

Heartbeat

QUARTERLY NEWSLETTER

Golf tournament exceeds goal, qualifies for match

The goal of the 34th annual Unity Medical Center Foundation Golf Tournament was to raise \$20,000 to go toward a new table that pairs with UMC's daVinci surgical robot. If UMCF provided those funds, the Otto Bremer Trust agreed to provide a matching \$20,000 gift to go toward the table as well.

On a beautiful, sunny day in July, thanks to 65 sponsors and 94 golfers, the Foundation raised over \$26,000 and qualified for the match, solidifying the future purchase of a new surgical table.

"Presently with the new robot, we are using a traditional surgical table while being extremely careful to make sure that the patient doesn't move when they're hooked up to the robot," said UMC general surgeon Dr. Michael Bittles, who controls the robot during procedures. "But if the surgical table moves, the daVinci doesn't know that, yet the instruments are being held in place. With the newer table, that would not happen."



1st place finishers (left to right): Brandon Albrecht, Tyler Moe, Trevor Moe, Parker Close and Tyler Seeba

The competition on the course was close as usual. In the end, the B&D Flooring team—Trevor and Tyler Moe, Tyler Seeba, Parker Close and Brandon Albrecht—took first place. The Back in Motion team took second, consisting of Wren Jelinek, Derek Sundby, Aidan and Ainsley McLain, and John Schumacher. Third place went to Todd Burianek's team, which included Mark Presteng, Kristina Petersen, Bill Atwood and Ryan Kalbrener.

The tournament started with the third annual ball drop from the Grafton Volunteer Fire Department's ladder truck. (There are now three UMC employees who are also GVFD members: Darrin Wollitz, Derek White and Bill Atwood.) Out of 107 numbered balls dropped on the practice green, the closest to the pin was Amy Normandie, a housekeeper at UMC.

Another highlight of the tournament was the new Splash Tower, a bucket of water that depends on whoever sits underneath it when a target is hit. Several brave people volunteered to sit there (probably to cool off), including UMC's new Chief Operating Officer Mark Bertilrud,



The Grafton Volunteer Fire Department provided its ladder truck for the ball drop. Left to right: Derek White, Jessica Sobolik, Darrin Wollitz and Bill Atwood. White, Wollitz and Atwood are UMC staff members who also serve as firefighters.

GOLF TOURNAMENT on page 3

THIS ISSUE:

p.2 CEO Update

p.3 Golf continued
UMC Summer Internship Program

p.4 Message from the Executive Director

p.5 Provider Spotlight
ROME

p.6 Service Spotlight
New Board Members

p.7 Clinic update
Memorial Benches

p.8 Memorials
Board update

This summer, we were fortunate enough to have several young people from the North Valley Career and



Technology Center working at UMC through an intern program directed by Susan Shuley and others. These students did a wonderful job of providing support to many areas of UMC. We really appreciate their hard work and dedication. Read the story on Page 3 for more information about their experiences.

Another new and exciting update: Mark Bertilrud joined UMC in August as our new chief operating officer. Mark is originally from Greenbush, Minn. He received his Healthcare Administration degree from Concordia College and worked in various administrative capacities during his career, from Alaska to Michigan. Most recently, he served as the director of Warroad Senior Living Center for the past eight years in Warroad, Minn. Mark was very involved with long-term care advocacy in Minnesota and was on the Minnesota Long Term Care Association Board.

His wife Pam is also a Minnesota native and has worked as an elementary teacher. Mark and Pam have two sons and two grandchildren. Mark and Pam are in the process of relocating to Grafton and are very much looking

forward to being part of the community. Please join UMC in welcoming them when you see them!

The North Dakota legislative session will be starting again in a few months, and health care again will be a topic of discussion during the sessions. I just want to thank our legislators and voters for the support we have received over the years. Medicaid expansion has benefitted North Dakota's rural hospitals immensely as it has caused the federal government to implement a program which covered more of the cost of providing health care. Without Medicaid expansion, UMC would likely not have the new facility nor the new equipment that is so beneficial in the provision of quality care in our region.

I remember when local ambulances didn't stop at UMC because much of our equipment, like CT imaging, was outdated, and the ambulances had to continue on to larger hospitals where they have more current equipment. This rationale made sense; however, it also creates a riskier situation if the patient is hemorrhaging or has conditions that need immediate attention. Thanks to our Foundation supporters, Medicaid expansion, and the USDA and Bank of North Dakota, UMC has been able to update our facility and add the most current state-of-the-art equipment. One of those pieces of equipment is our DaVinci Surgical Robot. UMC is the only critical access hospital out of 37 to-

tal in North Dakota that has acquired a this robot. We at UMC will always strive to provide the best care environment possible for our patients.

I'm very proud to announce that the new Heart of America Medical Center in Rugby had its building dedication this week. HAMC, like UMC, is an independent rural community hospital. HAMC leadership, including community members and local legislators, made several trips to Grafton during their planning stages to view UMC. Also, Jerry Turner, who was our project manager, worked with Rugby to help them make their vision a reality. U.S. Sen. John Hoeven was at the dedication, and he spoke about the value of having new rural facilities to "recruit and retain the highly skilled employees that are needed to make the hospital a success." The senator clearly understood that workforce is our No. 1 challenge in health care. Sen. Hoeven visited UMC and is a strong supporter of rural health care in our state.

Maggie Suda has been working on the Veteran's Wall, which will be on the third floor of the new building. So far we have received approximately 150 pictures of family members and loved ones who have served. If you haven't submitted a picture yet, please do so. It would be our honor to recognize these heroes.

Alan O'Neil
Chief Executive Officer
Unity Medical Center

Unity MEDICAL CENTER *Take back control of your life!*

Health & Wellness Coaching *for chronic care management*

Primary care provider recommended program to help manage health conditions



The Health & Wellness Coaching Program is available to anyone with concerns about:

- Chronic Kidney Disease
- COPD
- Chronic Heart Failure
- Hypertension
- Diabetes
- Mental Health
- Medication Management

Health Coaching is an individual outpatient program designed to help improve your overall health through ongoing contact and education provided by our health & wellness coaches. Participation requires a referral from a Unity Medical Center provider. Call Karen or Priscilla at 701-352-2000 to get started.

Unity Medical Center is an Equal Opportunity Provider

Summer interns earn school credits at UMC

North Valley Career and Technology Center in Grafton launched its Summer Internship Program in 2021 with 40 high school students participating. This year, 49 students from five different schools and 28 employers participated.

Unity Medical Center has participated in the program since its inception starting with just one intern in the Physical Therapy department. This past summer, Unity hosted seven interns across multiple departments including Information Technology (IT), Dietary, Respiratory Therapy (RT), Surgery, Social Services and Rehabilitation Services (physical, occupational and speech therapy). The group consisted of five juniors and two seniors.

“Almost all of our interns have taken health sciences classes at North Valley, and a few of them even received their CNA license,” said UMC Human Resources Director Rachel Ray. “So allowing them to intern at the hospital gave them the opportunity to use the skills they learned at North Valley in a work-based learning environment. Plus our staff truly enjoys having students here during the summer months!”

Through the Summer Internship Program, students are able to earn a half or full high school credit based on



Back row (left to right): Paige Suda, Josie Suda, Stephanie Narloch. Front row (left to right): Joslyn Kalbrener, Grace Ray, Gabi Ray. Not pictured: Terry Denault.

how many hours they work. They gain invaluable, hands-on, real-world experience while also earning an income and potentially filling an employment need.

The UMC interns enjoyed their experiences at the hospital. Social Work intern Paige Suda especially liked participating in morning rounds on the patient floor and taking swing-bed patients outside or on drives (to the Dairy Queen). Dietary interns and twin sisters Gabi and Grace Ray enjoyed having a flexible schedule and the freedom to try new recipes. They also loved

the friendliness of UMC staff and how they appreciated the treats the girls made to sample.

About half of the UMC interns shared that they would like to pursue a career in the area where they interned. Stephanie Narloch, RT intern, plans on pursuing RT as a career. She finds it interesting and enjoys working with patients. Surgery intern Josie Suda shared that her internship made her love surgery even more and she is thinking about orthopedic surgery for her future career. Rehab Services intern Joslyn Kalbrener would like to be a physical therapist, and Terry Denault is leaning toward a path in IT.

Golf Tournament: Continued from page 1

who will succeed current CEO Alan O’Neil in 2025.

Prize putting was also a hit as many golfers tried to hit golf objects such as ball sleeves or wine bottles on the putting green. Whatever they hit, they kept.



Best dressed team (left to right): Vonda Collette, Susan Suda, Candace Kostrzewski, Kelly Desautel, Stacey Reese and Jess Tanke.

Additional contest winners

Honest John (Hole 4): Derek Sundby, Deb Whaley

Longest Drive (Hole 6): Barrett Eng, Ainsley McLain

Longest Putt (Hole 7): Anders Thompson

Closest to the Pin (Hole 9): Matt Suda, Kristina Petersen

Best Poker Hand: Greg Campbell (flush with king ace)

Chip-In: Brad Wurgler (unofficial)

I recently signed up for a Gift Officer Masterclass offered online by the Association for Healthcare Philanthropy. As a member of the AHP, I have taken similar classes in the past, and they always offer something new and inspiring.

In the third of five sessions that I listened to, the presenter and philanthropy consultant Randall Hallett referenced a book, "The Seven Faces of Philanthropy: A New Approach to Cultivating Major Donors." It's not new—it was published in 1994—yet when I heard it again and applied it to our Walsh County community, I realized it is still quite accurate in describing Unity Medical Center Foundation donors and why they give. I thought I'd share it with you, our newsletter readers, in case you were interested in learning which persona fits your own giving motivations.

Giving is very personal and changes over time, meaning one person could fall under more than one of the seven categories at any time. They are:



1. Communitarians—the most common donor—who want to do something good, especially if it benefits their community. They are also often volunteers, serving on boards.
2. Devout, who give because their religion encourages it or they feel a moral obligation.
3. Investors, who give so that they might benefit from it later. That could mean tax savings, or in our case, the availability of health care services. They also appreciate seeing the data that proves their gifts are making a difference.
4. Socialites. This group can be found at our annual Harvest Auctions, luncheons and open houses, along with family and friends.
5. Altruists, who simply want to do good. They may give in times of crisis, especially after a natural disaster.
6. Repayers, which in our case are typically grateful patients or family members of grateful patients who were satisfied with their health care experience.

7. Dynasts, who give because their past generations of family members gave before them.

So what do you think? Is there one persona that resonates with you more than others? As a fundraiser, it's my job to tailor our messaging as best we can to each of these personas so that they are getting the information they want in the way they want it. So these personas are helpful to us, even though at times they can seem overwhelming.

We also want to make sure that we are communicating with our donors in the way that they would prefer to be contacted. That's why we created a communication preference survey at <https://bit.ly/comm-pref>. You can also scan the QR code to access the brief survey. We can't guarantee hitting your preferences at all times, but it will certainly help us tailor our messaging when possible. Thank you in advance for submitting your preferences!



Jessica Sobolik
Executive Director
Unity Medical Center Foundation

UNITY MEDICAL CENTER
foundation
26TH ANNUAL
Harvest Auction
FRIDAY, NOVEMBER 8, 2024
MINTO COMMUNITY CENTER
114 Harvey Ave, Minto, ND
Online silent auction: Nov. 1-8
In-person live auction includes hors d'oeuvres and refreshments. Dress code: Business to semi formal.
Scan QR code for more information.



ROME program introduces med students to Grafton community

Medical student Blair Stewig is working at Unity Medical Center and living in Grafton, N.D., ready to soak in everything a small town has to offer.

She's familiar with rural life, having grown up in Buffalo, Minn., population 16,500 west of Minneapolis. She has also lived in urban areas as well, including Minneapolis and most recently Boston, working at Boston Children's Hospital. "There is a difference in health care delivery in a rural area," she noted. "I see myself practicing in a rural area one day."

That's why she is in Grafton for six months ending mid-December. She is participating in the University of North Dakota School of Medicine and Health Sciences ROME program (Rural Opportunities in Medical Education). While it's common for third-year medical students to complete four- or six-week clinical experiences focusing on different specialties in various places, the ROME program timeline is extended, in large part to give students time to establish continuity, to get to know people in the community and thus learn to appreciate a rural lifestyle.

Dr. Jared Marquardt, family physician at UMC, went through the ROME program in Hettinger during his medical education at UND, and he agreed that continuity of care is one of the biggest lessons that he learned from the program. "A third-year student doing a six-week clinical rotation might see a patient once during that time," he said. "But a 12-week ROME student will see them more than once in the clinic and in the community, and get to know them better."

Stewig feels the program is working.



She is starting to recognize patients, seeing them in the clinic and then perhaps the hospital, or from the emergency room to a follow-up appointment at the clinic. She feels like they are starting to recognize her too. "I think when patients know you are sticking around longer and they have multiple conversations with you, then they feel more comfortable," she said.

Grafton is one of seven ROME sites across North Dakota and Minnesota. Other sites include Devils Lake, Dickinson, Hettinger and Jamestown, N.D., and Benson and Ortonville, Minn.

In her first two months here, Stewig has worked with every physician in the clinic, including Dr. Jennifer Shaw who is Grafton's ROME preceptor. Stewig has rounded with patients in the hospital. She has worked with Dr. Bittles in the operating room and with visiting obstetrician Dr. Collette Lessard Anderson. She will even

go with Dr. Lessard to Altru to assist with labor and delivery, and she is finding out that she likes this specialty best so far. "I'm thinking ob/gyn for residency," she said. "I love women's health. When women are being seen for pregnancy, it's a good time to talk to them about other preventative measures and to advocate for their health."

As a student, Stewig noted how she is still learning complicated medical terms, but now in a clinical setting she also has to figure out how to explain them to patients in layman's terms. "Sometimes the best medicine for patients is reassurance or education," she said.

As she heads toward residency, she also has her U.S. Air Force commitment to think about. She is currently a reservist while going to medical school, sometimes completing training on weekends. "I owe them four years later," she said. For that reason, she would like to earn a residency slot in the Air Force, but there are only 14 slots available each year.

While that may sound daunting, Stewig feels that her ROME experience in Grafton might give her an edge on her application. "I am able to get much more hands-on experience here, and I am pushed to gain more independence sooner," she noted. "We have more time to discuss patient outcomes, or why we are doing what with a patient. You can see a child come into the clinic and get them to a hospitalist. There is a continuity of care that you don't get with other programs or rotations. I feel like you get more time to see patients here than I would at other facilities."

Provider Spotlight: Kaylina Kelley

Unity Medical Center recently welcomed Physician Assistant Kaylina Kelley to the primary care provider team. Kaylina is a familiar face to many as she completed her student family medicine training at UMC and Grafton Family Clinic.

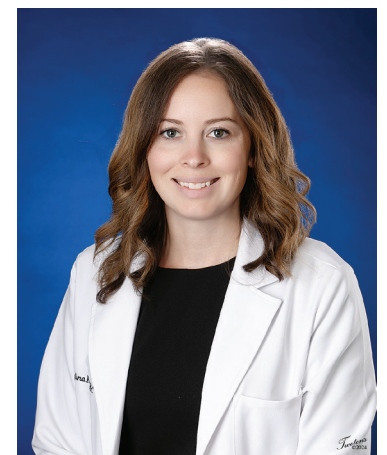
"I wanted to come back to Unity upon completing my PA training as the staff are friendly, helpful and work very well together as a team," she said. "I also wanted the opportunity to help those living in my rural community."

Kaylina previously worked as a nurse in oncology/hematology but decided to further her education to have the

opportunity to be more involved in her patients' care. She graduated from the University of North Dakota in 2023 with a Master of Physician Assistant Studies degree.

She grew up in rural northern Minnesota and now lives in Minto, N.D., with her husband. In her free time, she enjoys riding her horse Penny, running, snowmobiling, spending time at the lake, gardening and reading.

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





Service Spotlight: Mental health counselor now available at UMC

Tanner Grimsley, a licensed behavioral health counselor and owner of Turning Point Behavioral Health, recently started seeing patients at Grafton Family Clinic on Wednesdays and Fridays. Services include an initial mental health assessment and a range of personalized counseling services to support individuals, couples and families in their journey toward mental well-being and stronger relationships.

Tanner graduated in 2008 with a bachelor's degree in Psychology and went on to obtain a master's degree in Mental Health Counseling with a master's certificate in Addiction Counseling. He has been a licensed counselor for over 12 years. "I'm excited to partner with Unity Medical Center as I've wanted to extend my services to rural communities for quite some time," he said.

Please call (701) 352-2000 to schedule a mental health counseling appointment with Tanner.

UMCF Board votes in new officers, members

The Unity Medical Center Foundation recently voted for new officers and welcomed new members.

At its July meeting, the board voted for Brian Van Bruggen to continue in his role as president. He is starting his third three-year term on the board.

The board thanks outgoing vice president Alysia Boen for her nine years of service on the board, the maximum that any one member can serve. She was appointed in 2015. Because her term expired, the board voted for new vice president Candace Kostrzewski to succeed her.

Deb McKay will continue in her role as secretary/treasurer.

The board has welcomed two new members: Jen Corrick and Dr. Jared Marquardt. Jen lives in Drayton, N.D., with her husband, three sons and daughter. She works at Helm Enterprises. Dr. Marquardt is a family medicine physician at Unity Medical Center. He lives in Minto, N.D., with his wife, two sons and daughter.



Dr. Jared Marquardt



Candace Olsonski



Jen Corrick

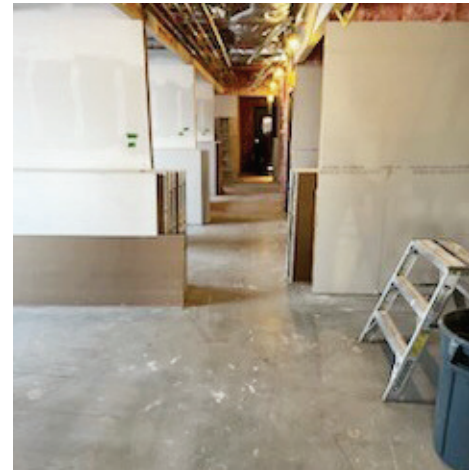
Clinic, cafeteria expansion update

The Grafton Family Clinic expansion project is continuing with drywall completed around the end of August. Taping and mudding wrapped up in early September with painting to follow. Electrical, plumbing and HVAC are connected to points of service, as well as water and sewer lines and fire protection. On the exterior, bricks have been placed, and siding will arrive on-site mid-September. Windows are under construction.

In the cafeteria, a temporary wall was built between the existing dining

center and the new addition as work continued in the addition. In late August, the cafeteria was closed while bricks from the former exterior wall were removed to form walkways into the additional space. The dietary staff moved its food service line into the hallway outside the cafeteria to continue serving staff, patients and guests.

The tentative goal is for contractors to complete construction Jan. 1 2025. Then Unity Medical Center staff can start equipping and furnishing the rooms for patients.



Exam rooms.



Exterior of dining (left) and clinic (right) expansion.



Cafeteria Expansion.

Memorial benches honor loved ones

This spring, the Unity Medical Center Environmental Services grounds crew installed seven additional memorial benches after installing a bench in memory of Frances Boulduc last fall. The benches are located around the perimeter of UMC

and serve as public resting places.

Two benches were recently dedicated in memory of two community members who passed away. The bench on the southwest corner of the UMC property is dedicated in memory of Clifford and Ramona Horter, who lived in a house just south of the bench for many years. The couple ran the local business Grafton Auto Electric, which is still run by family. They raised four children in Grafton, resulting in nine grandchildren and six great-grandchildren. Clifford passed in 2009, and Ramona passed in May 2024.

The second bench is on the northwest side of UMC's hos-



Sather bench.



Horter bench.

pital, dedicated in memory of Frances Sather, mother of Loren Mattson and Lorie DeGeldere. She had three grandchildren and seven great-grandchildren. She lived in a house just north of the bench before passing away in September 2023.

