

The faces behind the journey

No one person's story is the same. But we all know someone who is faced with a cancer diagnosis or healthcare challenge. No person in our community has to face their journey alone. We are a family – faces of many who come together to share in life's moments, laughter, support, loss and future.

CELEBRATING LIFE WHILE FACING LOSS

Woman who loved to organize get-togethers.

"Correen loved to celebrate life," says Nancy Exner, a long-time friend. "She was generous with her time, in the good times and bad."

When Exner's mother passed away in November 2010, Correen was ill with cancer. Even though Correen was sick, Exner says, she made the three-hour trip to Mott to offer her comfort.

Close friend Tena Lawrence shares the same affection for Correen. After Lawrence's husband suddenly passed away in 2008, Lawrence says Correen stopped in to visit every day. Every day.

"Correen was such a giving person," Lawrence says.
"We really miss her."

Family and friends said goodbye to Correen on Jan. 7, 2011 after her battle with lung cancer.

Six years after her death, Correen continues giving to others. It is in her memory that her husband, Rick is establishing the first infusion room at Jamestown Regional Medical Center's Cancer Center. The gift came from Correen's life insurance policy – an employee benefit for working at Rock of Ages in Jamestown.

"This gift is possible because of what Correen left," Rick says. "She's making this happen."

Correen grew up in Leola, SD and attended college at what is now the University of Jamestown. It was there that she met Exner and several other ladies who remained friends through marriages, babies and even grandbabies.

Correen met Rick in the 1980s through mutual friends. She was outgoing, while he tended to be shyer. Together, they made a home in Jamestown. When they weren't working, Correen liked to quilt, frame photos, read Agatha Christie novels, plan get-togethers and decorate.

"During the holidays, it looked like Christmas had come in the front door and exploded all over," Rick says with a smile.

And because of all those family reunions and time with friends planned, she and Rick established a tight network of good friends. It was those friends they relied on when Correen was sick. In addition to the regular trips to Fargo for chemotherapy, Correen also required 53 consecutive days of radiation.

"The thing that made it easier for all of us was the circle of friends," Rick says.



At the time, Rick still worked full-time at Interstate Engineering. So friends like Lawrence created a travel tree called "Correen's Cabbie List." The list scheduled Correen's transportation to and from her treatments. Friends took time off of work to ensure Correen got to her appointments safely and on time.

"At first, you could tell she was really nervous," Lawrence says about showing friends this side of her. "But when she was feeling well, they were fun."

In addition to the infusion room in her memory, her circle of friends will place one of her framed quilts as an addition to the Healing Art Collection in the JRMC Cancer Center.

"When I heard what you [Rick] wanted to do, I said 'YES!" Exner exclaims to Rick.

"And then I went to my car and just cried. It's so generous of you."

Rick Mogck reads from the cookbook of his late wife Correen as Nancy Exner looks over his shoulder. Mogck is establishing the first infusion room in the JRMC Cancer Center in Correen's memory.



DECEMBER#GROWVEMBER CELEBRATION & AWARDS

5:30 pm • Jonny B's Brickhouse





DECEMBER

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DECEMBER TREE OF LOVE

Purchase a tribute ornament to hang on the JRMC tree.

JAN 9 – MARCH 5 NEW YEAR NEW YOU

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FEBRUARY

HOGS POLAR PIG "WALK THE PLANK" FOR JRMC HOSPICE

9 – 1 pm Silent & Live Auction 10:30 am Abate Chili Cook-Off 1:30 pm "Walk the Plank" Stutsman Harley Davidson



FEBRUARY

GIVING HEARTS DAY
#gomatchymatchy #milesmatter

#gomatchymatchy #milesmatter

Join us live on Facebook and NewsDakota.com

Facing challenges CREATING BETTER CARE

Our legendary team grew stronger this year. Thanks for guiding the way. Throughout JRMC, the staff and doctors are creating wins at a record pace. There is a sense of wonder and awe at the tremendous advancements in technology, patient satisfaction and expansion of care are made every day.

These wins touch the faces behind the journey to better health in very meaningful and powerful ways:

- JRMC Hospice served a record number of patients in September, totaling 560 patient days. Nurses shared compassionate, end-of-life care with those in need, seeing each patient 22 times that month on average.
- For the first time, JRMC Clinic turned on the hyperbaric chamber for advanced wound care. Randy Perkins, FNP and Amanda Lausch, FNP are helping patients win the battle against chronic and non-healing wounds.
- University of Jamestown's Hanna Dunnigan has filled an early morning volunteer position from 6 am to 8 am in the JRMC Surgery Center, keeping families up to date on their loved one's care.
- You said it! According to patient testimonials, new veinlites have helped nurses insert IVs better. JRMC employees purchased these tools for every patient care department.









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There is more...

If you see Emily Hoffman, MA, RCEP, CES, CCRP, TTS, NSCA-CPT, Cardiopulmonary Rehab Manager, congratulate her. The department now holds national program certification for care.

Surveys shared that staff needed to do a better job of educating you on medications. We heard you. Recent scores are now among the highest since we started the questionnaire.



In the next few months, you'll also hear more about JRMC's designation as a North Dakota Acute Stroke Ready Hospital. If you are having a stroke, the "rapid-response treatment" provides the greatest chance for recovery.

And an important update on cancer care.

We are asking for your support as we continue to recruit a local oncologist and raise money to create the JRMC Cancer Center. Each year, this service will provide more than 100 of our family, friends and neighbors more than 800 chemotherapy infusions.

You will eliminate 160,000 miles of travel and 2,400 hours on the road.

Miles matter. You matter.
With gratitude and wishes for a
Merry Christmas and Happy New Year

ion Jackson

Lisa Jackson

Director, JRMC Foundation



Facing a diagnosis

One Man faced traveling 200 miles every day for five weeks for his cancer care. He needed to travel so much, for one month, he and his wife moved to Fargo. But in 2017, families in the Jamestown area won't have to travel so far for cancer-related infusions and biopsies.

OPTIMISM WINS OVER CANCER

With JRMC set to open the JRMC Cancer Center next year, patients will have access to cancer treatments that they once had to travel 200 miles or more to receive.

In 2015, doctors at Jamestown Regional Medical Center (JRMC) found something suspicious after Don Caine's regular colonoscopy. After additional tests and visits to the doctor, medical professionals diagnosed him with rectal cancer.

"Yes, you have cancer," Don recalls about the gravity of spoken words of his diagnosis.

Don handled the treatments well and the couple remained optimistic – so when they traveled to Fargo, they made light of it. They took advantage of amenities like shopping and restaurants and even joke that each trip to Fargo was really was a Costco visit with a quick stop at the doctor.

But had they had young children, full-time jobs, financial instability, lack of support...their story may be different.

"A trip to Fargo would have certainly been a hardship," Don says. "We're really fortunate."

That's one of the reasons JRMC is opening its cancer center. In Stutsman County, cancer is the leading cause of death for residents between the ages of 45-84 and more than 200 county residents require chemotherapy infusions each year.

Reducing the expense of travel and time on the road also reduces stress. And with hope, less stress can improve outcomes when receiving cancer treatment.

Offering oncology services is one of the promises JRMC made when it built its new hospital in 2011.

"JRMC's belief is to do what is in the best interest of the patient. A cancer center is one more way we can embrace patients with legendary care and compassion," says K.C. DeBoer, JRMC's President and CEO. Don says he feels like his old self. "I do about everything I've ever done. The side effects have been minimal," Don says with gratitude. He's appreciative for the care he received and values the communication between his primary physicians in Jamestown and his specialists in Fargo.

As one of the many faces behind a cancer journey,
Don says he looks forward to other people having
access to care closer to home. "It's too
late for us now," he says. "But it
will be great for other people."

Dr. Don Caine and his wife, Sharon, moved to Jamestown in the 1960s where he worked as an optometrist. The couple quickly got involved in various community activities including their church, the University, the Country Club and the Kiwanis Club. Don also served on the Jamestown Hospital Board for 15 years and the Jamestown Regional Medical Center Foundation Board for 27 years.



"The hospital has always been my passion," shares Duane Enzminger about the importance of a hospital in our community and his board service to JRMC Foundation.

What is a "qualifying charitable distribution"?

The requirements are relatively simple.

The charitable distribution must be:

from a traditional IRA or a Roth IRA;

direct from the IRA trustee to the charitable organization—with no intervening possession or ownership by the IRA owner;

on or after the IRA owner has reached age $70\frac{1}{2}$; and

a contribution to an organization that would qualify as a charitable organization under Sec. 170(b(1)(a), other than a private foundation or donor advised fund.

Charitable IRA distributions come with several tax benefits, some not readily apparent. To learn more, call Lisa Jackson, JRMC Foundation Director or speak with your tax adviser. Information is also online at www.jrmcnd.com, click on Foundation.

Duale worked diligently with the boards and community when discussing building a new hospital. "There were so many questions. Is this a good investment? Is it the right location? But, Jim Wieland (past board member) made a comment that stuck with me," shares Duane. "If we don't do something, we aren't going to have a hospital." Duane and Kathy Enzminger made a gift and worked with dozens of others to make JRMC a reality. Now, they feel it's important to solve another problem.

"I had no idea that so many people were dealing with cancer. This [JRMC Cancer Center] fills a real need," says Duane. Kathy adds, "My mother was a cancer survivor. She would ride that bus from Dakota Clinic to Roger Maris Cancer Center." Together, the Enzmingers don't want people to continue to face distance to care.

ENZMINGERS NAME NURSES STATION

Duane and Kathy also feel very strongly about the quality of care at JRMC. They attribute it to the nurses and doctors. They have made a gift to recognize this care by naming the nurses station at the JRMC Cancer Center.

"This is possible with our IRA," explains Duane. In 2016, legislation made gifts from a traditional IRA or Roth IRA permanent. Individuals can make a charitable distribution to a charity or charities for up to \$100,000 and that amount will be excluded from their gross income.

The provision first appeared in the Pension Protection Act as a temporary measure. It lapsed and was revived several times throughout the years. Now, the Protecting Americans From Tax Hikes (PATH) Act of 2015 has had its benefits made permanent.

"As we need more services, it will be nice to have the hospital and for it to continue to grow," Duane shares.



"This Gift Fund is John, and reflects his belief that we are here for the sole purpose to help one another. It is about the patients we care for, who during some of their darkest moments benefit from the gifts that we give."



Annually, it will eliminate 160,000 miles of travel and 2,400 hours



What if we could provide you and your loved ones with state-of-the-art cancer care right here in Jamestown?

We can.

Faces of strength

REFLECTING A BELIEF IN PILLARS FOR OTHERS

In 2008, Patricia Dardis lost her husband, John to a valiant battle with colon cancer. He was a life-long resident of Jamestown, a business owner, active community member, hunter, friend and family man. He was known for his honesty and generous giving of time and kind gestures. "John would often say it was a good day when he was able to help someone and make a difference," says Dardis.

He inspired her and their two children, Tim and Megan, to develop the John Dardis Memorial Hospice Gift Fund as a way for John's selfless nature to continue after his passing.

The gift fund provides a sherpa blanket to every JRMC Hospice patient. The fund also supports small, non-medical items of need and other opportunities to help families during end-of-life care. The Dardis Fund has enabled irreplaceable moments, including a hospice patient to attend a North Dakota State University Bison football game, a daughter the ability to travel home to say goodbye to her father, a gift of a birthday rose and in-home communion for many too sick to attend church.

Throughout the years, Dardis inspired family, friends, classmates and the community to support this fund. In 2015, it became a named endowment fund. Now, it will forever be a legacy for John's memory and the Dardis family.

This year's JRMC Foundation Philanthropist of the Year was presented to Dardis as a dedicated nurse practitioner, leader and inspiration to all of those around her.

However, Dardis was quick to say the honor and the award weren't about her. She dedicates it to "a man with a passion for the people of this geographic region, a man who would do anything he could to be helpful, supportive and giving. He was a selfless soul."

"This gift fund is John and reflects his belief that we are here for the sole purpose to help one another. It is about the patients we care for, who during some of their darkest moments benefit from the gifts that we give. And, it is about you - my family and friends who have walked beside me for the last seven years, the donors, fundraisers, volunteers and general supporters who promote the vision of this fund. Without you, I would not be standing here," dedicates Dardis in her acceptance speech.

If you would like to support the John Dardis Memorial Hospice Gift Fund, please contact JRMC Foundation at (701) 952-4880 or donate online anytime at www.jrmcnd.com, click on Foundation and GIVE NOW.



TUMMY PILLOWS

A meeting at the Meadows Apartments' community room is more than a social call. This group of volunteers spends a couple of hours every few weeks to make tummy pillows and assemble John Dardis Hospice Gift Fund patient blankets.

The pillows are JRMC patients' "best friends" says Deb Falk, Patient Care Unit Manager. They are used to aid in recovery and provide support for anyone who needs to "turn, cough and take a deep breath" during recovery from surgeries such as C-sections, hernias, abdominal surgeries or rib fractures.

STITCHERS PICTURED ABOVE

(L to R, Back to Front) DeLoris Lux, Shirley Flieth, Clara Fiechtner, Vi Meeker, Carol Odenbach, Carolyn Exner, Martha Trautman, Pat Calvert, Marvel Tuttamore, Lillian Gunsch, Lillian Peckham

AWARENESS AND ACTION MONTH #PINKBUMP

Although doctors had annually reminded her, Dayle Gomez didn't receive her first 3D mammogram until this year. She was 58 years old.

Gomez works full-time and is a mother of a grown daughter. She, like many women, lacked access to the life-saving technology that is already in their community. For Gomez, finding the time for the mammogram and the money to pay for the upgrade to a 3D mammogram was a challenge.

Because of these barriers, JRMC partnered with Central Valley Health to offer the "No Excuses" program. In the year since its inception, No Excuses has helped 83 women receive this life-saving screening. Because of No Excuses, these women received services that they otherwise couldn't afford.

"Early detection can mean the difference between having a minimally invasive procedure versus having to do chemotherapy, radiation or mastectomy," says Amiee Teske, JRMC Mammography Technician.

For more information, or to schedule a mammogram, call JRMC Mammography at (701) 952-4852 or visit www.jrmcnd.com to learn more.

#PINKBUMP RE-PURPOSED

Local Boy Scout Troop #139 creates birdhouses from re-purposed #pinkbump yard signs. JRMC purchased the signs to promote breast cancer awareness and action in October.





"The Sexual Assault Nurse Examiner (SANE) program requires specially trained nurses to provide crisis intervention, emotional support, injury detection, treatment and forensic medical evidence collection. No victim is billed for an exam completed by SANE," says Trisha Jungles, MS, BAN, RN, JRMC Chief Nursing Officer. The Jamestown Crusaders raised \$5,300 contribution during the chapter's "poker run" held this summer.

UNIVERSITY OF JAMESTOWN HOCKEY GOES PINK

Freshman hockey player Justin Meier and Head Men's Ice Hockey Coach Dean Stork show off a "pink" jersey. The first annual jersey auction raised funds for breast cancer screenings at JRMC.

JRMC NEIGHBORS

Sam and Sarah Wilson from J.S. Wilson Farm delivered a special harvest gift for patients. The Little Star books feature farm families across the country, including the Wilsons. More information about the book is at www.pabeef.org.

MAKING CHANGE

Hugo's Family Marketplace, Jamestown made two donations to support JRMC Family BirthPlace and the Sexual Assault Response Team nurses. The gifts were from customers and a donation of tips from Caribou employees.

TEA FOR ALL SEASONS

JRMC Auxiliary hosted its 13th Annual Tea For All Seasons this September providing "tea" sandwiches and desserts for a full house and raising funds for the JRMC Foundation Journey to Oncology Campaign.

NO LOSS UNNOTICED

"Thirty years ago, if families experienced a miscarriage or infant death, they were told to forget it. Wave of Light counteracts that. Families should grieve and remember in whatever way is most appropriate for them," says Renae Lunde, RN JRMC Family BirthPlace.

She helped organize a
Wave of Light service for
families who've experienced
infant loss and miscarriage
to share in their sorrow and
support each other.

This year 27 people attended the October event at St. John's Lutheran Church in Jamestown. The event included a ceremonial release of pink and blue balloons.

This issue of AppleSeeds includes contributions received by JRMC Foundation from August 1, 2016 through October 31, 2016

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Thelma Guthmiller

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Gifts & Tributes

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Eileen Vigesaa

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Thomas & Edith Gould

Mona Williams

Leon & Elizabeth Doyle

Marjorie Glinz

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Dan Tally

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Larry & Ann Knecht

Bertha Yantzer

Paul & Nicolle Mandt

Kit Young

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Gary & Ann Geiszler

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Lyle & Elizabeth Hanson

Clyde Young

JOHN DARDIS MEMORIAL HOSPICE GIFT FUND

In Honor of

Jon Liechty

Larry & Letitia Johnson

In Memory of

Helen Charchenko

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Gene & Rebecca Wahl

Gladys Fercho

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Sadie Hagan

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Sandra Harring

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Marvin & Donna Wanzek Terry & Janice Wanzek

Tracy Wanzek

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Kensal Class of 1985

Pink Bumps Campaign

Wendi Alvarado

Katherine Ryan Anderson

Kory Anderson

Ashley Andres

Lindsay Baumgartner

Morgan Baumgartner

Debra Beaton

Mary Bowder

Katianne Brockpahler

Angie Brown

Brenda Buskness

Jessica Cushing

Bonnie Dewald

Amber Dockter

Chazelle Elhard

Kristen Ganser

Taresa Gresham

Lacinda Grimm

Anthony Gurrieri

Rebecca Gussiaas

Linda Guthmiller

Amy Harr

Elayne Hartman

Marietta Heidt

Sandra Hoff

Wanda Hoff

Jasmine Holgerson Penny Holland

Penny Hollana

Debbie Holmstrom Shannon Kilichowski

Cynthia Kutz

Amy Liebold

Bonny Lippert

Angela Lukach Paula Marker

Susan Matthiesen

Sheila Metz

Charlette Middlestead

Katie Mittleider

Abby Morken

Cindy Nelms

Diane Nelson

Robin Newton

Cynthia Tag Nygord

Renae Olson

Barbara Omdahl

Stacey Pesek

Maren Radi

Victoria Rangel

Rhonda Ravely

Carolyn Reisnour

Leslie Reisnour

Michelle Reiten

Donna Rowell

Patricia Rowell

Jessica Rush

Eunice Sahr Barbara Schmidt

Roberta Schmidt

Sheri Schweitzer Sally Siefken

Valera Soleim

Aimee Teske

Debra Thingstad

Ella Thoms

Jessica Thorlakson

Judy Trangsrud Samantha Triplett

Lori Vondal

Holly Wald

David Walz

Davia vvai

Amy Walz

Marla Wegner Candyce Wick

Tiffany Wilkerson

3D MAMMOGRAPHY

Mark & Krista Ames † K.O. & Valerie Bolstad

JRMC CANCER CENTER

Wendi Alvarado

Steve & Sybil Anderson

Anonymous

Apogee Payment Services

Gerard & Kathy Bercier

† K.O. & Valerie Bolstad

Beau & Jenna Bredahl

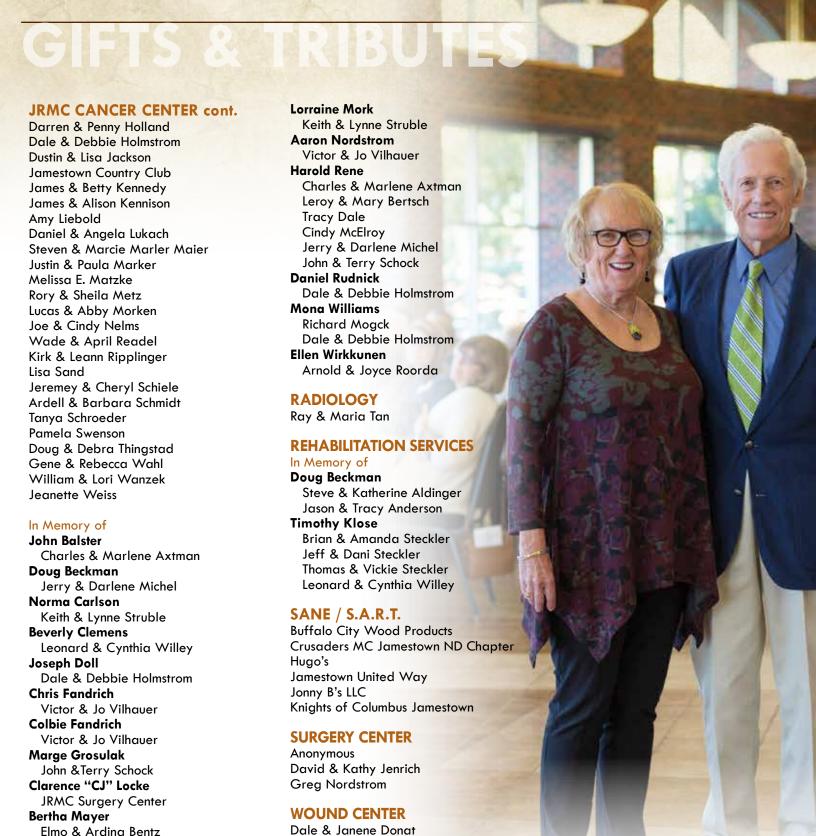
Andrew & Angela Crummy Delray & Pamela Enger

Heather Erholtz

Michele Geigle David & Trish Greenwood

Gerald Guenther

Jeff Gunkel Kevin & Michelle Hermanson



Clarice and Reuben Liechty, along with more than 90 individuals, couples and businesses were recognized by JRMC Foundation at its anual Pillars of Giving event. Each issue, we feature gifts and tributes with gratitude for the profound community impact investors make on patients and families for local, legendary healthcare at Jamestown Regional Medical Center.

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Men's health below the belt can make a person squeamish, but ignoring real symptoms can have a devastating effect.

"Silence can be our worst enemy. Talking about issues and seeing a specialist are the necessary steps to below-the-belt health," says Dr. Robert Bates, JRMC Urologist.

To help start those hairy conversations, November welcomed the #GROWvember beard-growing contest. Teams included Hillerud Construction, Ingstad Family Media, various JRMC departments, Northern Plains Electric Cooperative (pictured), Jonny B's, Sabir's and Jamestown Law Enforcement.

STACHE CELEBRATION: DECEMBER 6TH • 5:30 PM • JONNY B'S



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

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Share it with us YOUR LEGENDARY STORY

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

Visit www.jrmcnd.com.
Click JRMC FOUNDATION at the top of the page.

A special thank you to **Marlene Axtman** and **Connie Krapp** for their combined 35 years of dedication. Read the full story at www.jrmcnd.com.

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Quarterly Foundation News

FIRESIDE REFLECTION

With Marlene & Connie

edicating more than 35 years total to JRMC Foundation and JRMC Operating Boards, Axtman and Krapp retire as board chairs respectively this fall. Sitting down together, they reflect on the changes, challenges and community commitment to local, independent and quality care.

In departing they acknowledge staff and fellow volunteers.

"All the changes that we've put the employees through... they have really stepped up. It is not because of architects and designers; it is because the passion of the employees," says Krapp about achieving the vision of the new hospital.

Thank you both for your years of volunteer service to our hospital.

JRMC is grateful for your time, leadership and dedication.

