



Fall Edition, 2009

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Jillian Lagasse, Foundation Director



I Have the Flu: Do I Need To Go To the Emergency Room?

The following guidelines are being provided to help people 18 or older to decide whether their flu-like symptoms warrant the use of their local emergency department during an outbreak of influenza. This information is not intended to supersede the use of common sense in deciding when to seek emergency medical care.

If you are 18 or older and have symptoms that feel like the flu:

Do you have a fever or feel feverish and have a cough and/or sore throat?

If No, it is **unlikely that you require emergency care** for influenza at this point in your illness.

If Yes: Do you have any of the following warning signs of severe illness:

- ◆ Difficulty breathing or chest pain?
- ◆ Breathing rate over 24 breaths per minute?
- ◆ Purple or blue discoloration of the lips?
- ◆ Vomiting and inability to keep liquids down
- ◆ Signs of dehydration (Examples include headache, extreme thirst, dizziness when standing, and decreased urination)
- ◆ Confusion or change in either behavior or alertness?

If Yes to any of these questions: You should **go to the Emergency Department** for evaluation.

(continued on Page 4)

In Memoriam

In Memory of Arlin Moum

Lloyd and Lois Fett
Lynnette Gilje
Marian Johnson
Mary Svingen
Marlys Vad

In Memory of Delores Johnson

Ron and Gwen Wall

In Memory of Lillian Houle

Jim and Jodi Atkinson
Lenny and Sharon McGuire
Don and Marlys Richard
Roger and Gloria Schell

In Memory of Grace Bickel

Loren and Jacqueline Fecho

In Memory of Joan Thompson

Bob Thompson Family

In Memory of Eileen Foster

Donald and Ida Syvertson

In Memory of Julie Lawless

Karen Nelson

**In Memory of Walt and Wilma
Gorder**

Steve and Randy Gorder

In Memory of Don Henry

Penny Bernstein
Lloyd and Lois Fett
Lynnette Gilje
Sandra Henry
Marian Johnson
Marlys Vad

In Memory of Joan Thompson

Bob Thompson Family
Twila Zahn

In Memory of Olga McLain

Delmar and Rita Haberman
Dwight and Gloria Olson
Kathleen Page
Twila Zahn

In Memory of Leona Wittmayer

E Fay Benson

Leroy and Joann Fuchs

Lloyd and Peggy Nelson

Dwight and Gloria Olson

In Memory of Sylvia Bergan

Lloyd Pederson

In Memory of Bedvi Swanson

Ellen Anderson

Helen Beckman

Delmar and Rita Haberman

Gary and Joan Mortensen

Ernest Jelleberg & Edith Verdine

Pat and Sherry Terry

Thelma Terry

Bob and Kathleen Tonda

In Memory of Hunter Klebe

Gary and Joan Mortensen

In Memory of Linda Wilson

Ron and Gwen Wall

In Memory of Merton Peterson

Ron and Gwen Wall

In Memory of Janet Indvik

Janet Indvik Family

**In Memory of Leonard (Bob)
Thompson**

Twila Zahn

In Memory of Lorraine Torno

Arlene Reinoehl

In Memory of Madeleine Kavli

Ernest Jelleberg & Edith Verdine

In Memory of Joyce Agnes

David and Janel Agnes

Jim and Jodi Atkinson

David and Darlene Olson

Marlys Vad

In Memory of Selmer Helgeson

Lloyd and Lois Fett

Lynnette Gilje

In Memory of Melvey Roen

Jim and Jodi Atkinson

Martha Gravseth

In Memory of Milton Burud

Larry and Mona Marchus

In Memory of Clarence Bjornseth

Larry and Mona Marchus

In Memory of Corrine Herbel

Arvid and Alverna Anderson

Regan and Avis Benning

E Fay Benson

Kim and Lisa Herbel

Lenny and Sharon McGuire

Jeanette Ohnstad

In Memory of Ruth Kornkven

Lenny and Sharon McGuire

In Memory of Clarence Bjornseth

Arvid and Alverna Anderson

Lloyd and Lois Fett

In Memory of Reuben Ellingson

Larry and Mona Marchus

David and Darlene Olson

Marlys Vad

In Memory of Thurman Parrill

Alvis and Diann Beckman

Regan and Avis Benning

Myron and Donna Feland

In Memory of Randy Meyer

Carolyn Danielson

Charles and Helen Kippen

Marilyn Monson

In Memory of Robert Boardman

Omar and Estelle Jelleberg

In Memory of Clara Larson

Lloyd and Lois Fett

In Memory of Daryl Moum

Alvis and Diann Beckman

Marlys Vad

In Memory of Gerald Semler

Jim and Jodi Atkinson

In Memory of Dennis Engel

Barbara Beebe

In Memory of Elroy Vedquam

Tillie Halvorson

The memorials listed were made to St. Andrew's Foundation from April 1, 2009 through October 31, 2009.

*If you would like to make a donation, please send it to St. Andrew's Foundation,
Attn: Jillian Lagasse, 316 Ohmer Street, Bottineau, ND 58318.*

In Memoriam (continued)

In Memory of Bill Williams

Arvid and Alverna Anderson

Marian Johnson

Dwayne and Maxine Nehring

Helen Nordgaard

Ernest Jelleberg and Edith Verdine

In Memory of Adam Atkinson

Gary and Joan Mortensen

In Memory of Margaret Jacobson

Marlys Vad

In Memory of Lavonne Allard

Dwight and Gloria Olson

The St. Andrew's Foundation Board is grateful for all donations received in memoriam. If there is an error, please contact Jillian Lagasse at 228-9319 and it will be addressed in the next newsletter issue.

A Note From the Administrator:

Happy Holidays from St. Andrew's Health Center!

We have been busy with the influenza outbreak and have worked hand in hand with our Public Health Office to meet the vaccine needs of our community.

We continue to build upon the Electronic Medical Record (EMR) and are writing grants to assist us along the way. During the 2008-2009 fiscal year we added unit dose packaging to our pharmacy application; clinical and financial scanning systems; and anticipate bar coding for pharmacy to be implemented by April 2010. We have written grants to assist us with some other components. We were recently awarded a FLEX grant for \$21,185 to be utilized toward Physician Access software.



We have joined a network of 10 hospital systems in the Northwest region, and are banding together to share servers. We have established a preferred vendor agreement to help control the costs of the software applications we purchase.

Another large addition to the EMR was Computed Radiography and PACs. This allowed us to move into the electronic phase for radiology. We no longer have hard copy x-ray films, with the exception of mammography, and instead we have the ability to put the images on a CD. In the event a patient is transferred to another provider they may take the images with them or have them mailed. Having access to Computed Radiography has improved the radiologist reading time, reduced the cost of film and chemicals, and reduced the need to store the hardcopy films.

We successfully signed Dr. Jessica Skjolden to join our clinic and health center. She will start in August 2010 and is a family practice physician. We are also searching for an additional midlevel provider to join Brenda Koch, ANP and Dr. Kulkarni, to help provide the coverage needs of the clinic and health center.

Our fiscal year ended September 30, 2009; we will provide an update on the financial position of the health center upon completion of the annual audit. We have also finalized our community benefits report; for the fiscal year just ending we provided \$262,416 worth of in-kind services to the community at large.

We continue to keep our finger on the pulse of health care reform as well as some physician cuts that are scheduled to take place in January 2010. We appreciate all the support over the past 96 years and would appreciate your continued support and utilization of the services we are able to provide. We have qualified medical staff and personnel to meet your needs.

Thanks to each of you for utilizing our services, volunteering your time and donating your talents and money to the Foundation. We appreciate the support and for all you do! Have a Blessed Holiday Season, and Happy Health in 2010!

Jodi Atkinson
President/CEO

Senior Apartments Offer Many Amenities

Connected to the south side of St. Andrew's Health Center is the Senior Apartments complex, and tenants and family alike agree it is a great option for senior citizens in the area.

The apartment complex includes three 2-bedroom apartments and eleven 1-bedroom apartments. It also includes a commons area, where a daily lunch meal is served by St. Andrew's Cafeteria. The commons area is where tenants also frequently gather to play cards and other games, drink coffee together, or just sit and visit. Resident Dolores H. says, "I've been here a year now and I just love it."

Many other amenities are available at St. Andrew's Senior Apartments, including a medic alert system in each apartment, indoor mail service and optional activities through the Pastoral Care Department at St. Andrew's. Rent each month includes electricity, heat and cable television. Tenants agree that a big advantage of living here is being conveniently attached to St. Andrew's Health Center, Clinic, and Pharmacy!

"You can't go wrong by coming here. I've been here 6 ½ years and for me it's a perfect place. If you need help, all you have to do is call," says Ruth K., a current resident.

Currently, there is a rare opening at our Senior Apartments. For more information, please contact Human Resources at 228-9314. Come enjoy retired living with us!



Do I Need To Go To the Emergency Room? (continued from Page 1)

If all answers are No (to the questions on Page 1): Do you have any of the following conditions?

- ◆ Age 65 or older
- ◆ Diabetes
- ◆ Pregnancy
- ◆ Severely overweight
- ◆ Have an organ transplant
- ◆ HIV/AIDS
- ◆ Require kidney dialysis
- ◆ Chronic Heart Disease
- ◆ Receiving chemotherapy
- ◆ Have an immune compromised condition
- ◆ Sickle cell
- ◆ Cirrhosis
- ◆ Chronic breathing difficulty
- ◆ Multiple sclerosis or spinal cord injury
- ◆ Dementia or Alzheimers

If you have any of these conditions, and you have a fever or feel feverish and have a cough and/or sore throat, you should **call your primary care physician** or **seek care from a walk-in clinic**.

If you **do not have one of these conditions** or warning signs of severe illness, you should rest at home until you feel better. You may also take medicine, such as acetaminophen or ibuprofen for your fever. You should rest, eat well and drink plenty of fluids.

Source: American College of Emergency Physicians

St. Andrew's Pharmacy Embraces New Technology

The Pharmacy at St. Andrew's Health Center, led by Pharmacy Director Amy Gullett, has been busy integrating some important technological upgrades lately. First, the Pharmacy received software and a labeling system for Unit Dose Packaging, allowing staff to place medication in unit dose packaging with a computer-generated label. The label includes a bar code and adjustable font sizing for TALL MAN lettering. The Unit Dose Systems will also permit the use of long names and compounds in addition to dosage, expiration date and manufacturer. This system integrates technology into the Pharmacy Department, preventing errors and therefore improving patient safety. The Unit Dose Packaging System is on schedule to be fully implemented by December 2009.



Gullett working at the Pharmacy in St. Andrew's

St. Andrew's also recently received word that funding was approved for Bar-Code Medication Administration, which will allow staff to scan the medication and scan the patient identification bracelet. The system accesses the patient medication profile and verifies that the five rights (right drug, right patient, right dose, right time and right route) are correct. This is done at the point of care so potential errors are identified and adverse drug events are prevented. Bar-Code Medication Administration will greatly improve the safety of medication administration to the patient. The Pharmacy at St. Andrew's hopes to have Bar-Code Medication Administration fully implemented by April of 2010. "Bar-Code Administration allows for electronically validating and documenting medications for patients in our facility. It ensures that the patient receives the correct medication in the correct dose, at the correct time, and will alert staff when the proper parameters are not met," says Gullett.

Funding for both Unit Dose Packaging and Bar-Code Medication Administration was provided through grant awards from the ND Small Hospital Improvement Program (SHIP). Gullett emphasizes, "Unit Dose Packaging and Bar-Code Medication Administration at the patient's bedside will be a great addition to our hospital and the care we provide."

A Word From the Foundation Director...

I LOVE Christmas.... I love the family gatherings, the decorated stores, the presents (of course), the 24 hours straight of "A Christmas Story," Christmas lights, and even the cheesy Christmas music.

Six short Christmas's ago, I lost my Grandma - someone who was very special to me. She was diagnosed with a brain tumor the end of November, and passed by the end of December. Because her death fell right on Christmas, I never fail to associate my Grandma with this holiday. Over the past six years, Christmas always brings back a flood of memories of my Grandma.

The Foundation's Lights of Love program is a great way to integrate my memories of my Grandma and my favorite season of the year. Purchasing lights for the Lights of Love tree makes me feel like I am doing something positive in memory of my Grandma. It feels like I am taking something bad and turning it into something good. I love looking at the Lights of Love tree outside our front door at St. Andrew's and thinking of all the loved ones that those lights represent. And I know that because of my Grandma - and therefore my donation to Lights of Love - someone else is benefitting. That is priceless. Whether it's the new medication cart for our nurses, the new TVs, chairs and atomic clocks in patient rooms, or the new Olympus Digital Dictaphone for our Medical Records department, I know that someone is benefitting from my donation in honor of my Grandma. I think she'd be proud.

There is still time to donate to Lights of Love this year. Check out the Lights of Love info in the Bottineau Courant, the Metigoshe Mirror, at www.standrewshealth.com, or give me a call at 228-9319. My door is always open.

Jillian Lagasse, Foundation Director





Groups Come Together for Disaster Drill

On Sunday, October 4, a Bottineau County Emergency Response Training Event was held, involving all aspects of response teams: fire departments, law enforcement agencies, emergency medical services, Game and Fish, Border Patrol and Border Patrol Air Support, the Towner County Mounted Rescue, and St. Andrew's Health Center. Teams came from Bottineau County, Renville County, Bowman County, Dickey County, Pembina and Cavalier.

Pictured here is the disaster drill in action at St. Andrew's Health Center. Triage areas are set up in three areas and all SAHC staff are called in. Patients arriving are taken through triage and treated according to the severity of their injuries.



All of these efforts are done to test our action plans in the event of a disaster. It is reported that the practice drill at St. Andrew's went well.



St. Andrew's Foundation Presents
Lights of Love 09!

This season, purchase Christmas lights in varying levels in honor or memory of loved ones! The lights are displayed on our Lights of Love tree, outside St. Andrew's all during the Christmas season.

Please use the order form below to be a part of Lights of Love 2009!

Please Circle One: In Memory of In Honor of

Name(s) of those honored: _____

Purchased by: _____

I am donating: \$50 (gold lights) \$25 (green lights) \$20 (red lights) \$10 (white lights)

Other \$ _____

Please send this form with your check to:

St. Andrew's Foundation

Attn: Jillian Lagasse

316 Ohmer Street

Bottineau, ND 58318

All donations to St. Andrew's Foundation are tax deductible, and support the financial viability of St. Andrew's Health Center.

Caring for Children Celebrates 20 Years of Helping Kids

Providers a big part of program's success

The Caring for Children program is celebrating its 20th anniversary this year, and participating providers play a key role in the program's success.

In efforts to provide affordable health care to all North Dakotans, Blue Cross Blue Shield of North Dakota (BCBSND) started Caring for Children in 1989 to provide free health and dental care to kids who "fell through the cracks" between government-funded programs. The program began with the goal of helping 600 children in first year. Since the program's inception, more than 7,000 North Dakota children have received health care through the program. Between January and September 2009, 961 children received health and dental care through Caring for Children.



"We're excited to celebrate 20 years of helping children through Caring for Children," said Lisa Faul, Caring for Children director. Without the cooperation of North Dakota health care providers, Caring for Children wouldn't be possible, Faul said. Participating dentists, doctors and professionals agree to offer their services to kids at a reduced cost.

Fargo dentist Brent Holman says, "Caring for Children provides dental treatment with an emphasis on prevention. Many of the kids we see have not been to the dentist and have a history of dental pain and infection."

To fund Caring for Children, BCBSND started the nonprofit North Dakota Caring Foundation in 1989. The N.D. Caring Foundation operates as a 501(c)(3) non-profit organization and is privately funded by foundations, churches, individuals, businesses and civic organizations. BCBSND pays for the program's administrative costs as an in-kind donation, so all other donations go toward providing health and dental care for kids.

Source: Lisa Faul, Caring for Children Director

St. Andrew's Health Center's Mission

St. Andrew's Health Center, in union with the Sisters of Mary of the Presentation, works for the glory of God by bringing the Word and Healing of Jesus Christ to all, with a special concern for the poor and elderly. Through the shared ministry with the laity, St. Andrew's Health Center participates in the health care mission in the work of healing which is the work of God. Our individual inspiration is Jesus and His Gospel message. Permeated with the Charism of the Sisters of Mary of the Presentation, we minister to one another and to all who come to us for care.

Values

Commitment – We strive to provide excellent service to the people of our community by caring for each person's spiritual, physical, and emotional needs.

Respect – Our goal is to protect the privacy and dignity of our patients and one another. We respect those we serve and each other by showing consideration for each person's values and spirituality.

Trust – We aim to develop trust with our patients by building their confidence in our ability to deliver quality healthcare in an honest and reliable manner.

Teamwork – Working together we create a team atmosphere by which we support one another, remembering we are all equal and all work to fulfill our mission.