Volume 103 • JAMESTOWN REGIONAL MEDICAL CENTER FOUNDATION

April is Parkinson's Disease (PD) Awareness month. JRMC aims to raise public awareness of the causes of PD, treatment options and share stories of successful care.

> Appesees Quarterly Foundation News

JRMC Rehabilitation HELPS WITH DIFFICULT DIAGNOSIS

Body tremor, slow movement, low speech volume... these are common symptoms of an individual with Parkinson's Disease (PD). A motor disorder disease, it leads to gradual decline over time due to the death of nerve and brain cells. Common symptoms include tremor (shaking) of the hands, legs, face and jaw, rigid (stiff) arms or trunk, slow movements, impaired balance and coordination.

According to The Parkinson's Disease Foundation as many as one million Americans have Parkinson's Disease. Darrel "Tucker" Wavra of Valley City, ND is one of the many individuals who is currently living with PD. Tucker and his wife, Marion "Leah", share the story of their journey.

In 2010, Leah noticed her husband's walk seemed a little off. "We went to our doctor first, and they couldn't see it. We went back and forth for quite a while, and finally they said we could go to a Parkinson's doctor in Fargo. In 2013, she [the doctor] diagnosed him with Parkinsonism" says Leah. Parkinsonism is the generic term used to describe neurological issues that cause slow movements and rigidity.

"I didn't feel very good about it," states Tucker in response to his diagnosis. "I remember what he looked like, just quiet and sitting there...denial," Leah adds.

While the cause of PD is unclear, there are a variety of treatments to help with symptoms including: medicine, deep brain stimulation, physical therapy, occupational therapy and speech therapy. In August of 2015, their doctor recommended that Tucker also begin physical therapy (PT) and occupational therapy (OT). In a PT treatment, patients may work on increasing their strength, endurance and balance, all of which can be negatively affected by PD. An OT session may include providing strategies and equipment that may be needed to complete daily tasks, such as dressing, cooking or hobbies that have become difficult due to PD.

Tucker completed both PT and OT for four days a week for four weeks. "I don't know where we would be if we hadn't done that," Leah shares. "I've worked hard," smiles Tucker, who continues to complete daily speech and physical therapy exercise. Along with therapy and medical intervention, Tucker and Leah attend a support group in Fargo. "It gives me support, just talking to other people and listening to others," Leah states.

Tucker's treatment plan, led him to speech therapy (ST) at Jamestown Regional Medical Center (JRMC) "The goals for treatmentare to increase loudness of the voice, as well as, strategies and exercises to improve swallowing and prevent aspiration," says Becca Gussiaas, JRMC Speech-Language Pathologist.

They have found their experience at JRMC to be overwhelmingly positive. "We didn't know what to do or where to go; it was through our doctor that we came to JRMC. They're so friendly here. It's welcoming and relaxed."

"I've met really wonderful people here. You are able to give a part of yourself."

— Marlene Axtman, JRMC Foundation Board Chair

I can be the difference... BECAUSE JRMC HAS BEEN THE DIFFERENCE FOR ME

Wy husband Chuck and I have been involved with the hospital for many years. After I retired in 2010, I really got into volunteering and supporting the hospital. I can make it easier for patients to stay here for care. I love helping people in my role as a volunteer and board member.

As a volunteer you are able to give a part of yourself. I love hearing about what is happening at the hospital. I also think you can make a patient feel more at ease...just by being there for them. I've met really wonderful people here.

Both Chuck and I have received care here. JRMC has sure helped my husband. Chuck had a heart attack. Because of the intervention done here, he IS here! It is so scary to go through that type of experience, but comforting to have the staff at JRMC with us. They were wonderful and reassuring.

When I was going through cancer treatments I had to travel to Bismarck. Every time after my therapy, I would come back to the JRMC for a shot and IV fluids. I never got sick and I feel it was because of the follow-up care and staff here.

Over the years, it is the level of care that has changed the most. The things we can do now through technology such as 3D mammography and the future of oncology.

I want to thank the community. We would not have this medical center if not for our community. I think we are very fortunate. For the future of care, I look forward to the expansion of cancer services and my hope is one day we can have cardiology here too.

Marlene Axtman JRMC Foundation Board Chair



In February, Jamestown **Regional Medical Center** Foundation's annual Giving Hearts Day campaign broadcast the voices and experiences of JRMC volunteers, patients, staff, physicians and supporters. As a follow-up, we are sharing the impact of legendary care in our community...not just for this campaign but every day. We hope you enjoy reading about great care made possible by your support.

Because of you, JRMC can:

- new providers & services close to home
- oncology care
- infant loss and bereavement support
- state-of-the-art equipment & technology
- the future of care through endowment returns

Spring 2016 • APPLESEEDS

REHABILITATION (cover story)

"Parkinson's Disease is a disorder that also affects an individual beyond the physical conditions. It is important to recognize the effects; emotional, spiritual and psychological well-being and the well-being of their family members," says Gussiaas. "An individual sharing their story of their journey with this disease is the first step in raising awareness of the causes and the treatment and support options available."

COMMUNICATE WITH CONFIDENCE

Speech Therapy at JRMC supports both adults and children with speech, language, voice and swallowing disorders. These may include:

- CVA (stroke)
- problems with swallowing (sysphagia)
- memory impairments (dementia)
- cognitive deficits
- ability to be understood (Parkinson's Disease)
- stuttering
- muscle coordination/strength problems
- language delay/disorder
- articulation
- autism and Asperger's
- head, neck and throat cancer

Becca Gussiaas, MS SLP-SFY, JRMC Speech-Language Pathologist

For more information about speech therapy at JRMC, please call Becca at (701) 952-4800.

Upcoming Events mark your calendars





VOLUNTEER APPRECIATION BANQUET

A celebration of volunteer generosity.

UUU TBD



PLANT SALE

The plants let us know when they're ready. Watch the website for announcements.





RM STOUDT RUNNING OF THE PINK Breast cancer walk/run.



JULY

GOLF "fore" GOOD 6th Annual 4-person Scramble Jamestown Country Club

Proceeds dedicated 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.



3

(L to R) Dave, Owen, Olivia, Mandy and Lauren Sorlie

Sorlie family

ANGELS among us DAVE & DR. MANDY SORLIE FAMILY

Advocating for Neonatal Grief & Early Loss Support (angels) fund

r. Mandy Sorlie is a primary care physician at Sanford Clinic. She knew her practice would be in Jamestown after participating in the Rural Opportunities in Medical Education (ROME) program during her third year in medical school. The experience brought her to Jamestown Hospital, where she lived in a converted patient room for seven months. Although, the idea may not sound appealing, Mandy loved it.

"It was awesome!" she says. She was able to experience every aspect of rural healthcare delivery working in the emergency room, surgery, obstetrics and more. From that point on, she knew that primary care in a smaller community where she could practice obstetrics was the best fit.

Six years later, Mandy plays a critical and demanding role in healthcare delivery in the community. She is supported in her work by her husband Dave and their three beautiful children, Olivia, Owen and Lauren.

On average Dr. Sorlie sees 20-25 patients a day and up to eight are expectant mothers. This equates to 120 babies a year.

She smiles, "I have a list. Every baby I delivered and those I missed too!"

Mandy loves her work and is humble about her role. "I just catch," she smiles. "It is amazing to me when people thank me for their delivery or apologize for walking me up at 2 a.m. For a routine delivery it is the coolest moment ever."

Jamestown Regional Medical Center is the only birth center for 90 miles. Since the start of 2015, JRMC Family BirthPlace had 401 deliveries. Of which 398 are beautiful, healthy newborns.

Three are angels.

Suffering the loss of an infant is a devastating experience. It left Dave and Mandy feeling helpless in offering comfort to bereaved families.

"When we first started talking about what we could do, there were three infant losses in a few weeks," says Mandy. It was heartbreaking and made it more pressing to find an outlet for support. Dave wondered about helping financially, "We just couldn't imagine going through this and then having to pay a medical bill." It was one less thing that families would need to worry about.

In August 2015, the Dave and Dr. Mandy Sorlie and Family Advocating for Neonatal Grief & Early Loss Support (ANGELS) Fund was established. The fund helps pay medical expenses for those who experience the unexpected loss of their infant at JRMC.

"The hope for the fund is that it will never be used, but also that it grows to the point that the fund will completely cover the medical costs for every family who experiences this loss," says Sorlie.

JRMC Family BirthPlace Infant Bereavement Program JRMC Family BirthPlace assists parents and their families with the mourning process by helping them build memories, answering important questions and providing valuable resources. For more information about infant bereavement, please call (701) 952-4807.

(at left) Lauren Sorlie presents a \$1,000 gift for the ANGELS fund on Giving Hearts Day. (L to R) Emily Woodley, RN, Megan Sather, RN, Renea Lunde, RN, JRMC Family BirthPlace

> (L to R) Stuart, Andrew and Melissa Schumacher



die Côt Is Memory Of All of the little angels Subjective

For more about Evan's Support, visit www.evanssupport.com or call (701) 640-0675. The organization also has a page on social media at facebook.com/evanssupport.

Out of loss comes evan's support

It was one year ago in February when Melissa and Stuart Schumacher of Wahpeton, ND, said goodbye to their beloved son, Evan. At age four, Evan's heart suddenly stopped beating...and stayed that way for a full 20 minutes in a rare complication from croup. After three days in a Fargo hospital, the Schumacher's said goodbye.

To honor their son, the young couple established "Evan's Support," a non-profit organization dedicated to giving support to families who have experienced the loss of a child or families that have a child facing medical issues.

Their mission includes assisting in the writing of a child's obituary or life story, providing functional, comfortable furniture to medical facilities for families who must stay on hospital grounds and supporting families that have a child facing medical issues in the southern and central Red River Valley.

For one of their first projects, they are focusing on helping parents of stillborn babies by giving them more time to say goodbye. "During March we will be donating three CuddleCots[™] to hospitals around our region," says Stuart. This includes one for JRMC Family BirthPlace.

A CuddleCot[™] is a cooling device that allows parents who suffer a loss to spend as much time as they need with their baby before they have to say goodbye.

"They are an option for parents to use and we're all about giving options to parents who lose a child," says Stuart. "We'll be donating them in the honor of two families that have each had multiple infant losses and to honor all the little angels of a community."

According to the Schumachers' they will gladly help get Cuddle Cots[™] to every hospital in North Dakota and Western Minnesota.

Unison Bank GIFTING BETTER CARE TO THREE JRMC AREAS

This winter Unison Bank gifted better care at JRMC: \$2,500 for iPads in anesthesia and surgery center, \$7,500 for a special position "scoliosis" x-ray chair for radiology and \$25,000 for the Journey to Oncology.

"In sharing these projects with the Board of Directors of Unison Bank, there was a great deal of excitement. **Everyone understands these are crucial projects that will benefit thousands in the community. At the same time it gives us an opportunity to help out two great organizations,** being Jamestown Regional Medical Center and the Anne Carlsen Center. We work hard to make our community a better place to live and work and we're pleased to present these gifts," says Kelly Rachel, Unison Bank President and CEO.

iPads will be used in anesthesia and the surgery center to help reduce anxiety for children. Recent studies show the use of an iPad prior to anesthesia can also reduce the need for additional sedatives, which improves recovery.

"Most kids who come in for surgery are scared to some degree," says Andrew Schott, CRNA, JRMC Anesthesiology. "Kids love to play, and using the tablet helps decrease their anxiety level which is great for them, their parents and the staff."

In radiology, the special positioning "scoliosis" x-ray chair will be used for children with specific conditions such as spina bifida, cerebral palsy or muscular dystrophy, who have a high risk of scoliosis. Early treatment helps reduce its damaging and painful effects on the body. For diagnosis, an x-ray is taken of the spine and the best result requires patients to be in a position that simulates standing.

"This is something we have needed for over five years. Anne Carlsen Center clients would have to travel to Fargo and even Minneapolis for imaging because the current chair didn't allow us to get the image quality we need. It was also a safety risk," says Dr. Myra Quanrud, pediatrician and kids specialist at Essentia Health and Medical Director for Anne Carlsen Center.

> (L to R) Ashley Miller, RT, RDMS; Gary Wade, M.D., Radiologist; Kelly Rachel; Brenda Buskness, Radiology Unit Clerk; Jessica Thorlakson, RT; Greg Nordstrom, RT, RDMS.



JRMC Auxiliary Gift FINALIZES PHASE 1 GOAL

The Jamestown Regional Medical Center Auxiliary gifted \$20,000 this February. This gift marks the \$350,000 Phase I goal to finance the initial components of the new service. Support will outfit the JRMC Clinic with space for dedicated treatment rooms, chemotherapy infusion equipment and technology, recruitment of an oncologist or registered nurse and future staff training for start-up.

The Auxiliary's gift includes money raised from fundraising events and operation of the JRMC Gift Shoppe. Monica and Fran Romsdal at the 2012 GOLF "fore" GOOD JRMC Foundation Golf Tournament.



Make it a "FRANTASTIC" day

FRAN ROMSDAL ONCOLOGY FUND

In 2014, Francis "Fran" Romsdal passed away from a hard fought, two-year battle with pancreatic cancer. It is a loss deeply felt throughout the community. Through Romsdal's life and career, he led by example. He spent quality time with loved ones, became friends with everyone he met, volunteered and accomplished community projects, all while building a successful family business.

As fitting tribute, Romsdal received the 2012 Citizen of the Year Award from the Jamestown Area Chamber of Commerce. However, it was closer to four decades of his leadership that lead Jamestown to be a better place to live, work and play.

Whether Romsdal was advocating for small business owners and farm implement dealers, ringing the bell for the Salvation Army, volunteering with the Jamestown Lions or fundraising to build a bridge to preserve the Jamestown Country Club, he had a smile on his face, unique laugh everyone knew and a way of getting others to join in.



"FRANTASTIC" IDEA

In August, Monica Romsdal, Fran's widow, presented a check to Jamestown Regional Medical Center Foundation for the Journey to Oncology Campaign and simply said, "It's what Fran would have wanted, cancer care here." She left by saying, "I want to do something more."

"For Fran's chemotherapy treatments we would have to travel either to Oakes or Fargo for infusions. We would try and make it fun and enjoy our time together by having dinner out or going to a movie," says Monica. "But, we would have preferred the time at home."

By October, Monica had an idea and contacted the Jamestown Community Foundation to put her thoughts and Fran's wishes in to action creating the Fran Romsdal Oncology Endowment Fund.

This isn't the only project Fran will be remembered for in the community, but it will be a legacy helping people forever. "I know he would like that," says Monica.

For more information on contributing to the Fran Romsdal Oncology Fund or creating a named endowment, please call JRMC Foundation at (701) 952-4880 or visit www.jrmcnd.com and click on Foundation, endowment funds.

(L to R) Lisa Jackson, JRMC Foundation Director, Monica Romsdal, Barbara Lang and Casey Stoudt, Jamestown Community Foundation Council Members This issue of AppleSeeds includes contributions received by JRMC Foundation from November 1, 2015 through January 31, 2016.

3D MAMMOGRAPHY

Mark & Krista Ames K.O. & Valerie Bolstad

CARDIAC REHAB

In Memory of Scott Schafer

Thomas & Edith Gould Kory Wahl Thomas & Edith Gould

COMMUNITY CARE

Anonymous Trinity Lutheran Church

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Named Endowments HOWELL ENDOWMENT Orlee Howell

REUBEN & CLARICE LIECHTY Reuben & Clarice Liechty

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Fran Romsdal Dickey/LaMoure County Abstract & Title Company Jamestown Community Foundation Joe & Linda Neis Monica Romsdal Patty Romsdal Kenneth & Liz Wallis

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GIVING HEARTS DAY

Impact Foundation

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HOSPICE PROGRAM

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PATIENT CARE UNIT/ INTENSIVE CARE UNIT In Honor of

Gordon Gumke Rory & Sheila Metz

In Memory of

Darlene Gumke Rory & Sheila Metz

RADIOLOGY

Ray & Maria Tan

In Honor of

Myron & Pat Rutgers Myron & Pat Rutgers Rutgers Nieces & Nephews Myron & Pat Rutgers

SURGERY CENTER

Anonymous Bob & Sherri Brown Jared & Sandra Hoff David & Kathy Jenrich Greg Nordstrom Michael & Carolyn Reisnour Loren & Peggy Schroeder Arnold & Sally Siefken

UROLOGY PROGRAM

Raymond & Alida Posein

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In Honor of

Art & Leona Bollinger Allen & Brenda Bollinger **Maynard & Jean Carpenter** Larry & Priscilla Turnboom **Derek Holden** Susan Holden JRMC Emergency Department Nurses Harold & Karen Rene JRMC Nursing Staff, Past & Present Ryan & Sara Zink JRMC Hospital & Clinic Staff John & Carol Splonskowski **My Favorite Nurse** Lorraine Greenwood Jerrv & Pat Sova Larry & Priscilla Turnboom **Marlene Speidel** Norman & DeLette Winkelman **Thoms Great Grandchildren** Don & Ella Thoms

In Memory of

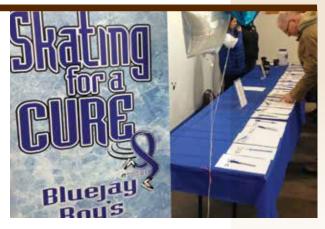
Melvin Ackerman Virginia Ackerman Maxine Anderson Mark & Melanie Anderson All Cancer Victims Oliver & Loretta Jung Arden Carlson Brian & Bonita Carlson Joy Carpenter Nicole Van Enk Robert Cebula Thomas & Mary Kay Lindberg

Gifts & Tributes

Clyde Christy Deloris Christy William & Ella DeKrey **Carol Reich Lorraine Donaldson** Scott & Rhonda Donaldson **Tracy Entzminger** Darrel & Vonnie Entzminger **Ralph Feltis** Marilyn Feltis **Richard Fletcher** William & Nichol Rahlf **Dolly Folk Patrick Folk Randy Goldade** James & Carol Kaiser Louise Goodrich **Clifford Goodrich** James Greenstein Glenn & Doris Greenstein Elva Gutschmidt Wilbert Gutschmidt Jerome Johnson Irene Johnson Wendy Kaiser James & Carol Kaiser

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Skate for a Cure

The 2nd Annual Skate for a Cure took place in February. The Jamestown Blue Jay Boy's Hockey team raised funds and awareness for colon cancer screenings and treatment at JRMC.

H.O.G.s Polar Pig

"WALK THE PLANK"

Don Wegner, H.O.G.s Polar Pig "Walk the Plank" for JRMC Hospice founder, presents the JRMC Home Health and Hospice staff with this year's Spirit Award and a gift of over \$19,000 for hospice care. (L to R) Dr. Robert Bates, JRMC Urologist, Keith and Cheryll Anwiller

HIS STORY

Preventative check-up SPECIALIZED CARE

eith Anwiler found himself very thankful after completing his annual health exam this year. Like many, he admits to delaying preventative check-ups. "It is easy to say I will get to it, but then never do," says Keith.

"I am one with a history of putting those things off." Often the time commitment, the fear of unknown outcomes, shyness and embarrassment about symptoms or just simply because you don't feel sick can cause a delay in seeking regular check-ups."

But overcoming these barriers could save your life.

That's what happened to Keith.

Following his physical, Keith's primary care doctor shared that his prostate-specific antigen (PSA) levels were higher than normal. "I thought something must have been wrong with the tests because I felt perfectly normal," says Keith.

Prostate-specific antigen (PSA) is a protein produced by the prostate gland and measured by a blood test. It is a harmless substance but an elevated blood level of PSA in men may be an indicator of prostate cancer. Depending on an individual patient's presentation the abnormal PSA test may call for further testing often by a urologic specialist.

CHOOSING A UROLOGIST

It was important for Keith to find a urologist that he was comfortable with to discuss this very personal topic.

Fortunately, while listening to the radio Keith heard about Dr. Bates, JRMC Urologist and called his primary doctor to seek feedback and arrange the appointment.

"I could hardly believe it when soon after my doctor had scheduled the appointment for me, I received a phone call from Dr. Bates himself. He called to welcome me and we talked about my upcoming appointment. He knew that he could help – and that was reassuring. Beginning with the first phone call it was such a unique and personal experience," says Keith.

Urology was a new and unfamiliar territory for Keith and Cheryll Anwiler. But, they shared it wasn't overwhelming or intimidating. Keith explains, "Dr. Bates brought it down to a personal level for us. He always shared everything, never holding anything back, yet most importantly, breaking it down to our level so we could better understand what our options were." Because of Dr. Bates and the JRMC surgical team, Keith's experience concluded with a successful urological procedure.

"Not only is Dr. Bates a fantastic man and an excellent surgeon, but I now consider him a friend," says Keith.

OUR BOARD

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OR SHARE YOUR COMMENTS

Subscribe at www.jrmcnd.com. Click on JRMC FOUNDATION. Monthly e-mail Newsletter

JRMC Babies swaddled with soy onesies

The North Dakota Soybean Council (NDSC) donated over 250 Babysoy Bodysuits (or onesies) to parents of newborn babies across the state. North Dakota soybean farmers across the state are represented on the North Dakota Soybean Council Board, which oversees a grass roots promotion, research and marketing program funded by soybean checkoff dollars.

> The Council's mission is to effectively invest and leverage North Dakota soy checkoff resources to maximize the benefits of North Dakota soy.

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For more information on Babysoy's Bodysuits, visit www.babysoyusa.com.

> (L to R) J.R. Perleberg, Tanys Ulmer and their newborn son, John Russell Perleberg



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**. Click JRMC 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

IN THIS ISSUE

Rehabilitating PARKINSON'S DISEASE

From the Chair MARLENE AXTMAN

Calendar OF EVENTS

Angels Fund SORLIE FAMILY

Cuddle Cots BECAUSE OF EVAN'S SUPPORT

Oncology Gifts PHASE I GOAL REACHED Gifts AND TRIBUTES

Special Thanks HOGS & JAYS

Keith's Story AN OVERDUE CHECK-UP

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FIND A CHARITY

IOVE

ng Hearts

Swaddled WITH SOY ONESIES Read about the awesome generosity of the JRMC Auxiliary and that of two other organizations in our community as we continue our Journey to Oncology. (pages 6 & 7) NONPROFIT ORG U.S. POSTAGE PAID JAMESTOWN REGIONAL MEDICAL CENTER

Return Service Requested

Because of you... JRMC CAN!

El Zagal Jamestown Clowns present a \$1,000 gift during Giving Hearts Day