

AppleSeeds

Quarterly Foundation News



The difference a year makes

3D Mammography is celebrating its one year anniversary at JRMC. This is the most exciting advancement in breast cancer detection in more than 30 years! Because of your support and this new technology, providers can see breast tissue one millimeter at a time in a way never before possible. The exam process is also collaborative and educational – as a patient you can review the images with the mammography technician immediately after your exam.

Virginia Stevens is an advocate of this advanced technology and teamwork. She tells us why.

Stevens is very committed to her health and has been receiving her annual mammography screenings. In her fall 2013 exam, she and Dawn McCarty, JRMC Mammography Technologist, were reviewing her 3D images. One area appeared different.

This prompted McCarty to bring Dr. Gary Wade, JRMC Radiologist, to the room and confirm the visual – it was cancer. Within a half hour of Stevens' exam, she received an ultrasound and biopsy.

"As soon as I found out, they [JRMC staff] explained what this was and what was next. It didn't seem real, but it didn't seem scary and I was never worried that I wouldn't be okay," says Virginia. "I received an answer right away and I very much appreciated no wait time and no call back."

As a result of the expertise of JRMC's mammography technologist, flexibility of the ultrasound technologist and commitment of our radiologist, Stevens left JRMC that day with all the necessary tests completed and questions answered.

"Because of the early detection, my cancer was basically found at stage 0. This early detection allowed me to have the least amount of treatment sessions possible. Early detection really is key! Without 3D mammography, it probably wouldn't have been caught so early," says Stevens.

Recently, Stevens returned for her follow-up appointment. **She is now cancer free.**

"My experience at JRMC ... it is the only way to go. I feel so fortunate that the cancer was caught that early. Everyone is so fantastic there. Dawn and Dr. Wade provided such good education about the procedure and about the next steps. I have told all of my friends and family to have the 3D exam done and to do it annually."

EVERY RIBBON MAKES A DIFFERENCE

October is breast cancer awareness month. Support our Pink Ribbon Campaign with a special gift to JRMC Foundation. We will send you and/or someone you love a pink ribbon gift and information card to help spread awareness about life-saving annual breast exams.

All proceeds benefit JRMC's for early detection and treatment of cancer.

INSPIRE SOMEONE

A single story can touch a woman's heart, lift her spirits and motivate her to take better care of herself. That's why we're asking you to share your story – or the story of someone you love – at www.jrmcnd.com. We have the tools for your care, you have the voice.

The patient's voice

POLICY BRINGS IMPROVED CARE THROUGH NEW COUNCIL

JRMC is now recruiting community members to volunteer for the Patient and Family Advisory Council for Quality and Safety. The council and its goals are part of a much larger picture for nationwide improvement in our healthcare system through the Affordable Care Act and its federally-funded program called Partnership for Patients.

The focus is on making hospital care safer, more reliable and less costly.

And in the future, this will determine how hospitals receive reimbursements for care.

"Specifically, the goal of the partnership is to reduce preventable hospital readmissions by 20 percent and reduce patient harm by 40 percent," says Jenna Bredahl, JRMC Quality Manager. Examples of harm include wrong drug dosing, surgical site infections and falls. Bredahl is spearheading the formation of this council. She also tracks the medical center's goals and performance on quality and safety.

You can feel good that your community hospital has already demonstrated significant improvements in patient safety and quality care. JRMC is recognized at a national level by the VHA, Inc. and Joint Commission. However, there is still room for improvement. According to Bredahl, "We continue to have the occasional patient fall in our care even after all the necessary instructions and precautions have been provided by staff."

These falls may even lead to additional injuries or surgical care that was 100% preventable.

What can we do differently?

"We have to ask the patient," says Bredahl. "We know what's in the best interest for our patient's health, but if the patient and the care team are not on the same page, we will not have success. We need to make sure we all have the same understanding."

Although policy discussions, partnerships and new laws affecting our healthcare are complex, the aim for JRMC is simple – bring improved care by bringing your voice to the conversation.

"Together, partnering with patients and their families, we hope to design or discover the best and safest care possible, and to acknowledge that when we fail to deliver on this goal, we are all responsible," says Bredahl.

Please consider volunteering for the Patient and Family Partnership Council for Quality and Safety if you...

- enjoy working on a team
- want to help our hospital put patients first
- are committed to improving quality and patient safety
- want to strengthen partnerships with patients and families
- can volunteer a few hours of your time

To be considered...

Fill out an application at www.jrmcnd.com
or e-mail jbredahl@jrmcnd.com.



**WE HAVE TO
ASK THE
PATIENT**

MARK YOUR CALENDAR

Upcoming Events

OCTOBER 14th

CANCER AWARENESS & HEALTH EXPO

5:00 pm to 7:30 pm at Farmers Union Insurance
FREE to the public and exhibitors



NOVEMBER 7th

HOLIDAY MAGIC • GIFT SHOPPE EVENT

28th Annual Auxiliary Christmas Bazaar
(see back cover)



LISA JACKSON

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

From the Foundation Director...

Thank you for your support. **It matters.**

Sometimes the daily grind overshadows purpose. I'm guilty of getting caught up in the process of work, filing papers, making deadlines and attending meetings. However, at the end of the day I ask, "Did I make progress in achieving purpose?" That purpose is different for every one of us - and equally important. It usually takes more than one person too! Coming together, achieving that common goal. It is harvesting a fall crop, teaching a new student to read or generating energy for our community. None of these are achieved at the hands of one.

At JRMC, it takes nurses, physicians, nutrition and laundry services, community leaders, volunteers and funders - it takes all of us. We are all lucky to say our purpose is to be the difference in a life. Although I'm not a physician that saves a life, and you might not be either, you and I are a direct link. We both have the opportunity to contribute to securing the technology, equipment, training and resources that our healthcare professionals need to take care of their patients.

Thank you for your support. **You matter.**

Your financial and volunteer support of JRMC Foundation helps deliver measurable improvements in the patient experience and their care at JRMC. It is what our family and neighbors deserve.

This issue shares our Foundation annual report, our "wins" and patient statistics for this past year. Like every issue, it continues to highlight how funding, hard work and our organization's goals come together to provide quality and measurable outcomes, "legendary" service, local care, collaborative medicine and independence at JRMC.

With gratitude,

“
Coming
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common goal.
It is harvesting
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Cardiac rehab transforms life

*T*wo years ago I had trouble,” says Kelly Bacon. He wasn’t feeling well and went to his doctor. A stress test discovered blockage in his heart. After undergoing surgery to receive two stents, he was referred to JRM Cardiac Rehabilitation.

“The sessions were covered through my insurance, so I decided to take full advantage of the service,” says Bacon.

Today, Bacon feels that decision probably saved his life. His transformation left him 75 pounds lighter through diet and exercise. “To be honest with you, I don’t buy anything without reading the label anymore.”

The change wasn’t easy. Bacon admits that he probably wouldn’t have kept up with the exercise on his own. “It’s a process and you have to want to do it for yourself.”

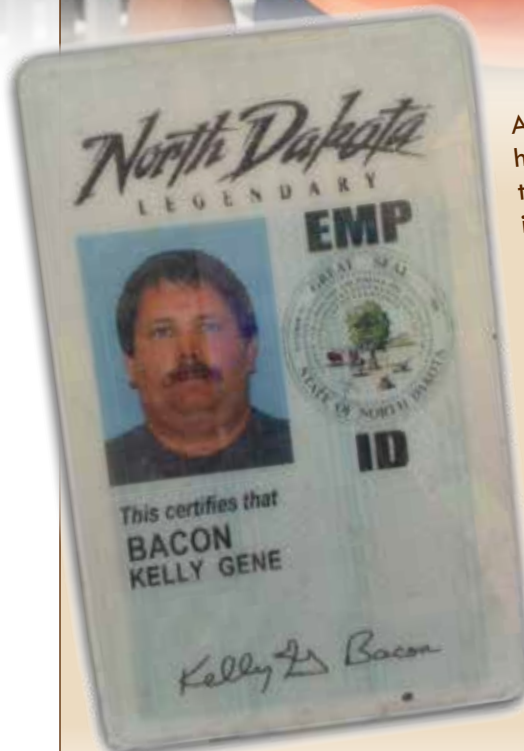
Bacon’s advice, **“Set a goal.”**

According to Emily Kjelland, JRM Cardio Pulmonary Rehab Manager, the program that helped Bacon was a three phased approach designed to help clients achieve optimal outcomes. Individual goals may vary including weight loss, reduction of blood pressure, slowing the progression of heart disease and hopefully decreasing medical expenses and hospitalizations in the future.

“It helps people with heart disease recover faster from recent events such as a heart attack, stent placement or other valve repair or replacement so they may return to their normal, but improved lives,” says Kjelland. Making positive lifestyle changes in nutrition, exercise and quitting smoking will enable each person to better manage his or her heart disease.

This fall, Bacon will bring one of his four children to college as he awaits news from another about passing the bar exam. He is grateful for these moments.

“I owe you my life,” says Bacon.



As a reminder of who he was and who he is today, Bacon reaches into his wallet and pulls out his old employee ID picture. “I would like to personally thank Emily and Deanna for all the help and motivation you provided back when I went through cardiac rehab,” says Bacon.

Be one in a MILLION HEARTS™

JOIN JRMC AND THE MILLION HEARTS™ INITIATIVE TO HELP SAVE LIVES FROM PREVENTABLE HEART ATTACKS AND STROKES — TWO OF THE LEADING CAUSES OF DEATH IN THE UNITED STATES.



"By raising awareness and helping people take simple steps – appropriate aspirin therapy, blood pressure control, cholesterol management and not Smoking – we can all live healthier, more productive lives," says Emily Kjelland, JRMC Cardio Pulmonary Rehab Manager.

This July, Kjelland helped JRMC received a \$19,800 Million Hearts™ grant. Nationwide the goal is to prevent one million heart attacks and strokes over the next five years.

"People are told they should quit, but don't have the support to facilitate the change. We can help clients determine the right nicotine therapies to assist in long term success," says Kjelland.



(L-to-R) Emily Kjelland and Deanna Weiser, JRMC Cardiac Rehab

At JRMC, Million Hearts™, activities and funding will help provide:

- education to increase awareness about heart disease prevention and empower patients to take control of their heart health
- health information technology and quality improvement initiatives to standardize and improve the delivery of care for high blood pressure and high cholesterol
- community efforts to promote smoke-free air policies and reduce sodium in the food supply

For example, funding provided JRMC staff members with specialized training from the Mayo Clinic Nicotine Dependence Center (NDC). The Tobacco Treatment Specialist Certification Program is an intensive, five-day course focusing on the skills needed to effectively treat tobacco dependence.

Preventing 1 million heart attacks and strokes in the next five years will require commitment from everyone — healthcare providers, pharmacies, hospitals, employers, communities and individuals too. There are steps that each person can take to help the nation reach this goal.

Million Hearts™ is asking Americans to sign the Million Hearts™ pledge at millionhearts.hhs.gov and make a commitment to:

- **PREVENT** heart disease and stroke in your families by **UNDERSTANDING** the risks.
- **GET UP** and **GET ACTIVE** by exercising for 30 minutes several days a week.
- **KNOW** your **ABCS**:

Appropriate Aspirin Therapy • Blood Pressure Control • Cholesterol Management • Smoking Cessation



WE REMEMBER



TREE PLANTING & MEMORIAL SERVICE

*T*he sun's warm, bright rays showered friends, family and staff at the JRMC Home Health & Hospice tree planting and memorial service in August. After placing prayers and memories on paper leaves, they were placed in the ground to be planted and forever remembered with a new tree at Klaus Park. Thank you to all those who support our hospice program and the staff who makes the most of the days we have left.

Grant provides lifesaving CPR technology FOR CARDIAC ARREST PATIENTS

*T*hank you to the Leona M. and Harry B. Helmsley Charitable Trust. They have provided JRMCFoundation with a \$10,833 grant to purchase a LUCAS™ 2 Chest Compression System for the JRMCEmergency Department. The equipment will administer automated CPR that is faster and more effective than when administered manually.



The Helmsley Charitable Trust has provided more than \$7 million to the state health departments of South Dakota and North Dakota to provide these devices for over 400 ambulances and hospitals. The grant will also provide training of medical personnel. Each year, JRMCFoundation applies for grants and collaborates with the community to supply the staff, training, equipment and technology required for bridging those gaps.

Transitioning at home

TO INDEPENDENCE

When you meet Elizabeth Hillsland, the first thing you notice is her grace. Having been diagnosed with osteoarthritis over four years ago, she has undergone two hip replacements and most recently a full knee replacement. Still, she is soft spoken and modest about her recovery.

“She was so thankful for everything. She would thank me, even though she was doing all the hard work,” says Paula Marker, JRMC Physical Therapist. Only four weeks after her full knee replacement, Hillsland is doing very well and assisted only by a walker.

Hillsland was referred to the JRMC Home Health and Rehabilitation departments by her orthopedic surgeon to begin recovery and physical therapy. JRMC is unique in that it offers both physical and occupational therapy in a patient’s home until rehabilitation can continue in an outpatient setting on campus.

During the first three weeks of recovery, JRMC Home Health nurses made visits twice a week to check vital signs and the surgical incision. They also began mobility exercises which include leg lifts and stretching.

“They want to you to stretch to 120 degrees and I’m at 118 degrees,” says Hillsland as she smiles. By October, she hopes to walk a quarter mile to the mail box.

“I am grateful for the help from all the nurses, therapist, my husband and the home delivered meals from the senior center!” says Hillsland. “The care I received through JRMC kept me out of the nursing home.”

To learn more about how JRMC can help you with your transitional recovery visit www.jrmcnd.com or call JRMC Rehabilitation Services at (701) 952-4800. Services are available for patients throughout the Jamestown area.



Elizabeth works with JRMC Physical Therapist, Paula Marker.



ANNUAL REPORT

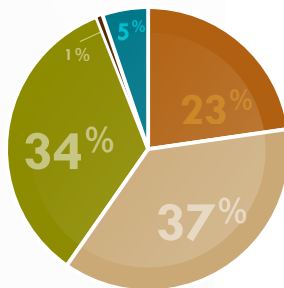
JRMC Foundation Annual Giving Impact Report

**THIS PAST YEAR YOU GAVE \$492,929
AND \$180,227 IN NEW HOSPITAL CAMPAIGN PLEDGES.**

It directly funded over 25 areas of patient care at JRMC.

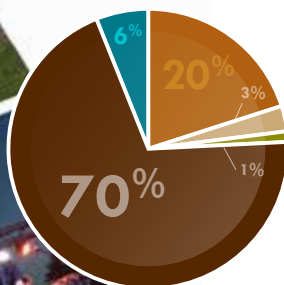
Every dollar, every hour made a difference - thank you.

- 962 Donors
- 7,870+ Volunteer Hours



REVENUES

Bequests/Trusts	\$170,559
Contributions	\$277,663
Endowment/Investment Earnings	\$257,799
Grants	\$5,500
Memorials	\$39,207



EXPENSES

Admin. & General Office	\$150,501
Annuity Payments	\$22,122
Investment Fees	\$9,152
Programs, Equip. & Technology	\$523,427
Public Info. & Fundraising	\$45,525

H.O.G.'s Polar Pig
"Walk the Plank" plunged
\$13,000 for JRMC Hospice

JRMC employees team together
and provided \$30,000 during
the Employee Giving Campaign

GOLF "fore" GOOD provided
over \$30,000 for new services

Concert for Care raised awareness
and funds for JRMC Foundation and
Anne Carlsen Center

R.M. Stoudt 7th Annual Running of the Pink funds
early detection and treatment of breast cancer.

FUNDING SUPPORTS:

- 3D Mammography, JRMC Radiology
- Patient Lifts, JRMC Patient Care Unit
- Infant Warmer, JRMC Family BirthPlace
- Sleep Sacks, JRMC Family BirthPlace
- PT/OT PVC Piping, JRMC Rehabilitation
- Dialysis/Series Patients, JRMC Emergency Department
- Community Care
- Oncology Project
- Endowment for the Future



Community difference makers

New! The Community Difference program includes corporate and civic groups who make a gift of \$1,000 or more annually. In doing so, they help JRMCA achieve its goals through financial and volunteer support. In return, they are recognized at JRMCA Foundation and other community events.

THANK YOU.



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TRIUMPH
MOTORCYCLES

Community
MRI
Services

EL ZAGAL
JAMESTOWN CLOWNS

JRMCA believes the best healing happens close to home. Acting in the best interest of the patient means limiting the need to travel for care and allowing patients to easily access their support network. This interest motivates our desire to expand services, maintain a strong provider base and attract additional specialties to the community.

A great year and more to come....

AWARDS

- 2013 VHA Leadership Award for Clinical Excellence
- 2013 VHA Hospital Engagement Network Leadership Award
- 2013 HomeCare Elite Top Agency
- 2013 Gold Seal – Joint Commission since 1952
- 2014 iVantage HEALTHSTRONG Top 100 Critical Access Hospital

ORGANIZATIONAL WINS

- 3D Mammography – ND's First!
- EPIC – Electronic Medical Records
- ND Health Information Exchange Pilot Location
- Patient Lifts in All Rooms
- Orthopedic Practice Growth
- Record Births
- New Website, www.jrmcnd.com

HERE'S WHAT'S COMING. . .

- Oncology Care
- Wound Care - ND's 1st Hyperbaric Chamber
- In-house MRI
- Direct Access Therapy
- New OB/GYN



GIFTS & TRIBUTES

This issue of AppleSeeds includes contributions received by JRMCF Foundation from May 1, 2014 through July 31, 2014.

3D MAMMOGRAPHY

Mark & Krista Ames
K. O. & Valerie Bolstad
Knut & Brenda Ellingsen
Michele Geigle
Jeff Gunkel
Darren & Penny Holland
Pamela Jennings
David & Sheila Krapp
Larry & Nancy Jo Kropp
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Arnold & Sally Siefken
Gene & Becky Wahl
William & Lori Wanzek
Meredith Weisz

In Memory of

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Casey & Sue Stoudt

Jewel Richman

Oren & Connie Krapp

R. M. Stoudt, Inc.

Betty Schwehr

Elaine Millspaugh

4TH ANNUAL GOLF "FORE" GOOD

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Alerus Financial
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Kim Carter

Donald Harr

Tim & Sheila Harr

Diane Walker

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The Leona M. and Harry B. Helmsley
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Lucas Automated CPR Device

In Memory of

Joanne Merkel

James & Connie Harty

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Tanya Schroeder
Julie Schulz

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Charlotte Bellon

JRMCF AUXILIARY ENDOWMENT FUND

JRMCF Auxiliary

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Infant Loss & Bereavement
Donald & Marla Wegner

HOME HEALTH

In Memory of

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Rory & Sheila Metz

Glory Ebertz

Charlotte Grohnke

Milt Unruh

Craig & Evelyn Runck

HOSPICE PROGRAM

Atonement Lutheran Church
Xi Alpha Beta Chapter 6429

In Honor of

Donna Fischer

Monday Night Birthday Club

Helen Grenz

Monday Night Birthday Club

Alice Reuther

Monday Night Birthday Club

In Memory of

Donald Ackerman

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Don & Ella Thoms
Gene & Mary Van Eeckhout
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Magdalene Bartkowski Family
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Thomas & Edith Gould

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Dennis Sand
Schumacher Construction, Inc.
James Schumacher, Sr.
Farmers Union Service Association, Ltd.
Blue Jeans Fund
David & Trish Greenwood
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Thomas & Sharon Dardis
Jay & Cynthia Nimens

In Memory of

Bev Attleson

Gary & Marit Petrek

John Dardis

Patricia Dardis

Glory Ebertz

Family of Ken & Marie Hess

Joyce Hendrickson

Donna Heer

Abby Johnson

LeAnn Pollert

Jerry Kainz

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Dianna Pollert
Maren Radi
Lisa Sand
Ardell & Barbara Schmidt
Dean & Clarice Snow
Dale & Valera Soleim
Doug & Debra Thingstad
Robin & Michelle Ziesch

In Memory of

Jerry Kainz

Joe & Cindy Nelms

Jewel Richman

Joe & Cindy Nelms

Fran Romsdal

Van & Patricia Amundson
Tracy Dale
Ralph & Rita Greer
Dustin & Lisa Jackson
Jamestown Area Ambulance, Inc.
Jeff & Merri Mooridian
David & Marge Nething
Ottmar & Ottmar, P.C.
Timothy & Joanne Ottmar
Joyce & Arnold Roorda
Shanda Traiser
Unison Bank

GREATER JRMC FUND

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Tracy Johnk
Glenn & Judy Johnson
Joanne Kleese
Oren & Connie Krapp
Larry & Nancy Jo Kropp
Steven Mayhair
Rod & Barb Monson
Scott & Kathy Rowe
Giving Hearts Day
John & Sheri Schweitzer
Ray & Maria Tan
Ray & Janet Thielman
James & Deborah Wald
Don & Amy Walz

In Memory of

Donald Ackerman

Marjorie Fuller

Bev Attleson

Grace Walz

Darrell Baker

Robert & Karla Ibes

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Donald Boyle

Alice Frederick

Kirk & Deb Heim

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Gerald Eissinger

Michael & Shelly Fercho

Perry Entzi

Marney Shirley

LeRoy Erickson

Charles & Jane Bata

Dolly Folk

Patrick Folk

Carol Gilbertson

Cliff & Val Orr

Pius Hager

Arnie & Deb Falk

Robert Hanken, Jr.

Dave & Joann Vining

Gifts & Tributes

Erna Headland

Michael & Shelly Fercho

Joyce Hendrickson

Hendrickson Family

Kayla Hoff

Kirk & Debbie Heim

Wilfred "Sonny" Johnson

Ken & Karen Baeth

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Arnie & Deb Falk

John Jystad

Rod & Barb Monson

Jerry Kainz

Jason & Tracy Anderson

Elmo & Ardina Bentz

Tracy Dale

Michael & Shelly Fercho

Jim & Sue Lunde

Jim & Sue Matthiesen

Elaine Millspaugh

Roger & Diane Nelson

Richard & Cindy Tag Nygord

Richard & Marlys Pieske

Harvey & Raelene Schuh

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Old envelopes?

If you have an envelope with an old Jamestown Hospital address, please recycle it and replace it with our new envelope and gift card enclosed in this issue of AppleSeeds.



WHY I GIVE

CLOTHES DONATION HELPS PATIENTS IN AN EMERGENCY



Today when you visit the storeroom off the JPMC Emergency Department, its shelves are filled with blankets and clothes of all sizes and colors, thanks to St. Catherine's Quilters of Valley City and an anonymous community member. Throughout the year JPMC Auxiliary, staff and community members provide items. Recently, the supply was getting low. **An anonymous donor happened to hear of the need and brought in not just one or two outfits, but an entire box of new clothing.**

"Sometimes we do more than treat a patient's illness.

At JPMC, many receive clothes or blankets when they are discharged because they had to be cut off or are stained," says Chris Lunde, RN JPMC Emergency Department.

The clothes and blankets will be given to patients who arrive at the medical center who might otherwise leave wearing only hospital gowns and slippers. The blankets specifically will go to patients in need.

FARMERS UNION EMPLOYEES' JEANS DAY SUPPORTS JPMC HOSPICE



"Hospice and its mission are close to my heart. I know from personal experience that my family would have struggled much more through my dad's last days without hospice.

Having been through this before, the hospice nurse

paid attention to our needs

and knew what we needed before we did.

She took the time to explain what was

happening, why it was happening and

what to expect next. We are eternally grateful for that. Since the goal here at Farmers Union with our Jeans Day campaign is to raise money to support as many local charities as possible, the JPMC Hospice program met the criteria and has definitely personally touched lives throughout the community with the wonderful work they do."

— Lisa Severson, Farmers Union Insurance

ATONEMENT LUTHERAN CHURCH STUDENTS WARMING PATIENTS' HEARTS



These are the faces of the 2013 8th and 9th grade confirmation class at Atonement Lutheran Church. Each year, including this year they make fleece blankets for patients staying in the JPMC Patient Care Unit or who are in the ND Health Tracks program.

**They enjoying knowing that
they can provide a little
warmth and hopefully a
smile to someone in their
time of pain and recovery.**



DAKTEL INFUSES SUPPORT

Daktel is one of JPMC Foundation's **Community Difference Makers**, businesses that support the hospital with an annual gift. During the new medical center campaign they also named the JPMC Emergency Department Infusion Room, which offers treatments to patients who come here on a regular basis. This includes iron and blood transfusions, antibiotics, chemotherapy, wound management and immune system treatments. Some patients will visit JPMC their entire lives.

"JPMC serves a large portion of our customers, so we feel that it is important to support a place that our customers rely on. Quality health care is important to everyone, so we are grateful to have such a great community medical center in our area," says Brianne Partlow, Marketing Director at Dakota Central Telecommunications.

For Daktel, community is very important. They give because they are committed to bringing progressive technology to our communities, whether it is with our services or by helping others in the community. In order to remain on the cutting edge, Daktel works to ensure that the communities its serves are on the cutting edge as well.





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or write to us: JRMC FOUNDATION
2422 20th Street SW
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Your words keep us going

THANK YOU FOR SHARING YOUR EXPERIENCES

"Very informing and caring staff, the nurses were awesome and made me feel at home." — **Cassandra, Fessenden**

"The staff from the nurses to the cleaning crew were the friendliest people I've encountered." — **Carolyn, Harvey**

"My whole visit was fabulous, from the x-rays to diagnosis. Everything from Dr. Torrance to Dr. Dean. Their staff is very professional and it makes a person feel like they want you to get better. They were always explaining what's happening, what's coming next and that made you feel comfortable because of their knowledge."

— **Theodore, Edgeley**





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



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*28th Annual
Christmas Bazaar*
& Gift Shoppe Event
HOSTED BY THE JRMCF AUXILIARY

Friday November 7th
7:30 am - 7:30 pm

RAFFLE • BAKE SALE • REFRESHMENTS • HOMEMADE FOODS
HOLIDAY DECOR & GIFTS • TREE OF LOVE ORNAMENT SALE

Located in the Martin & Cynthia Richman
Conference & Education Center in the lower level of JRMCF.