

AppleSeeds

Quarterly Foundation News

(L-to-R) First Lady Dalrymple, JRMCMammographer Dawn McCarty, Jamestown Mayor Katie Andersen and JRMCRadiologist Dr. Gary Wade at Pink Ribbon Day.



Thank you to Hugo's Family Marketplace and employees for selling "pin-ups" at check-outs this October raising \$1,484 for 3D mammography.



Pink Ribbon Day

CELEBRATES EARLIER DETECTION FOR WOMEN

"I'm just now starting to dream again," says Marie Pozarnsky, breast cancer survivor, "and 3D mammography is where I'm putting my Christmas money so others don't have to have treatment that affects them the way it did me."

"I was diagnosed with a Stage III breast cancer three years ago. And if this (3D mammography) had been in use then, I would have been diagnosed two years sooner. I am so thrilled, so thrilled that this technology is here. Thank you," said Pozarnsky during **Pink Ribbon Day** this past October. This is the very reason JRMCM is placing such an emphasis on early screening and this new technology. It is about saving lives and preventing invasive treatment.

"The first real case of cancer was one of those cases, that if we had this technology last year, I am very convinced we would have seen this cancer last year," testified Dr. Gary Wade, JRMCM Radiologist.

3D Mammography is making a profound impact on the quality of your or your loved one's care. "During the month of October, we saw a record number of women for their 3D mammograms. Five women received a cancer diagnosis – the same number as all of last year," noted Diane Nelson, JRMCM Radiology Manager.

"I schedule mine each year on my birthday," noted First Lady Betsy Dalrymple, "as women we often forget to take care of ourselves. This is a gift to me. I applaud JRMCM for bringing this service and technology to our state."

Funding will always be critical for this type of equipment. To date we have raised over \$104,000 for the 3D Mammography Campaign as the greatest need at JRMCM. We are deeply appreciative and grateful for your generosity.



An impromptu fund-raiser by JRMCM manager's provided \$525 to get our CFO, Brandon Vaughan (Elvis) and materials manager, Sheri Schweitzer (Sonny Bono), to wear their rock star costumes to work.



See video of the event on www.foundation.jrmcnd.com

HAPPY HOLIDAYS!



Visit our new website!
www.foundation.jrmcnd.com



It is here you can create your very own giving profile, see your gift record and sign up for our new E-Slices sent in-between publications of AppleSeeds.



Click on "Give Now" to register today.



This year, I'm scrambling to get our holiday greeting cards. I have been looking through a year's worth of pictures for just the right shot. In doing so, I'm reminded of all the great memories and people with whom we've shared this year. In the JPMC Foundation family album there are great pictures of you jumping in freezing cold water, getting healthy, golfing in the sunshine, shooting trap, dressing in pink, taste-testing chili, rocking out and shopping for a little holiday magic.

All of which have raised \$396,262 this calendar year for 3D mammography, patient lifts, infant sleep sacks, hospice care, the new hospital, endowment for the future and many other healthcare improvements for our medical center. Thank you for investing in better care for our family and friends.

We have seen many changes throughout the past year and there are many more to come, but one thing has remained consistent at JPMC - our mission. The JPMC family has built a culture that embraces the need to exceed expectations in order to be THE difference in the lives that we serve. You'll read more in this issue about people past and present, young and old that make this happen.

I am humbled everyday by the level of ownership and generosity from our board members, physicians, staff, supporters and volunteers. From everyone here at JPMC, we wish you all the love, good health and happiness this season can bring, and may it follow you throughout the coming New Year.

With gratitude,

Lisa Jackson
Foundation Director
(701) 253-4806
ljackson@jrmcnd.com

Please consider a year-end gift to JPMC Foundation.

There are wonderful year-end giving opportunities such as the 40% ND Tax Credit and the Charitable IRA Rollover.

Funding Project Balances:

- 3D Mammography, \$422,440
- Cardiac Monitoring System, \$1,400
- Endowment for the Future, unlimited
- Infant Warmer, approx. \$14,000
- JPMC Greatest Need (*funds support unforeseen opportunities in patient care, technology & equipment, operations & campus needs*)

See foundation.jrmcnd.com/campaigns for a look at all JPMC funding needs.

MARK YOUR CALENDAR



FEBRUARY 1st

HOG'S POLAR PIG SPLASH

Don't miss the Polar Pig "Walk the Plank" hosted by Harley Owners Group for JRMC Hospice at Stutsman Harley Davidson.



FEBRUARY 13th

Giving Hearts Day

Your donation during this 24-hour online fundraising event will be matched. Send us your e-mail so you don't miss out on all the details and updates!

Your contribution goes further WITH THE 40% TAX CREDIT

Do you ever wish your money could do more...go further? You are in luck! With a gift to JRMC Foundation's ND Tax Credit Endowment Fund, you can significantly lower the net cost of your contribution and triple its impact. This is possible because of Senate Bill 2160. It benefits you or your business through a 40% North Dakota state income tax credit. It funds medical equipment, facility improvements and quality care to help people today. Plus, it provides a guaranteed source of income JRMC can rely on to meet future healthcare needs.

Here's how:

- make a minimum gift of \$5,000 designated to JRMC Foundation ND Tax Credit Endowment Fund *this can be a lump sum or aggregated over the tax year*
- outright or planned gifts can qualify
- the maximum credit for a single tax year is \$10,000 for an individual, \$20,000 for a married couple and \$10,000 for business entities
- the tax credit may be carried forward for three additional tax years if it cannot all be used in one year

Cash Gift	Federal Tax Deduction (28% Tax Bracket)	ND State Income Tax Credit	Net Cost
\$5,000	\$1,400	\$2,000	\$1,600
\$25,000	\$7,000	\$10,000	\$8,000
\$50,000	\$14,000	\$20,000	\$16,000

MAKING A GIFT FROM YOUR IRA IS BACK FOR 2013

When Congress passed the American Taxpayer Relief Act on New Year's Day, a special benefit was included. To take advantage of the charitable IRA giving opportunity for the current year, in some cases, an individual could make tax-free gifts for charitable purposes of up to \$100,000 in 2013. Couples can double these transfer amounts for a combined charitable distribution totaling \$200,000 for the year.

CHARITABLE IRA ROLLOVER FACTS:

- up to \$100,000 may be transferred
- you must be at least 70½ years old at the time of distribution
- rollovers may be made from a traditional IRA or a Roth IRA
- the IRA Charitable Rollover does not count as income to the donor
- there is no income tax charitable deduction for the IRA Charitable Rollover
- simply instruct the IRA custodian to transfer money directly to the JRMC Foundation
- notify us that the gift is being made
- you may designate the program or department to be benefitted by the IRA Rollover gift
- take advantage of the charitable IRA for the current year until December 31, 2013





Starting a new tradition based on a long history of support

Those who have invested their time, resources and talents with Jamestown Regional Medical Center throughout its history have been the catalysts of improved healthcare for our region. It is people like you, who have helped provide the walls around us, the state-of-the-art equipment to diagnose us and the support of the physicians, nurses and staff that take such good care of us.

Be proud of your investment. We are.

(above) Do you know who is in this 1920's hospital groundbreaking picture?
E-mail foundation@jrmcnd.com and let us know.

PHILANTHROPISTS OF THE YEAR

In recognition of this support and leadership in our community, JRMCFoundation began a new tradition this year by presenting the first *Philanthropist of the Year* award to Duane and Kathleen Enzminger at the annual Pillars of Giving event.

LEADING BY EXAMPLE

There are a few things you'll notice right away about Duane and Kathleen Enzminger. They have a love for their family, church and community; they aren't afraid to be progressive and they strive to lead by example. Both Enzmingers have past and present accomplishments that include farming, business development and civic engagement. Whether Duane was selling grain bins and dryers, gifts for hospital projects or raffle tickets with Lions, he is always doing business with a smile. "I've always loved being around people and have so much fun making things happen," says Duane.

"I'm from a small town where everyone pitches in. My parents were very involved in the community, and I saw that things didn't just happen, people made them happen" says Kathleen.

The Enzmingers stepped forward to make the first major gift for the new building capital campaign, but it wasn't about recognition. Duane says, "We didn't get involved to be honored, I felt it in my heart. We hope our gift will inspire others to consider doing the same thing."



(L-to-R) Kathleen and Duane Enzminger with
Marlene Axtman, JRMCFoundation Chair

As Enzmingers have settled into retirement, they are now finding more time to do the things they love—including golf, time with their children and grandchildren, reading and being in Arizona for part of the year.

Enzmingers owned and operated Enzminger Builders for 28 years. Duane volunteered on the hospital operating board for 30 years and joined the JRMCFoundation board in 1991. His activities have included the Jamestown-Stutsman Development Commission, director of the Chamber of Commerce, president of the advisory board of Chief Industries, director of Norwest Bank community board, Buffalo City Lions member, United Methodist Church member and member of Chief Industries Dealers.

Kathleen has been very active with the American Association of University Women, General Board of Global Ministries of the United Methodist Church and sat on the Dakota Conference UMC board of trustees.

Nominate the 2013 Philanthropist of the Year today!
Forms can be found online at www.foundation.jrmcnd.com
or by calling (701) 952-4880.

You are never too young to start volunteering



ERNEST OR 'ERNIE' HUBACKER started volunteering when he was 84 years young. Fourteen years later, at 98 years Ernie is still making bi-weekly trips to JPMC visiting with patients in the hospital and is an active member of JPMC Auxiliary.

Ernie started volunteering in 2000 when he was approached by the volunteer coordinator to visit with swing bed patients in the hospital. **Ernie has donated 741 volunteer hours.**



VERNA PETERSON started volunteering in 1998 as a member of the JPMC Auxiliary. In 2001 she was an active snack cart pusher through the Jamestown Hospital halls. Verna helps with many fundraising activities—even baking her famous Pfeffernusse cookies.

Today, Verna is one of our Telecare Callers. On Fridays, she visits 11 of JPMC's Telecare clients to check on their well-being. **Verna has donated over 1500 volunteer hours to JPMC.**



MIKAYLA PATEL is a high school sophomore and started volunteering at JPMC in July of 2013. Mikayla is considering becoming a doctor someday and thought a good start would be to volunteer at JPMC.

Mikayla has volunteered her time at the front desk, with Foundation and now is the smiling face you see working at the Gift Shoppe on Monday nights. **Mikayla has over 75 hours of volunteering time.**



A little "Holiday Magic" benefits many

The 27th Annual Holiday Magic event run by the JPMC Auxiliary volunteers had record breaking gross sales of \$8,560, hundreds of shoppers and a visit from Santa and Mrs. Claus.

All Proceeds from a raffle, sponsorships and Gift Shoppe sales will support JPMC Family BirthPlace and Children's Services. They will provide all the needed newborn Halo sleep sacks for a year and also a portion of the cost for the new infant warmer. The new equipment will have integrated respiratory support to comply with changes in infant resuscitation guidelines from the American Academy of Pediatrics' Neonatal Resuscitation Program. Both items are critical to ensure that babies born in our region are safe, have the best care possible and go home to thrive.

A special thank you to the following sponsors:

- Optimist Club of Jamestown
- Williams-Lisko Funeral Chapel
- Xtreme Auto, Inc.
- Interstate Engineering, Inc.
- Farmers Union Service Association
- Kennedys Photography
- Kenneth McDougall
- Robert Piatz
- Sertoma Club
- Wal-Mart



Nursing Excellence

INSPIRES GRATITUDE AND RECOGNITION



Nora Melvold Paulson grew up on her 320-acre family farm near Anamoose, N.D. She was the last of the homestead families in the state. In 1927, she graduated from Trinity Nursing School in Jamestown and for the next 21 years she practiced private duty nursing in the Intensive Care Unit at Trinity Hospital. In 1950, she became the head nurse of the Medical-Surgical Unit at Jamestown Hospital and stayed for the next 22 years. Paulson had a tremendous impact on nursing and was known to run a tight ship.

According to her grandson, Brian Spector, she would call you out if your white shoes had a scuff or you weren't on time. "She had high standards," says Spector, "I admired her tremendously."

To honor Paulson and her 20 plus years of service excellence in clinical care and nursing education, her grandson Brian and wife Nancy Spector created the Nora Melvold Paulson Excellence in Leadership Award. The fund provides education grants to JRMCM registered nurses through peer nomination. It is part of the overall JRMCM Nursing Clinical Excellence Program (NCEP) which was created to reward commitment to expertise in nursing for RN's and LPN's at JRMCM. "It is designed to foster self-growth, reward quality patient care, teaching and education. It promotes exceptional customer service and team collaboration," says Trisha Jungels, RN, and JRMCM's Chief Nursing Officer.

PROVIDING COMPASSION, SUPPORT

Meet, Renae Lunde, JRMCM Family BirthPlace nurse. She is the first award recipient chosen for her ability to comfort patients in times of great joy, but also heart-ache. Lunde started working with JRMCM eleven years ago. "I couldn't find the fetal heartbeat," says Lunde of her first stillbirth experience, "and at that time, there was little available for those suffering with the loss of a baby."

Through her passion for compassion, Lunde created a program that includes educational materials and a keepsake memory box (which she hand makes) for families. She also helped the Jamestown Area Grief Support Team coordinate a tree planting in May and Wave of Light Service of Remembrance this October for Pregnancy and Infant Loss Remembrance Day.

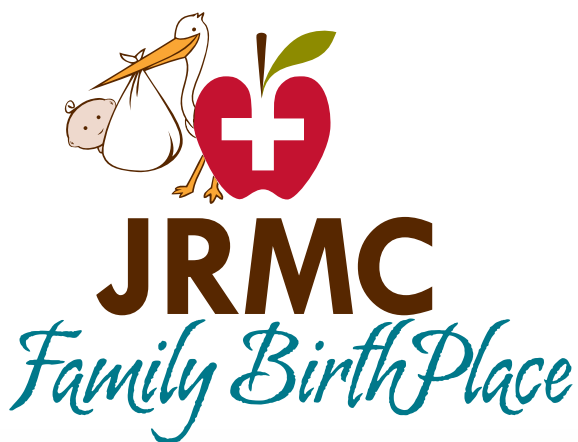
"My hope is to expand grief support through all JRMCM departments," says Lunde.



Renae Lunde, RN
JRMCM Family BirthPlace
First Nora Paulson
Nursing Award Recipient



Nancy and Brian Spector
stand with Trisha Jungels
next to the Nora Melvold
Paulson Excellence in
Leadership Award
plaque at JRMCM.



As part of the nomination process, Lunde received powerful accolades from her peers:

“She is actively trying to change the ways pregnancy loss is handled at JRMC. She has been doing the infant bereavement activities for several years and made great strides in how a patient is cared for when they have a stillborn.”

“There is much to be learned in the area of infant bereavement and having Renae Lunde receive this award will help further JRMC’s commitment to patient care in the area of pregnancy loss.”

“She is willing to work on various projects on the unit to make it a better place for employees to work, such as reviewing policies and procedures and revamping the orientation process.”

“It is heartwarming to see how Nora’s work inspired her grandson to make a gift that will inspire and recognize nurses like Renae for years to come,” says Lisa Jackson, JRMC Foundation Director.

If you would like to support JRMC Family BirthPlace Infant Bereavement Program or the Nora Melvold Paulson Excellence in Leadership Award, please designate your gift or call Lisa Jackson, Foundation Director for more information.

ND Community Foundation INFANT SAFETY GRANT



(L-to-R) NDCF President and CEO Kevin J. Dvorak, NDCF Board Member Becky Thatcher-Keller presenting gift to JRMC Family BirthPlace Manager Emily Woodley and Foundation Director Lisa Jackson.

Newborn infants face specific and unique security and safety risks, in the form of abduction and mother/infant mismatches, even in a rural community. A key part of their safety at JRMC Family BirthPlace is Hugs® Infant Protection System.

“We place a tag on the baby’s ankle immediately after birth in the birthing room so the baby is identified on the spot,” says Emily Woodley, JRMC Family BirthPlace manager. The ankle band electronically matches the one given to the mother, and the mother’s bracelet will sound an alarm if it doesn’t match the one worn by the baby that is brought into the room. The baby’s ankle band also works like a GPS system, keeping track of the newborn’s whereabouts at all times. If it slips off the baby’s ankle, the nursing staff will receive an electronic beep noting that it is no longer attached. If the newborn is carried within six feet of an exit door, an alarm immediately sounds and all exit doors automatically lock.

“Last fiscal year we had 356 births at JRMC and are on target to have a birth-a-day this year,” says Woodley. The system directly affects the safety and care associated with every infant born here and has also been expanded to the entire Patient Care Unit to ensure coverage of all pediatric patients at JRMC.”

“The North Dakota Community Foundation is pleased to partner with JRMC,” notes Mr. Dvorak, “It’s great to see that JRMC is completed and has continued to enhance their equipment and technology, and we are glad to be a part of it.” The bi-annual contract cost of this system is approximately \$8,000 and includes the retention and required upgrades of the program as well as the bracelets.



Dardis "City Shoot"

BENEFITS JRMC HOSPICE

The Buffalo City Gun Club held its **1st Annual John Dardis Memorial Hospice Gift "City Shoot."** John Dardis was involved with the gun club for many years, always sponsored at least one team annually and served as its first president. "If you knew John, he was an avid hunter," says his wife Patricia Dardis. Sadly, John passed away from colon cancer in 2008 at the age of 60.

To carry on his tradition of caring for others, his family developed The John Dardis Memorial Gift Fund at Jamestown Regional Medical Center (JRMC) Foundation. Through this fund, local hospice patients can receive items of a non-medical need. "Knowing that lack of money can cause great hardship for hospice patients and families, this fund helps meet unmet needs," states Dardis. For example, every admission to JRMC Hospice receives a Sherpa blanket.

All proceeds from the event were designated to the fund. Special gifts were also received from Schumacher Construction (Jim Schumacher Jr.) in the amount of \$250 and a personal donation of \$50 from Jeff Seher.

(L-to-R) Patricia Dardis, wife of John Dardis and Buffalo City Gun Club Past President Niles Mueller presenting the donation.



AppleSeeds Reader Survey Results

Last issue we asked you how we are doing. Here's what you said:

- overall satisfaction is 89.4%
- 78% have a high interest in content
- keep sending me copy in the mail
- 62% like the quarterly release, but 28% would like monthly news



This issue we've included:

- "...articles about nutrition and diet"
see page 9 for New Year New You
- "...more doctor interviews and continued news on new equipment or medical breakthroughs"
see the cover story
- "...about community care and education supported by the Foundation"
see page 6

JRMC provides over \$438,376 in charity care and the Foundation supplies funding to reimburse a small portion of the cost though private donations.

We'd love to work with you!

Please submit your stories to foundation@jrmcnd.com.

- your patient story
- letters to the editor
- share how JRMC has impacted your healthcare





JRMC IN THE COMMUNITY

New Year • New You

By EMILY KJELLAND, MA, RCEP, CES, NSCA-CPT
Cardiopulmonary Rehab & Wellness Center Manager

As we all ramp up in our preparations for the holidays, I would like to remind you of our annual JRMC New Year, New You Community Wellness Challenge. The goal of the eight-week New Year, New You challenge is to help make Jamestown the healthiest city in North Dakota. Participants in Jamestown and the surrounding area join teams within the workplace or with friends and family in competition with other teams in the community. Points are earned for accumulating physical activity and eating healthy foods, as well as completing a weekly challenge gauged toward an element of wellness.

Last year our community had a record of 610 participants across three divisions of “Large Business” (16 or more participants), “Small Business” and “Friends & Family.” We received excellent sponsorship from the following Jamestown businesses: ND Farmer’s Union Insurance, Orr’iginals, Agri Cover, White Drug, Redlin Johnson and DuraTech.

Sarah Hass, team leader of the winning 2013 Friends & Family division reflects on the challenge, “I feel that most people have a competitive side, although it’s hard to get motivated by yourself and stay motivated. Our team of four lost over 70 pounds. My husband was able to lose 22 and was the rock in our team. He was the one to beat! **It’s been the only thing that has worked for us to get motivated to actually lose the weight.** We are looking forward to joining, losing weight, and winning again next year.”

WE HAVE LISTENED TO YOUR SUGGESTIONS, AND HAVE MADE IMPROVEMENTS TO ASSIST YOU TOWARD YOUR GOALS OF HEALTH, FITNESS AND WELLNESS

This year we have a broad wellness focus with weekly topics varying from mental health to sleep to cancer screenings. We are excited to offer you yummy recipes to incorporate more fruits and vegetables into your meals as this was a struggle for many of last year’s participants. For increased awareness, the weekly challenges will be introduced in the Jamestown Sun’s article during the week prior as well as emailed out to team leaders. The challenge will begin one week later, on January 13th, to allow time for winding down post-holiday and for college students to return from break.

Register now!

Visit www.jrmcnd.com/NYNY to register and pay online. Registration forms can also be picked up and submitted with payment at any JRMC admission desk.

We also offer a presentation at your worksite to assist with registration and get your teams motivated! Join us to do your part in moving Jamestown towards becoming the healthiest city in North Dakota! **Call the JRMC Wellness Department at (701) 952-4891.**



GIFTS & TRIBUTES

This issue of AppleSeeds includes contributions received by JRM Foundation from August 1, 2013 through October 31, 2013.

3D MAMMOGRAPHY

Guy & Lynn Hill-Harper
Trisha Jungels
Emmett & Deb Lampert
Dennis & Marie Pozarnsky
R.M. Stoudt
Gene & Becky Wahl

CARDIAC REHAB

In Memory of

Bob Dalke

Tom & Edith Gould

Lyle Lawrence

Tom & Edith Gould

Roy Mattson

Jason & Tracy Anderson

Beatrice Walter

Jason & Tracy Anderson

Craig Woodward

Tom & Edith Gould

ND TAX CREDIT ENDOWMENT FUND

Charlotte Bellon

FAMILY BIRTHPLACE

In Memory of

Lu Gushwa

Marlys Sjostrom

Tucker Van Gilder

Gannon & Brandi Van Gilder

HOME HEALTH

In Memory of

Alice Fuchs

Marilyn Teckenburg

Vance Goodmanson

Mike & Judy Schlecht

Ruth Schweigert

David & Denette Schweigert

HOSPICE PROGRAM

Atonement Lutheran Church
Lloyd Gardner
Cynthia Prodzinski Estate
St. Paul's L.W.M.L.
St. Paul's United Methodist Women
Trinity Lutheran Church TWELCA
Women of St. John's Lutheran Church

In Honor of

Donna Fischer

Monday Night Birthday Club

Carol Nordvedt

Monday Night Birthday Club

Florence Scherbenske

Monday Night Birthday Club

Glyndon & Dorothy White

Marney Shirley

Xi Alpha Beta Sorority

Xi Alpha Beta Chapter 6429

In Memory of

Terrence Albrecht

Don & Sharon Caine

Eugene Cysewski

Ralph & Sandra Dick

Tom & Joan Enderle

Friends & Family

Brent & Cheryl Gardner

Curtiss & Darlene Goehner

Cliff & Kay Herrick

Elsie Hieb

Roger & Bonnie Mathias

David & Judy Seher

George & Diane Luiken-Spangler

Wanda Walker

Ray Baker

Sanford & Shirley Sivertson

Winfred "Curley" Bierley

Nancy Amundson

Vistora Andersen

Marylou Beitz

Zena Bierley

John & Nicki Davis

Richard & Laverne Henderson

Ralph Huebner

Francis & Mervin Indegaard

Jim & Phyllis Ingle

Ray & Shirley Jawaski

John & Mary Kartes

Russel Kruger

Richard & Gail Lamp

Robert & Myra Nagel

Morris & Lorraine Ost

Les & Joann Putnam

Shirley Rott

Bob & Teresa Salinger

Allen & Karol Schlenker

Terri & Kathy Schlenker

Scott & Donna Schrader

Ed & Kate Stroh

Abram Valenta

Robert & Sue Valenta

John & Marge Vandeberg

Jo Dell Veil

Robert & Enid Wells

Ilene Wolff

Albert Buchanan

Marney Shirley

James & Joy Speidel

James Carlascio

Wallace & Elaine Burkett

Marney Shirley

Florence Cebula

Rich & Sharon Ackerman

Jerome Cichos

Michael & Kerrie Soulis

Mary Deichert

Deb Klosterman-Klose

Harley Diede

Jerald & Margaret Patterson

Doris Erickson

Diane Conlon

Jan Johnson

Sandy Lamp

Jane Nieland

Vicki Odland

Marney Shirley

Alice Fuchs

Marilyn Teckenburg

Myrtle Geiszler

Marney Shirley

Jean Gerber

Les & Joann Putnam

Harley Gilbertson

Donna Seibold

Vance Goodmanson

Lewis & Eustis Cowardin

Warren Ernie

Donna Peterson

Mike & Judy Schlecht

Bill & Lori Wanzek

Bob Grabinger

Dale & Bernice Kolrud

Sanford & Shirley Sivertson

Eileen Grann

Marlene Summers

Bert Gray

Cliff & Kay Herrick

Kim & Carolyn Schrenk

Don & Ella Thoms

Rena Grothman

James & Joy Speidel

Violet Guthmiller

Shirley Schmitt

Irene Vogel

Francis Heery

Chub Krubeck

Robert Hodgson

Kenneth & Cindy Bloms

Joanne Jorde

Donald & Adelle Knutson

Dawn Kinzler

Mike & Judy Schlecht

Wilma Larson

Jerald & Margaret Patterson

Gifts & Tributes

William "Bill" Lauber

Don & Ella Thoms

Herbert Martel

Arlene Dammel

Odella Mathias

Harold & Mary Trautman

Don McGruder

James & Joy Speidel

Larry Meeker

Lyle & Viona Meeker

Larry Novotny

Mark Goehner

August & Janet Novotny

Kari Pergande

Friends of Kari Pergande

Gary & Ann Geiszler

Leo & Kari Ness

Les & Sheryl Obrigewitsch

James & Joy Speidel

Don & Marla Wegner

Betty Pfarr

Carl Pfarr

Harley Reich

Carol Reich

Elmer Retzer

Delno & Phyllis Kleinknecht

Dorothy Rivard

Allan & Sandy Lamp

Faye Schlager

Tom & Edith Gould

James & Joy Speidel

Keith Schlager

Tom & Edith Gould

Cliff & Kay Herrick

LeRoy & Dodie Kautz

Dan Tally

Leno Schulz

Bill & Gladys Bair

Gorden & Gail Bischoff

Janet Goter Brown

Jamie & Dennis Clark

Scott & Melissa Dockter

Mary Dunphy

Violet Gienger

Arvin & LuAnn Goter

Ellen Goter

Jerry & Kathy Goter

Ron Goter

Stan & Illa Goter

Ken & Shar Gumke

Michelle Guthmiller

Gary & Julie Kutz

Rick & Janel Harrington

Elsie Heib

Dean & Jennie Hellesvig

Carol Henke

Jeff & Judy Hintz

Jean Hochhalter

Steve & Barb Hochhalter

Ann & Rick Hornung

Jenner & Esther Koenig

Roger & Liz Koenig

Ron & Sherry Krenz

Bernell & Rose Leapaldt

Delmar & Rose Leapaldt

Eldon & Val Leapaldt

Wes & Deb Leapaldt

Ron & Eleanor Langhoff

Gladys Ley

Ardelle Loose

Catherine Marcy

Margaret McBride

June Morlock

Lois Mutschler

Jeremy & Teresa Nelson

Jim & Rosemary O'Neill

Darrell & Marjori Patzer

Richard & Marlys Pieske

Clarence & Phyllis Pleines

Tom Rewald

Erika Sabinash Family

Ray & Joyce Sabinash

Donna Sadek

Brent & Sue Schulz

Erika Schulz

Leno Schulz Family

Mitch & Lynette Schulz

Walter & Frances Schulz

Jeff & Marlys Skogmo

John & Laurie Struxness

Mark Struxness

Steven & Beth Tofte

Shanda Traiser

Jerry & JoDell Veil

Paul & Arvilla Weber

Corinne Zenker

Marlene Zenker & Family

Mildred Zenker

Duane Ziesch

Willis Seibold

Donna Seibold

Dolores Lipetzky-Sellner

Carol Anderson

Arlean Lipetzky

Walter & Jane Nieland

Marie Sjostrom

Gary & Ann Geiszler

Marney Shirley

Don & Ella Thoms

Nick Soulis

Jerald & Margaret Patterson

Dale & Norma Repko

Dave Soupir

Margaret Lambrecht

Mike & Judy Schlecht

Phyllis Steele

Bernard & Darlene McIlonie

Teresa Steele

Donald & Jacqueline Readell

Don & Ella Thoms

Harriet Stroh

Dean Hendrickson

Harvey & Raelene Schuh

George Swanson

Marlyn Swanson

DeLaine Tomlin

Dwayne & Vonnie Bair

Lorraine Bair

Arnie & Yvonne Becker

Deloris Christy

Marvin & Gayle Frey

Chub Krubeck

Todd & Rhonda Michel

Melton & Mary Lee O'Meara

George & Diane Luiken-Spangler

Bryan & Kathryn Sundsbak

Sandra Washburn

Audrey Wegenast

Delno & Phyllis Kleinknecht

Bud Wipperling

Leif & Marcia Bollingberg

Connie Dunn

Ehlers Custom Services

Michael & Lana Ell

Friends & Family

Randy & Connie Jo Fugleberg

Debra Meisch

ND Parks & Recreation Dept. Staff

Wallace & Jeanette Stangler

Stark County Social Services Staff

Royce & Mary Topp

Bernice Wipperling

Violet Degenstein-Wolf

Dorothy Chouinard

Dale & Bernice Kolrud

**JOHN DARDIS MEMORIAL
HOSPICE GIFT FUND****Trap Shoot Fundraiser**

Buffalo City Gun Club

Jeffrey Seher

In Honor of**Xi Alpha Beta Sorority**

Xi Alpha Beta Chapter 6429

In Memory of**Fredric Barnick**

Les & Sharon Larson

James Carlascio

Steve & Roselyn Suko

John Dardis

Brian & Nancy Kunz

Everett & Bev Miller

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New Foundation Board Members

NANCY EXNER

Nancy is from Mott, N.D. She received her Bachelor's Degree in Sociology with an emphasis in Social Work from Jamestown College and her Masters in Counseling from NDSU. Nancy worked with South Center Human Service Center until retirement in 2010. Currently, she and her husband, Tim, own two basic care facilities. One is named Roseadele, after their mothers. It is a 20 bed Alzheimer's facility. The other is a 40-person basic care facility in Gackle, N.D. Last year, they sold Rock of Ages, also a basic care facility.

Nancy and her husband, Tim, have three children and five grandchildren. Their oldest child, Alison lives in Jamestown, and is employed by JRMC. She and her husband, Jim Kennison have three children. Exner's other two children live in Sioux City, Iowa. Theresa and Aven have two boys; Ryan is single. Exners are members of St. James Basilica and enjoy time with family and the outdoors golfing, horseback riding, gardening, hunting and fishing.

SCOTT MOSER

Scott works at AgCountry as the Sr. Loan Officer and Branch Manager. Scott previously worked as a AgCountry as a Loan Officer for 2 1/2 years and a Tax Specialist for four years. He holds a Bachelor of Arts degree in accounting and business administration from Jamestown College. Scott retired from the North Dakota National Guard in 2007 after more than 20 years of service and spending 14 months deployed in Iraq. Scott also serves on the board of the First Baptist Church of Medina and the Buffalo Valley Red Cross.

Raised on a farm near Medina, Scott continues his involvement in the family farm operation. Scott is married to Angela, RN for JRMC Home Health & Hospice.

CAROL SPLONSKOWSKI

Carol is from Devils Lake, N.D. After graduating from the University of North Dakota, she taught one year after she married her husband John. Carol also spent five years with the Stutsman County Social Service Board and then worked for the United States Postal Service, retiring after twenty years and one day. While with the USPS, she served as secretary and president of the National Association of Letter Carriers local branch. Carol is a JRMC Auxiliary member and regularly volunteers in the JRMC Surgery Center and Gift Shoppe.

Carol has three children, Darren, a physician in Omaha; Lesley, a physical therapist in Boise; and Kyle, IT specialist for Deloitte in Omaha. Carol also has 5 1/2 grandchildren and two foster grandchildren.



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SCOTT MOSER

CAROL SPLONSKOWSKI

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or write to us: JRMC FOUNDATION
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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

"I would like to say thank you for the excellent care I received while there for surgery. Everyone was wonderful and very caring! Thank you so much for everything! (Michelle - nurse, Katie - assistant, Lee and Andy - anesthesia, Dr. Maier and Dr. Walter)"

—Tonya, Jamestown, ND

"I got there early and even got in early to my appointments. Everyone was so pleasant and sincere. Beautiful facility."

—Patsy, Valley City, ND

"I wish to thank Dr. Larsen and the surgical care I received from him and the team working with him. I was really impressed from the moment I walked in the door to the moment I was assisted out of the door...the care was wonderful. I also really appreciated receiving a phone call the next day inquiring how I was doing - thank you."

—Roseleen, Jamestown, ND

"I loved the privacy of having my own room to prepare for my procedure and recovery. The staff was very pleasant."

—Janel, Carrington, ND





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



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