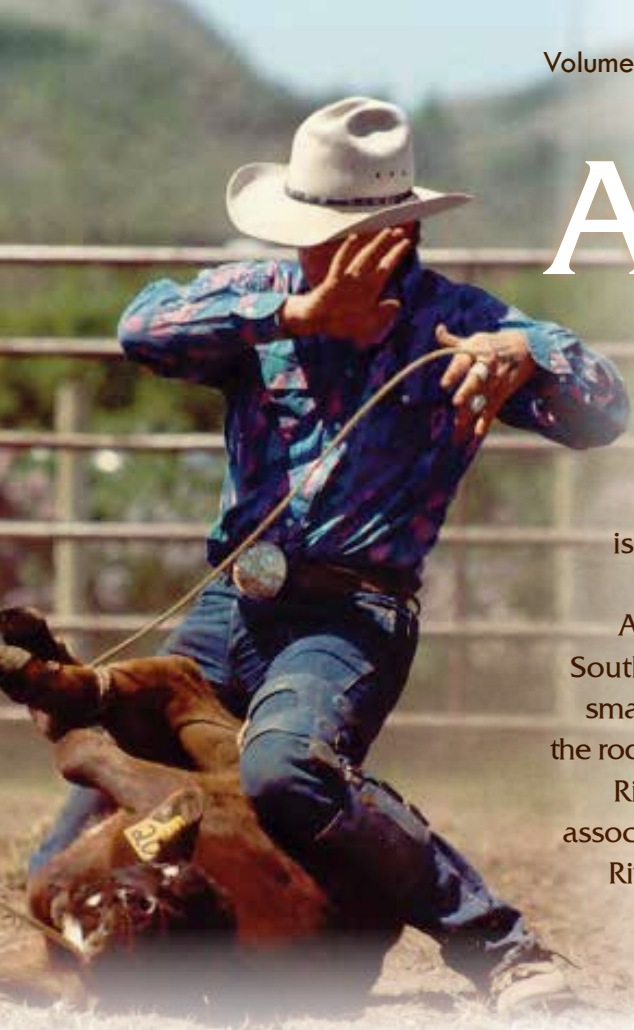


AppleSeeds

Quarterly Foundation News



is Dr. Greg Carlson and his wife Dr. Debra (Trnovec) Carlson are active community members, ranchers and business owners. As co-owners of Southwood Veterinary Clinic, Jamestown and Southwood Veterinary Service, Carrington, they care for large and small animals. Greg's career also includes a formidable presence on the rodeo circuit and raising longhorns. He vice president of the James River Rodeo Committee, supporter of local 4-H, FFA, sportsman associations and youth rodeo. Debra enjoys working with the James River Humane Society and area children through clinic tours and school visits. Along with their three children, Kali, Colton and Kenzie, they are all active in the family farm and rodeo.

A story of achievement

KNEE REPLACEMENT HELPS RETURN COWBOY'S LIFESTYLE

A story of achievement is hardly enough to summarize Greg Carlson's history as a veterinarian, farmer, rancher and family man. He takes great pride in his work and training the next generation of horsemen and rodeo competitors. He is also a Rough Rider Rodeo 11-time men's all-around champion.

But years of wear and tear on his knees left Greg unable to enjoy his lifestyle. Greg has a long history of knee injuries. He underwent anterior cruciate ligament (ACL) repairs including arthroscopic "scope" produces and cortisone shots without long-term relief. The ACL is crucial for stabilizing the knee when turning or planting and is also one of the most common knee injuries.

"I didn't feel safe anymore at work, with the horses or in the shop. My motions were becoming very restricted," says Greg about his mobility. The pain also became unbearable. It was negatively impacting what he loves to do – spending with his family and competing in rodeos.

"It was hard. He couldn't play sports with the kids. It was emotionally hard to watch," says his wife Debra Carlson. Through word of mouth, Greg heard about great results for knee surgery with Dr. Michael Dean, Orthopedic Surgeon at Jamestown Regional Medical Center (JRMCC) and his orthopedic team.

After consultation, Dr. Dean shared with Greg that a bilateral knee replacement was his best option. That meant both knees would undergo total replacement at the same time.

Greg proceeded with his total knee replacements at JRMCC. "The team was very helpful in explaining what was happening, when it was happening and why it was happening," say the Carlsons. "In comparisons with other hospitals, the technology was great, it is a brand new facility, the hospitality was wonderful, and most importantly, it was nice to be at home – allowing both of our families and children to come and visit."

The Carlsons share, "Being at JRMCC you are not just a patient. You are family. All of the teams associated with our care were great. They made our entire family feel comfortable; they allowed family to stay and the communication during surgery was great – how do you put that into words?"

continued on next page

A STORY OF ACHIEVEMENT *continued from page 1*

Orthopedic surgery requires hard work, preparation and time for recovery, but the reward can be living life to the fullest. "Following his surgery, Greg was able to reconnect with the kids – pain free – and that was important. It was a very special moment for me when I watched him go out into the barn and rope with our son again for the first time in a while, because he now could comfortably," says Deb.

Greg shares the most exciting part is doing more with their kids. "I appreciate the time with them and I want to enjoy it while I can," says Greg. In addition, Greg is now able to return to some of his normal rodeo activities, recognizing that there is risk. This past summer, post knee surgery, Greg competed and qualified for the Rough Rider Rodeo in calf roping.

This journey has not only made an impact both physically and emotionally on Greg, but also on those around him. "We want to share our story to inspire others to work harder and put in more effort knowing that life after a knee replacement is a good life," says Deb.

“
...Life after a knee
replacement is a
GOOD LIFE.”

(L to R) Kali, Greg,
Debra, Colton, Kenzie



CALENDAR

Upcoming Events



APRIL

SPRING BAZAAR

Baked good and craft sale.



APRIL



VOLUNTEER APPRECIATION BANQUET

A celebration of volunteer generosity.



MAY



ANNUAL PLANT SALE

The plants let us know when they are ready!



JUNE



RM STOUTT RUNNING OF THE PINK

Breast cancer walk/run.





A message from the Foundation Director...

According to Forbes, 45 percent of Americans set New Year's resolutions. The top five goals are to lose weight, get organized, spend less and save more, enjoy life to the fullest and stay fit.

JRMC thanks the 345 individuals who took on wellness resolutions as part of New Year New You.

LISA JACKSON

Foundation Director
(701) 253-4806

ljackson@jrmcnd.com

At JRMC we set New Year's resolutions too. Internally, we see our resolutions as pillars. We focus on quality, service, people, finance and growth. We have high benchmarks in place to hold ourselves accountable, achieve success and sustain results. Like every resolution we want to improve - be our best self.



“

This issue of AppleSeeds shares how patients are living life to the fullest and staying fit and how you are advancing healthcare services through support and being THE difference.

Three months into the year, it is time for a pulse check. How are we doing?

For high quality, it means we did the right thing, at the right time, in the right way - every time. We know you have a choice for your care. Our service or how “good” our care is, starts and stops with your opinion. Happy, experienced employees are a major contributor to great results. Satisfied people who stay at JRMC are that evidence. Having a healthy financial stance will ensure we are able to maintain current services and add new services to meet the community needs. We are also committed to growth and bringing services like oncology and urology so you don't have to drive for hours to receive care.

Our pillars are established so you achieve your healthcare goals. We are thrilled to be part of your life - to be here when you need us most. This issue of AppleSeeds shares how patients are living life to the fullest and staying fit and how you are advancing healthcare services through support and being THE difference.

We know our goals would not be possible without your support.
We thank you for your commitment.

With gratitude,





Walking with Dr. Dean

AN INTERVIEW WITH JRMC'S ORTHOPEDIC SURGEON

A graduate of Central Michigan University, Dr. Dean completed his medical degree at Wayne State University in Detroit, Michigan. He did his residency at Mayo Clinic in Rochester, Minnesota, where he received his master's degree in orthopedic surgery. He is certified by the American Board of Orthopedic Surgery. Dr. Dean joined JRMC in 2011 and has over 20 years of experience. He completes general orthopedic procedures and specializes in hip and knee replacement, arthroscopy of the knee and ACL reconstruction.

At JRMC we have a unique setting to provide much needed care for people in a rural environment. It is a big deal for people to go 90 miles either way. There's a lot less stress on the family and the patient without travel. And when there is less stress we know for sure patients heal better.

I've heard from a number of patients how pleased they are about the care at JRMC and that they don't have to go out of town. **We are nearing 500 joint replacements at JRMC. Those numbers don't happen if people aren't having a good experience.**

I like to fish, hunt a little bit and play with tractors. I like outdoor things mostly.

My son JD is a veterinarian in Madison, WI; my daughter Kaitlyn is in training to be a surgical technician at the University of Michigan and Emily, my youngest, is going to graduate school for a PHD in biology. My wife Mary is in charge of all of us.

I'm just thankful to have this job and work in such a great place.

I thank people for allowing me to take care of them...it's truly an honor and something I take very seriously.

Why did you decide to go into orthopedics?

My father was a carpenter and I always enjoyed working with my hands. It seemed like a natural fit for me in orthopedics because it involves so many tools and it's the type of work I like to do.

What is the best advice you can give to patients?

The best advice is if you are having pain, get a consultation with a board certified orthopedic surgeon and find out what is causing the pain and your treatment options. A little bit of knowledge can be very helpful in helping people determine what they will do with their life and set their mind at ease.

What's life like after surgery?

Life will be improved. If you look at knee replacements, it's probably one of the best operations we can do for patients to get them back to a meaningful life. People can get back to work and even enjoy sports to a certain extent. They should be fairly pain free, especially after knee or hip replacements.

Where does funding play an important role in your practice?

It's extremely important. Funding from the Foundation has been very helpful in my practice. We initially received a Mini C-arm, a real-time x-ray which we use in surgery to fix fractures. There are also patient lifts in rooms for people with limited mobility. Foundation funds equipment that we couldn't otherwise buy because of budget limitations or it would take a really long time to buy. Donors will allow us to stay on the forefront and stay economically competitive with other facilities that provide excellent care.

What is the difference at JRMC?

The people. The people here are excellent. My surgery and clinic crews are wonderful to work with. Everyone that works at JRMC has a good attitude and are very enthusiastic about excellence and taking care of patients.

The joy was spread

ORTHOPEDICS, PATIENT CARE UNIT AND REHABILITATION

Ida was having pain in her knee for some time and cortisone shots just weren't doing it anymore. Fortunately, close friends suggested Ida see Dr. Dean to have her knees further examined.

"I was having pain so I knew that I had to get it checked out... from day one in orthopedics, **my experience was great, everything was great.**"

Ida received confirmation from Dr. Dean that she needed a total joint replacement for her knee. With the continuity of care initiative at JRMC, Ida was able to stay at JRMC for all of her appointments; radiology, lab, surgery and recovery and in-patient care. After surgery, she immediately began rehab while recovering in her patient room at JRMC. Following her release, Ida continued rehabilitation with the same therapist, Cody Champagne, JRMC Physical Therapist.

"This care coordination is great – I was able to do everything right here. It was easy," says Ida. "I have been in a lot of hospitals and this is still the best. I even got a back rub from one of the nurses. You don't get that anywhere else...a special thank you to Amy Liebold, a patient care nurse. The doctors, nurses and therapists did a great job – they are just so friendly. When I tell my friends about it, I will tell them to go for it!"

Together, Ida and Champagne set goals to reach certain degrees of movement each week. "Ida is a very dedicated patient and is making very good progress due to her commitment to her care," says Champagne. A hobby that Ida thoroughly enjoys the polka. "I and has only been able to watch until after her surgery is dancing, specifically everything want to make sure that I take good care of my knee through this process so

heals well," says Ida. To celebrate the progress of her recovery phase, Champagne invited Ida to polka during one of their most recent physical therapy sessions. The joy was spread throughout the gym with other patients and staff applauding their performance.

pa-



It's the little things that count. I take a lot of pride in what I do – it's like a big family here at JRMC," says Cody.

"JRMC is a great place, a great team and it is the best," says Ida.

Cody shares that being the difference at JRMC is offering the best care that he can to his patients. "Not only treating them in the best way that I can with the tools that are my disposal, but doing the little things like walking them to their car if they need assistance, helping them to different parts of the hospital if they have appointments or just sitting down and talking with them for a couple minutes after their treatment session is done. It's the little things that count. I take a lot of pride in what I do – it's like a big family here at JRMC," says Cody.



Polar Pig



There's no place like home

JUMPERS RAISE RECORD AMOUNT TO WALK THE PLANK

The wind chill of around 10 below didn't freeze the momentum of the annual Harley Owners Group's Polar Pig "Walk the Plank" for JRMHC Hospice. In total, 24 jumpers helped raise \$16,000 for the event's record breaking \$32,000 total.

Jumpers Richard Klose, an El Zagal Jamestown Clown, Troy Grade, with Farmers Union Insurance, Chad Henningsgard, with Dakota Riders Motorcycle Club, Valley City all stepped up with over \$1,000 each. Brian Smith, the last to jump, brought to the plank a whopping \$4,083! He challenged the crowd and received additional gifts from Nenow Auction Service, Paul Heer, Mark Weise and Don and Marla Wegner – all long-time supporters and drivers of the event. Smith made a promise to match the highest pledge too. Smith continued to raise funds after the event for a total of \$6,300.

"I just wanted to help," says Brian Smith whose father Lloyd, passed away from cancer right before Christmas. Working with hospice staff, Smith feels fortunate for the support. "It has hit me so hard what they've done for the family. I don't know how to repay them."

A NEW EXPERIENCE

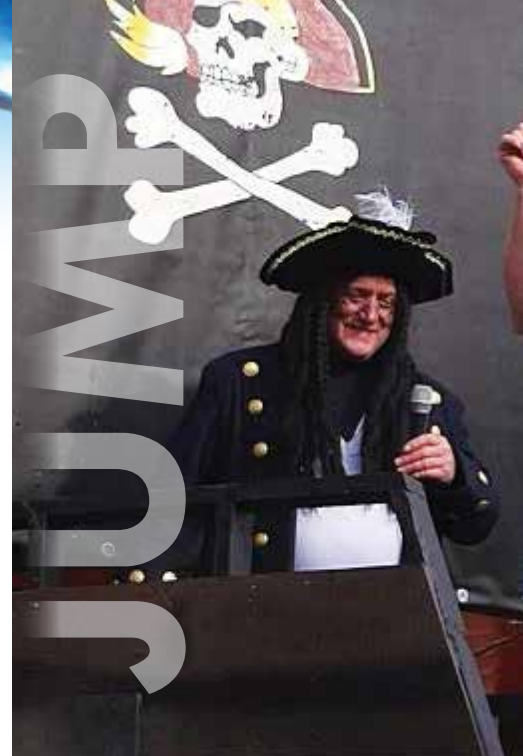
According to Lloyd Smith's whole family, they can't put into words what the hospice team meant to them. "They take on this enormous task – where few dare to go. And they do it with pride and honor, above and beyond everyone's expectations," says Brian Smith.

"What they do, they are angels."

Smith made a promise to the Hospice Team on continuing to bring more awareness and attention to the community about JRMHC Hospice.

Funds from the event will provide new equipment for patient pain management, bereavement support and a new chaplain position at JRMHC. "The Chaplain will be the liaison between the local clergy representing JRMHC Hospice to the community in a holistic and compassionate way," says Tamie Gerntholz, JRMHC Home Health & Hospice Manager.

A special thank you to Jamestown Harley Owners Group, Stutsman Harley Davidson, District 8 ABATE of ND and supporting businesses who spearhead this event.



24 jumpers helped raise \$16,000 for the event's record-breaking \$32,000 total.



2015 JUMPERS

Duane Andersen
Sarah Bentley
Brooklyn Busch
Cody Busch
Tania Busch
Aryssa Fontaine
Troy Grade
Tamie Gerntholz
Ramone Gumke
Chad Henningsgard
Janice Hofland
Mia Kaiser
Richard Klose
Hazel Mattice
Sarah Mattson
Shawn Moen
Quinn Marvin
Eliza Potratz
Ricki Ramlo
Chris Rathjen
Cheryl Schiele
Brian Smith
Dee Dee Trieu
Ross Walch



(above) Ricki Ramlo, JRMHC Chief Operating Officer wins best costume as "Dorothy" (Photo Credit Matt Sheppard, CSI)



Harley Owners Group (L to R) Don Wegner, Duane Andersen, John Seifert, Craig Hoffmann, Wayne Day, Jan Wiese, Mark Wiese, Roger Nenow, Clayton Hansen, Brian Steele



(L to R) JRMHC Home Health and Hospice staff members Lisa Sand and Amber Horejsi hold one of the new CADD® Ambulatory Infusion Pumps for patient pain management



(L to R) Tamie Gerntholz, JRMHC Home Health and Hospice Manager, Brian Smith, Cheryl Schiele, RN Home Health and Hospice

20TH ANNIVERSARY

This year JRMHC Hospice will celebrate its 20th Anniversary in the community. The September AppleSeeds will be dedicated to their history and stories of care. **Please contact JRMHC Foundation at (701) 952-4880 if you would like to share your story.**

Grandma's angels

BY CINDY TAG NYGORD

Nygord provided this testimony of care in her own words as part of the Giving Hearts Day radiothon.

JRMHC's hospice program has been on life's final journey with my mom and with my grandmother.

The nurses, aides, social workers and volunteer, Mary Trautman, brought joy to her day and peace to our family.

Their efforts make her comfortable and provide support to her and us as well... is hard to put into words. What it means to know you are not alone on this journey, that you don't have to be the strong one for everyone – they are there to help you through not only the process but in the months that follow.

My mom was diagnosed with non-Alzheimers dementia – a disease that slowly robbed her of her memory and then her life. Having hospice's support, especially in those final days was invaluable.

While Grandma was 97 when she passed, it is no less hard to let her go than it was to let Mom go.

Jamestown needs to be aware of this service of compassion provided by JRMHC. The staff is here in the community and can be there in minutes. Our hometown hospice is by far the best.

JRMHC Hospice is available at (701) 952-4847 for more information about how they can provide support to you or your family.





Giving Hearts Day



Giving Hearts

DRIVE HEALTHCARE HOME

*G*iving Hearts Day was an incredible day of generosity, teamwork and community spirit! More than \$35,400 was raised for patient care at JRM. With our match, our total is over \$60,000! Gifts will purchase a neonatal crash cart, new surgical equipment and chemotherapy equipment for our future oncology services.

But it's not about the equipment. It is about the patients that receive legendary care because of it. During Ingstad Media's "Miles Matter" Radiothon for JRM Foundation, the Radio Rover stopped at over 10 locations and heard moving testimonials about care, received checks and had some fun.

Again, thank you for your giving heart and driving legendary care close to home. Because when you are sick, Miles matter. You matter.

ALONG THE WAY...

When we stopped at Wilhelm's, Jordin Wilhelm shared that his grandfather was admitted to PCU in his later years. He stayed in the room dedicated to Don Wilhelm, Inc. for the gift given by the Wilhelm family.

This is what Jordin had to say, "He got a kick out of it, we got a kick out of it, but what we really enjoyed is that the place wasn't a hospital, it was more like home. A comfortable place for him to be at peace and get the care that he deserved."

MILES MATTER

During our stop at the JRM AppleBasket Café, Michelle Ascherman with Ingstad Media was recording a live radio spot when she spotted Andy Schott, JRM Anesthesiologist. "Hey, that's the guy. You saved my life," Ascherman says. She explained during surgery she became unresponsive and the diligent monitoring and exemplary care provided by Schott saved her life.

"I am so proud to know the staff at JRM. It's people like Andy, Dr. Maier and the entire JRM team who allow people like me to be a mom, wife, daughter, sister, and friend today. I have that privilege because Andy was there...Skilled, Professional, Amazing!"



(L to R) Ron Schauer Jr. and Jordin Wilhelm.



(L to R) Michelle Molden Ascherman and Andrew Schott, JRM Anesthesiologist





“Good Apples”

A COLLECTION OF TALENT, A COLLECTION OF TIME

*T*he Auxiliary Board members have a collection of experiences to share. From volunteering at JRMCM and from home, fundraising and helping patients – they exemplify the word “giving.”

Part of the Auxiliary Board’s responsibilities is service in their respective areas for JRMCM as well as fundraising events for the JRMCM Foundation. This board has over 12,300 collective hours volunteering and has accumulated 70 years of service. As volunteers they help “exceed expectations and be THE difference in the lives of those we serve here at JRMCM.”

Cindy Grimm volunteers her time at JRMCM serving as the auxiliary president and volunteering with group physical therapy. Cindy has volunteered at JRMCM for four years.

Bonnie Rogers is JRMCM auxiliary secretary and also works in the Gift Shoppe. She has almost three years with us volunteering in the Gift Shoppe.

Judy Hoyt is volunteer service chair at the Front Desk – greeting everyone entering facility and guiding them to their destination. Hoyt has been volunteering four years.

Jeanette Sroczynski serves as the telecare service chair. She works with the telecare callers and has been known to make calls to clients who need a caring voice. Jeanette started volunteering in 2004.

Ellen Wirkkenun has been volunteer since 2007. Starting in the Gift Shoppe, Wirkkenun is now the sunshine chair, reaching out to other volunteers and auxiliary members with cards of encouragement and greetings.

Shirley Flieth, a former Jamestown Hospital employee, started volunteering in 2011. Shirley oversees the Stitchers who sew up those ‘tummy’ pillows which are given out patients with abdominal incisions.

Carol Lawrence has been busy buying up a storm as the co-manager of the JRMCM Gift Shoppe. Carol has put in many extra hours planning and participating in events such as Holiday Magic. Carol has four years of service to JRMCM

Lynell Madsoe is in charge of magazine distribution throughout the hospital for all patients and visitors. You can meet her Monday mornings at the front desk too. Lynell started volunteering in April of 2012.

Carol Splonskowski heads up the Surgery Centers’ volunteers. With about five years of service to JRMCM, Carol works in the Gift Shoppe and serves on the JRMCM Foundation Board as an Auxiliary representative.

Carolyn Exner, past president of the Auxiliary, now serves on the State Board of the Hospital and Auxiliaries of North Dakota. She has planned multiple Tea for All Seasons. Carolyn has 26 years of volunteerism at JRMCM.

JRMCM is fortunate to have over 100 volunteers sharing their talent and time. We thank you!



Skate for a Cure

BABIES AT JRMC SAFE & WARM

The Blue Jay hockey team does much more than skate. In February, the team captains developed a plan to promote awareness for early detection of colon cancer. Although it's a preventable disease, colorectal cancer is the second leading cause of cancer deaths in the U.S. and one in three adults are not being screened according to the American Cancer Society.

"It just all seemed to fall in place," says James Roaldson, Jamestown High School Athletic Director. "We have members of this team's family affected by colon cancer." The team dedicated two nights to a silent auction of jerseys (pictured) and t-shirt sales raising \$6,500. "The funds will purchase a scope for Jamestown Regional Medical Center's Surgery Center. We perform over 1,250 colonoscopies a year," says Carolyn Janssen, JRMC Surgery Center Manager.



"I think it's a great way to raise awareness and get people out to the game," says senior goalie Brian Wenzel, a team captain. "We love to support anything that helps cancer awareness," says senior Nick Stockert, also a captain. "It's a horrible disease. Hopefully, doing this will help support people in the Jamestown area

The Jamestown High School boy's hockey team is pictured in jerseys, which were awarded to silent auction winning bids after the season.

No one fights alone

The Blue Jay girls' varsity team also raised funds this year for breast cancer awareness, equipment and to help two area women with their medical expenses. They presented JRMC Foundation with a \$1,000 gift for 3D mammography.

Members of the Jamestown High School varsity volleyball team.



Warming hearts

Atonment Lutheran confirmation students warm our hearts and patients every year. Their handmade blankets are given to children who visit JRMC and need a little extra comfort.

(L to R, Front to Back) FR: Syndey Ova, Milissa Kukowski, Paul Widmer, and Julia Shirley MR: Nadia Netolicky, Austin Shafer, Logan Henke, Hunter Klipfel, Lexi Paul and Karlie Paiement BR: Mason Smith, Connor Fuchs



A Little Panda Magic

BABIES AT JRMC SAFE & WARM

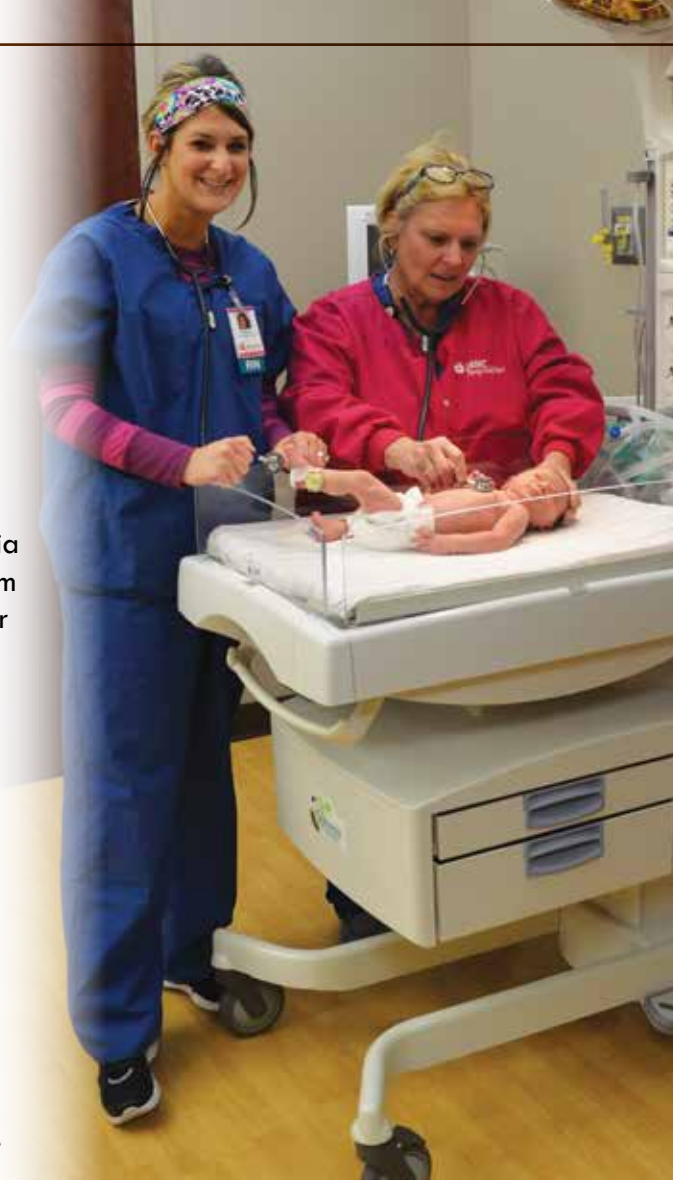
From last year to this, JRMC Foundation and JRMC Auxiliary have been raising money to purchase a Panda Infant Warmer. This mobile bed monitors and regulates temperature, weight, oxygen and pulse for newborns – which totaled 359 last year. JRMC is the ONLY birth center for 90 miles.

Keeping babies warm and safe, the equipment also provides oxygen therapy, suctioning, built-in scales and heat regulation via skin probe. For high risk newborns, there is a resuscitation system which allows nurses to provide resuscitation therapy. The warmer is wheeled right into mom's room to clean and check the baby right after birth.

The JRMC Gift Shoppe's Holiday Magic and Tree of Love along with private support from individuals and organizations have provided the \$22,000 in funds to help JRMC Family Birthplace purchase this equipment.

Emily Woodley, RN, JRMC Family BirthPlace manager says, "staff are very excited about this equipment for patients and overwhelming support."

Baby Kennedy Brandenburg pictured in the new warmer with nurses Chelsey Weber, RN and Marla Wegner, RN JRMC Family BirthPlace



JRMC is honored

"We are part of the community and we feel we should support it," says Keith Struble, El Zagal Jamestown Clowns President. This year, the organization reached the \$10,000 level of giving on the JRMC Foundation Wall of Honor. They support hospice and the birth center.

(L to R) Lisa Jackson, JRMC Foundation Director and Keith Struble, EL Zagal Jamestown Clowns President.



(Photo Credit John Steiner, Jamestown Sun)



Girl Scout gift

Girl Scouts Troop 30318 earns their Textile Artists Badge for creating baskets for five lucky new born babies and their families at JRMC Family BirthPlace.

(L to R) Tiffany Olson, Trisha Steele, Hannah Kapp (not pictured) Mikaela Coffield



GIFTS & TRIBUTES

This issue of AppleSeeds includes contributions received by JRMCF Foundation from November, 2014 through January 31, 2015.

3D MAMMOGRAPHY

Mark & Krista Ames
Anonymous
Blue Jay Volleyball
K. O. & Valerie Bolstad
Knut & Brenda Ellingsen
Michelle Geigle
Jeff Gunkel
Pamela Jennings
David & Sheila Krapp
Larry & Nancy Jo Kropp
Leonard & Carolyn Limesand
Roger & Diane Nelson
Stacey Pesek
Loren & Peggy Schroeder
Jennifer Sherman
Arnold & Sally Siefken
Gene & Becky Wahl
William & Lori Wanzek
Meredith Weisz

In Honor of

Gini Stevens

Sharon Meyer

In Memory of

Elroy Mogck

Meredith Weisz

Verna Peterson

Meredith Weisz

CARDIAC REHAB

Hal & Deanna Weiser

In Memory of

John Thorenson

Stutsman County Social Services

EMERGENCY DEPARTMENT SERIES PATIENTS

In Memory of:

Brent Malard

Virgil & Carol Malard

Donna Vigesaa

Ronald & Lisa Truax

ENDOWMENT FOR THE FUTURE

Nels & Ileene Albin
Steve & Kathy Aldinger
Brian & DeAnn Ament
Jason & Tracy Anderson
Anonymous
Duane & Kathy Enzinger
Teresa Formo
Reuben & Clarice Liechty
Richard & Cindy Tag Nygord
Julie Schulz
Tanya Shroeder
Michael & Emily Woodley

In Memory of

Richard Fletcher

Michael & Judith Schlecht

ND TAX CREDIT ENDOWMENT FUND

In Memory of

Gottlieb Fiechtner

Clara Fiechtner

EQUIPMENT & TECHNOLOGY

In Memory of

Gene Klose

Edna Giesler
Gary & Carrie Giesler
Richard & Shirley Giles
John & Judith Hatlewick
Rich & Kathy Helgemann
David & Sue Kinzler
Ivy Klose & Family
Lynn & Lisa Krueger
Jerald & Fran Kurtz
Jon & Elsie Liechty
Mark & Randa Nill
David, Darrell & Marge Patzer
James & Iva Shurtz
Harold & Mary Trautman
Merle Weatherly

Connie Moser

Dwight & Charla Wegner

Doris Rode

Ken & Karen Baeth

Nathalie Wilson

Martin & Cynthia Richman

FAMILY BIRTHPLACE

Priscilla Kungel
Christopher & Renae Lunde
Donald & Marla Wegner

In Honor of

Friends & Family of Joshua Sailer

Teresa Formo

GREATER JRMCF FUND

Anonymous
Robert & Donna Badal
Tracy Dale
Hillerud Construction, Inc.
Orlee Howell
Tracy Johnk
Joanne Kleese
John & Cindy Kleven
Dennis & Marie Pozarnsky
John & Sheri Schweitzer
David & Claudette Smette
Ruth Strutz
Ray & Maria Tan
James & Deb Wald
Don & Amy Walz

In Honor of

Derek Holden

Susan Holden

JRMCF Auxiliary

Arlene Reid

JRMCF Telecare Program

Virginia Muscha

Sue Matthiesen

Grace Walz

Glenna Monek

Ross & Holly Monek Anderson

Nieces & Nephews

Myron & Pat Rutgers

James & Rae Ann Vandrovec

James & Rae Ann Vandrovec

In Memory of

Marilyn Babcock

Alice & Marvin Bietz

Melvin Krubeck

Delores Barton

Oren & Connie Krapp

Kenneth & Marilyn Trautman

Henry Becker

Michael & Shelly Fercho

Mary Bergman

Tracy Dale

Kathleen Vandenberghe

Robert Burkhardt

Scott & Bernice Monson

Benjamin Busche

Marney Shirley

Joy Carpenter

Kent & Jean Miller

Clyde Christy

Deloris Christy

Neal & Vi Cornell

Gene & Becky Wahl

Eustis Cowardin

Carole Hayes

Bob Dalke

Allison Johnson



Gifts & Tributes

William & Ella DeKrey

Carol Reich

Emil Dewald

Archine & Madelyn Hoffer

Arlene Ebel

Verna Lee

Glory Ebertz

Donald & Marla Wegner

Mildred Ebertz

Joseph Ebertz

Inez Enzminger

Michael & Shelly Fercho

Jim & Sue Matthiesen

Richard Fletcher

John & Monica Backer

Eugene Frahm

Bob Baumann & Judy Brueske

Marilyn Frahm

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Del & Ruby Laffen

Dianne Gerhardson

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Wayne Clemens

John Job

Violet Weber

Magda Job

Jerry & Pat Sova

Thomas Joyce

Jerry & Pat Sova

Gerald Kainz

Dean & Kelli Bjornson

Priscilla Kungel

Gene Keller

Allen & Brenda Bollinger

Jamestown Reservoir

Cabin Owners Association

Gene Klose

Wayne & Sally Albin

Steve & Carolyn Cichos

Cliff & Val Orr

Keith & Lynne Struble

Marian Klose

Scott & Bernice Monson

Joseph Lacroix

Jim & Sue Matthiesen

Lorn Lakefield

John & Carol Splonskowski

Janet Larson

Lyle & Claudia Bollinger

Kent & Jean Miller

Rodney Larson

Lyle & Claudia Bollinger

Kent & Jean Miller

June Leimer

Ida Wanner

Jordan Leininger

William Schulz

Dean Linstaedt

Marvin & Alice Bietz

Lawrence & Darlene Kropp

Lyle & Nancy Williams

Norma Messmer

Elaine Nieland

ElRoy Mogck

Marney Shirley

Mary Walicki

Connie Moser

Michael & Shelly Fercho

Patty Nation

John & Carol Splonskowski

Marjorie Nerison

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Penny Briese riding her motorcycle after completing JRMJ Rehabilitation.



Rehab

STAFF MADE IT A "BRIESE"

After falling and breaking her elbow, Penny Briese thought she wouldn't be able to do the things she loved anymore such as teaching nursing students at the University of Jamestown or riding motorcycle. Briese had surgery on her elbow and then chose to complete her rehab at Jamestown Regional Medical Center.

"My experience at JRMJ Rehab was fantastic. I am so pleased with the results," states Briese.

Briese had physical therapy and occupational therapy at JRMJ. She was determined to get movement back in her elbow and do the things she did before breaking it. After the fall and surgery she wasn't able to bend her arm, leaving her unable to do everyday things she'd taken for granted such as feeding, dressing and bathing herself.

"My rehab team was so open to me setting my own goals," she says. "They would ask me what I was struggling with and then we would work on that."

For Briese, working with the admissions staff for setting appointments and registering and the whole rehab team for coordination of care was a breeze. "My occupational and physical therapy blended together so easily," says Briese. "I didn't know if I was performing physical therapy or occupational therapy, all I knew is that I was working towards my goals."



NEW YEAR NEW YOU



IN THE BLUE ZONE

New Year, New You (NYYN) is an eight-week challenge developed by Jamestown Regional Medical Center with the goal of making Jamestown the healthiest city in North Dakota.

This year 345 people challenged each other and themselves to better health in the workplace, with friends or family. The competition was fierce as teams earned points for physical activity, eating healthy foods and completing weekly challenges gauged toward elements of wellness.

"Each division had some very solid, competitive leaders from the start," says Emily Kjelland, Cardiopulmonary Rehab Manager at JRM. "Your dedication to your health and wellness is inspiring and we are grateful for the participation of each team member."

This year, NYYN included lessons from Dan Beuttner's New York Times bestselling book, *The Blue Zones*. These "zones" are places where people are living measurably longer and happier lives. In a partnership with National

Geographic and the world's best longevity researchers, Beuttner found that in the "Blue Zones" people reach age 100 at rates 10 times greater than in the United States. These people all shared nine characteristics including:

moving naturally, having purpose, ability to down shift, 80% rule, plant diets, enjoying wine, belonging, having loved ones close and the right tribe. Further explanation can be found at www.bluezones.com.



Friends and Family Division
LEGACY SNOWFLAKES

Small Business Division
MIGHTY LOSERS

Large Business Division
JAMESTOWN HIGH SCHOOL BLUE JAYS

During a special event in Jamestown March 5th, Dan's brother Tony Beuttner shared secrets to longevity and how they are partnering with cities and states to recreate Blue Zone results. In Albert Lea, MN a test site for change, they added "an estimated 2.9 years to their lifespan" and there has been a "21 percent decline in absenteeism at work," says

Beuttner. It has prompted the question, "Can Jamestown become a Blue Zone?"

For questions or feedback about NYYN, please contact Emily Kjelland, JRM Cardiopulmonary Rehab Manager at (701) 952-4839 or ekjelland@jrmcnd.com.

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Thank you Dr. Deb Geier FOR YOUR SERVICE TO THE JRMC BOARD



We thank Dr. Geier for her years of service to JRMC Operating Board. Her input and experience meant a lot to the board with the decisions we had to make at that time. Working with her was an "EPIC" journey." Dennis D. Pozarnsky, JRMC Operating Board Chair. Geier served as the Medical Director and physician liaison to JRMC for a term of three years.





JAMESTOWN REGIONAL MEDICAL CENTER FOUNDATION
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AppleSeeds

Quarterly Foundation News



IN THIS ISSUE

A Cowboy
AND HIS NEW KNEE

Event
CALENDAR

Director's
MESSAGE

A Walk
WITH DR. DEAN

Spreading Joy
IN REHAB

Polar Pig
NEW GIVING RECORD

Miles Matter
GIVING HEARTS DAY

Good Apples
VOLUNTEER TALENT

Community
CONTRIBUTIONS

Gifts &
TRIBUTES

Rehab
MADE IT A "BRIESE"

Blue Zones
IN THE NEW YEAR

Jumpers raise record amount
in support of hospice. **Read
about it on page 6.**

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Heather will finish this "save the date" section.

