFTS & TRIBUTES

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Todd Hudspeth
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Jerry Iverson Construction, Inc.
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Howard & Catherine Larson
Lester & Sharon Larson

Kristy Laue
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Todd & Rhonda Michel
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R. M. Stoudt, Inc.
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The Medicine Shoppe
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Danny & LeAnn Uehran
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Clifford & Stella Wegner
Daniel Wegner
John & Gail Wegner
Melvin & Alice Wegner
Thomas & Jolyne Wegner
Nicholas & Kathleen Zwilling

In Memory of
Gilmen & Vivian Hegland
Paul & Lola Heer

Elizabeth Stroh
Duane & Noreen Andersen
E. W. Wiese
Mark & Janet Wiese
Shirley Wiese

DOCTOR'S DAY APPEAL

Donald & Joyce Bentz
Bob & Marilyn Burkhardt
Faye Knoblich
Lillian Peckham
Bob & Maralyn Salting
Vernon & Carol Seibold
Ruth Strutz
Glyndon & Dorothy White

In Honor of
Sherie Gaunsky
Ed & Carolgene Matthiesen
Susan Fitzer
Penny Holland
Dr. Phil Jystad
Daniel & Nancy Lies
Dr. Anson Li
Daniel & Nancy Lies
Linda Levee
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Dolly Folk
Patrick Folk
Jerry Johnson
Irene Johnson
Fred & Ann Limesand
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Clint Ottmar
Grace Ottmar
Becky Stave
Beverly Haugen

Our Mission

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

For over 75 years, our hospital has been welcoming babies into the world, providing comfort to the sick and saving people's lives in Jamestown and surrounding areas. The JRMCF Foundation is grateful for the lives you've touched with your generosity. Thank you for contributing to our vision to be the best rural hospital in the country for patients to receive care, employees to work and physicians to practice.

WAYS TO GIVE

If Your Goal is to...	Then Consider...	Benefits	What to Donate
improve ongoing medical programs, equipment and operations	Annual Gift	You may request that your gift is directed to the program or department of your choice or to the areas of greatest need	<ul style="list-style-type: none"> • cash • appreciated securities • real estate • income from a Charitable Land Trust
make a gift to the medical center as part of your personal long-term financial and estate planning	Bequest Gift	Leave a lasting legacy by naming JRMCF Foundation as a beneficiary in your will, trust or estate plan.	<ul style="list-style-type: none"> • cash • appreciated securities • real estate • life insurance policies • 401(k), IRAs, or other retirement plans • personal property
increase your retirement income and provide support	Life Income Gift	<p>Charitable Remainder Trust Avoid capital gains taxes on appreciated property, increase personal income and reduce estate taxes.</p> <p>Charitable Gift Annuity Increase retirement income and reduce taxes; fixed rates based solely on age and guaranteed for your lifetime and/or that of another person.</p>	<ul style="list-style-type: none"> • cash • appreciated securities • real estate
secure the future of quality healthcare by investing in state-of-the-art technology, construction and/or renovations at JRMCF	Capital Gift	Receive a naming opportunity in your honor or as a tribute to a loved one.	<ul style="list-style-type: none"> • cash • appreciated securities • real estate • income from a Charitable Land Trust • irrevocable testamentary pledge
ensure funding of your preferred program, department or physician in perpetuity	Endowment Fund	Assets are invested and resulting income received provides ongoing funds for the purpose designated by you; at certain levels, endowments may bear your name or another person of your choosing.	<ul style="list-style-type: none"> • cash • appreciated securities • real estate • income from a Charitable Land Trust
donate a gift in the form of goods or services	In-Kind Gift	Tax deduction for fair market value of goods or services within IRS guidelines.	<ul style="list-style-type: none"> • goods • services • personal property

My Gift TO  **JRMCF** Foundation

\$ _____

PAYMENT METHOD:

- ☐ **Check payable** to JRMCF Foundation
☐ **Credit Card** for amount indicated above

Card Number _____ Exp. _____ Code _____

Card Type _____ Cardholder Signature _____

Name _____

Address _____

City _____ State _____ Zip _____

Please use my gift toward:

- ☐ greatest need

This gift is:

- ☐ in memory of _____ ☐ in honor of _____

Name _____

City _____ State _____

Send acknowledgment to:

Name _____

Address _____

City _____ State _____ Zip _____



GOLF "fore" GOOD

3RD ANNUAL JRMC FOUNDATION TOURNAMENT

Friday, July 19th

12:30 pm shotgun start • Jamestown Country Club

4-PERSON SCRAMBLE

Happy 3rd Anniversary JRMC! Let's celebrate again this year with fun at the Jamestown Country Club, as we raise money for the JRMC Foundation to **purchase a new DEXA machine.**

\$400 PER TEAM

Registration includes:

lunch, beverage tickets, golf, cart, dinner & prizes!

Register your team by Friday, July 12th.

our title sponsors:

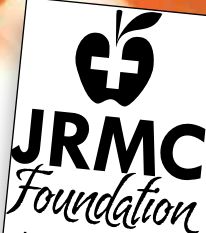


**CAN'T MAKE THE EVENT?
BUY A RAFFLE TICKET.**
Only \$5.00 each.

Please contact Penny Holland:
(701) 952-4880
foundation@jrmcnd.com



raffle sponsors:



Joining July 19, 2013 during
tournament dinner at 6 pm,
Jamestown Country Club
80 86th Ave SE • Jamestown

Need not be present to win. Purchase
of raffle ticket is not a charitable
contribution. Stutsman County Permit No. 2.

1ST PRIZE • Ultimate Medora Vacation Package
Thank you: \$750 Value

2-night Stay at Rough Rider Hotel
2 Pitchfork Fondue Tickets
2 Medora Musical Tickets
2 Passes Bully Pulpit Golf Course

2ND PRIZE • Twins Vacation Package
Thank you: \$250 Value

4 Twins vs Tampa Bay Rays Tickets & 1-night Stay at Downtown Marriott
Sunday, September 15 • 1:10 p.m. (Sec 107, Seats 3-6)

3RD PRIZE • JRMC Walking Path Paver ...priceless!





OUR BOARD

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Incoming Vice Chief of Staff



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MAKE ANY UPDATE...

Call (800) 281-8888, e-mail foundation@jrmcnd.com

or write to us: JRMC FOUNDATION
2422 20th Street SW
Jamestown, ND 58401

You can simply snip out this section and mail to the address above.

Your mailing address is on the reverse for our reference.

We'll take it from there!

OR SHARE YOUR COMMENTS



Your words keep us going

THANK YOU FOR SHARING YOUR EXPERIENCES

"All of the RNs were friendly, explained the procedures and answered all my questions. They waited on me hand and foot, even in the recovery room." — Thomas D. Arens, Cleveland

"Many people have asked about my experience at JRMC and all I can say is that I would now go here BEFORE, I would go anywhere else." — Brandee Hoyt, Jamestown

"The doctors and nurses were very kind and got everything they needed done very quickly to help my daughter. I could not have asked for a better staff. Thank you JRMC for making my daughter feel better again." — Jessica Bluhm, Edgeley

"The nurses gave great advice about pain management and took good care of my daughter and me. They truly care about the patients they are responsible for." — Anita Bahr, Jamestown

"The care provided was top notch." — Gerald B. Brickner, Jamestown





JAMESTOWN REGIONAL MEDICAL CENTER FOUNDATION, INC.
2422 20th Street SW
Jamestown, ND 58401



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Join our list! For news and updates, send your e-mail address to foundation@jrmcnd.com.



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MEET JILL KANG, DPM

Volunteers

GIVING AND GIVING

Gifts

AND TRIBUTES

GOLF "fore" GOOD

FOUNDATION GOLF

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JAMESTOWN REGIONAL
MEDICAL CENTER

Return Service Requested

EMPLOYEES CELEBRATE GENEROSITY

JRMC staff pledged \$32,500 during this year's employee giving campaign. The week of giving culminated with some lip-synching fun.

See the full story on page five.

