

AppleSeeds

Quarterly Foundation News



A Walk In My Shoes

I AM A NURSE FOR JRMC

*T*hroughout my career in nursing, I have learned to overcome some of the most challenging obstacles in life and have been so inspired along the way.

I have seen what life looks like through the eyes of a person dying, a drug addict, an alcoholic, a cancer patient, a burn victim, an accident victim, from a person newly diagnosed with a life-threatening disease, from a family member witnessing their loved one die while we do all we can to save them.

I have witnessed and cared for people at their weakest, most vulnerable moments. I have cried with them, I have laughed with them. I have held their hand and attempted to show them that glimmer of hope and strength they still have within themselves when they have hit rock bottom. I have seen people during their darkest hours. In return I have been kicked at, screamed at, spit on, I have been emotionally and physically abused, I have been left exhausted only to turn around and do it all over again. **I am a nurse.**

In return, I have been rewarded, praised, thanked, hugged, prayed for...I have been emotionally, physically and spiritually enlightened. I have constantly been reminded by others why I do what I do. I have offered my heart, my compassion and my concern to those whom I have just met because they have no one else to turn to. I've held the hand of a convict, a meth addict, a mother who is miscarrying, a husband who is watching his wife die, a patient with a contagious disease, a baby who stopped breathing...

I have worn my heart on my sleeve to feel theirs.

I am a nurse, and I wouldn't change a thing. I have found the place where my passion meets compassion, and that is where I found my real purpose. The best way I have found myself is by losing myself in the service of others. They say that every nurse will have one patient that they will always remember.

I am blessed to say that I have dozens. They are the once in a lifetime kind of people that have taught me very valuable lessons on life. I am a nurse, and I am proud of it.

—Rachel Macdonald, RN, JRMC Emergency Department

A community of giving hearts

A MESSAGE FROM THE DIRECTOR

We each have experiences and stories from our journey that make us who we are and great at what we do. When we make the difference at work, provide a gift or participate in the community, we are improving the quality of care, expanding services locally and creating a passionate environment for our family to receive care.

We are a community of giving hearts. Not just once a year or on occasion, but every year - every day. This issue focuses on “a walk in my shoes” from the perspective of JRMC staff members, patients, volunteers and supporters. We all play a significant role in the delivery of care here.

You will notice our publication is a little larger this time around. It is because of the tremendous support of our Journey to Oncology Campaign. We aren't done yet, and your support will continue to be critical in advancing this service. However, we have raised more than \$800,000 of our \$1.5 million goal in preparation for the JRMC Cancer Center and the people it will serve.

Moving into 2017, JRMC will continue to focus on expanding services, fine-tuning emergency care, mitigating the challenges associated with changes in healthcare legislation and as always, being the difference for you when you need us.

If you have questions about your care or feedback on service, we want to hear from you. That's how we reinforce what is right in healthcare and improve what is lacking.

Thank you for being warm, giving hearts this winter.
Here's to spring!

Lisa Jackson

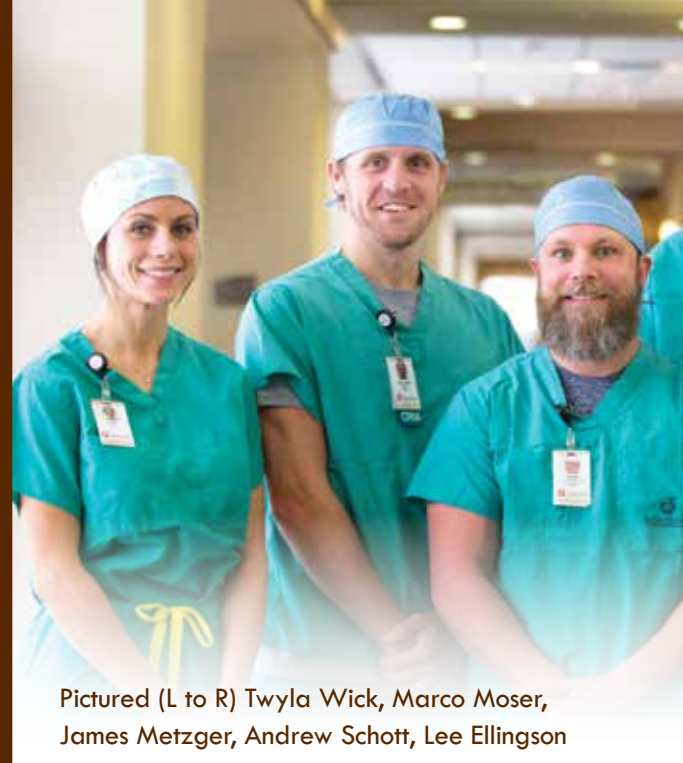


Director, JRMC Foundation

LISA JACKON

(701) 253-4806

ljackson@jrmcnd.com



Pictured (L to R) Twyla Wick, Marco Moser, James Metzger, Andrew Schott, Lee Ellingson

Thanks to Marco I was much more relaxed during my second C-section. He kept my mind occupied, explained what was going on and most importantly, he captured the moment my daughter was born and took our first family pictures. I am so thankful that he was with us that day!

—Melissa, Jamestown

I was able to have my first colonoscopy done by Dr. Maier, who has done other procedures for me. The other staff was so comforting (I was so nervous)! Michelle Locke was fabulous; you could not have a better person to care for your patients. She is so kind and helpful. I couldn't even feel her put in my I.V. She's so good at her job.

—Lori, Jamestown

Dr. Maki, Pat Walter and their surgical staff came in after midnight to perform a lifesaving operation on me. They then attended to me post/op in a superior fashion. Many kudos to them all.

—Donald, Edgeley

PLAN ON IT



Everyone was super friendly they kept us in the loop, very accommodating. Rhea and Carol also sent a card to [patient] in the mail which he loved, so thoughtful!

—Alan, Jamestown

Thank you for the financial assistance with 3D mammograms. I personally benefitted last year as have many other women in our community. Kudos to you for acknowledging the importance of this technology and helping to defray the costs.

—JRMCMammography Patient



DO YOU HAVE A STORY TO SHARE?

Contact us

www.jrmcnd.com/share-your-story

JRMC Marketing (701) 952-4795

[Facebook.com/JamestownRegionalMedicalCenterND/](https://www.facebook.com/JamestownRegionalMedicalCenterND/)



APRIL

AUXILIARY SPRING BAZAAR

JRMC • 8:30 am – 2 pm



APRIL

VOLUNTEER APPRECIATION BANQUET

University of Jamestown
Reiland Fine Arts Center
5 – 7 pm

VOLUNTEER APPRECIATION WEEK

April 23 - 30

Read more about how JRMC Volunteers are THE difference on page nine of this issue.



MAY

AUXILIARY PLANT SALE

The plants tell us when they are ready.



JUNE

10TH ANNUAL RM STOUTT RUNNING OF THE PINK

<http://stouttford.com/Running-of-the-Pink/>



JULY

GOLF “FORE” GOOD

Jamestown Country Club
11 am Lunch & Registration
12 pm Shotgun Scramble Start
6 pm Awards, Auction & Appetizers



AUGUST

GOLF “FORE” ANGELS

Jamestown Country Club
10 am Shotgun Scramble Start
1 pm Luncheon, Raffle & Auction



A NORTH DAKOTA

New service saves foot and livelihood

HEALED THROUGH HYPERBARIC OXYGEN THERAPY

It began as a small, pencil-eraser sized callous. It didn't bother him much at first, but then it started to affect his walk, slowing his gait and becoming painful. And then it grew.

"I have always been healthy and able to take care of myself, so I didn't know why I couldn't get this wound to heal," says David Hilbert.

Hilbert, a 62-year-old New Rockford resident, was too busy and too active to get sick. A self-employed carpenter, Hilbert needed his feet to survive. So he waited, hoping the wound would heal itself. Though a diabetic for 30 years, Hilbert hoped he could control this wound on his own. But this was different.

For the next six months Hilbert would drive hundreds of miles for various wound treatments: wound casts, wound drainage, and finally, when the infection had reached his bones, the amputation of his big right toe.

After the amputation, Hilbert began to fear the worst; the loss of a limb.

"Of course you try to avoid thinking about losing a limb, but that fear is always lingering in the back of your mind," he says.

After the amputation, Hilbert began advanced wound care treatments at Jamestown Regional Medical Center's (JRMCC) Wound Center. This included Hyperbaric Oxygen Therapy (HBOT). JRMCC is the only hospital in the state to offer HBOT.

The late singer Michael Jackson made HBOT famous. Back then, he said it helped him feel young. Today, swimmers and divers use it to help their bodies recover from underwater pressure. But HBOT can help more than entertainers and athletes.

In HBOT, patients enter a special pressurized chamber where they breathe concentrated oxygen while under atmospheric pressure. This extra oxygen helps fill the blood and repair tissues quickly.

"The goal is to heal these wounds as quickly as possible so these patients can go on with their lives. Providing quality of life is a big motivator for us," says Annette Hazelton, RN, JRMCC Clinic Manager.

In addition to wounds like Hilbert's, HBOT can help individuals with diabetic wounds, burns and certain infections of the skin and bone.

"It is worth a person's quality of life to try advanced wound measures whether that is for a burn, venous leg ulcers or a non-healing surgical wound," says Amanda Lausch, FNP, JRMCC Wound Center. "We can take care of those patients here. They don't need to travel."



(L to R) David Hilbert and Amanda Lausch, FNP, JRMCC Wound Center

Walk easier in your shoes

DR. RACHAEL RENSCHLER JOINS JPMC

Empowering and educating people. That's why Dr. Rachael Renschler studied medicine. Dr. Renschler is a Doctor of Podiatric Medicine and trained foot and ankle surgeon. She joined Jamestown Regional Medical Center (JPMC) in January.

"I like patients to understand that they are in control of their health and that they are responsible for their health," she says. Renschler, a podiatrist, helps remove bunions and replace ankles. A career in medicine is something she's wanted since childhood.

"I decided I wanted to be a doctor at church camp in fourth grade," she includes. "Maybe that was God telling me what to do," she says with a smile.

After attending college in her home state of Florida and studying medicine at the University of Des Moines in Iowa, Renschler believes firmly in serving the whole patient, not just the symptoms. That's why she joined JPMC in January. She appreciated the hospital's mission, culture, state-of-the-art tools and teamwork between departments.

"Because HBOT is relatively new to the state, many providers and patients aren't aware of how the treatment works and the benefits it offers," says Hazelton.

"Patients aren't aware: HBOT can mean the difference between keeping and losing a limb," says Hazelton.

After battling his wound for half a year the JPMC Wound Center healed Hilbert in just over a month.

Today, his wounds are completely gone.

"I feel great. I was a mess when I started HBOT, but now this is the best my foot has felt in years," says Hilbert.

Hazelton shares that she is excited to see the positive outcomes HBOT will provide for patients and providers.

"People need to see the results. They are there. It's real," she says.

To learn more, visit www.jpmcnd.com or call JPMC Clinic at (701) 952-4878.

"In my short time with JPMC, I'm most impressed with my colleagues' teamwork and attitude. Whether it's my fellow physicians, the business office, the nurses or the kitchen staff -- we're all working toward the same goal, and that's what's best for the patient."

For more information or to schedule a visit with Dr. Renschler call (701) 952-4878 or e-mail clinicgroup@jpmcnd.com.

SPECIALTIES

- achilles tendon injuries
- ankle instability
- arthritis of foot and ankle
- arthroscopic ankle surgery
- bunions
- diabetic foot infections & limb salvage
- flatfeet
- hammertoes
- neuromas
- plantar fasciitis
- plantar warts
- tendinitis
- traumatic injuries
- total ankle replacement



Cold weather brings out warm hearts and heroes

MORE THAN \$15,000 RAISED FOR JRMC HOSPICE

Events are hard work. They take time and dedication to plan, prepare food, organize volunteers and get people there. Even after 11 successful years, the Polar Pig “Walk the Plank” for JRMC Hospice might not have happened this year without the dedicated hearts of the Jamestown Harley Owners Group (H.O.G.s), Nenow Auction Service, District 8 ABATE of ND and Stutsman Harley-Davidson.

Let’s just say event leaders persevered this year and as a result their “hero” theme was well deserved. Thank you to all of the attendees, jumpers and givers.

“The Polar Pig experience is something our staff looks forward to every year. JRMC Hospice uses these funds to purchase equipment and supplies, provide staff education, chaplain support and other special needs. These funds are also helping create a ‘comfort cart’ which is available to patients at the end-of-life while at JRMC,” says Shar Trevithick, JRMC Home Health & Hospice Manager.

The comfort cart is a new project and includes end-of-life informational materials, grief support and items such as stuffed animals and books for kids. The goal is to provide support and resources to both patient and family as they navigate through loss.

“One of the greatest benefits of the Polar Pig has been the awareness it raises in the community and the fact that it gets people into the conversation about what we do. We are so grateful for the opportunity to work within such a generous community!” shares Trevithick.

Devony Carlson with IDK (above) and Jamestown Clown Kevin Thoele, “Diesel” (far right) warm the hearts of the crowd at the 11th Annual H.O.G.s Polar Pig “Walk the Plank” for JRMC Hospice. Don Wegner (right), along with the Jamestown H.O.G.s, Stutsman Harley-Davidson, District 8 ABATE of ND and Nenow Auction Service have raised more than \$160,000 for JRMC Hospice services.

For more information about JRMC Home Health & Hospice services and support call (701) 952-4847.



#GROWVEMBER



All about the beard – no stubble

MEN'S HEALTH & CANCER CARE CENTER STAGE

When Shawn Haakenson's father passed away in 1999 due to bladder cancer, he was 49 years old. Shawn was only 15.

After hearing about Jamestown Regional Medical Center's #Growvember campaign, Haakenson took action. He and his coworkers at James River Correctional Center (JRCC) formed the team "All About the Beard – No Stubble." From there, support just grew. And grew...

The goal of #Growvember was to bring awareness to men's health issues in the bedroom and bathroom. Some of these matters are due to an enlarged prostate. Others may be symptoms of cancer.

Mitch Hansmeier, one of the JRCC team members, shares that his father battled prostate cancer. "My mom pestered him to get tested because she's a nurse," he states. "He'd have never done it otherwise. I want other people to know that they need to get tested too."

"Misinformation about men's health issues is abundant," says Dr. Robert Bates, JRMC Urologist. "Men's health can be a private issue, but silence is often our worst enemy." Some of the most common ailments Bates sees are incontinence, low energy and erectile dysfunction. Various treatment options are available locally. Most patients don't have to visit their primary physician before making an appointment. Those individuals can make an appointment directly with JRMC. That cuts down on awkward conversations, Bates shares.

"This cause is amazing; it touches a lot of people," Haakenson says. "I'll be glad this kind of care is so close to home."

Jamestown Regional Medical Center recognized the 14 teams on Tuesday, Jan. 31 at its #GROWvember "Stache Bash" at Jonny B's Brickhouse in Jamestown. In total, 14 teams participated and raised more than \$3,400.

For more information about men's health below the belt, or to schedule an appointment, call JRMC Urology at (701) 952-4878.





Not so random

ACTS OF KINDNESS BY LOCAL BUSINESSES

- 1) **Dacotah Bank** in Jamestown randomly and secretly shared these (top left) #RAKWeek2017 gifts throughout the building for our patients. Employees also made gifts to Dave and Dr. Mandy Sorlie and Family Advocating for Neonatal Grief and Early Loss Support (ANGELS) fund.
- 2) JRMC Foundation was the winner of one of 22 \$2,500 gifts from **Gate City Bank** for Giving Hearts Day. Thank you to JRMC employees and community members for registering us to win!
- 3) Jonathan Liechty presented JRMC Foundation with a gift from **Liechty Homes, Inc.** on behalf of Si, Jonathan and Curt Liechty as part of their annual support of local charities.
- 4) **RealTruck.com** employees also supported the ANGELS fund this year. It is part of their company's mission and culture to get involved!

New Rockford-Sheyenne

AWARENESS NIGHT

"My mom lost a baby when I was in high school," shares Katie Jo Demester, New Rockford-Sheyenne Assistant Volleyball Coach. When it came to researching a cause to support and create awareness this October, the team rallied around infant and pregnancy loss.

"It brought so much light, excitement and support to our community to be able to help raise funds for your amazing foundation," shares Demester.

The community and team helped raise \$798 for the Dave and Dr. Mandy Sorlie and Family Advocating for Neonatal Grief and Early Loss Support (ANGELS) fund. The fund helps defer the financial burden for families who experience the loss of an infant at JRMC.

The event included selling onesies, baked goods, photo booth, cash raffle and coin drop. Families who were open about the loss of their infants shared photos of their babies. For more information about the ANGELS fund visit www.jrmcnd.com, click on Foundation.



Team Photo by

Sarah Smith Warren Photography

JRMC volunteer

NAMED OUTSTANDING CITIZEN



One Jamestown Regional Medical Center (JRMC) volunteer was recognized as the city's Outstanding Citizen of the Year.

The Jamestown Area Chamber of Commerce awarded Dave Smette one of its highest honors at the Chamber's annual banquet.

Smette and his wife, Claudette, live in Jamestown. Smette has served on JRMC's Foundation board since 2009. Claudette is also a member of the JRMC Auxiliary.

"Working with Dave and his wife Claudette has been a blessing," shares Lisa Jackson, JRMC Foundation Director. "We are grateful and lucky to have their example of giving back, family and civic values."

With the help of supporters like Dave and Claudette, JRMC constructed its new building in 2011. That dedication helps grow the future of care for the community.

"Dave Smette is an excellent example of the power of volunteerism," says K.C. DeBoer, President and CEO at JRMC. "He is a role model to all of us."

In addition to Smette's work at JRMC, he is also active with the American Red Cross, Jamestown Rotary Club, Jamestown Tourism Board of Directors, U.S. Small Business Administration's local SCORE chapter, the Jamestown Community Foundation and Jamestown Chamber of Commerce.

Prior to his life as a full-time volunteer, Smette served as the superintendent of Jamestown Public Schools.

Someone to listen

SOMEONE TO DRIVE



"I came from a very poor family, not poor in love, but we got a lot of help," shares Robert Ness. That's why he feels you "can't just be a taker; you have to be a giver too." After retiring from working with Ecolab for 33 years, Ness is excited to give back his time.

His volunteer role involves the telecare program. Telecare volunteers call clients daily to check on their well-being and be a friend on the phone. There are no charges for this service.

"I am entering my third year and thoroughly enjoy talking to the people. Even though I am providing a service for our clients, I receive so much more in return. I have a draw towards seniors. I never had grandparents, so I enjoy talking and learning from them," shares Ness.

Robert also helps as a driver. After an emergency trip by ambulance to JRMC, Ness provided one patient a ride back to his vehicle in Edgeley, N.D. The patient didn't have family or friends that could help in the area. Ness saved him the expensive cab ride.

**Ness encourages others to volunteer,
"You'll be glad you did!"**

Pictured above (L to R) Tiffany Wilkerson, JRMC Volunteer Services Coordinator and Robert Ness.

To learn more, call (701) 952-4809
or e-mail tiffany.wilkerson@jrmcnd.com.



GIFTS & TRIBUTES

This issue of AppleSeeds includes contributions received by JRMCF Foundation from November 1, 2016 through January 31, 2017

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In Memory of

Meinhardt Veil

Robert & Frieda Whitney

COMMUNITY CARE

Darrin & Nancy Mager

EMERGENCY DEPARTMENT

In Honor of

JRMC Emergency Department

Nurses & Staff

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In Memory of

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Teresa Formo & Shawn McDonald

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In Memory of

Gracie Mae Patrick

† Arianna Hess

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Meredith Weisz

In Memory of**Jerrold "Jerry" Baenen**

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Ronn Harrington

Gwen Harrington

Duane Neva

Dan & Sue Greshik

Robert Wells

Dan & Sue Greshik

HOSPICE PROGRAM

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Help for Hope & Healing (HHH)

Jamestown High School Staff

Jeans Days

Knights of Columbus Jamestown

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Ronald Ringuette

Marlene Schielke

David & Patricia Steele

Mary Trautman

Unison Bank Employees

Jerome & Jo Dell Veil

Meredith Weisz

Barbara Wyngarden

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Joan Morris

Mayda Mueller

Monday Night Birthday Club

Brian Smith

Modern Woodmen

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First baby of the New Year

JRMC WELCOMES EMMA

Michelle Kukowski expected to have a quick delivery with her fifth child, but she was unprepared for just how quickly.

“The staff met me at the emergency room doors, and within five minutes, she was here,” Kukowski says.

Emma Lyn Kukowski was born on January 2, 2017 at 11:20 p.m. to parents Michelle and Kyle Kukowski from Harvey, N.D. Emma is the first baby born in 2017 at Jamestown Regional Medical Center.

Although Michelle had quick deliveries with all of her other children, she says Emma is the fastest delivery she has had yet. “I knew I might deliver quickly, so I came into Jamestown just to avoid the bad roads and I am glad I did.”

To avoid traveling on wintery roads, Michelle and her family drove to Jamestown the week before her due date and stayed with friends and family.

Michelle, who is a 3rd grade teacher in Harvey, says she initially wanted to have her baby in 2016, before the new school year started. Once that date passed however, the thought of a New Year’s baby seemed fun.

“My friends and family kept telling me to try and have her on New Year’s, to ring in the New Year with a new baby,” Michelle shares.

The nurses always look forward to the first baby of the year.

“It’s a fun and exciting way to start a new year with a new life,” says JRMC Family BirthPlace Manager, Emily Woodley.

Emma will be welcomed home by four siblings and a stepbrother, ranging in age from 3-14. The siblings are excited to meet the new baby, Michelle says.

“My three year old has been talking non-stop about holding and feeding her baby sister,” Michelle says. “It will be nice for us all to be together.”

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THE difference

MARCH 20 - 27

JRMC EMPLOYEE GIVING CAMPAIGN

JRMC employees commit more than \$40,000 annually to patient care. Funding provides life-saving and life improving services and equipment.



ADDITIONAL CONTENT & DESIGN

Heather Erholtz, JRMC Director of Strategy & Planning
Katie Ryan-Anderson, JRMC Marketing Manager
Abigail Maki, JRMC Modern Journalist





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 JRMC being THE difference. If you have any comments, suggestions or stories, we invite you to share them with us.

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AppleSeeds

Quarterly Foundation News



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IN A NURSE'S SHOES**

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**Community
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**Volunteer
SPOTLIGHT**

**Gifts &
TRIBUTES**

**First Baby
OF THE NEW YEAR**

JRMC launches the first hyperbaric oxygen therapy chamber in North Dakota. Read about the difference it's already made for one man.

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YOUR GIVING HEART
will transform patient care this year.

The more than \$57,000 brings us one room closer to care in the JRMC Cancer Center, provides gas cards for cancer patients and helps with two advancements in technology for emergency care and the early detection of cancer.



We are overwhelmed by the stories and gifts. This year's AppleSeeds publications will feature many of them.

Thank you