

# AppleSeeds

*Quarterly Foundation News*



## A new urologist

### A NEW LEASE ON LIFE

*"Ray and I were overwhelmed with the compassion and kindness you extended to us today. The minute we saw you, we knew we wanted you to be Ray's doctor. You gave us long-awaited hope and joy that something could be done with his catheter that would eliminate all of the cramps and pain he has endured these last eight months. Your staff was so professional and caring. They made sure there wasn't anything lacking that would make us more comfortable. We are looking forward to our next appointment and a new lease on life. Thank you for making it happen," Ray and Alida Posein.*

In his first weeks at JRMC, Dr. Robert Bates, FACS (Fellow, American College of Surgeons) has already made a difference for patients. With over 30 years of experience, Bates offers complete urological evaluation and care, with notable attention to quality of care, communication and compassion.

Urologists treat conditions associated with the kidney, bladder and urinary tract. Some of the common problems urologists treat are kidney stones, prostate disease and cancer, urinary tract infections, lack of bladder control, erectile dysfunction, pelvic pain, no scalpel vasectomy and children's urologic problems.

"My work is really about improving quality of life," Bates shares. "The patient's comfort and confidence are my primary concerns. If someone has a urologic problem, I encourage them to come in and discuss the symptoms so that together we can create a plan to address it. There are very few urological conditions that I have not encountered," Bates says, "but often times, whether it's the amount of travel to get to a urologist or lack of knowledge about what can be done to help them that may discourage people from getting care. If their problem is not life threatening, they may just live with it."

Now, nearly all of the common urologic problems can be addressed here at JRMC. "The need for urology services is estimated to increase by 28 percent over the next 10 years; making it all the more important to our community, which is why JRMC was eager to add a urologist to the clinical staff," says K.C. DeBoer, JRMC CEO. He adds, "With this new service, close to home, the diagnostic issues, follow-up care and surgical management will be much more convenient for patients and their families."



**Urology means treating conditions associated with the kidney, bladder and urinary tract.**

- cancers
- kidney stones
- prostate disease
- urinary tract infections
- bladder control issues
- pelvic pain
- erectile dysfunction
- men's reproductive diseases
- pediatric urology
- vasectomy

Learn more about Dr. Robert Bates on page 2.



# Dr. Robert Bates

## A Q&A WITH JRMC'S NEWEST SPECIALIST

### Tell us more about you?

I grew up in Chicago where I met my high school sweetheart and wife, Kathi. We have three children and seven grandchildren. We love to hike and travel and are active with church. Although a city boy from Chicago, I love to be outdoors, whether it is hiking or bird hunting. My passion for hunting has brought me to this area many times over the years.

### Why here, why now?

Why not? And I am very serious about that! I was offered the opportunity to bring a medical service to the community that had not been available here. Jamestown is a wonderful community, and JRMC is a state-of-the-art hospital with a great staff. It is energizing, challenging and fun to utilize my experience in practicing urology for 30 years in a setting where urology services have not been offered before. In five years, if urology is up and running at JRMC, I will be very proud personally. But more importantly, it will do something positive for Jamestown and the people of this community. My wife, Kathi, and I are both excited by the opportunity to live in a new place, and we are awed by the warmth and hospitality the Jamestown community has shown towards us.

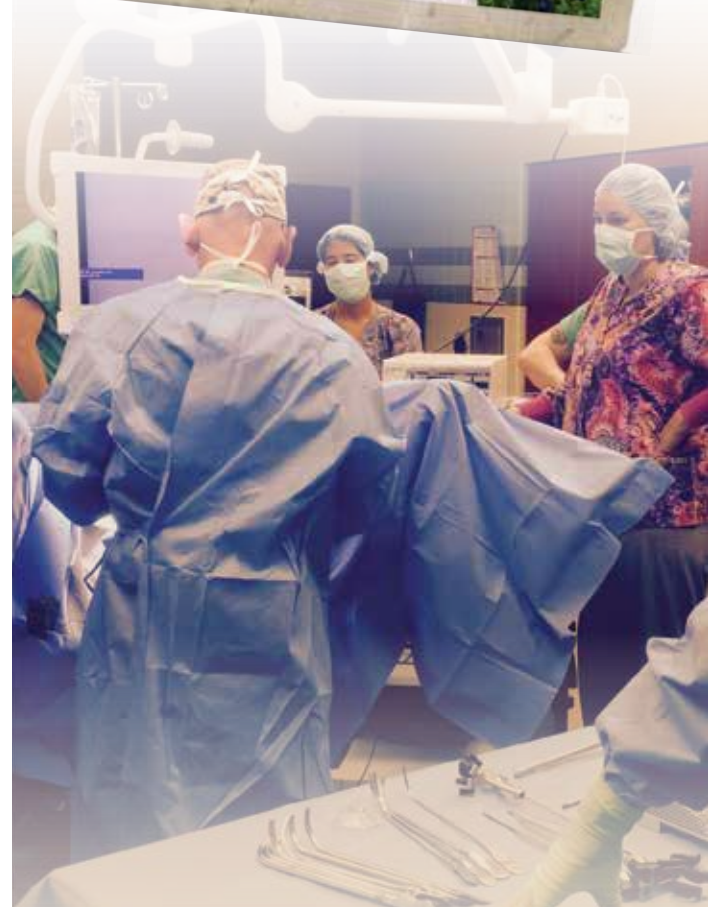
### What is your approach to patient care?

Under my care, a patient can expect a broad approach to not only treating your condition, but helping you understand why it is happening, then deciding how to best manage it going forward. My primary goal, of course, is to provide the medical service, but I also hope to create a bond – a connection with my patients. Whether the problem is large or small, to the patient, it is a concern and a discomfort, and they are coming to me for help.

### What inspires you about your work?

It is the ability to be able to work with patients and their families and help them understand their problem and what plan we will create to address it. When I meet a patient, I hope they know they have someone to turn to, someone to talk to. I often encounter patients with recurring conditions, kidney stone patients, for example. I continually work with them to discuss what they can do for prevention. It is very rewarding when I see patients return five years later and they have not had a stone, because medical management has made a difference in their lives.

Another recurring issue which is becoming more widely recognized is women dealing with incontinence or pelvic pain, symptoms that often can be treated without surgery. Taking them through the steps to get that under control and having them return with much reduced or no symptoms is rewarding and, they are so thankful. Although these patients did not have a life-threatening problem, their treatment can be life changing."



**"I have had patients with kidney, bladder, or prostate cancer or young men with testicular cancer and patients with terminal diseases. It is my goal to shepherd my patients through the diagnosis, exploring and explaining the treatment options, and to provide comfort for them through their care."**



**LISA JACKSON**  
Foundation Director  
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## What does “the difference” mean to you?

### A MESSAGE FROM THE FOUNDATION DIRECTOR

*T*his issue is really about people - the people who make a difference in our lives. We don't know what the difference will be until it happens. Bam! It happens. Someone comes into your life at the right time, offering something indispensable...

Was it your doctor, providing a solution to live a pain free life? A friend, volunteering to pick up your medication? Maybe a nurse who listened, I mean really listened as you shared what ails you?

There are many examples we can see and feel, there are also those we might never know. What about that teenager, student-athlete who asked every member of their family to buy a t-shirt to fund cancer care close to home? What about the person who cleans all of the surgical tools - dedicated to making sure items are processed following best practices?

There are magical things happening everyday at JRMCM to ensure legendary care. Because of the role each person plays, JRMCM is able to rank as one of the best hospitals in the country. Recently, JRMCM has been recognized by the Joint Commission as a Top Performer on Key Quality Measures (one of only three in the state!) and a Top Performer for Excellence in Quality and Outcomes according to the iVantage Hospital Strength INDEX.

The people at JRMCM want to be the difference for you. In healthcare, the only constant is change. We as patients, hospitals and caregivers will have to adapt to shifts in insurance, politics, advancements in technology, and so on. But our focus will always be the people and their care.

I hope that this holiday season and Christmas you have the opportunity to reflect on what THE difference means to you. Then take the opportunity in the New Year to embrace, cherish and find ways to share it with someone.

We thank you for choosing us for your care and your support. Have a blessed and healthy holiday season.

With gratitude,

*Lisa Jackson*  
Lisa Jackson



JAMESTOWN REGIONAL MEDICAL CENTER

Thank you for supporting  
the gift of legendary healthcare.





# With Thank

"I'm happy to be able to make it a better hospital for everyone."



## Philanthropist of the Year

### CHARLOTTE BELLON

Charlotte Bellon is someone who likes to see progress in our community. The helipad at JRMC carries her name and patients with critical needs to the best facilities. She has purchased equipment and made a tremendous impact on our endowment for the future through her ND Tax Credit gifts. With those gifts, she will support JRMC forever.

Her hope for the new hospital was to bring in more physicians, attract more people here and make it a better facility for everyone. We are happy to report, Charlotte, that is true. If you know or see Ms. Charlotte Bellon, please thank her. Her dedication to our hospital and the entire community is awe-inspiring.

### BUSINESS: R.M. STOUTD, INC.

Their business is not just selling cars. Over the past few years, R.M. Stoudt, Inc. and their team have noticeably increased their commitment to the community. For years they have hosted car washes, dog washes, sponsored events and provided auction items to help non-profits raise money. They launched Running of the Pink, which is the largest 5/10K run/walk to raise awareness and support early detection of breast and cervical cancer for women. They do "drive events," placing their whole sales team at a location to do test-drives while raising money. Casey and Sue have developed more than a successful business model, they have produced leaders in our community who are pillars of giving. Thank this crew. They deserve the kudos.



# DIFFER





## 20th Anniversary

### HOSPICE VOLUNTEER LUNCHEON

On Monday, November 16th, JRMC Hospice recognized the volunteers who make the difference in the lives of hospice patients and their families. Dorothy Chouinard and Mary Trautman received special honors for 20 years of service.

Eustis Cowardin, Vince Gregor and Raymond Greenwood were noticeably missed at this event. They passed away this year and during the luncheon, staff and volunteers bowed their heads for a special time of silence and prayer.

Thank you to our JRMC Hospice Volunteers for your service and dedication. Your support means so much to our hospice patients, their family and JRMC.



### MORE VOLUNTEER MAGIC

JRMC Auxiliary held its annual Holiday Magic fundraiser Friday, November 6th. Items for sale included ornaments, holiday décor, stocking stuffers and homemade goodies.

“When you give a gift purchased from Holiday Magic, you give twice; once to someone you love, and secondly to the community JRMC serves,” says Katie Beyer, Volunteer, Event and Gift Shoppe Coordinator.

The Christmas bazaar raised over \$8,100 with all proceeds dedicated to JRMC Foundation for the journey to oncology services at JRMC. A special thank you to Carol Lawrence (pictured above) who in preparation for the event, put in hours of time to order items and prepare inventory.



### 2015 HOSPICE VOLUNTEERS

(L to R) Dorothy Chouinard, Paulette Webb, Blurette Clancy, Char Freeberg, Mary Trautman, Vickie Poland  
Not pictured: Frank Redlin, Janice Wanzek





GROW



SERVE

## Community's need for cancer care intensifies

In recognition of the need for early detection and treatment of cancer close to home, the community has responded through multiple projects, events and personal gifts which have brought a great deal of attention and financial support to our journey to oncology at JRMC.

## YOUR COMMUNITY

### GROW-VEMBER

The month of November was dedicated to the awareness of men's health issues, celebrated with overgrown facial hair and magnificent mustaches. "We just wanted to grow mustaches and beards," said Cody Champagne, Mac Cimbura and Lucas Morken, JRMC Physical Therapists, when asked about the idea behind the fundraiser.



Grow-venber and campaign fun like "cash for stashes" jars sparked conversations about men's health and benefited the brand new urology department at JRMC.





INSPIRE



HOPE

# COMMUNITY CONTRIBUTIONS

## PINK PARTY

Wild Plum, Cork & Barrel and Coppin Fine Chocolates sponsored a canvas painting party. It was a fun night of art, wine, chocolate and friendship. Attendees left with one-of-a-kind creations while helping provide funding for the early detection of breast cancer.

## JRMC JEANS AND CHILI

During the month of October, JRMC employees supported a campaign to encourage family and friends to receive life-saving mammograms. They purchased extra jeans days and "LOVE my pink" t-shirts.

In an annual competition for JRMC Chili Champion, departments went head to head serving their best recipes. For a free will donation staff and guests cast their vote. K.C. DeBoer, JRMC CEO was the WINNER! His chili will be entered into the ABATE Chili feed at the Polar Pig "Walk the Plank" for JRMC Hospice in January.

Chili picture above left: (L to R) Katie Mettleider, JRMC Clinical Service Assistant and Nursing Administration and Erin Johnson, JRMC Clinic Unit Clerk deliver chili to nurses in the JRMC Patient Care Unit.

## KICKIN' CANCER IS OUR GOAL

Jamestown High School (JHS) Blue Jay boys soccer team led by senior captains Brady Carlson and Chris Hare sold hundreds of t-shirts raising \$2,316 for JRMC Foundation. Funding supports new cancer services.

**"It's a good cause. If you can get the whole team motivated, you can do more than one individual alone. It just made sense,"** says Carlson.

**"I know that it affects a lot of us personally. This was a way we could give back,"** says Hare.

## SERVING UP HOPE TO TACKLE CANCER

In an effort to help four local families and the community tackle cancer, the JHS Blue Jay volleyball and football athletes and boosters served up a series of events. A fun run and walk, t-shirt sales, prize raffles and root-beer float sales raised an astounding figure of \$9,000.



## JRMC FOUNDATION SURVEY



YOUR  
opinion  
matters

1) The amount of communication I receive is:

- 2) When it comes to healthcare at JRMC, I'm most interested in:**

**3) My primary reason for getting involved was to:**

- 4) I prefer to support the following area/s:**

- facility and campus
- greatest needs
- equipment and technology
- patient care items
- recruitment and training of staff and specialists
- the future of healthcare and endowment

**5) How well does our organization recognize you for your contributions?**

- ☐ not at all well
- ☐ slightly well
- ☐ moderately well
- ☐ very well
- ☐ extremely well

### 6) How much of an impact do you feel donations make?

- 7) How often do you want to hear from us about JRMC?**

- ☐ once a week or more
- ☐ a few times a month
- ☐ once a month
- ☐ a few times a year
- ☐ less frequently than that

**8) How likely is it that you would recommend giving to JRMC Foundation to a friend or colleague?**

0 1 2 3 4 5 6 7 8 9 10  
NOT AT EXTREMELY  
ALL LIKELY LIKELY

**9) Please tell us why you choose to support JRMC Foundation.**

thank you



## Every day...All day...

### WE ARE YOUR HOMETOWN HOSPITAL

Every contribution received immediately goes to work providing quality care to people of all ages in the heart of central North Dakota.

### OPPORTUNITIES TO BE THE DIFFERENCE

#### Tree of Love Ornament

Purchase and place an ornament on the JRMHC Christmas tree in honor or memory of someone you care about.

#### Christmas Card Campaign

Blank Christmas cards are available at JRMHC or by mail. Send your personal well wishes to patients and staff at JRMHC this holiday season. Draw a picture, send a picture, a quick note or provide a simple signature. It will mean a lot. These cards of support will line the walls of our hospital and be given to patients and staff.

#### Items of Comfort


Provide new clothes or hand-made blankets for families experiencing a medical emergency. Share coloring books, stickers or crayons for kids who are waiting for loved ones or receiving care

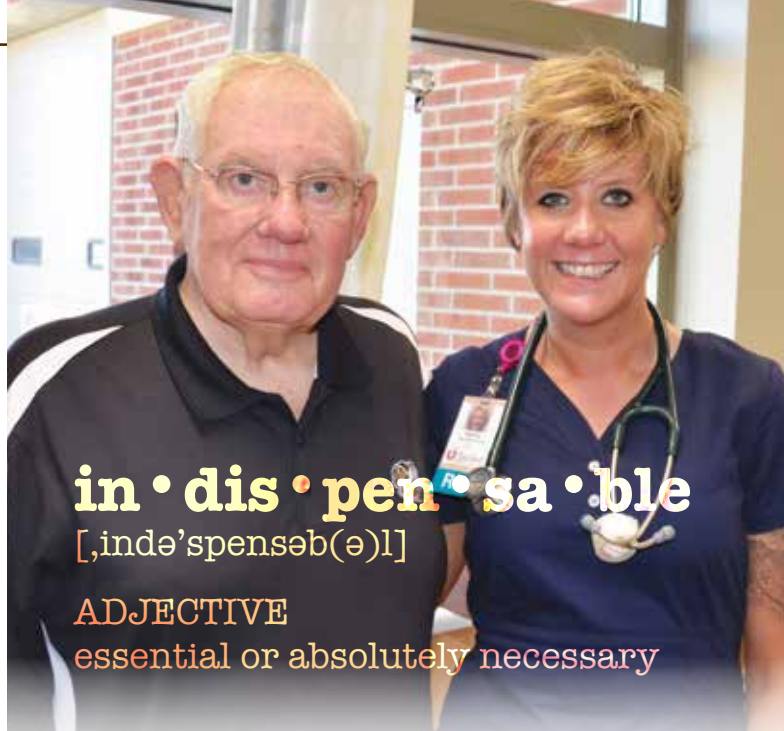
### ND TAX CREDIT

#### Make a BIG Difference with Your Gift

Where else does \$1,600 get you \$5,000 of patient care? It is possible because of the North Dakota Tax Credit for Charitable Giving. Use cash, securities, or rollover a portion of your IRA and designate it to JRMHC Foundation's endowment.

#### Potential tax benefits for endowment gifts:

	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



in • dis • pen • sa • ble

[,ində'spensəb(ə)l]

ADJECTIVE

essential or absolutely necessary

## A road map

### JRMHC STRATEGIC PLAN

**I**ndispensable. That's how we want to be thought of. It's not a reputation we are owed...it is earned...one life-changing, legendary moment at a time.

**Our indispensability starts and stops with your opinion of us.** Ensuring you receive safe, high quality care at a reasonable cost is the lens through which we focus our strategic plan.

We call it the **"value equation."** Our value is the reason JRMHC will thrive as a small, independent hospital.

This region represents a heartbeat. Our independence means it is your pulse we keep and to which we respond. JRMHC sees the faces of friends, family and neighbors in its decisions.

JRMHC's strategic plan outlines our commitment to launch new services like cancer care, continue to add specialty providers like an OB/GYN and an ENT, as well as strengthen our own most indispensable resource: our people.



# GIFTS & TRIBUTES

This issue of AppleSeeds includes contributions received by JRM Foundation from August 1, 2015 through October 31, 2015.

## 3D MAMMOGRAPHY

Mark & Krista Ames  
K.O. & Valerie Bolstad  
Trent & Tonya Sletto

## MAMMOGRAPHY

Canvas Painting /  
Wine & Chocolate Tasting

Deborah Attleson  
Coppin Fine Chocolates  
Cork & Barrel Liquors  
Angela Crummy  
Michelle Dockter  
Amy Elhard  
Nancy Exner  
Melissa Gilbertson  
Pam Heck  
Jozie Kovar  
Nicole Lemieux  
Mindy Mennis  
Elsie Motter  
Stacey Pesek  
Sharra Pfeifer  
Ashley Schlager  
Jessica Sherman  
Jessica Skjeret  
Holly Wald  
Chelsey Weber  
Halie Weight  
Kathy Wiest  
Wild Plum  
Ann Wilson

## Pink T-Shirt

Rebecca Andres  
Deborah Attleson  
Marlene Axtman  
Katy Barros  
Mallory Bear  
Samantha Beckman  
Megan Bendewald  
Katie Beyer  
Nikki Bohn  
Mary Bowder  
Brenda Buskness  
Marion Copeland  
Angela Crummy  
Gayle Day  
Sandy Deutscher  
Bonnie Dewald  
Denine Duffy  
Deb Falk  
Michele Geigle  
Sharon Gengler  
Tamie Gerntholz  
Monica Gussiaas  
Anthony Gurrieri  
Amy Harr

Manuel Harris  
Elayne Hartman  
Annette Hazelton  
Jamie Heinley  
Michelle Hermanson  
Penny Holland  
Debbie Holmstrom  
Tina Hutchinson  
Lisa Jackson  
Erin Johnson  
Trisha Jungels  
Betty Kennedy  
Alison Kennison  
Shannon Kilichowski  
Cynthia Kleven  
Sandra Lewis  
Cindy Lesmeister  
Amy Liebold  
Brittany Lipetzky  
Bonny Lippert  
Michelle Locke  
Elizabeth Mehus  
Sheila Metz  
Julie Meyer  
Kristen Miller  
Rhea Miller  
Jan Moch  
Abby Morken  
Cindy Nelms  
Diane Nelson  
Greg Nordstrom  
Dianna Pollert  
Carolyn Reisnour  
Belinda Robinson  
Linda Rott  
Brenda Schrade  
Becky Silberg  
Clarice Snow  
Erika Speidel  
Carol Splonskowski  
Lisa Sylvester  
Nancy Thomas  
Jessica Thorlakson  
Nancy Thury  
Judy Trangsrud  
Samantha Triplett  
Brandon Vaughan  
Gary Wade  
Holly Wald  
Dorothy Walks  
Lori Wanzek  
Marla Wegner  
Meredith Weisz  
Kirk Wentz  
Page Wentz  
Kathy Wiest  
Karrilyn Woehl  
Heather Ziman

## CARDIAC REHAB

In Memory of  
**Bill Guthmiller**  
Thelma Guthmiller  
**Al Spanjer**  
Al & Jackie Tews

## COMMUNITY CARE

Anonymous

## EMERGENCY DEPARTMENT SERIES PATIENTS

Eagles Ladies Auxiliary #2337

## ENDOWMENT FOR THE FUTURE

Steve & Kathy Aldinger  
Brian & DeAnn Ament  
Terrence & Becca Klipfel  
Roger & Diane Nelson  
Julie Schulz  
David & Claudette Smette

## DAVE & DR. MANDY SORLIE & FAMILY ANGELS FUND

In Memory of  
**Ember McAllister**  
Joe & Cindy Nelms

## FRAN & MONICA ROMSDAL ONCOLOGY ENDOWMENT

In Memory of  
**Fran Romsdal**  
Monica Romsdal

## EQUIPMENT & TECHNOLOGY

In Memory of  
**Ellen Fralix**  
Martin & Cynthia Richman  
**Nina Hintz**  
Alden & Grace Vannett  
**Darold Kracht**  
Theresa Kracht  
**Al Maier**  
Richard & Teresa Qual  
**Honey Bee Stoudt**  
Martin & Cynthia Richman  
Larry & Terry Ukestad

## FAMILY BIRTHPLACE

Rory & Sheila Metz  
Donald & Marla Wegner

In Memory of  
**John & Betty Schnabel**  
Martin & Cynthia Richman  
**Ruth Willey**  
Family & Friends



## GREATER JPMC FUND

Jason & Tracy Anderson  
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 Anonymous  
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 Rory & Samantha Beckman  
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 Brenda Buskness  
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 Jeff Gunkel  
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 Victoria Rangel  
 Lisa Sand  
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 William & Lori Wanzek

### In Honor of

**Carol Goldade & Jim Kaiser**  
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 Darren & Penny Holland  
**Carolyn Janssen & Mike Reissour**  
 Darren & Penny Holland  
 Dustin & Lisa Jackson  
 Roger & Diane Nelson  
**Jesus**  
 Thomas & Pamela Merrick  
**Sue Matthiesen**  
 Darren & Penny Holland  
 Dustin & Lisa Jackson  
 Tracy Johnk

### In Memory of

**Brian Clemens**  
 Rod & Barb Monson  
 Joan Morris  
**Marion Drenth**  
 Robert & Irene Olson  
**Henry & Eva Eastman**  
 Marjorie Fuller  
**Donald Fors**  
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**Robert Johansen**  
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**Mabel Klose**  
 Lyle & Eloise Klose  
**Loretta Lindberg**  
 Deloris Christy  
**Al Maier**  
 James, Rita & Tana Morris  
**Leroy Miedema**  
 Jerry & Nancy Fuchs  
**"Mary K." Nelson**  
 Jerome & Patricia Sova  
**Karron Otto**  
 Ryan & Angie Lehr  
 James & Marie Pfarr  
**Brad Paulson**  
 Kent & Jean Miller  
**Donnie Perleberg**  
 Thelma Guthmiller  
 Bob & Sandy Hill  
 Craig & Deb Hoffmann  
 Gary & Donna Neys  
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 John Grim  
 Roger & Diane Nelson  
 Larry & Terry Ukestad  
 Grace Walz  
**Lloyd Wynne**  
 Rinalde Diede  
**Clinton Zinke**  
 Rod & Judy Olin

## HOME HEALTH

Meredith Weisz

### In Memory of

**Cody Dunwoodie**  
 Dunwoodie Families  
 Carroll & Helen Wentland  
**John Leimer**  
 Phyllis Schuler  
**Merle Michaelson**  
 Charlotte Grohnke  
 Meredith Weisz  
**Terry Remboldt**  
 Charlotte Grohnke  
**Honey Bee Stoudt**  
 Meredith Weisz

## HOSPICE PROGRAM

St. Paul's L.W.M.L.  
 St. Paul's United Methodist Women  
 Meredith Weisz  
 Women of St. John's  
 Lutheran Church



# GIFTS & TRIBUTES

## HOSPICE CONT.

In Honor of

**Carol Nordvedt**

Monday Night Birthday Club

In Memory of

**Doris Anderson**

Robert & Joyce Naslund

**Ross Anderson**

Glenna Monek

**Teresa Borth**

Quentin Roaldson

**Arlis Buck**

Victor & Jo Vilhauer

**Daniel Caufield**

Marlene Pieske

**Brian Clemens**

Leonard & Cynthia Willey

**Marion Drenth**

Russell & Gwen Geiszler

Shirley Unverferth

Thomas & Denise Walz

**Chad Gader**

Brian & Donna Eckart

**Paul Gohner**

Audrey Gohner

**Ray Greenwood**

Duane & Noreen Andersen

Elmo & Ardina Bentz

Gretchen Brockman

Amy Brooks

James & Kathleen Brunner

Verlyn & Pam Feigert

Family & Friends

Marvin & Gayle Frey

Brent & Cheryl Gardner

Thomas & Edith Gould

Carole Hayes

Ken Higgins

William & Patricia Johnson

Tommy King

Harold & Arlyce Klein

Brian & Sandy Korbel

Gary & Lou Mayer

Douglas & Jane Choromanski Norris

Gary & Marit Petrek

James & Patricia Romelfanger

Paulette Scherr

Terry & Jill Shaffer

Tom Sklebar & Jane Austin

Connie Smith

James & Joy Sovada

Ed Spaans

Dan Tally

Ray & Janet Thielman

Gene & Mary Van Eeckhout

Robert & Danielle Woodward

Thomas & Claudette Zimney

**Albert Guthmiller**

Harvey & Raelene Schuh

**Marvin Halverson**

Grace Walz

**Millard Hill**

Bob & Sandy Hill

**Nina Hintz**

Deb Clemens

Leonard & Cynthia Willey

**Phyllis Hochhalter**

Kim & Carolyn Schrenk

Dwight & Charla Wegner

**Harold Johnson**

Dale & Bernice Kolrud

**Gordon Kleingartner**

Dale & Debbie Holmstrom

Rory & Sheila Metz

Darcy & Laurie Pfaff

**Heather Kurtz**

Leonard & Cynthia Willey

**Loretta Lindberg**

Marney Shirley

**Arlean Lipetzky**

Marney Shirley

**Brent Malard**

Thomas & Edith Gould

**Deborah Melland**

Michael Rudy

**Merle Michaelson**

Charlotte Grohnke

Marvin & Judy Sund

**Leroy Miedema**

Lynn & Barbara Hopewell

Garreth & Margery Kavlie

Maynard & Charlene Messer

Lester & Joann Putnam

Marney Shirley

Thomas & Denise Walz

**Marion Morris**

Thomas & Edith Gould

**Pat Morris**

Jennifer Morris

**Daryn Moser**

Leonard & Cynthia Willey

**"Mary K." Nelson**

Maynard & Jean Carpenter

Richard & Jeanette Kouba

David & Marge Nething

Rodney & Marlene Speidel

Larry & Priscilla Turnboom

**Polly Neumiller**

Florence Goehner

Dale & Bernice Kolrud

**Dorothy Oster**

Robert & Joyce Naslund

**Oliver Otto**

Rory & Sheila Metz

**Larry Palmer**

Leon & Liz Doyle

**Donnie Perleberg**

Richard & Alice Wanzek

**Karen Peske**

Shirley & Sandy Sivertson

**Terry Remboldt**

Norman & Kay Aldinger

Brian, DeAnn, Jacob, Emily & Abby Ament

Family & Friends

Russell & Gwen Geiszler

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Jackie Tarpinian

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Clinton Tompt

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Deloris Christy

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WWW

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## GOLF "fore" GOOD

Cavendish Farms  
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In the last issue of AppleSeeds we shared our fortune of being able to celebrate with Mary Faith Young for her birthday. We printed 80th, but it was her 95th!





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Jamestown, ND 58401

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Subscribe at [www.jrmcnd.com](http://www.jrmcnd.com).  
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## Upcoming Events

### January 11th

#### NEW YEAR NEW YOU STARTS

Eight-week community health challenge.  
[www.jrmcnd.com/NYNY/](http://www.jrmcnd.com/NYNY/)

### January 30th

#### POLAR PIG WALK THE PLANK

Chili feed, auction and jump supporting hospice care.  
9 am – 1 pm • Stutsman Harley Davidson

### February 9th

#### SKATE FOR A CURE

Blue Jay Boy's Hockey vs Mandan with proceeds benefiting colon cancer.  
7:30 pm • John L. Wilson Arena • @jhsbluejays #BelieveInBlue



**Giving Hearts Day**  
impactgiveback.org  
February 11, 2016

### February 11th

#### GIVING HEARTS DAY

Double the impact of your gift 24 hours.

#### THE JRMC DIFFERENCE RADIOTHON

Tune in to [www.newsdakota.com](http://www.newsdakota.com)





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



### Join our online community.

Our Foundation Online Community allows you to manage communication and giving. Create your own profile at [www.jrmcnd.com](http://www.jrmcnd.com). Click [JRMCF FOUNDATION](#) at the top of the page.

Through our secure site, you can:

- get e-Slices, our e-mail newsletter
- review your giving history
- give easily online
- register for events

# AppleSeeds

*Quarterly Foundation News*

## OUR PEOPLE ISSUE



### Best “Shusher” Award

#### ROBERTA (JO) HUEBNER

With newborns, there is a rhythmic technique to provide comfort... “shush, shush, shush.” At JRMCF the person who is the difference to new moms and dads is Roberta “Jo” Huebner, RN, JRMCF Family BirthPlace. Huebner is the best “shusher” in the nursery, calming fussy babies with ease. This year marks her 40th year of service caring for newborns and demonstrating to parents the best way to swaddle, bathe, feed and burp. She has seen and embraced an abundance of changes while working in the nursery which is so appreciated by her fellow co-workers and the hospital. She is a celebrity at JRMCF.

#### Did you know?

Your generosity is joined by more than 119 JRMCF employees who made a gift through our 2014 Employee Giving Campaign. Together, employees raised more than \$39,000.

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#### ROBERTA (JO) HUEBNER 40th Year with Family BirthPlace

- best “shusher”
- calming
- appreciated

