

AppleSeeds

Quarterly Foundation News



Continuing to thrive RURAL HEALTHCARE FOR THE FUTURE

(L to R) Rick Collin, Senior Policy Advisor to Congressman Cramer; Senator John Hoeven; K.C. DeBoer, JRMCE CEO; Senator Heidi Heitkamp; and Dennis Pozarnsky, JRMCE Operating Board President

We are here today because of the vision of the JRMCE Board of Directors for what Jamestown healthcare should look like in the future. We all owe those on the board at the time the hospital was conceived and built and the current board who is carrying on that legacy and vision a thank you," states K.C. DeBoer, JRMCE CEO during the Thrivin5 Anniversary Celebration held on July 28, 2016.

The evening highlighted growth, featured presentations from North Dakota senators and representatives and entertained over 400 guests. Mayor Katie Anderson declared the day "JRMCE Recognition Day" and encouraged residents to recognize the positive impacts of JRMCE in our community and to thank those who serve.

Since opening in July of 2011, JRMCE has added specialty care including orthopedics, urology, foot and ankle surgery as well as advanced wound care. With anticipation, the addition of cancer care and obstetrics will follow in 2017. One of JRMCE's greatest achievements is its designation as iVantage Health Analytics' Top 100 Critical Access Hospitals (CAHs) in the United States.

To qualify as a CAH and its reimbursement benefits, the Centers for Medicare and Medicaid Services (CMS) have criteria in place, including the number of inpatient rooms; length of stay parameters; the availability of emergency care 24 hours a day, 7 days a week; and being located in a rural area, at least 35 miles away from any other hospital or CAH. *This last criterion spurred the recent scare over our status.*

During a CMS checklist review of JRMCE, the North Dakota State Hospital – which is only five miles from JRMCE, not the necessary 35 – was determined to be a "hospital". Losing certification would change our reimbursement and could have resulted in a devastating revenue loss upwards of \$2 million.

JRMCE is appreciative of Senator John Hoeven, Senator Heidi Heitkamp and Representative Kevin Cramer, the North Dakota Department of Health and the North Dakota Hospital Association for their immediate action on behalf of JRMCE and those we serve. According to David Wright, CMS Director of the Survey and Certification Group, the criteria will be more clearly defined to specify "like hospitals." It will take time, but the rewritten criteria will ensure that this does not happen again.

The key to future rural healthcare delivery will be funding, quality, access to skilled professionals and continued political focus on the importance of critical access hospital care.

"When we talk quality of life, quality healthcare is so very, very important," says Hoeven. He along with Heitkamp and Cramer are working diligently to provide funding and good legislation for rural healthcare and Critical Access Hospitals.

About plans for JRMCE, **"If you're not innovating, you're evaporating,"** says Dennis Pozarnsky, JRMCE Operating Board President. Expect that JRMCE will continue to thrive.

Still thivin'

A MESSAGE FROM THE DIRECTOR

JRMC is still thivin' following our celebration in July. It marked the close of a financially successful year of providing legendary healthcare and five years of tremendous growth. Thank you for choosing JRMC and JRMC Foundation for your care, gifts and time.

IT IS WHAT WILL KEEP US GROWING AND
THRIVING FOR THE NEXT GENERATION.



(above) **Celebrating 5 Years**

Babies born at JRMC during its first year open.

This issue shares our Annual Giving Impact Report - a powerful statement of services and equipment otherwise not possible without your gifts. Looking to the future of care at JRMC, we will continue to need your support to fund dedicated space for cancer care, a breast biopsy system, community services and education and infusion pumps that increase medication dosing safety.

Also, we will continue to build our endowment which increases our financial stability, independence and opportunities for growth. There has never been a greater time to invest in healthcare. As you read Barb Togstad's story about overcoming loss, you'll find that there are simple, powerful and affordable ways to create your legacy.

Thank you for being the difference today...
and tomorrow.

With gratitude,

Foundation Director
(701) 253-4806

ljackson@jrmcnd.com



Journey to Oncology

CAMPAIGN IN FULL SWING

Our fiscal year is in full swing starting with our July GOLF "fore" GOOD. This annual tournament is dedicated to those conquering cancer - with net proceeds totaling over \$26,000.

This event brings the Journey to Oncology campaign total to over \$400,000 raised for local cancer care.

JRMC is continuing this journey by moving into the planning and fundraising aspect of *Phase Two: Service Expansion*, with a focus on transforming shell space into what will be known as the JRMC Cancer Center.

Existing shell space will be finished to provide a convenient, on-campus location with sun-filled treatment rooms offering varying levels of privacy, space for consultation, education and support, services of credentialed nurses, leading-edge diagnostic imaging and biopsy equipment as well as healing art.

The campaign seeks to inspire donations that - combined with planned capital budgeting - will allow JRMC to complete and sustain a cancer center without incurring long-term debt.

"This service expansion is in line with our key belief at JRMC - to do what is best for the patient. We believe offering this service, in its own dedicated space, will do that for our community and patients," says K.C. DeBoer, JRMC CEO.

Len Orr, a member of the winning gross division team this year says he participates in GOLF "fore" GOOD every year because of the great cause and community participation.

"I know this event supports keeping our medical services local, that is something that I think is great and want to support."

"It's a great tournament with a large turnout, and the group comradery makes it a fun event to go to every year," says Orr.

Pillars of GIVING

ANNUAL DONOR CELEBRATION



BE INSPIRED
HEALTH CARE LEGENDARY



SEPTEMBER

PILLARS OF GIVING: BelInspired

University of Jamestown Reiland Fine Arts Center

6 pm Appetizer Social

7:30 pm Welcome & Philanthropist of the Year



Presentation followed by keynote:

Join us as we welcome nationally known presenter and author, Rich Bluni, RN.

Registration online at www.jrmcnd.com

or call (701) 952-4880.

The cost is \$10 for each event.

Over 112 golfers attended GOLF "fore" GOOD. The winners of the tournament are as follows:

GROSS DIVISION

(pictured below)

Brent Giesler

Michael Nogosek

Len Orr

Jerrold Baenen

NET DIVISION

Todd Wahl

Steven Wahl

Douglas Wahl

Timothy Exner

Andrew Gegelmann

Rick Bosche

Steve Dale

Lee Olson

Larry Johnson

Jon Lillejord

Darrel Halvorson

Ron Hemmer

Jared Hoff

Brian Meyer

Cody Champagne

Al Anderson

Rob Woytassek

Brian Schumacher

Eric Monson

Brett Kinzler



SEPTEMBER

TEA FOR ALL SEASONS

Trinity Lutheran Church



OCTOBER

WAVE OF LIGHT SERVICE

Infant Loss & Bereavement Ceremony



OCTOBER

NATIONAL MAMMOGRAPHY DAY

www.jrmcnd.com, click on "No Excuses"



Be sure you are performing regular breast self examinations and if screening guidelines suggest, get your 3D MAMMOGRAM.

No excuses.



NOVEMBER

HOLIDAY MAGIC & TREE OF LOVE

Unique gifts, holiday decor

and tribute ornaments

JRMC Gift Shoppe



Orthopedic expansion

**DR. TIMOTHY VOLK AND PATRICK WALTER, PA-C
JOIN DR. MICHAEL DEAN**

In his first few weeks at JPMC, Dr. Timothy Volk DO, has already helped patients gain quicker access to orthopedics and have a timely surgical response. Volk joins JPMC after completing his residency in Erie, P.A. Returning to his home state roots, Volk will offer innovative orthopedic care and expansion of on-call coverage. The newly formed team is a great combination of new techniques and a high degree of experience.

DR. VOLK JOINED JPMC
2016

HOMETOWN
Bismarck, North Dakota

MEDICAL SCHOOL
Lake Erie College of
Osteopathic Medicine
Erie, Pennsylvania

RESIDENCY
Millcreek Community Hospital
Erie, Pennsylvania

“

One provider can only get to a certain number of patients in any given day. When you're in pain, you want relief as soon as possible. Dr. Volk is going to make an instant difference on the number of people we can help. Every day of pain we can eliminate has a huge impact.

—Dr. Michael Dean

”

new technique

GETTING TO KNOW DR. VOLK

What made you decide to become a physician?

I loved anatomy and physiology, and I love working with my hands, building things, fixing things, coming up with a solution. It's like a puzzle putting it back together again.

Coming out of your residency, what aspects of orthopedics in this region are you most excited about?

Jamestown and its surrounding communities are busy with farming and sports. It has a diverse, but aging population. I am excited to offer what this community needs which is total joint replacements such as total knee and shoulder as well as care of hip fractures, hand trauma, sports medicine, pediatric and high school sports injuries.

What aspect of working with Dr. Dean excites you the most?

I am excited about working with someone who has so many years of experience. He has trained in quite a few places, and his wealth of knowledge will be so helpful. I am excited to bring new techniques to compliment Dr. Dean's years of experience.

What will you bring here as a provider mean to the patients in Jamestown?

The orthopedic team working together will give our patients easier access to local care. I will provide call coverage so patients will not have to be transferred from Jamestown in the middle of the night with fractures. Patients will also benefit from the teamwork approach Dr. Dean, Mr. Walter and I provide. I am excited to be a part of making a difference for patients and their families as well as the local sports teams.

es paired with experience

JRMC Orthopedics specializes in joint issues, disease and the treatment of the musculoskeletal system. They handle everything from minor issues like a sprained ankle to complex procedures and surgeries such as a hip replacement. Some of the most common orthopedic procedures include fracture repair and ankle, knee, shoulder and hip replacements. They also perform a variety of arthroscopic procedures which allow them to visualize, diagnose and treat problems inside of a joint.

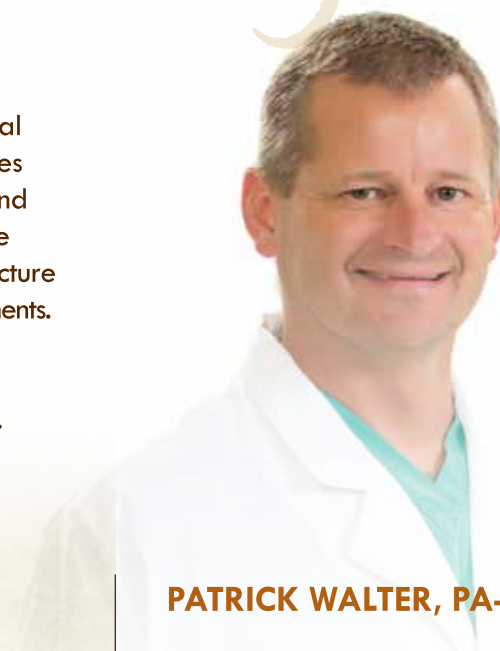
What advice do you give an individual who feels like they don't need to come in and that they will just live with the pain?

If the pain that you are dealing with is affecting your daily life significantly, then it is something that we should look at, and we can treat it. My hope is that patients will realize they don't have to live with daily pain, they can live like they did ten to 15 years ago without the pain, doing daily activities without altering their life. If you have any joint pain in the hands, neck, lower back, knees or hips, I encourage you to see me and discuss options. Joint pain most often does not get better on its own. Seeking care can really help your quality of life.

On a personal note, what's it like to come back to North Dakota after time away? Are you looking forward to any hobbies?

It's a nice change of pace and more relaxed. The need for orthopedic care in rural communities is so important; I am excited to be back here and bring access to that care with me. As far as being done with residency, it will give me more time for hunting, fishing, anything that allows me to get outside and enjoy the outdoors!

Dr. Volk is now seeing patients at the JRMC Clinic. For an appointment, call (701) 952 4878.



Walter, a familiar face in healthcare in Jamestown, N.D. has spent the last six years of his career working in family practice.

PATRICK WALTER, PA-C

You have been working in family medicine, what are you excited about in your switch to orthopedics?

I love the operating room and my experience with general surgery will be an asset going into orthopedics.

What specifically about orthopedics interests you?

I am excited about total knees, total hips [replacements].... it will be a fun challenge. The ability to focus on those particular areas is exciting. It is also exciting to welcome Dr. Volk and have that team approach to orthopedics.

Being known for one area of care in the community, how do you anticipate changing to orthopedics?

Well, that's difficult, because I am specialized now. All I am doing is orthopedics. But being a well-known face in the community, it's nice that they know they can see me if they have orthopedic issues and that I have that family practice connection with the community.

What excites you about working with Dr. Dean?

Watching and assisting with total joint repair is great. I also enjoy the inpatient care, and as their PA I can follow the patient from the start of their care throughout treatment and give them more of that one-on-one time throughout the whole process.



New experiences meet expectations

COMMUNICATION KEY IN DELIVERY

“Where am I going to have this baby?” was always Marit Frick’s fear about labor and delivery. Marit and her husband Zach Frick are rural farmers in Watford City, N.D. The closest hospital is an 85-mile drive. For first-time parents, the anticipation of getting to the hospital in time for delivery can be terrifying.

However, when Marit went into labor, she was in Carrington, N.D. She and her mother rushed to Jamestown Regional Medical Center. Although closer, it posed other unknowns. Frick realized she didn’t have the comfort of her physician or birth plan.

“Am I going to have a good experience or be scared to death?” she questioned. Her fears were quickly alleviated after arriving in time and meeting Dr. Mandy Sorlie, the Sanford Health family physician on call for births at JRMCM.

“Once she came in, introduced herself and addressed my fears, the experience changed for me. She was so positive and uplifting,” says Frick. “Open communication is crucial in all areas of medicine, but especially in obstetrics. The birth of a baby is one of the most exciting times in our lives. I want to do everything I can to help moms and dads have the best experience possible,” says Dr. Sorlie about meeting patients for the first time and every time for delivery.

“Many people don’t know what to expect when they are having their first baby. They have either heard the horror stories or simply the highlights. Our goal at JRMCM is to help our patients have a good experience and offer clear communication the whole way through so they know what to expect,” says Emily Woodley, JRMCM Family BirthPlace Manager.

The success is measured by the Hospital Consumer Assessment of Healthcare Providers and Systems (HCAHPS) survey. JRMCM Family BirthPlace recently scored the highest marks possible for 18 of 24 categories.

The HCAHPS survey is important because it allows hospitals to know their patient’s perspectives of care, with public reporting of survey results. This promotes quality of care. It also creates hospital accountability by increasing transparency of survey results and patient quality of care. The survey is a national standard for collecting and publicly reporting information that compares hospitals locally, regionally and nationally.

In addition to physician and patient communication, having excellent communication between the physicians and nurses is another important factor in patient comfort during childbirth, and one Woodley says JRMCM does well on according to survey results.

“The JRMCM Family BirthPlace nurses and physicians who deliver babies have excellent communication because of close relationships. We get to know each other on a personal level increasing the trust we have and allowing us to support each other in the care provided to patients,” says Woodley.

For the Fricks, all of these factors contributed to overcoming anxiety and having a great first birth experience with a hospital and physician they’d never seen before. “I had a great experience at JRMCM and would not have changed anything. I want to have the rest of my babies here,” smiles Marit.

To learn more about JRMCM Family BirthPlace and educational classes offered, please visit our website at www.jrmcmnd.com.



Welcome Rhen Elizabeth



Born on July 20, 2016
8:27 am
6 lbs. 8 oz. 19 in



Continue Aiding Recipients who are affected by cancer Evermore

SUBMITTED BY BARB TOGSTAD

The scene will forever be in my mind. In the fall of 1979, I received a phone call from my uncle, Paul Olson. I was living in New Salem with my husband, Curt. Uncle Paul gave me the dreaded news that my mother had lung cancer. I was only 26 years old and for the first time in my life, I felt an enormous sense of fear; not knowing if my mother would survive or not. When I saw her next, I looked her in the eyes and the emotion rose suddenly in my throat. I swallowed hard and tried to fight off the tears and said in a breaking voice, "Mom, I love you." We both held each other tightly while I began to sob.

My mother had her surgery at Mayo Clinic in Rochester, Minn. Following her surgery, she required radiation treatments and also chemotherapy. Then, in the spring of 1980, my father started to feel ill so he went to his physician who couldn't find anything wrong with him. With the encouragement of my mother, he went to Mayo Clinic for a complete physical exam. They found out he had advanced pancreatic cancer. Since it was too far advanced, all they could provide was hospice care.

The summer of 1980, I spent caring for both my mother and father. I became closer to my parents during that time. My father, Donald A. Olson passed away on July 23, 1980, at the age of 56 and my mother, Mildred E. Olson died on September 8, 1980, at the age of 54. The days that followed were the most difficult time in my life. As I attempted to maneuver life, I felt like my friends started to disappear. They appeared scared to see or talk to me; fearful of what to say to me due to the loss of my parents within six weeks of each other.

After my parents had died, I decided to dedicate my life to doing volunteer work while contributing part of my time to people who were affected by cancer. I began to take responsibility to honor my parents for who they were and for what they had done in my life. They were

wonderful parents, and I will always be grateful for the positive qualities and values they passed on to me. My mother was my everything. I never had a better and more reliable friend.

There's no instructional guide on how to deal with the death of your parents. I hope my parents can see who I am becoming and are proud of me. The stories that I have heard from friends and family members of my parents will be cherished forever. Lisa Jackson, JRMC Foundation Director, recently spoke at one of our Help for Hope and Healing, Jamestown's Cancer Support Network meetings. Part of her presentation was to explain more about the JRMC Endowment for the Future Fund. I then visited with Curt about setting up a named endowment in memory of my parents.

I decided to start the Barb and Curt Togstad C.A.R.E. (Continue Aiding Recipients who are affected by cancer Evermore) Endowment fund on July 20, 2016, since that would have been my mom's 90th birthday. This fund will grow over time, and the investment earnings will go to cancer patients in the form of gas cards or gift cards at restaurants. I am looking forward to the development of the JRMC Cancer Care Center in Jamestown, N.D. and looking forward to being a part of the campaign planning committee.

It is a blessing that Curt and I can 'Pay It Forward' through gift cards through our endowment fund. God's blessings to all of you, **Barb Togstad**

To learn more about named endowment funds and maximizing your tax benefits with the North Dakota 40% Tax Credit or making a contribution to the Barb and Curt Togstad C.A.R.E. Endowment Fund, please contact Lisa Jackson, JRMC Foundation Director at (701) 253-4806 or ljackson@jrmcnd.com.



ANNUAL REPORT

JRMC Foundation Annual Giving Impact Report

JULY 1, 2015 - JUNE 30, 2016

You have made a tremendous impact on our nonprofit, community-owned hospital, providing over \$590,000 in contributions and grants. It takes over a thousand people and 7,500 hours of donated time to make legendary care close to home possible.

balance sheet

EXPENSES

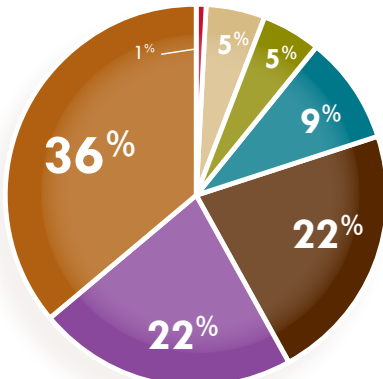
Admin. & General Office	\$190,431
Annuity Payments	\$12,621
Investment Fees	\$12,619
Public Info. & Fundraising	\$44,007
TOTAL	\$259,678

REVENUES

Donations & Bequests	\$563,550
Grants & Government Funding	\$27,365
Investment Income	\$107,723
TOTAL	\$698,638

giving in action

- Building & Campus
- Education & Community Outreach
- Endowment Funds
- Equipment & Technology
- Greater JRMC Fund
- Home Health & Hospice
- Journey to Oncology



2016 COMMUNITY DIFFERENCE PARTNERS

Businesses, service groups and grantors providing annual gifts of \$1,000 or more.

Blue Jay Hockey
 Buffalo City Gun Club
 Cargill, Inc.
 Central Valley Health District
 Dakota Medical Foundation
 Davis Real Estate Services Group, LLC
 Dickey/LaMoure County Abstract & Title Company
 Edward Jones Investments - Patrick Nygaard
 El Zagal Jamestown Clowns
 Evan's Support
 Great River Energy
 Jamestown H.O.G. Chapter
 Hillerud Construction, Inc.
 Jamestown Community Foundation
 Jamestown Country Club
 Jamestown Speedway
 JRMC Auxiliary
 Knights of Columbus Jamestown
 KSJB-KSJZ
 MDU Resources Foundation
 National Medical Resources, Inc.
 Physicians Realty Trust
 R. M. Stoudt, Inc.
 Sanford Health
 Unison Bank
 University of North Dakota Center for Rural Health
 Wilhelm Chevrolet Buick GMC

JOHN DARDIS MEMORIAL
 HOSPICE GIFT FUND
 Patient Special Gifts
 Lodging Reimbursement
 Patient Personal Care
 100 Home Communion Sets
 102 Blankets



GIVING IN ACTION

JRMC Foundation was proud to financially support a variety of healthcare equipment, space and service needs.

JRMC BUILDING & CAMPUS

Edmund, Florence & Daniel Kornovich Healing Gardens Expansion
Healing Art Collection
Community Care Program
Endowment for the Future



JRMC CLINIC

Overbed Table
Omincell Medicine Cabinet
Vital Signs Monitor
Call Nurse
TV & Bracket
Treatment Chair



EDUCATION

S.A.N.E. (Sexual Assault Nursing Education)
Kala's Corner Pediatric Education
Nora Melvold Paulson Excellence in Nursing Leadership
Employee Education Fund

VEINLITE TRANSILLUMINATORS



FAMILY BIRTHPLACE

Breast Pump & Stand
Sleep Sacks
ANGELS Fund
Infant Scale & Monitor
Camera

SCRUBS Camp, youth career training

Surgical Table



HOME HEALTH & HOSPICE

Bereavement
Medical Supplies
Lifeline Units
Chaplaincy
Hospice Celebration Educational Speaker, Kathleen Rusnak
Community Outreach
Hospice Board Certification Class
Head-mounted Laser Pointer
Patient Communication Board

PATIENT CARE UNIT

Urology Supplies Cart
Pediatric Crib

REHABILITATION

PT/OT PVC Piping

SURGERY CENTER & ANESTHESIA

Intubation Scope
iPads and Accessories
Laparoscopic Equipment

RESPIRATORY CARE

Percussor vest



Running of the Pink supports
No Excuses Program and 3D Mammography



Scoliosis X-ray Chair

GOLF "fore" GOOD supports Journey to Oncology



thank you

Thank you for providing legendary
healthcare to the community.

You are **THE** Difference.



GIFTS & TRIBUTES

This issue of AppleSeeds includes contributions received by JRMCF Foundation from May 1, 2016 through July 31, 2016.

CARDIAC REHAB

In Honor of

Vera Dominick

Tom & Marion Copeland

In Memory of

Arthur & Leona Schlenz

Tracy Dale

Leona Schlenz

Arnie & Yvonne Becker

Marcella Becker

Glenn Burkle

Craig & Deb Hoffmann

Frank & Stephanie Jensen

Walt & Mary Klundt

Kim & Jan Lees

Yvonne Schooley

Shawn & Lanna Slaby

James & Karen Smith

COMMUNITY CARE

Darrin & Nancy Mager

COMMUNITY ENGAGEMENT, SCRUBS CAMP

University of North Dakota

EMERGENCY DEPARTMENT

In Memory of

Daniel Zimney

Clayton & Pearl Bertsch

EMPLOYEE FUND

In Honor of

Penny Holland

Southeast Region Career
& Technology Center

Cindy Tag Nygord

Southeast Region Career
& Technology Center

ENDOWMENT FOR THE FUTURE

R. M. Stoudt, Inc.

In Memory of

Lorraine Bultema

Michael & Judith Schlecht

Agnes Samek

Michael & Judith Schlecht

Walter Schmidt

Charles & Marlene Axtman

PARTNERS FOR THE FUTURE

Hometown Property Management

Named Endowments

DAVE & DR. MANDY SORLIE & FAMILY ANGELS FUND

Dustin & Lisa Jackson

In Honor of

Kasey McAllister

Joe & Cindy Nelms

BARB & CURT TOGSTAD C.A.R.E. ENDOWMENT FUND

Curtis & Barbara Togstad

FRAN ROMSDAL ONCOLOGY FUND

In Memory of

Clifford Glynn

Monica Romsdal

EQUIPMENT & TECHNOLOGY

Steven & Katherine Aldinger

Arnie & Deb Falk

Wes & Jamie Heinley

Roger & Diane Nelson

Michael & Carolyn Reinsour

Karen Ringuette

Lisa Sand

Loren & Peggy Schroeder

David & Chris Walz

In Memory of

Ellen Wirkkunen

Jeanette Srozinski

FAMILY BIRTHPLACE & NURSERY

JRMCF Auxiliary

Donald & Marla Wegner

GREATER JRMCF FUND

Steven & Katherine Aldinger

AmazonSmile Foundation

Brian & DeAnn Ament

Jason & Tracy Anderson

Scott & Kimm Avans

Rory & Samantha Beckman

LeRoy & Mary Bowder

Brenda Buskness

Cody & Nichole Champagne

Mac & Leann Cimbura

Tracy Dale

K.C. & Stacey DeBoer

Heather Erholtz

Kristen Ganser

Dane Grebel

Gerald Guenther

Myrle & Elayne Hartman

Arvin & Ginne Hendrickson

Jared & Sandra Hoff

Steve & Jo Huebner

James Martin Associates Inc.

Bonnie Johnson

Trisha Jungels

James & Carol Kaiser

Ryan & Anne Keffeler

Terrence & Becca Klipfel

Joe & Nichole Rahn Klundt

David & Sheila Krapp

Sandra Lewis

Jim & Susan Matthiesen

Dylan & Ashley Miller

Dustin & Katie Mittleider

Steven & Jan Moch

Richard & Cynthia Tag Nygord

Jeff & Kristi Piehl

Maren Radi

Victoria Rangel

Carol Reich

Ronald Ringuette

MeLisa Roaldson

Lisa Sand

Julie Schulz

John & Sheri Schweitzer

Arnold & Sally Siefken

David & Holly Wald

Don & Amy Walz

Brian & Tiffany Wilkerson

Jack Woehl

Michael & Emily Woodley

In Honor of

**Mary Lewis Kenna, Cody Kenna
& Seth Kenna**

Norman Michaud

Marvin & Donna Wanzek

Duane & Kathy Enzinger

In Memory of

Dorothy Baker

Grace Walz

Rosemary "Rosie" Beyer

Kent & Jean Miller

Violet Boom

Gene & Sherry Rode

Teresa Borth

Quentin Roaldson

Lorraine Bultema

Darren & Penny Holland

Jim & Susan Matthiesen

Terry & Julie Schoeler

Gene & Rebecca Wahl

Dorothy Carlascio

Hal & Deanna Weiser

Jeannine Carlascio

Dale & Norma Repko

Patricia DeBoer

Jason & Tracy Anderson

Loel & Mary Davis

Ron & Carol Jacobson

Jim & Susan Matthiesen

Roger & Diane Nelson

Gifts & Tributes

Reo Dockter

Ken & Diane Dillman

Leah Feuhrer

Grace Walz

Dolly Folk

Patrick Folk

Eileen Geiszler

Odean & Karen Olson

Harold Giesler

Edna Giesler

Richard Hammer

Oren & Connie Krapp

Jeff & Merri Mooridian

Darrell Hansen

Gene & Sherry Rode

Earl Hanson

Janice Hanson

Otto Helfenstein

Jim & Susan Matthiesen

Paula Helland

Jason & Tracy Anderson

Manuel & Barbara Harris

Jim & Susan Matthiesen

Arnold & Sally Siefken

Grace & Alden Vannett

Myrtle Henderson

Larry & Patti Peterson

Tristan Hesch

Duane & Linda Hesch

Beulah Hoffart

Bud & Margie Farley

Delno & Phyllis Kleinknecht

Mark & Sandra Wagner

Delores Hoyt

Jim & Kathryn Johnson

Clarice Spitzer

Ralph Huebner

Norman & Arlene Bitterman

Viola Jordre

Odean & Karen Olson

Thomas Kenna

Norman Michaud

Hal & Deanna Weiser

Esther Ketterling

Larry & Terry Ukestad

Grace Walz

Arlene Kramlich

Gene & Rebecca Wahl

William Lynde

Gene & Sherry Rode

Larry Mahlke

Candyce Wick

Josh Mering

Leonard & Cynthia Willey

Donna Michel

Family & Friends

Bernard Michel

Robert Nagel

Bud & Margie Farley

David Nienow

Marjorie Glinz

Jim & Susan Matthiesen

Aaron Nordstrom

Allen & Denice St. Michel

Deloris Pelz

First Community Credit Union

Garnet Perleberg

Craig & Deb Hoffmann

Jim & Susan Matthiesen

Jerome & Patricia Sova

Leon Presser

Delno & Phyllis Kleinknecht

Earl Regner

Gene & Sherry Rode

Marjorie Regner

Gene & Sherry Rode

Floyd Rodin

Olga Rodin

Donald "Kyd" Schrader

Clayton & Thelma Schrader

Alice Ackerman Spitzer

Jim & Kathryn Johnson

Grace Walz

Marty Tag

Larry Tag

Selma Tag

Larry Tag

Myles Trapp

Jerry & Nancy Fuchs

Voyle Tripplett

JRMC Surgical Services

Eileen Vigesaa

Randy & Tracy Neva

Wallace Weber

Jerome & Patricia Sova

Alice Wilson

Jason & Tracy Anderson

Charles & Dorothy Erstad

Bob & Sandra Hill

Richard & Colleen Nelson

Grace Walz

Ellen Wirkkunen

Mary Walicki

Wanda Walker

Leonard & Cynthia Willey

Daniel Zimney

Larry & Patti Peterson

Genevieve Zinter

Jim & Susan Matthiesen

HOME HEALTH

Meredith Weisz

In Memory of

George & Lorraine Bultema

Dan & Sue Greshik

HOSPICE PROGRAM

Anonymous

Jamestown Community Quilters

Quilting For You

Susan Rienstra

Ronald Ringuette

Meredith Weisz

In Honor of

Chuck Erstad

John & Heidi Hulberg

Donna Fischer

Monday Night Birthday Club

In Memory of

Brad Aipperspach

Daryl & Jeanie Neumiller

Jeanette Arbuckle

Ray Arbuckle

Elizabeth Quick Berge

Kenny & Connie Delair

Leon & Liz Doyle

Larry & Beverly Hoffman

Richard & Marilyn Kerber

John & Bonita Pickar

Don & Ella Thoms

Roy Barnick

John & Janet Minogue

Al Boelke

Thomas & Edith Gould

Lois Brendmoen

Jeff & Pamela Petrick

Ida "Charlotte" Bruner

Grace Walz

Lorraine Bultema

Joe & Cindy Nelms

Don & Ella Thoms

Meredith Weisz

Jeannine Carlascio

Jackie Tarpinian

Meredith Weisz

Dorothy Carlblom

Julie Schrade

David & Judy Seher

Robert Dahlke

Thomas & Edith Gould

Ronald Dahlke

Thomas & Edith Gould

Jim Hill

Gary & Ann Geiszler

Beulah Hoffart

Doris Orr

Delores Hoyt

Thomas & Edith Gould

Michael Rudy

Alice Irion

Elmo & Ardina Bentz

Ordean Jarski

Kay Devitch



GIFTS & TRIBUTES

Minda Johnson

Paul & Julie Byron
Steve & Marty Hoffman

Thomas Kenna

Todd & JoAnne Anderson
Dennis & Jill Bredahl
Donna Fischer
John & Shawn Fugleberg
Steven Gapinski
Thomas & Edith Gould
Frank & Stephanie Jensen
William & Sylvia Kelley
Harold & Arlyce Klein
Alden & DeLanda Kollman
Michael & Penny Landscoot
Paul & Nicolle Mandt
Donna Mayer
Richard & Shirley McGruder
Blaine & Terezinha Murphy
Grace Ottmar
Eileen Pfarr
William & Wanda Scoville
Ronald & Becky Simmons
David & Patricia Steele
Dan Tally
James & Janice Thompson
Terry & Larry Ukestad
Kathleen Vandeberghe

Eldora Klose

Elmo & Ardina Bentz

Reuben Klundt

Terrance & Marjorie Opp
Thomas & Jolyne Wegner

William Lynde

William & Sylvia Kelley

Brent Malard

Thomas & Edith Gould

Crystel Miller

Allan & Sandy Lamp
Margaret Reinke

Melissa Morud

Thomas & Edith Gould

Robert Nagel

Bruce & Lori Dally

Ruth "Lil" Neva

Norman & Kay Aldinger
Clair & Marcella Baker
Elmo & Ardina Bentz
Diane Dadd
Kay Deutch
Donna Fischer
Kathleen Vandeberghe

David Nienow

Randy & Margo Johnson
William & Sylvia Kelley
Dorothy Mack
Don & Ella Thoms
Wyngarden Cousins
Alan, Margo, Steve, Jane,
Marion, Joel, Lisa
Dawn Zinke

Julie Norheim

Mitch & Helen Johnson
James & Bev Larson
Marian Nitschke
Gene & Rebecca Wahl

Paul Olson

Don & Ella Thoms

Sheila Ottmar

Larry & Bonita Roth

Deloris Pelz

Reuben & Clarice Liechty
Calvin & Cheryle Schlenker

Harlan Pelz

Helen Duden
Elizabeth Ganser
Jud United Methodist Women
Del & Sharmen Lachrison
Don & Bonnie Nelson
Cliff & Val Orr
† Deloris Pelz
Brian & Brenda Smith

Garnet Perleberg

Myrtle Liebing

Gertrude "Gertie" Peterson

Kay Deutch

Betty Pfarr

Carl Pfarr

Harold Ratts

Bruce & Lori Dally

Lois Rick

John & Terry Schock
Julie Schrade

Velma Roeske

Kim & Carolyn Schrenk

Agnes Samek

Del & Ruby Laffen

Donald Schrader

Bruce & Lori Dally

Alice Ackerman Spitzer

Del & Ruby Laffen

Alicia Stratford

Thomas & Edith Gould

Marlene Tompt

Clinton Tompt

Myles Trapp

Marie Boyle

Alice Wilson

Dorothy Chouinard
Thomas & Edith Gould
James & Joy Speidel

Ellen Wirkkunen

Elmo & Ardina Bentz
Don & Ella Thoms

Harriet Wooddell

Royce Wooddell

Dan Zimney

Thomas & Edith Gould
Ronald & Beth Qual
Kim & Carolyn Schrenk

**JOHN DARDIS MEMORIAL
HOSPICE GIFT FUND**

Niles & Mayda Mueller

In Honor of**Carroll & Helen Wentland**

Larry & Letitia Johnson

In Memory of**Brad Aipperspach**

Patricia Dardis

John Dardis

Dardis City Shoot
Buffalo City Gun Club, Inc.
Patricia Dardis
Schumacher Construction Inc.
Thomas & Sharon Dardis

Thomas Kenna

Larry & Letitia Johnson

Linda Senne

Paul & Karen Senne

Alice Ackerman Spitzer

Dennis & Jill Bredahl

Brady Stage

Larry & Letitia Johnson

Carol Stoudt

Doug & Margaret Klautd

Marvin Tokach

Larry & Letitia Johnson

JRMC CAMPUS

George & Diane Luiken Spangler
Stan & George Ann Waagen

Campaign Gifts

KSJB-KSJZ

MAMMOGRAPHY**Running of the Pink**

Timothy & Nancy Exner
Melissa Guthmiller
R. M. Stoudt, Inc.

3D MAMMOGRAPHY

Mark & Krista Ames
K. O. & Valerie Bolstad

In Honor of**Rusty Netz & Carolina Sandoval**

Darren & Penny Holland

**ONCOLOGY PROJECT
(JRMC CANCER FUND)**

Wendi Alvarado
Steve & Sybil Anderson
Gerard & Kathy Bercier
K. O. & Valerie Bolstad
Beau & Jenna Bredahl
Andrew & Angela Crummy
Delray & Pamela Enger

Gifts & Tributes

Heather Erholtz
Michele Geigle
David & Trish Greenwood
Gerald Guenther
Jeff Gunkel
† Paula Helland
Kevin & Michelle Hermanson
Darren & Penny Holland
Dale & Debbie Holmstrom
Dustin & Lisa Jackson
Frank & Stephanie Jensen
James & Betty Kennedy
James & Alison Kennison
Shannon Kilichowski
Amy Liebold
Daniel & Angela Lukach
Steven & Marcie Marler Maier
Justin & Paula Marker
Melissa Matzke
Rory & Sheila Metz
Lucas & Abby Morken
Joe & Cindy Nelms
Wade & April Readell
Kirk & Leann Ripplinger
Lisa Sand
Jeremey & Cheryl Schiele
Ardell & Barbara Schmidt
Tanya Schroeder
Pamela Swenson
Doug & Debra Thingstad
Gene & Rebecca Wahl
William & Lori Wanzek
Jeanette Weiss

In Memory of

Brad Aipperspach

Lawrence & Darlene Kropp

Jeannine Carlascio

Annamae Buchholtz
Joe & Nancy Burgard
Wallace & Elaine Burkett
Stephen Carlascio
Deloris Christy
Christopher & Yvonne Riffe Ebertz
Friends
Cynthia Jason
Harvey & Lillian Jensen
Daniel & Jennifer Kapp
Arlan & Arlene Meszaros
Colleen Porter
Peter & Georgie Simonsen
Christopher & Jacquelyn Stratford

James Fox

Lawrence & Darlene Kropp

Craig Galbreath

Virgil & Sheryl Dagman

Beulah Hoffart

Francis & Delores House

Ralph Huebner

James & Sharon Hatlewick

Thomas Kenna

Richard Mogck

Joan Morris

Ervin Labrensz

Elmo & Ardina Bentz

Crystal Miller

Jerry & Darlene Michel

Garnet Perleberg

Keith & Lynne Struble

Gertrude Peterson

Daryl & Jeanie Neumiller

Stephen Richards

Joan Morris

Frank & Mabel Schwartz

Donald & Lois Schwartz

Judith Williams

Joseph & Faye Heupel

Ellen Wirkkunen

Carol Henke

Bob & Sandra Hill

Rory & Sheila Metz

Marlys Perleberg

RADIOLOGY

Ray & Maria Tan

In Memory of

Esther Ketterling

Elaine Millspaugh

REHABILITATION SERVICES

In Honor of

JRMC Occupational Therapy Staff

Russell & Gwen Geiszler

In Memory of

EIDora Klose

Elaine Millspaugh

S.A.N.E / S.A.R.T.

Jamestown United Way

SURGERY CENTER

Bob & Sherri Brown

David & Kathy Jenrich

Greg Nordstrom

6TH ANNUAL GOLF "FORE" GOOD"

Rick Bosche

Cargill, Inc

Central Business Systems

Mac Cimbura

Climate Control Inc

Conlin's Furniture

Credit Collections Bureau

Dakota Central Telecommunications

Dakota Plains Credit Union

Michael Dean

Don Wilhelm, Inc.

Edward Jones Investments

Eide Bailly LLP

Duane Enzminger

Lee Erickson

Exner's Basic Care, Inc.

Farmers Union Service Association, Ltd.

First Community Credit Union

Kimberly Franklin

Kevin Gebhardt

Andrew Gegelmann

Great River Energy

Ralph Greer

Justin & Annette Hazelton

Hillerud Construction, Inc.

Lisa Jackson

Alison Kennison

Layered Hair Salon

Calvin Leyendecker

Steven Maier

Rosemary McDougall

Katie Mittleider

Marco Moser

Aaron Muehlberg

Elaine Nieland

Terry & Lynn Nieland

NXC Imaging, Inc

Cory Oehlke

"Orr"iginals

Otter Tail Power Company

Ottmar & Ottmar PC

R. M. Stoudt

Frank Redlin

Sanford Health

Schauer & Associates PC

Arnold Schumaker

Jonah Schwartzberger

John & Carol Splonskowski

Stutsman County Abstract &

Guarantee Co.

The Jamestown Sun

Ronald Truax

Jerome Veil

David & Chris Walz

Merle Weatherly

Tiffany Wilkerson

Rob Woytassek



Volunteer Connection

SOCIAL INTERACTIONS IMPROVE HEALTH

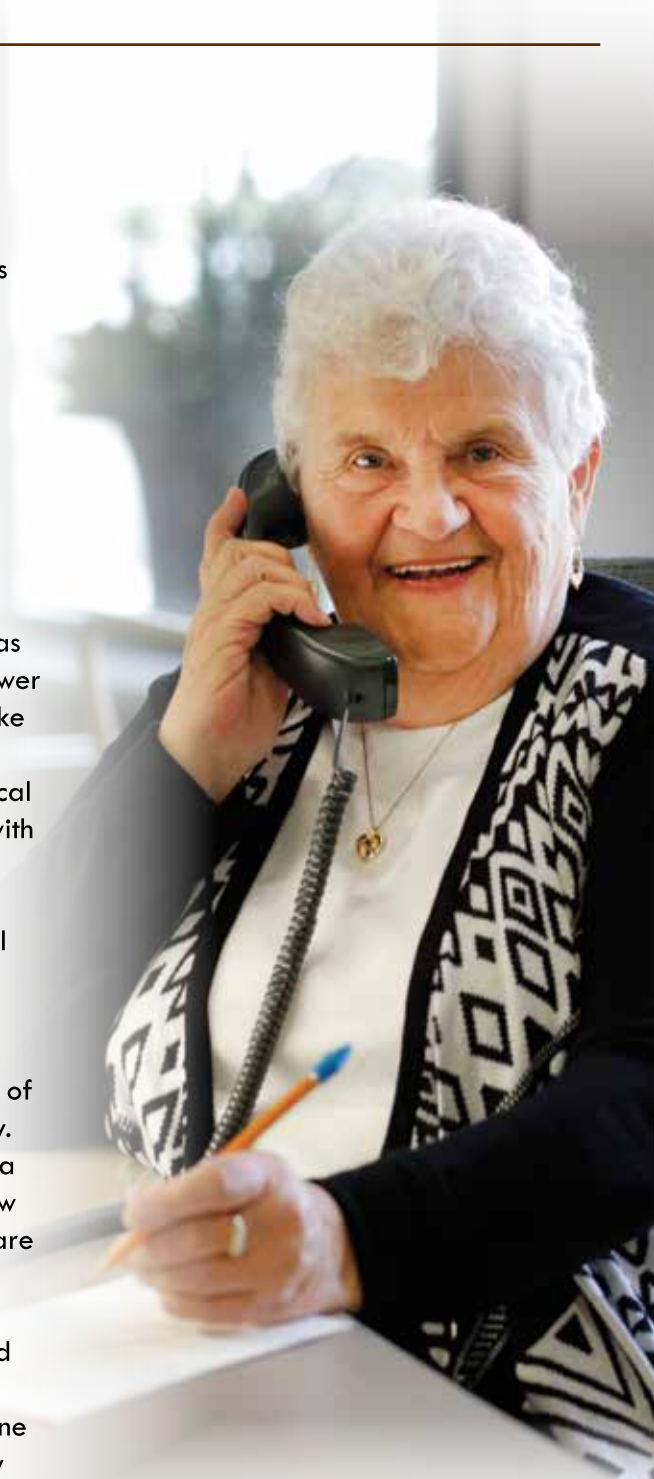
Thanks to advances in technology and websites like Facebook, the world is more connected than ever. We know the weather forecast for China, what our old high school friends are up to and news spreads in the blink of an eye. However, while we use technology to glean quickly what's happening around us, we have become disconnected from who's around us. More and more of our daily interactions happen through a screen rather than with a warm-blooded human. While technology is amazing, it certainly cannot replace the impact of actual human connection.

It turns out our health depends on human contact. Studies from the University of Rochester School of Medicine found that human interaction has real health benefits. Social interactions can help reduce blood pressure, lower risk of cardiovascular disease and even lessen the possibility of conditions like Alzheimer's and depression. Social interaction within a healthcare facility can lower stress and anxiety and can even have a positive effect on medical outcomes. As far as overall health goes, social interactions rank up there with a healthy diet and exercise.

While science backs us up, it isn't difficult to see the importance of real human contact. It is through this real human contact that we can make a difference in the lives of one another. Sure, we can send a text or "like" a picture, but what about holding a hand, dialing the phone or even looking another person in the eye. Actions like these make a difference in the lives of others, and it's these acts that the volunteers at JRMC are doing every day. Whether they are guiding a nervous patient to the surgery center, calling a home-bound member of the community to say hello or helping a proud new brother pick out the perfect gift for his new baby sister; JRMC volunteers are making those important human connections every day.

One service, in particular, is focused primarily on offering a warm, and sometimes lifesaving, human connection. Telecare is a free service that has been provided by the JRMC Auxiliary since 1973 and provides daily phone calls to members of the community who may live alone or don't have many opportunities for social interactions. The Telecare volunteers know the calls that they make are the difference in the lives of their clients. They recognize the importance of human interactions and pride themselves on being a lifeline for isolated members of the community.

Jeannette Srozinski, the chairperson of the program, says, **"The calls make the clients feel secure. They know someone is checking on them. We make sure they took their medication or ate breakfast, but they start to feel like friends or family. There is a real connection."** Jeannette knows the Telecare volunteers are making a difference by reaching out, and the same goes for all JRMC volunteers. Whether they are holding a hand or delivering a balloon, they provide an important, warm and human connection; and with this regard, they become the difference in the lives of those they serve.



Whether they are guiding a nervous patient to the surgery center, calling a home-bound member of the community to say hello or helping a proud new brother pick out the perfect gift for his new baby sister; JRMC volunteers are making those important human connections every day.



OUR BOARD

MARLENE AXTMAN

Chairperson

JOE NEIS

Vice Chairperson

DAVE SMETTE

Secretary

TERRY NIELAND

Treasurer

DUANE ENZMINGER

NANCY EXNER

SCOTT HARE

MAC MCPHERSON

SCOTT MOSER

DENNIS POZARNISKY

CAROL SPLONSKOWSKI

JRMC BOARD

DENNIS POZARNISKY

Chairperson

JOANNE OTTMAR

Vice Chairperson

PATRICK NYGAARD

Secretary/Treasurer

MICHAEL DEAN, MD

Chief of Staff

SARAH SCHATZ

Vice Chief of Staff

MYRA QUANRUD, MD

Past Chief of Staff

MARK ANDERSON

CASEY HENDERSON

CONNIE KRAPP

ERIC MONSON

WANDA VINING-ALBER

FOUNDATION STAFF

LISA JACKSON

Director

PENNY HOLLAND

Office Coordinator

TIFFANY WILKERSON

Volunteer Services

Coordinator

Help us keep our mailing list current

- Are you receiving duplicate copies of AppleSeeds?
- Would you like to be removed from our mailing list?
- Would you like to add a friend or relative to our mailing list?

MAKE ANY UPDATE...

Call (800) 281-8888, e-mail foundation@jrmcnd.com

or write to us: JRMC FOUNDATION
2422 20th Street SW
Jamestown, ND 58401

OR SHARE YOUR COMMENTS



Subscribe at www.jrmcnd.com.
Click on JRMC FOUNDATION .

New tree planted in Klaus Park IN MEMORY OF HOSPICE PATIENTS

"The annual memorial service and tree planting ceremony is a **celebration of life** and to affirm the bonds of **community**, memory and hope that sustain us in sorrow.

It is an opportunity for bereaved families and the hospice staff to **honor the loved ones** who have died and an opportunity to **support each other.**"

—Maren Radi, JRMC Hospice Coordinator





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



Share it with us

YOUR LEGENDARY STORY

We are inspired by the stories we hear every day about JRMCM being THE difference. If you have any comments, suggestions or stories, feel free to share them with us.

Visit www.jrmcnd.com.

Click **JRMCF** FOUNDATION at the top of the page.

AppleSeeds

Quarterly Foundation News



IN THIS ISSUE

Rural Healthcare
FOR THE FUTURE

Director's
MESSAGE

Journey to
ONCOLOGY UPDATE

Event
CALENDAR

Family BirthPlace
MEETING EXPECTATIONS

Togstad
C.A.R.E ENDOWMENT FUND

Orthopedic Team
EXPANDING

Annual Impact
REPORT

Gifts &
TRIBUTES

Connecting
VOLUNTEER STORY

Read the JRMCF Foundation Annual Impact Report on pages 8 & 9 and see all the ways your generosity is making legendary healthcare possible.

NONPROFIT ORG
U.S. POSTAGE
PAID
JAMESTOWN REGIONAL
MEDICAL CENTER

Return Service Requested



in just 5 years
8 new providers

PART OF THRIVING CELEBRATION

Over the past five years we have welcomed:

MICHAEL DEAN, MD
KYLE ABBEN, DPM
ROBERT BATES, MD
RANDY PERKINS, FNP
AMANDA LAUSCH, FNP
PATRICK WALTER, PA-C
BAILEY RUNKLES, DO
TIMOTHY VOLK, DO

Orthopedics
Podiatry
Urology
Wound Center
Wound Center
Orthopedics
OB/GYN starts 2017!
Orthopedics