Volume 100 • JAMESTOWN REGIONAL MEDICAL CENTER FOUNDATION

Farmers Union

JRMC Joundation

Thousand and

Farmer's Union Gift

On May 12, 2015, North Dakota Farmers Union (NDFU) and Farmers Union Insurance (FUI) announced a \$150,000 challenge grant to support Jamestown Regional Medical Center (JRMC) Foundation for the establishment of an oncology unit for chemotherapy infusions.

"There is a great need in our region to provide cancer care closer to Jamestown, especially when it comes to chemotherapy treatments," said NDFU President Mark Watne. "If we can make the drive shorter for patients that are otherwise driving to Fargo or Bismarck for infusions, we've made a huge difference and impact in the lives of others, and that's what our organization is all about."

K.C. DeBoer, president and CEO of JRMC, said Farmers Union's challenge grant will provide funding to support the launch of phase one of oncology development in Jamestown, including the customization of the current JRMC Clinic space to create appropriate rooms for care and provide the necessary tools and equipment to launch enhanced oncology services. The projected timeline to be operational is this winter.

150,000.00

Dollars

"It is our key belief at JRMC to do what is in the best interest of the patient. We are thrilled for this opportunity as it aligns perfectly with JRMC's mission and long-term vision. Our goal is to provide needed healthcare services here in Jamestown so that patients do not need to travel. Oncology and chemotherapy are one of the main reasons people leave our community for care," said DeBoer. "This gift will greatly assist us in bringing this service to the region. We are grateful for the support."

DeBoer said an oncologist and full-time nurse practitioner will oversee the unit when operational.

"Building stronger communities is core to the mission of Farmers Union Insurance," noted Mark Anderson, general manager of FUI. "The oncology services that will be provided in this clinic will be vital to the health and well-being of the entire region."

This is not the first gift from Farmers Union to JRMC Foundation. They have been helping to improve patient care for the families in our nine-county region for more than 28 years. For more information about supporting this unit, contact JRMC Foundation Director Lisa Jackson at (701) 253-4806 or ljackson@jrmcnd.com.

"There is a great need in our region to provide cancer care closer to Jamestown, especially when it comes to chemotherapy treatments."

RECEIVING CHEMOTHERAPY AT JRMC

Aarold Rene is one of seven patients currently receiving chemotherapy in the JRMC Emergency Department. "When you have chemotherapy like me – treatments seven days in a row, every three weeks – having this service close to home is great," says Harold.

Karen, Harold's wife and support, also joins him during his two hour visit. "It is so busy in Fargo, it is an eye opening experience," she says. "It [diagnosis] is dropped on you like a bomb, so it is really nice to have a facility like this here and have nurses share things that you don't even think to ask."

Harold has myelodysplastic syndrome, also known as MDS. The blood-related condition requires a series of chemotherapy infusions and sometimes blood transfusions. His complex diagnosis also requires a high level of collaboration between JRMC, Sanford Health Clinic and Sanford Roger Maris Cancer Center. Harold is impressed that the MyChart system allows for seamless communication of appointments, medications and physicians notes between multiple providers and patients.

Rene's says the JRMC staff have become like family. "After three weeks, you start to miss them," said Harold. He knows the staff by first name, Barb, Chris and Rachel just to name a few. "They have all been excellent from the front desk throughout."

"We've had a good experience here," says Karen, "every time."

In Harold's case, he will receive treatments for the rest of his life. Having the dedicated space at JRMC Clinic will add to the comfort and privacy for him and others who choose to receive care at JRMC.

Photo above: (L to R) Harold Rene with Rachel MacDonald, RN JRMC Emergency Department

Upcoming Events

CONCERT FOR CARE Community BBQ &Street Dance

UIN

FOR

16

17

GOLF "fore" GOOD 5th Annual 4-person Scramble

GOLF "fore" GOOD Drives Cancer Care Home: JRMC Foundation is happy to announce that The Davis Group and Physicians Realty Trust along with Wilhelm GMC Buick, Hillerud Construction, Alerus Financial, AgStar Financial Services, Great River Energy and Dixon Golf will tee up as early major sponsors for this year's GOLF "fore" GOOD tournament. Proceeds will be in dedication to those conquering cancer as we launch the cancer unit at JRMC.

Contact Lisa Jackson, JRMC Foundation Director to register as a golfer or sponsor at (701) 253-4806.



JRMC HOSPICE AWARENESS NIGHT Jamestown Speedway





LISA JACKSON Foundation Director (701) 253-4806 Ijackson@jrmcnd.com

A message from the Foundation Director... JOURNEY TO ONCOLOGY

In a 60 mile radius, 252 people are diagnosed or pass away from cancer every year. The quality of cancer care can significantly affect the likelihood of survival and the quality of life. A priority for quite some time, JRMC has been exploring the expansion of oncology services into a dedicated space. This journey to oncology care chemotherapy infusions and an onsite oncologist - is one step closer with the announcement of the challenge grant from Farmers Union.

JRMC currently sees 7 people for a total of 19 infusion treatments a month. For those receiving treatment – it may include monthly, weekly or even daily visits. JRMC knows that Sanford Health alone is providing 109 people from the Jamestown region with 828 infusions each year in Bismarck or Fargo.



This equates to over 75,000 miles of travel and 1,250 hours on the road.

We are excited to work with the community and our partners to make this service a reality. Through tremendous leadership of the JRMC board, administration, staff and supporters we hope to be online by the time snow flies.

At the same time we are also expanding other areas of service. We would like to welcome to the community new specialists coming to JRMC over the next year: in August, foot and ankle surgeon / podiatrist, Dr. Kyle Abben; in November, urologist Dr. Robert Bates and next summer, JRMC's second orthopedic surgeon, Dr. Timothy Volk.

In this 100th issue of AppleSeeds, we also share with you how our JRMC Emergency Department and staff handles 24 hours of care, seven days a week. They provide care for a wide range of treatment and medical emergencies from

chemotherapy to broken bones to reacting to life threatening events.

Your partnership as an investor and promoter of better healthcare in our region is

invaluable. Thank you for the time and energy you dedicate to improving our

From the first issue to the 100th, AppleSeeds celebrates legendary care.

With gratitude, Jackson Lisa Jackson

Foundation Director

healthcare mission.

Providing care OUTSIDE OF THE BOX

Bria wouldn't be here without them," says Dr. Myra Quanrud, pediatrician and kids specialist at Essentia Health, and Medical Director for Anne Carlsen Center. Quanrud speaks highly of Bria's parents, Ron and Lisa Truax and their ability to adapt and attend to Bria's complex medical needs. Bria's parents feel the same way about Quanrud. "She's met us in the emergency room on a Sunday



afternoon...with her kids. That never happens in real life," says Lisa.

Bria was born full-term at Jamestown Hospital, but only weighed four pounds. "She was transferred to MedCenter One NICU for six weeks. While there, Bria was diagnosed with Wolf-Hirschhorn syndrome (WHS), an extremely rare chromosomal disorder. The symptoms range from mild to severe and can affect individuals both mentally and physically. Most individuals with WHS experience long, hard to control seizures.

"Overall, Bria was doing well until she had her first big seizure at seven months old," recalls Lisa. She was brought by Jamestown Area Ambulance to Jamestown Hospital. After four hours of treatment, the seizure had not subsided and Bria was airlifted to Fargo.

Bria continued to have frequent seizures. "None of the seizure medications were working, so we saw a lot of you guys," says Lisa. For the Truax family, their routine became calling the ambulance to transfer Bria to the JRMC Emergency Department (ED) for stabilization, then by LifeFlight to St. Paul Children's for specialized treatment. "Dr. Quanrud was there with us almost every time," says Lisa.

At the age of three, the seizures for Bria were at their worst. It was then the team tried the powerful drug propofol and it worked. "Usually only anesthetists administer this drug, because you have to be prepared for the deep sedation that occurs," says Quanrud. "We had to get special permission for the JRMC ED physicians to be able to administer propofol as soon as possible for Bria, and not wait for the anesthetist." Because special equipment for Bria's small size needs to be readily available to treat her seizures, the ED nursing staff developed what is affectionately known as "The Bria Box," equipped with everything needed to treat Bria's seizures, including special IV access needles and a detailed protocol with dosing requirements. Bria's seizures are treated immediately upon her arrival, saving valuable time and minimizing complications. The treatment team is always ready, and the anesthetists are called in and usually there by the time Bria arrives. "We can't thank the ED staff and Dr. Quanrud enough for all of the extra effort that has been put forth to accommodate Bria" says Lisa. "You all have gone above and beyond!"

Seizures with this syndrome tend to decrease with age. That has been true for Bria. In recent months, the need for an airlift to a specialty center has almost been eliminated and her visits to the JRMC ED are far less frequent. She is now enjoying preschool at Anne Carlsen Center and the love from all of those who know and care for her.

"How's my Bria today?" says Quanrud as she gives her a smile.

(L to R) Lisa, Bria, Ron Truax, Dr. Myra Quanrud



Anne Carlsen Center and JRMC Foundation will be hosting the 2nd Annual Concert for Care to support their healthcare missions. Dollars will enhance emergency services and purchase a special positioning x-ray chair for JRMC Radiology. Currently, patients are positioned on a backless stool without restraints or support. This leads to a greater risk for falls and due to patient motion, diminished image quality.

"Anne Carlsen is frightened right now to place some patients in the current chair. It isn't safe when the person isn't stable physically. The trick with scoliosis is that the best results from a scan are done when standing," says Quanrud. "This new chair will allow a close simulation of standing, while still keeping the patient supported."

2015 Volunteer **Recognition Banquet CELEBRATING TIME AND TALENT**

During National Healthcare Volunteer Week, over 80 volunteers were recognized for their priceless donation of time to support the mission of JRMC. Each year, approximately 6,000 hours are dedicated to caring for patients, hosting events and raising funds to improve healthcare in our region.

CAROL LAWRENCE

2014 JRMC Auxilian Volunteer of the Year Carol has been an outstanding volunteer for her service and work in fundraising, staffing and co-managing the JRMC Gift Shoppe. Carol has over three and half years of service.



ERNEST HUBACKER

2014 JRMC Legendary Volunteer of the Year Ernest has been volunteering his time for 14 years as a member of the JRMC Auxiliary, planning and attending events and visiting hospitalized patients.



first 100 HOURS



Judy Olin **Rose McClean** Larry Tag (not pictured were): Mikayla Patel **Tracy Schweitzer**

()_{HOURS}

HOURS



Lola Rudnick Judy Hoyt Gloria Harr **Marlys Wiest** (not pictured were): Blu Clancy Eunice Sahr



Martha Trautman has over nine years of volunteering at JRMC in the Gift Shoppe, JRMC Auxiliary, stitching tummy pillows and fundraising events.

EATS OF SERVICE



Pastor Wayne Bangs is JRMC's volunteer hospice chaplain. He is pictured with Tamie Gerntholz, JRMC Home Health and Hospice Manager.

The Spring issue of AppleSeeds should have included Madelyn Hoffet. Madelyn has been volunteering for over 14 years at JRMC and has volunteered at the front desk, JRMC Gift Shoppe, Tea for All Seasons and other numerous fundraising events over the years. Thank you Madelyn!

Learn more...

about becoming a JRMC Volunteer or Auxillian. Information on benefits, rewards and positions are all listed at www.jrmcnd.com/volunteer.

ENGAGING STUDENTS IN HEALTHCARE

Emergency

"...It opened my eyes."

"The SIMS truck, it was very hands on and showed us a portion of what it would be like in a real situation."

"My favorite part of the camp was learning more about the different options I have going into the medical field." Approximately 50 10th grade students who are enrolled in Jamestown High School's Health Careers Class at the James Valley Career and Technology Center participated in this year's R-COOL-Health Scrubs Camp. The program is supported by the Center for Rural Health. The goal is to increase awareness, interest and understanding of health careers available in rural North Dakota through creative and interactive activities.

Students had a full day of hands-on learning in laboratory, radiology, speech therapy, orthopedics and surgery at JRMC. They also experienced the Simulation in Motion, or SIMS truck, which simulates an emergency scenario where students have 15 minutes to respond.

According to the North Dakota Workforce Intelligence Network, the Health Care and Social Assistance sector will experience a 22.6 percent increase in careers by 2022 across the state. This equates to 67,000 jobs.

"JRMC is not different in its search for outstanding employees versus other healthcare providers across rural North Dakota. But, we do aim to engage students early to spark ideas about how they can be an integral part of this sector and fulfill the future needs of employment," says Trisha Jungels, JRMC Chief Nursing Officer.

THE COMMUNITY DIFFERENCE

Quality healthcare is the cornerstone to a vibrant community. Our Community Difference Partners are the businesses and organizations that share our passion for affordable, high quality, state-of-the-art healthcare – close to home. Their generosity allows JRMC to exceed expectations and be THE difference in the lives of those we serve. Thank you for your leadership, support and innovation in giving.

2014

Agri-Cover, Inc. Atonement Lutheran Church Coborn's Cork & Barrel **Dakota Medical Foundation** Davis Real Estate Services Group, LLC Don Wilhelm, Inc. El Zagal Jamestown Clowns Farmers Union Service Association, Ltd. Hugo's **IRET** Properties JRMC Auxiliary & Gift Shoppe North Dakota Community Foundation Ottmar & Ottmar PC R. M. Stoudt, Inc. Timco Construction, Inc

2015

Adopt an Angel Alerus Financial Blue Jay Hockey and Volleyball / Jamestown High School Dakota Medical Foundation Davis Real Estate Services Group, LLC Don Wilhelm, Inc. Farmers Union Service Association, Ltd. Great River Energy Hillerud Construction, Inc. JRMC Auxiliary & Gift Shoppe Newman Signs Physicians Realty Trust R. M. Stoudt, Inc. The 20th annual Foundation employee giving campaign came to a close on March 23rd. This year 118 employees made gifts and every department participated. Over \$38,000 will advance healthcare in the community by providing new funds to help launch oncology care, provide surgical tools for newly recruited physicians, endowment support and more.

The employees at JRMC have big hearts that they share with the community through their healing mission.

The Hour Club was started in 1996 as a way for employees to donate an hour of their salary or vacation to the JRMC Foundation through payroll deductions. "We are very proud of the commitment employees and Hour Club donors have made in the spirit of helping others," says Lisa Jackson, JRMC Foundation Director.

Specifically, gifts from this year's campaign were designated toward the following projects:

oncology care

ZESS

Foundation

JRMC EMPLOYEE GIVING

- fiberoptic scope for patient intubation
- Hugs and Kisses® Infant Protection System
- forever support through our endowment
- community care
- hospice
- 3D mammography



Penny Holland, Diane Nelson, Michelle Kunrath, Jessica Skjeret, Betty Kennedy and Cindy Nelms organized the campaign. Their volunteer time and priceless insight means so much to us.

Thank you to Papa Murphy's, Quiznos, Ingstad Family Media, US Foods, Meeting Grounds Too as well as JRMC administration, employees, gift shop and Auxiliary for campaign prizes, entertainment and food. This issue of AppleSeeds includes contributions received by JRMC Foundation from February 1, 2015 through April 30, 2015.

3D MAMMOGRAPHY

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Hal & Deanna Weiser

COMMUNITY CARE

Anonymous

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In Memory of

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FAMILY BIRTHPLACE

Priscilla Kungel Christopher & Renae Lunde Optimist Club of Jamestown Donald & Marla Wegner

In Memory of

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Summer 2015 • APPLESEEDS

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Meredith Weisz

In Memory of

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HOSPICE PROGRAM

Atonement Lutheran Church Kay Deuitch Help for Hope & Healing (HHH) Scott Hoggarth Meredith Weisz

In Honor of

Gail Doll Monday Night Birthday Club Brian Fortuin Larry & Betty Mahlke Trish Greenwood Abby, Chad & Rayna

Nancy Exner Clay Greenwood Ray & Pat Hartman Tom & Pam Heck Lyle & Tena Lawrence Helen Grenz Monday Night Birthday Club Herman & Jean Kulla Thomas & Edith Gould Mary Ellen Kulla Thomas & Edith Gould Alice Reuther Monday Night Birthday Club Kathy Vandeberghe Monday Night Birthday Club **Paton Whimple** Larry & Betty Mahlke

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GIFTS & TRIBUTES

In Honor of Ricki Ramlo

Shawn & Lanna Slaby

In Memory of

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JRMC CAMPUS

Campaign Gifts Clair & Marcella Baker Basin Electric Power Cooperative KSJB Radio

MONTHLY GIVING

George & Diane Luiken-Spangler Stan & George Ann Waagen

NORA MELVOLD PAULSON EXCELLENCE IN LEADERSHIP AWARD

Brian & Nancy Spector

Lili Ruby award winner

As a part of National Nurses

Week, JRMC Foundation presented



Lili Ruby, RN with this year's Nora Melvold Paulson Excellence in Leadership Award. Ruby is a nurse on the Patient Care Unit at JRMC.

Ruby's peers note she is "a positive team player, takes on change, always willing to answer questions and assist, and always teaching not only patients but families and co-workers."

The award fund was established by Brian and Nancy Spector to honor the memory and legacy of Brian's grandmother, Nora Paulson, RN and her 20-plus years of service excellence in clinical care and nursing education at Jamestown Hospital. It provides an annual grant to a JRMC Registered Nurse identified by their peers who consistently embodies a commitment to excellence in nursing education and clinical care.

(L to R) Trisha Jungels, JRMC CNO, Deb Falk, JRMC Patient Care Unit Manager, Lili Ruby, RN, Lisa Jackson, JRMC Foundation Director.

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Every day is a new day

"Very day is a new day," states Dr. Scott Goecke, JRMC Emergency Department (ED) physician. "A patient recently coded twice with a bi-lateral pulmonary emboli," says Dr. Goecke. A serious condition that is life threatening, it is a blood clot in each lung at the same time. A prompt diagnosis and treatment can dramatically increase the chance of survival and recovery results. "He lived," Dr. Goecke replied, attributing the outcome to a well-trained staff, comprised of experts in working as a team to assess, diagnose and treat patients.

"The staff here is truly amazing, top-notch for any medical facility."

As a Level IV Trauma Center, the ED staff takes care of approximately 8,700 patients every year. Emergency care scenarios include orthopedic emergencies, trauma, heart attack, stroke, asthma and other medical and surgical emergencies. The department cares for patients receiving ongoing infusion treatments for antibiotics, chemotherapy and blood transfusions as well.

The nursing staff is trained in Advanced Cardiac Life Support, Pediatric Advanced Life Support, CPR and other procedures necessary for emergency situations. Transfer agreements are in place at JRMC to send patients to a Level II trauma center for major trauma care, burn care, and rehabilitation services for long-term care, acute spinal cord, head injury management and pediatric trauma management.

PERSONAL STORIES OF EMERGENCY CARE

In Her Own Words

Linda Perleberg from Jamestown fell and hurt her shoulder. "I was in a lot of pain and worried," she says. After being transported by ambulance crew 6357 to JRMC Emergency Department, she had this to say. "It's pretty awesome being with professionals who know what they are doing. They are productive and very efficient and most importantly, very good at pain control. I was transferred to Bismarck for a total shoulder replacement and you know, it is nothing like JRMC. The customer service and attitudes of the nurses and doctors are above and beyond at JRMC and it just wasn't the same being somewhere else."

"We are lucky to have the ambulance service and JRMC facility locally and I am so grateful for my experience with them."

Celebration of Infusion Success

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In February, Charlotte Walden went to work and became very ill. "I couldn't walk and I was in extreme pain," says Walden. Upon arriving at the JRMC ED, she was diagnosed with Staphylococcus aureus, known as MRSA. It is resistant to antibiotic methicillin and other drugs used to treat other staph infections. "I didn't know it at the time, but it was going up my spine and growing in my bone marrow. I had this eight years ago and was given a one percent chance of survival."

Walden was transferred to Bismarck to see an infectious disease specialist for emergency surgery to remove the infection. She returned to JRMC wheel chair bound to receive intensive antibiotic infusion treatments – two times a day for four weeks and then once a day for another four weeks.

"It would be a terrible hardship to have to travel to Bismarck

every day," says Walden about the ability to choose infusion care at JRMC. "They looked at every facet of my being for my care."

For her last day of treatment, delivers a cake to staff to cerebrate her successful journey to health. "Look at me," she cheers as she stands up. "I didn't think this would be possible. What would I do without you?" Walden says with tears in her eyes.

JRMC Emergency Department staff (L to R, Top to Bottom) Sara Hass, RN, Charlotte Walden, Tracy Dale, RN, Dr. Scott Goecke, Julia Lemke, CAN, Ryan Keffeler, RN and Barb Schlecht, RN.

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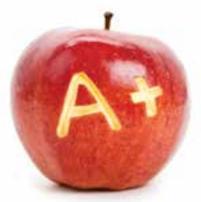
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Your words keep us going THANK YOU FOR SHARING YOUR EXPERIENCES

"I had my 93rd birthday this spring. I still walk to daily mass. I would like to let Dr. Dean know my knee replacement is great. I want to send my "thank you" to him." – Rita, Carrington

"Everyone who attended to me was very friendly, kind, helpful, informative and pleasant. Hurrah for the team!!!" – Grace, Jamestown



"From the initial walk [in] your door to leaving, I experienced such caring, quick, compassionate care! Jamestown is very fortunate to have such fine staff and facility! Vicki gets an A+, Sherri gets and A+ for showing such compassion, Dr. Goeke gets an A+ for looking after me. Thank you for being there for me." – Garnet, Jamestown

"...we felt well informed, included in all of the updates and reasonably comfortable. Chris Lunde was superb and our family really appreciated his true compassion he showed us - thanks!" – Jeanne, Jamestown



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



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Our Foundation Online Community allows you to manage communication and giving. Create your own profile at **www.jrmcnd.com**. Click JRMC FOUNDATION at the top of the page.

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Personal Stories OF EMERGENCY CARE

Your words Friday, July 17th GOLF "fore" GOOD 5th Annual 4-person Scramble Read more on page 2. NONPROFIT ORG U.S. POSTAGE PAID JAMESTOWN REGIONAL MEDICAL CENTER

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