

Heartbeat

QUARTERLY NEWSLETTER

Giving Hearts Day campaign exceeds goal

Early giving leading up to Giving Hearts Day on Feb. 13 appeared to be up as the final day approached, but Unity Medical Center Foundation staff were still unsure how many donors would give the day of the event. In the end, the results greatly exceeded their \$33,000 goal.

In part thanks to a direct mail appeal, the number of donors increased from 210 to 250, and the amount given per donor also increased, leading to a successful campaign benefiting Unity Medical Center. UMC will purchase a new LUCAS automated CPR device for its Emergency Department and other equipment with the funds (pictured below).

The Emergency Department's current automated CPR device is over 10 years old and in need of replacement. More than 2,000 patients visit the ER each year.

The Foundation held its Giving Hearts Day Open House at Unity Medical Center on Feb. 13, showcasing the daVinci surgical robot used by UMC. The surgical

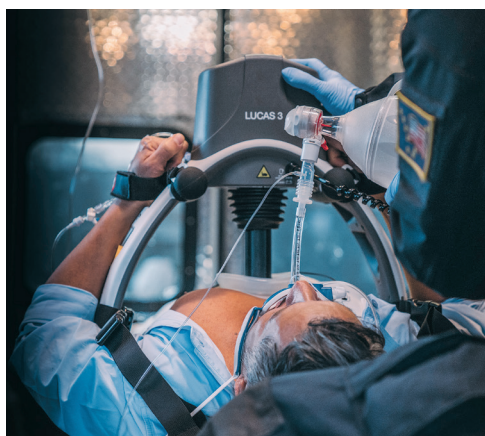


table that GHD donors had helped to purchase last year was in use in the Operating Room that day.

Donors also visited the new cafeteria and clinic expansions, which are nearly complete.



Although some finishing touches are needed, the cafeteria is being used by staff and patient family members, and the clinic expansion was in use the day after Giving Hearts Day (see Page 3). Donors provided funding for both of these capital projects.

Susan Shuley, a teacher at the North Valley Career and Technology Center, brought her Financial Literacy class over for a tour led by UMC CEO Alan O'Neil (pictured above). They also got to see the new Veterans Wall at UMC.

Later that evening, the UMC Foundation learned it had been selected as one of the Bell Bank #WhoIsYourHeartFor video prize winners in a random drawing. That added another \$5,000 to the total. Scan the QR code on page 3 to view the video made by UMC staff.

Matching gifts totaled \$18,560 from 19 companies and individuals, including The Linda Babinski Family,

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It's been a very busy time at UMC. Our volumes are increasing in all areas, and we are delighted to announce that our new clinic addition and cafeteria expansion are now open (see Page 3). The clinic addition is a beautiful two-story building with 13 additional treatment rooms, a designated waiting room, three offices and an elevator. Our primary care volumes have grown such that the entire first floor (seven treatment rooms) will be utilized by our providers. The second floor will be utilized by our Behavior Health Specialist Tanner Grimsley and also by visiting outreach specialists in the areas of Orthopedics, Oncology, Ob-Gyn, Ophthalmology, Cardiology and others. The second floor has six treatment rooms, plus a designated waiting area.



The dining room addition, thanks to the vision of Rondee Feltman and her team, is a beautiful, spacious addition with elevated walls and tall south-facing windows. The natural light really beams in through the windows. It has created more dining space to accommodate our growing employee team, plus visitors to UMC, who often have family members here. Both the clinic and dining additions

were very aesthetically matched to the new hospital addition. Many thanks to TL Stroh Architecture and TF Powers plus the many contractors who made this project possible. Also, a big thanks to the patients of UMC and financial supporters of the Foundation. Without your support, none of this would have been possible.

The biennial legislative session is underway in Bismarck. A host of bills have been proposed this year, many health-care related. One that isn't directly health-care related, but would have an impact state-wide, is the proposed elimination of Daylight Savings Time. In health care and in other types of businesses, especially those that are located close to the Minnesota or South Dakota border, it would create unforeseen challenges trying to balance schedules, especially if one works or conducts business in another state. The "loss" of the extra hour of evening daylight would impact all outdoor activities – whether it be work or recreation. Many of our employees work 12-hour shifts, typically 7 a.m.-7 p.m. and by the time they get home and grab a bite to eat, they would have virtually just minutes to spend outdoors pursuing activities, which often includes family. Summer recreational programs for youth and adults would be severely impacted. Traveling, particularly flights with a connection in Minneapolis or Chi-

cago (presently same time zone), would be challenging. North Dakota would in essence become a "silo" with respect to our neighbors, except out west where the defined line is for Mountain Standard Time. Hopefully, the Senate which is set to discuss and vote on this issue soon will defeat it.

Several UMC members recently had the opportunity to attend the American Hospital Association Rural Healthcare Leadership Conference in San Antonio, Texas. This is always an outstanding conference with many great educational opportunities in all areas impacting rural health care delivery. The sessions on cybersecurity were particularly interesting. Foreign countries harbor and likely encourage disruptive activities like this that create chaos for our entire industry. Kudos to the IT professionals who work diligently to protect our industry from these harmful predators. Just a caution to all readers, be diligent about any suspicious emails, text messages or even phone calls that you receive. There is no harm in letting a suspicious phone call go to voicemail and then determining if it is a legitimate call.

Thank you all for your continued support!

Alan O'Neil
Chief Executive Officer
Unity Medical Center



Footcare Clinic

The Footcare Clinic is offered every 2nd and 4th Thursday of the month at Unity Medical Center. Includes a foot soak and nail trim for \$25. Please check in at Grafton Family Clinic located on the east side of the hospital.

CALL 701-352-2000

Final Expansion Update: Clinic, cafeteria now open

The new two-story Grafton Family Clinic addition officially opened Feb. 14 to Drs. Kristi Midgarden and Jennifer Shaw's patients. Both providers will now be seeing all of their patients on the first floor of the addition. On Feb. 17, Dr. Anil Potti, hematologist and medical oncologist from the Cancer Center of North Dakota, was the first visiting provider to use the new space, seeing more than 50 patients in the second-floor exam rooms. The clinic project added 11 exam rooms, two nurses stations, two offices and a waiting room on the second floor.

The public received a sneak peek on Thursday, February 13 during Giving Hearts Day (see Page 1). Unity Medical Center staff and UMC Foundation board members gave tours throughout the day to those who wanted to see the new clinic addition.

Unity's cafeteria also received a facelift with new flooring, furniture and a southside addition including an outdoor patio. The larger space allows for more seating for staff and visitors. Registered Dietician Rondee Feltman continues to expand food offerings with a sandwich station offered daily along with the hot meal option and salad bar. Snacks and beverages are available all day long.



UMC staff members Karen Bigwood, left, and Terry Demester enjoy a break in the new cafeteria.



Grafton Mayor Chris West took a tour of the new clinic expansion on Giving Hearts Day. Left to right: Chief Nursing Officer Jenny Holand, UMC CEO Alan O'Neil, West and Grafton Family Clinic Manager Kari Novak.

Giving Hearts: Continued from page 1

Don & Susan Barclay, Bremer Bank, Choice Bank, Dakota Medical Foundation, First United Bank, Grafton Drug, Jean Kieley, Kieley Electric, Legacy CPA Services, Gary Littlefield, Marvin, NAPA Auto & Truck Parts, North Star Community Credit Union, Polar Communications, Brad & Nadine Schanilec, Simmons Multimedia, Tollefson Funeral Home and TruStone Wealth Management.



The Silo Boutique also donated a portion of its sales from the week of Giving Hearts Day at its Grafton location. Bean Dash had QR codes on its coffee sleeves for a month leading up to Giving Hearts Day in support of all nonprofits in northeastern North Dakota (pictured at right).



GIVING HEARTS DAY

This was the 10th year that the UMC Foundation has participated in Giving Hearts Day. Overall, more than 600 charities in the Red River Valley raised over \$31 million. The campaign was created by Dakota Medical Foundation in Fargo.



Sometimes it's tough to succinctly explain all the different ways a donor can make a gift that benefits Unity Medical Center, as well as themselves.

First of all, I think it's our human nature to reject the idea that giving to others helps ourselves. That's not our primary purpose in doing it. However, it is my responsibility to inform



donors of their giving options, and I think the Gift Planning Institute does a great job of explaining the difference between charitable remainder trusts (CRTs) and charitable lead trusts (CLTs), so I wanted to share it with you.

Maybe I was hungry at the time I heard this, and that's why this example stuck in my head.

The Gift Planning Institute aptly compares CRTs to an apple tree owned by the donor. The donor who puts his or her apple tree in a CRT benefits from an income tax deduction and lifetime income from the

CRTs



Donor puts apple tree in CRT



Donor receives lifetime income from sale of apples



Tree gifted to charity at donor's death

CLTs



Donor puts apple tree in CLT



Charity receives income from sale of apples



Tree becomes part of donor's estate

sale of the apples on the tree. When the donor passes away, the tree is then gifted to the charity.

In comparison, a donor who puts his or her apple tree in a CLT continues to own the tree, but the charity continually receives the income from the sale of the apples on the tree. When the donor passes away, the tree becomes part of the donor's estate. There are various tax benefits in this scenario as well.

That's a pretty simplified way of explaining it, but I think it helps in understanding one of the biggest differences between the two. There are many different tax benefits in

each scenario, so as always, I would encourage you to consult your tax advisor if you have any questions about these options.

Lastly, I just want to thank everyone who participated in Giving Hearts Day 2025, whether to benefit the UMC Foundation or perhaps another local nonprofit in our neighborhood. We are all doing great things in our communities, and it's always inspiring and uplifting to see donors make a big impact on our respective missions.

Jessica Sobolik
Executive Director
Unity Medical Center Foundation

Friends of the Foundation
LUNCHEON

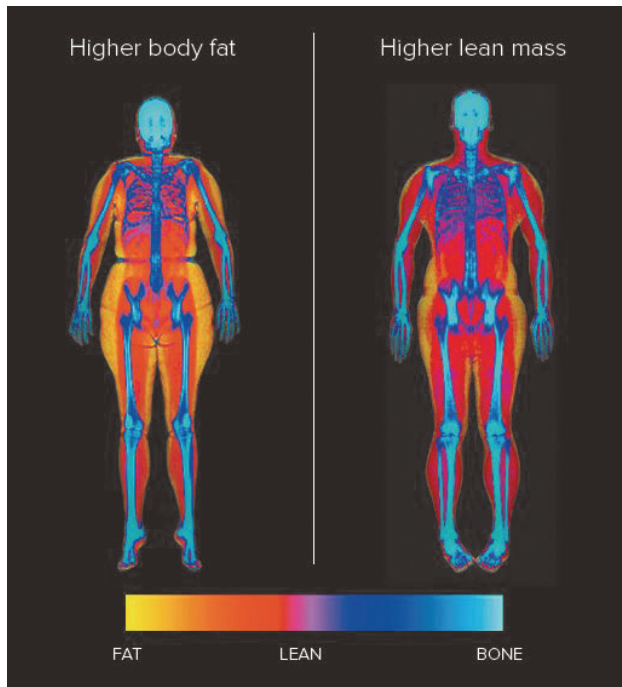
April 15 or 16, 2025
Noon-1:30 PM
Tickets: \$25/person

Unity Medical Center
164 W 13th St, Grafton
Third Floor

UNITY MEDICAL CENTER
foundation

35th Annual
Unity Medical Center Foundation
GOLF TOURNAMENT

July 10, 2025
Fair Oaks Golf Course,
Grafton, ND



Service Spotlight: Advanced Body Composition Assessment

Unity Medical Center has expanded its health and wellness services available to men and women with the addition of the Advanced Body Composition Assessment available on its Horizon DXA system from Hologic.

An Advanced Body Composition exam is a quick, low-dose X-ray exam that measures the three main tissues of the human body: fat, lean muscle mass and bone. It may help your primary care provider assess what level of exercise or intervention is needed to maintain a good ratio between fat and lean muscle mass.

This assessment is suitable for people on weight management programs, as well as athletes in training. It can also monitor certain diseases such as Sarcopenia and Lipodystrophy, and the effects of some medical therapies. For those on weight management programs, the results may help determine your risk of developing obesity-related conditions such as type 2 diabetes, cardiovascular disease, metabolic syndrome

and osteoarthritis. The exam precisely measures how much fat is present and where the fat is distributed in the body.

Knowing where the fat is located may make a considerable difference in health outcomes. Too much fat around abdominal organs such as the liver, for instance, can be much worse than excess fat just under the skin as it contributes more greatly to obesity-related diseases.

An Advanced Body Composition assessment is also commonly used as a measurement tool by athletes in training or rehabilitation to monitor neuromuscular changes and the effects of physical training over time. The results will show how your lean muscle mass and fat is distributed to help you achieve athletic success.

The cost of the scan is \$85 and is not covered by insurance. A prescription is required by a primary care provider or chiropractor. For more information or to make an appointment, call (701)-379-3050 and speak to one of our radiologic technologists.

Provider Spotlight: Tricia Buckalew, FNP-C

January 16, 2025, was a day that Unity Medical Center's newest family nurse practitioner Tricia Buckalew will soon not forget. It was her birthday--and only her fourth day working at Unity--when she was called



Tricia Buckalew

down to the Emergency Department to help deliver a baby. Unity does not deliver babies very often, but Tricia's prior position was working in Labor and Delivery at Altru Health System in Grand Forks, so the staff knew they could call on her expertise to help deliver the baby as safely as possible.

Tricia worked in the nursing field for more than 20 years in various roles as a Registered Nurse. She went back to school in 2020 for her bachelor's degree and decided she wanted to continue doing patient care and be involved with patients, so she pursued her Family Nurse Practitioner degree. Tricia received her Master of Science in Nursing from Herzing University in 2024.

"As a nurse practitioner, I enjoy working together with patients to optimize their health," Buckalew said. "Helping patients find a cause to their symptoms is rewarding, and it makes me feel like I am making a difference."

She chose Unity Medical Center for a few different reasons. She was approached by a friend and shadowed at Unity twice while she was in school, and she was so impressed with how friendly and nice everyone was there that she knew she would be supported in her new role and felt at ease. She also wanted to continue to provide in-patient care, so this role was very appealing.

Tricia lives in East Grand Forks with her husband Brandon. She has three children and enjoys reading, gardening and hanging out with her dogs. She and her husband own two hardware stores.

If you would like to make an appointment with Tricia, please call Grafton Family Clinic at (701) 352-2000.

Tree of Lights ceremony honors area loved ones

Unity Medical Center hosted its Tree of Lights Community Remembrance Service on Dec. 11, 2024.

Rebecca and Aaron Kjelland provided music, and Pastor and UMC Nurse Chris Gaule provided prayer, reading and reflection.

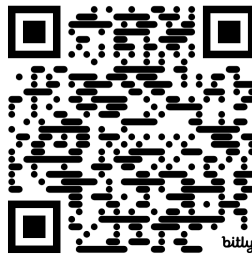
“We’re here remembering these people today because we loved them,” Gaule said. “They have been emblazoned forever upon our hearts. It’s a love that endures past the point of death.”

Attendees sang Silent Night, decorated ornaments, enjoyed cookies and refreshments, viewed luminaries and talked with UMC staff about their loved ones. Over 250 names of deceased loved ones were read.

Donations given in memory of loved ones at the Tree of Lights service go toward bereavement kits that were on display at the event

(pictured). The kits include wooden prayer crosses, a prayer quilt square, lotion, keepsake fingerprinting kits and additional bereavement support materials. The kits come in a commemorative box and are given to families who have lost loved ones at Unity Medical Center, either on the in-patient floor or in the emergency room.

The Tree of Lights ceremony can be viewed on the Unity Medical Center Facebook page or by scanning the QR code below.



March is Colon Cancer Awareness Month

Colorectal cancer is the second-leading cause of cancer-related deaths in North Dakota, but it is highly treatable when detected in the early stages. It is recommended that adults age 45 and older be screened for colorectal cancer. A variety of screening options are available and fully covered as a preventative benefit through most insurance plans.

The providers at Unity Medical Center can explain these options and answer any questions you may have. To set up the screening option that is right for you, call Grafton Family Clinic at (701) 352-2000, Park River Family Clinic at (701) 284-6663 or send a MyChart message.

Anyone who schedules their colorectal cancer screening during the month of March will receive a treat bag.



Unity's colon cancer awareness committee, left to right: Dr. Jared Marquardt, Merideth Bell, Kristen Pastorek and Kari Novak.

UMC partners with Marvin

Unity Medical Center continues to grow its long-time partnership with Marvin. Lon Kratochvil, Rehabilitation Services manager, has been working with Marvin staff since 2002, performing musculoskeletal assessments for those having injuries or problems. These injuries may or may not be work-related, and it is a service Marvin offer to all employees. Kratochvil visits Marvin every other Wednesday afternoon and sees an average of four to six people each time. He may instruct employees in home programs and provide education for safety and self-responsibility.

In addition, Unity's respiratory therapists will be performing annual face mask fit testing, and Grafton Family Clinic staff will be administering annual hearing tests that are required for all Marvin employees.

Various departments across the hospital and clinics will be visiting



Grafton Family Clinic staff visit Marvin. Left to right: Nurses Molly Sobolik, Robyn Sangrait and Evonne Altendorf.

Marvin monthly to provide education on a selection of relevant topics including breast/cervical/colorectal cancer screening options, blood pres-

sure checks, tobacco cessation, Medicare open enrollment, body composition assessment, men's health, and weight loss and diabetes education.

Kids Alley



Unity Medical Center sponsored a play hospital for the new Kids' Alley indoor play space at the Grafton Armory. UMC Foundation board member Kristina Peterson's son Isaac Petersen is pictured there.

AHA Conference



Governing Board Chair Paul and his wife Bonnie Mohagen represented UMC at the American Hospital Association Rural Healthcare Leadership Conference in San Antonio, Texas, in February, along with 10 other UMC staff members.

Memorials and Thank You To Donors (November 21, 2024-February 20, 2025)

The Unity Medical Center Foundation would like to take the opportunity to thank all of the donors who have donated to UMCF over the past years. It is because of donors like you that UMCF can continue to focus on their mission of supporting Unity Medical Center and improving patient experiences. Every effort is made to include all names accurately. Please notify UMCF if you discover any errors or omissions.

Linda Babinski

Terry Burns
Rock & Patty Desautel
Tremayne Ebertowski
Linda Everson
Dick & Susie Geiger
Ray & Marcy Gourde
Gloria Halliday
Don & Paddy Hutson
Lee & Connie Kieley
Leroy Kuta
David & Jo Petersen
Randy & Judy Redmann
Keith & Joanne Saville
Ryan & Jessica Sobolik
Dena Vanyo
John Vik
Carol Yonke
Jay Claseman
Eileen Baardson
Dr. George & Eileen Countryman
Robert & Susan Torkelson
Art DeLaCruz
LeaAnn Dolan
Chad Demers
Rick & Susan Bigwood
Patty Durand
Chris & Jenn Thompson
Reginald Ebertowski
Todd Flaten
Greg Ellingson
Todd Flaten
Ila Mae Florey
David & Jo Petersen
Charles Halliday
Ken Halliday

Jon Hills

Chris & Jenn Thompson
Jon & Vicky Hills
Ken Halliday
Ramona Horter
Chris & Jenn Thompson
Cliff & Ramona Horter
Ken Halliday
Matt Houska
Gene & Marilyn Anderson
Ray & Marcy Gourde
Monica Groven
Joyce Johnson
Marilyn Zimny
Millie Houska
Todd & Ellen Horter
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Ron Houska
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Peter Hunter
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Delphine Hutson
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Keith & Joleen Bjorneby
Richard & Ruth Clemenson
Nick & Mary Jo Hall
Todd & Ellen Horter
Lon & Sandra Lessard
Karen Midgarden
Bonnie Novak
Roger & Sandy Stark
Hod Hutson
Chris & Jenn Thompson
Hod & Del Hutson

Sonia Midgarden
Lloyd Johnson
Jacquelyn Adamsen
Marilyn Baumann
Odell & Lavonne Berg
Richard & Ruth Clemenson
Phyllis Flaten
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Lillian Houska
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Richard & Rosemary Sevigny
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Denny & Sally Schneider
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Jerome Suda
Connie Langley
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Butch Leedahl
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Eileen Baardson
Lyle Van Camp
Chad & Julie Sundby
Mae Whelan
David & Jo Petersen
Joe & Kris Sobolik
Mary Wild
Chris & Jenn Thompson
Lucille Young
Ken Halliday

Foundation Mission

To financially support
Unity Medical Center, ensuring
quality health care close to home.

Philanthropic Priorities

1. Patients
2. Providers/staff
3. Programs
4. Facilities
5. Priority needs (unrestricted)



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