

Living Well

Winter 2015

**SOUTHWEST
HEALTHCARE
SERVICES**



**Construction will commence
Spring 2015!**

“A SEASON OF GRATITUDE”

As 2014 draws to a close, we can once again look back and review the events that shaped another year of our lives. For those of us at Southwest Healthcare Services, it has been another year of change and in addition to performing our normal job duties, we progressed through several major transitions:

- A software conversion/update for our EMR (Electronic Medical Record) at the hospital. This will be an ongoing transition as we continue to have many federally mandated requirements that we need to meet as we work towards enhancing the accessibility and exchange of the health information of our patients and residents.
- Finalizing the details of our building project. It’s amazing how much work goes into a project before there is ever any dirt moved... and we are very excited for 2015 and the beginning of this major project!
- Completion of a successful capital campaign—we cannot say thank you enough to our capital campaign steering committee for the endless hours they devoted to this campaign and also to everyone who so generously contributed.

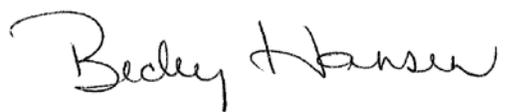
We are grateful that Southwest Healthcare Services continues to be a major contributor to the social and economic vitality of our area, providing a broad range of healthcare services. The services we provide would not be possible if it were not for the dedication and support of our great staff. No matter what facility they work at, or what expertise or talent they bring to our organization and provide to you as our residents and patients, their caring and compassion is what helps

makes us who we are today. As your friends, relatives and neighbors, they take great pride in providing for your healthcare needs. Our 200 employees who reside throughout our service area are the heart of our organization and they reinvest over \$6 million in the salaries and wages in support of our local businesses and service providers.

We are looking forward to the future as we continue to grow to meet the healthcare needs of our area. Though the future inevitably brings some uncertainty, by working together we’ll do our best to be successful, contributing positively to the health and wellness of this great community.

We would like to express our thanks to all of our patients and residents who entrust their health care needs into our hands. Your dedication and continued support is greatly appreciated. Our Board of Trustees spends many hours working with us to lead our organization into the future—and for that we are grateful. Thank you, also, to those of you who give so generously to the Sunrise Foundation or Southwest Healthcare Services through your time or financial resources. Once again, your support is truly appreciated.

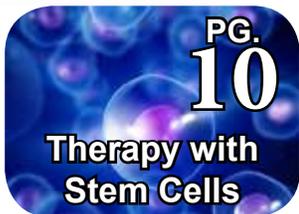
As we reflect over this past year, this truly is a “Season of Gratitude”. I want to express our sincere appreciation and also wish you a wonderful, prosperous, and healthy New Year in 2015!


BECKY HANSEN
 Chief Executive Officer
 Southwest Healthcare Services

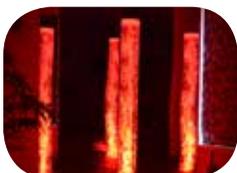
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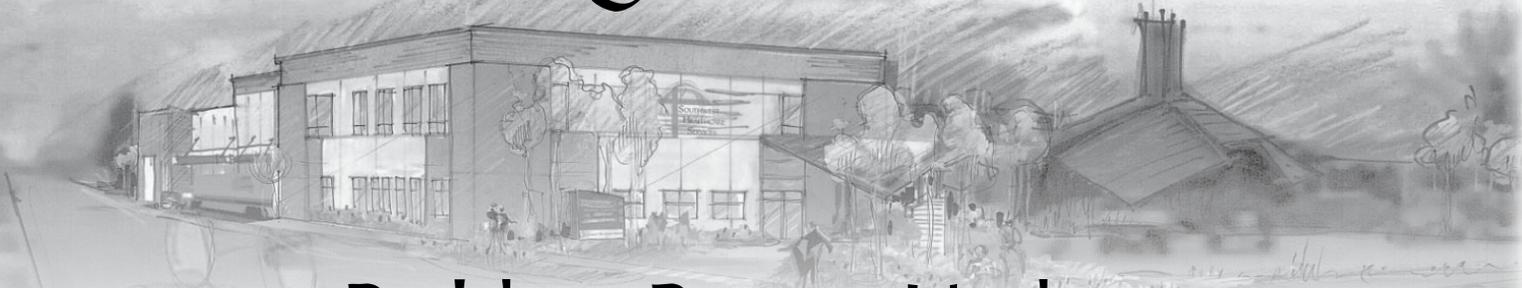
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PG. 15



Building the Future



Building Project Update

If you have driven by our long term care facility recently, it may not seem like the building project is progressing as expected but behind the scenes we are on schedule and hard at work finalizing the details. Blue Room Architecture and Design and Southwest Healthcare Services submitted the Long Term Care building project to ND Department of Health (NDDOH) back in April, 2014 and we believe we will receive approval for that portion of the project in early January 2015. Since that time, the hospital & clinic building project designs have been completed and submitted to the NDDOH and we are awaiting their approval on that portion of the project.

John McLean, Blue Room Architecture and Design, and Casey Jackson, Mortenson Construction, have been hard at work with the construction phasing. The plan is to begin construction in early spring of 2015 on both projects--Long Term Care and Hospital/Clinic. Combining these two building projects will allow us to take advantage of economies of scale and to receive more competitive bids from subcontractors, which could be beneficial in relation to the final overall cost of the project.

We continue to work with staff on the transitioning process in order to ensure that we are able to provide a positive experience to those we serve throughout this construction process.

“We have begun working on the project by upgrading some of our utilities now,” said Barry Mason. “This will help with the building project and should require fewer interruptions for the residents throughout this project.”

“It has been a long road, but we are very excited to finally begin the long awaited project in just a few short months,” said Becky Hansen.

The completion date for the entire building project is still projected to be September, 2016.



UNLOCKING OUR GENETIC CODE

Southwest Healthcare Services, under the direction of Dr. Forrest Lanchbury is currently engaged in a study which tests a patient's metabolism for medications. This is called Pharmacogenetics (PGx) This technology analyzes how genetic makeup affects an individual's response to drugs, both in terms of therapeutic effect as well as adverse effects. Simply put, a medication that might be safe and effective for one person may be ineffective or even harmful for another.

Adverse Drug Reactions (ADR's) are a significant health issue with 2.2 million severe drug reactions each year in the United States. Of those reactions, 770,000+ individuals are hospitalized and 100,000+ people die each year due to ADR's. ADR's can also increase exponentially when a patient is on multiple medications. About 36% of all reported adverse drug reactions involved an elderly individual and ADRs requiring hospitalizations is 7x greater for persons over 65 than those under 65.

A National survey conducted by the American Society of Health Systems Pharmacists (ASHP) evaluated patient concerns about health systems. It was a random telephone survey of 1,008 adults. Although the respondents were very concerned about suffering from pain and the cost of filling prescriptions, they were most concerned about being given the wrong drug or that a drug interaction would occur. This data demonstrates that drug interactions and reactions are not only a concern to health care providers but are also a significant concern to patients.

The following is an excerpt from a Science News article dated April 11, 2011 - "On average, a drug on the market works effectively for only 50% of the people who take it. Would you want to prevent a potential adverse drug effect or even toxicity through a simple test? It's not science fiction, but a reality. Pharmacogenetics (PGx) is the study of an individual's variation in DNA sequence related to drug response. The goal is to select the right drug at the right dose, and avoid adverse drug reactions or ineffective treatment."

The wider use of pharmacogenetic testing is viewed by many, including the FDA, as an outstanding opportunity to improve prescribing safety and efficacy. The FDA has listed on its website over 150 FDA-approved drugs that have Pharmacogenetic information in the drug's labeling. These drugs include anti-platelet drugs, opioids, psychiatric drugs, immunosuppressants, chemotherapy agents, etc.

Southwest Healthcare Services recommends Pharmacogenetic testing for our patients. The process is initiated when you schedule an appointment with Dr. Lanchbury. His nurse will swab your cheek to get a DNA sample. The sample is sent to "DNA STAT" laboratory along with medical diagnoses and a list of medications you are taking. When your results are ready, a licensed pharmacist prepares a customized report for you. This report analyzes the current medications and compares them with your genetic makeup. Recommendations are made regarding changes in medication or if the test reflects that the medications are appropriate for you. In addition, any potential interactions with your medications are analyzed and reported. The test also includes testing for Warfarin metabolism and blood clotting tendency based on your individual genetic makeup.

Once Dr. Lanchbury receives your results, a follow-up appointment will be scheduled. Dr. Lanchbury will explain the results and recommendations. If you have a primary care physician other than Dr. Lanchbury a copy of the results will be made available to your physician. Your insurance or Medicare will be billed. Medicare covers the cost of the test. The test may be covered by other insurance if you have met your current deductible and are taking at least two medications.

Celebrity WAITER DINNER

The 2014 Celebrity Waiter Dinner and Auction was an enormous success. The tables were decorated beautifully and many of the attendees were in costume. There were people as minions, Olympians, roller derby girls, roaring twenties, March madness and even a couple of characters from the exercise video "Sweatin' to the Oldies".

Everyone in attendance viewed in hopeful anticipation as they purchased their raffle tickets for the F.R.O.G. car, a Dodge Challenger, donated by Deb Patterson in honor of her husband, Bert. This was the kick off for the raffle in which half of the proceeds were donated to Celebrity Waiter and the other half donated to the Southwest Healthcare Services building project.

As the evening progressed, auctioneers Andy Mrnak and Jim Sabe persuaded everyone to open their hearts and pocketbooks during the Live Auction. There were many beautiful baskets, handmade furniture, guns, quilts, a grill, a five-course meal and a Marsha Lehman original painting. There was fast and furious bidding for all the items and quite a few laughs and taunts along the way. When all was said and done, a staggering amount of money was raised. The whole evening grossed over \$100,000! The generosity of the attendees was very overwhelming. Local businesses, private individuals and vendors of Southwest Healthcare Services donated all of the auction items.

We want to express our heartfelt gratitude to the waiters, volunteers and especially guests of this incredible event. Your overwhelming generosity to Southwest Healthcare Services is very humbling.

Hospital:

- Tonometer Diaton
- Digital Baby Scale
- Oximmax Oxi Clip
- Commode
- Over bed tables
- Pharmacy supplies for new Pyxis machine
- Plasma Freezer
- Plasma Refrigerator

Maintenance:

- Portion of a new lawn tractor with attachments

Dietary:

- Stand-up Freezer
- Storage Racks
- Food Warmer

EMS:

- Rad- 57 Co Detector
- Soft Sided Burn Kit
- Chest Decompression Kit
- Nasco Cricothyrotomy Simulator
- Pediatric ALS Trainer
- Adult Injectable Arm (for IV)
- Storage Cabinets
- Dry Erase Board
- Tables
- Desks

Clinic:

- Bariatric Scale
- Picnic Table
- Label Writer
- Painting of Lobby

Long Term Care:

- TV for Training
- Vital Signs Monitors
- Wipe Warmers
- Thermometers
- Adjustable Sink for Beauty Shop
- Hydraulic Styling Chair
- Headphones
- iPod Shuffles
- iTunes Cards

Therapies:

- Total Gym Essentials Package
- Nustep



Save the Date!
Celebrity Waiter Dinner
February 28, 2015!

Don't Let Your Loved Ones Get Sick!



A study by the Center for Disease Control (CDC) suggests that everyone who is at least 6 months of age should get a flu vaccine this season.

Don't let your loved ones get sick. The flu shot and nasal spray are still available at Southwest Medical Clinic.

To make an appointment call Southwest Medical Clinic at 523-3226.

They care for you and your loved one... show you care about them!

Residents and family members – show you care for those who care for you or your loved one. The NDLTCA would like to honor and recognize that special person who makes a difference in your life.

Applications to nominate someone can be picked up at Southwest Healthcare Service's Long Term Care or www.ndltca.org/links.html.

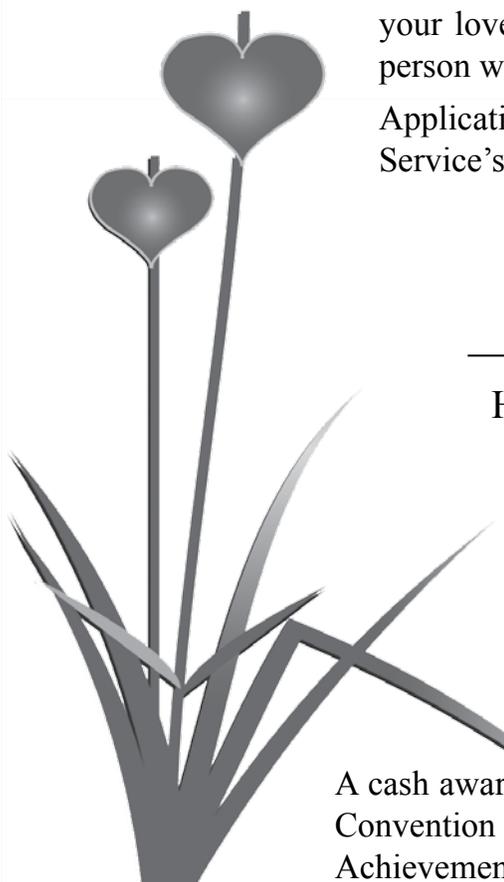
Long term care staff who substantially enhance the quality of life for residents in the North Dakota long term care facilities deserve the

Caregiver
A W A R D

How to submit a nomination:

1. The applicant must be nominated by a resident or his/her family member.
2. All entries must be postmarked by February 6, 2015, and be mailed to: North Dakota Long Term Care Association, 1900 North 11th Street, Bismarck, ND 58501.
3. All entries must be either typewritten or printed on the application.
4. The judging of this award is based on how the caregiver substantially enhances the quality of life of the individual residents and what unique things are done above and beyond the applicant's job description.

A cash award will be presented to the recipient during the annual NDLTCA Spring Convention in Bismarck. All applicants will receive a Certificate of Outstanding Achievement from NDLTCA and be listed in the Caregiver Booklet.



Health Care At Your Fingertips



Convenient Online access whenever and wherever you need it.

Southwest Healthcare Services has a new patient web portal to view patient medical records. The patient portal is a powerful new tool that provides each patient with access to information and the resources to make better health decisions for themselves and their families.

“The patient portal empowers patients to take a more active role in their care by enabling them to securely access their health records and communicate with their care team,” said Lisa Knopp, Clinic Manager.

Roberto Alvarez, who is in charge of this project said, “Southwest Healthcare Services is moving into the 21st century of electronic medical records and we are inviting our patients to continue to grow with us.”

Southwest Healthcare Services patient portal provides fast and secure access to patient health information.

The benefits of a patient portal will include:

- Convenient online access whenever and wherever you need it
- Track vitals from visits
- View providers laboratory test (in-house) results within four days
- Medication Refill Requests
- Secure Messaging
- View your allergy information
- Confirm your contact and insurance information
- Patients can also sign up to receive text messages for updates on new information or messages.

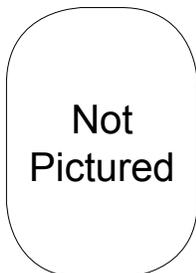
“Southwest Healthcare Services strives to continually integrate innovative technology to improve outcomes and the overall patient experience,” said Becky Hansen. “Our patient portal is the latest example of our patient focus, providing them with the tools and resources they need to play a more active and informed role in their care.”

Sunrise Foundation 2014 Scholarship Recipients

The Sunrise Foundation Board of Directors recently awarded nine area college students with scholarships toward their healthcare education. To qualify for the scholarships, college students must be from the counties of Bowman, Slope, Harding, or Adams. The scholarships are only awarded to college students who are pursuing a career in healthcare.



Heather Bird
Nursing
Dickinson State University



Not Pictured

Jacy Brown
Karen Stevenson
Physical Therapy
University of South Dakota



Brooke Lewton
Tim and Cheryl Lewton
Nursing
University of Mary



Bailey McGee
Doug and Darcy McGee
Nursing
Western Dakota Tech



Erika Olson
Wayne and Kelly Olson
Medical Laboratory Service
North Dakota State University



Kaylea Schoon
Brenda Ruggles
Nursing
Dickinson State University



Doneta Spomer
Pharmacy Tech
North Dakota State College of Science



Lisa Swanson
Paul and Vickie Swanson
Nursing
NDSU Nursing at Sanford Health



Darrell West
Paramedic
Bismarck State College



Loan Repayment Scholarships

The Sunrise Foundation Board of Directors awarded three Southwest Healthcare Services employees loan repayment scholarships. Eligible applicants must have been employed a minimum of one year at Southwest Healthcare Services in Bowman. Applicants must be full time status. Only applicants who are currently using their degree towards their healthcare career were considered for the loan repayment program.



Chrissy Blankenbaker
Bowman, ND
Registered Nurse



Jennifer Jahner
Bowman, ND
Physical Therapist



Sarah Wolbaum
Bowman, ND
Activity Director

Over the past 23 years, Sunrise Foundation has distributed over 150 scholarships totaling almost \$120,000.

Southwest Healthcare Auxiliary

Our auxiliary looked forward to another great year and our two fund raisers, the Pie Social in September and the Bazaar in December. The Auxiliary members appreciate and thank all area residents, organizations and business people for their donations and support.

All proceeds from our fund raisers are used to assist with projects for Southwest Healthcare Services, such as flowers and plants for outdoors, postage for Operation Christmas Child, and a \$500.00 Scholarship. Current projects are pending with the Hospital and Long Term Care facilities being co-located on one campus in the future.

The Auxiliary hosts the Birthday Party of Month in January.; employee appreciation tea; serves coffee & cookies for the annual meeting; and assists with the holiday health fair which provides lipid screenings and other health tests.

We were happy to add four new members, but sad to lose five of our treasured members. We struggle with membership, as everyone is getting older and sometimes it's a problem to have enough workers for events. Our average age of our members is 80+, some are in Long Term Care or in poor health and unable to attend. We need younger, eager members to help carry on the awesome work that this organization has done for years! Dues are \$5.00 and we meet in the months of March, April, May, August, September, October, November and December.



2013 Auxiliary Volunteer Party

Sunrise Foundation

Memorials & Gifts

In Memory of Janet Allen
Karen Bowman
Mr. and Mrs. Cary Hande

In Memory of Bob Andrews
Mr. and Mrs. James Walby
Mr. Tom Powell

In Memory of Don Arithson
Mr. and Mrs. Roger Berglund

In Memory of Lucile Beyer
Mr. and Mrs. Roger Berglund

In Memory of Opal Bloomgren
Mr. and Mrs. Roger Berglund
Ernest Bloomgren

In Memory of Marion Bewer
Mr. and Mrs. Roger Berglund

In Memory of Charles Burk
Mr. and Mrs. Harold Schuh

In Memory of Opal Burns
Mr. and Mrs. Bill Godby
Mr. and Mrs. Harold Schuh

In Memory of Beverly Carlson
Mr. and Mrs. Roger Berglund

In Memory of Bev Crocker
Mr. and Mrs. Harold Schuh

In Memory of Mae Cymbaluk
Mr. and Mrs. Harold Schuh

In Memory of Don and Doris Egeland

Cole Egeland
Mr. and Mrs. Craig Egeland

In Memory of Rita Ehrmantrout
Mr. and Mrs. James Walby

In Memory of Frances Faris
Mr. and Mrs. Roger Berglund
Mr. Bob Olson

Mr. and Mrs. Harold Schuh

In Memory of Elaine Hendrickson
Mr. and Mrs. Roger Berglund

In Memory of Rober Hilton
Mr. and Mrs. Roger Berglund

In Memory of Ella Iszler
Mr. and Mrs. Harold Schuh

In Memory of Gene Jensen
Mr. and Mrs. Leonard Nygaard

In Memory of Wayne Johnson
Mr. and Mrs. Leonard Nygaard
Mr. and Mrs. Harold Schuh

In Memory of Lowell Jones
Mr. and Mrs. Roger Berglund

In Memory of Harold Kelner
Mr. Bob Morland

In Memory of Rick Krebsbach
Mr. and Mrs. Roger Berglund
Mr. and Mrs. James Walby

In Memory of Jo Langlee
Cole Egeland
Mr. and Mrs. Craig Egeland

In Memory of Larry Martinson
Mr. and Mrs. James Walby

In Memory of George McLaughlin
Bruce and Gwenn Jones
Mr. and Mrs. Harold Schuh

In Memory of Gerald McLaughlin
Mr. and Mrs. Harold Schuh

In Memory of Mert Mitchell
Mr. and Mrs. Harold Schuh

In Memory of Mary Lou Mollman
Mr. and Mrs. Leonard Nygaard

In Memory of Doug Nordby
Mr. and Mrs. Cary Hande

In Memory of Ruth Olson
Mr. Bob Olson

In Memory of Marlene Palczewski
Mr. and Mrs. Roger Berglund

In Memory of Bert Patterson
Mr. and Mrs. Roger Berglund

In Memory of Marlene Peterson
Mr. and Mrs. Leonard Nygaard

In Memory of Stanley Pope
Mr. and Mrs. Leonard Nygaard

In Memory of Mona Porten
Mr. and Mrs. Charles Hilton
Robert Olson
Mr. Tom Powell
Mr. and Mrs. Harold Schuh

In Memory of John Reinbold
Mr. and Mrs. Harold Schuh

In Memory of Cleo Sabe
Mr. and Mrs. Leonard Nygaard

In Memory of Lynn Soreide
Mr. and Mrs. Roger Berglund
Mr. and Mrs. Harold Schuh

In Memory of Phyllis Stegner
Mr. and Mrs. Roger Berglund

In Memory of Dennis Swanke
Mr. and Mrs. Roger Berglund

In Memory of Clifford Swanson
Mr. Tom Powell

In Memory of Eileen Tollefsrud
Mr. and Mrs. Roger Berglund
Mr. and Mrs. Harold Schuh
Mr. and Mrs. James Walby

In Memory of Grace Voss
Mr. Bob Morland
Mr. and Mrs. Harold Schuh

In Memory of Lois Wegner
David Nygaard
Mr. Tom Powell

In Memory of Willie Wolf
Mr. and Mrs. Harold Schuh
Loretta Wolf

In Memory of Todd Wood
Mr. and Mrs. Roger Berglund
Mr. and Mrs. Cary Hande

In Honor of Helen Anderson
Mr. and Mrs. James Walby
Mr. Tom Powell

In Honor of Paul Langmack
Mr. and Mrs. Harold Schuh

In Honor of Lafem Pulkrabek
A.J. Herman

In Honor of Lida Wilson
Bowman Chiropractic

If you would like to financially contribute to any of our important projects and help keep local healthcare alive and well, please contact Sasha Ruggles, Foundation Director, at 701-523-5142.

New Service Provided at Southwest Healthcare Services

Adult Stem Cell Therapies

Adult stem therapies are currently being carried out at Southwest Healthcare Services under the direction of our Medical Director, Forrest Lanchbury, M.D. This is a very exciting novel therapy. Dr. Lanchbury received training at the Ageless Regenerative Institute in Florida and obtained certification in these procedures. His nurse, Chrissy Blankenbaker, RN, also received special training in assisting with the procedures and the laboratory processing of the harvested stem cells. An assistant from Ageless Aesthetic Institute traveled to Bowman in November to assist us with the first patients, set up the lab equipment, and oversee the processing procedures. Dr. Lanchbury and his team have completed a total of 4 adult stem cell procedures in the past several months at our facility.

Adult stem cell therapies are being used to treat many diseases all over the United States and worldwide. Presently, we are treating arthritis and chronic tendon injuries. Dr. Lanchbury and Southwest healthcare are enrolled as a co-investigator in an independent research study of

adult stem cells for treatment of osteoarthritis. The data shows good results for knee and hip arthritis. The procedure is generally indicated for patients who have failed more conservative therapies for treatment of arthritis and may want to avoid or delay total joint replacement surgery.

The procedure is fairly straight forward and involves harvesting about 60 cc of fat through a mini liposuction procedure after local anesthesia with a Lidocaine solution that is commonly used for plastic surgery procedures given. This is called "tumescent Lidocaine anesthesia." The patient is given a low dose of an oral tranquilizer before the liposuction procedure. The tumescent Lidocaine infiltration solution works very well and pain is minimal to none during the liposuction procedure. Fat is usually harvested from the abdominal area. The fat contains more stem cells per gram of tissue than bone marrow and the cells in fat have also been shown to multiply faster than the stem cells from bone marrow. Once the fat has been obtained, it is processed through a very specific and intricate protocol proven to result in the best yield of stem cell

Frequently Asked Questions:

Q: In what other areas of treatment can adult stem cell therapy be used?

A: Adult stem cell therapies are also being used to treat diabetes, COPD, erectile dysfunction, and non-healing wounds from a lack of blood supply, multiple sclerosis and many other diseases. In some countries they are being used to treat heart disease and neurological diseases such as Parkinson's disease.

Q: Are these procedures covered by insurance?

A: Unfortunately, at this time, this procedure is not covered by insurance since they consider it experimental, although the therapy has been used successfully for several years in the USA and around the world. The goal of the independent research studies we are involved in and that are being carried out in the United States is to firmly demonstrate the success of these treatments. This may result in insurance companies covering the procedure in the future.

pellets and to protect against any contamination. A sample of the stem cell pellet is obtained and the cells are counted using a microscope. Our yields have been in the range of 60-80 million stem cells. At least 25 million are required to treat an arthritic joint. Blood is obtained from the patient and is then processed to obtain the platelet rich plasma. The special growth factors in the plasma act as a fertilizer for the stem cells. It is mixed with the patient's stem cells and injected into the joint or injured tendon using ultrasound guidance. The harvest of the stem cells, processing, and injection takes approximately 2-3 hours. The patients usually have very little post-procedure pain and there is usually minimal drainage at the liposuction site.

Patients usually experience some relief in their pain within a few days from the platelet rich plasma which has an anti-inflammatory effect. The stem cells will divide many times and start healing the injured tissue as they differentiate into more specialized cells. Patients can continue to have improvement in pain for several months and the relief can be very long lasting as new cells have been made available to heal the tissue.

Stem cells are required to heal any injury in the body. In fact, when you cut your finger, stem cells come from adjacent healthy tissue to heal the injury.

Otherwise, without the stem cells, healing cannot take place. Everybody has stem cells present in their body, although the stem cells can be injured by factors such as poor nutrition, smoking, and excessive alcohol. It has been shown that stem cells in arthritic joints are less numerous and somewhat deficient in their healing capacity in the joint. It has been proposed that this may be one of the underlying factors that lead to the progression of arthritis.

These types of treatment will be a major part of the future of medicine and the future is here now at Southwest Healthcare Services as we look for new and safe therapies in which we can assist our patients.

Q&A

Q: Are there other stem cell therapy treatments being developed?

A: Pharmaceutical companies are working hard to get stem cell lines approved for specific diseases. These stem cells are altered with genetic material incorporated into the cell to make them act like a certain tissue such as cartilage or nerve tissue. These cells are difficult to control and there are more side effects since they are not the patient's own tissue. Perhaps in the future there will be a therapy approved with these stem cells, but it will be extremely expensive and it is not a natural treatment.

Q: Are these treatments FDA approved?

A: As long as the stem cells employed in the therapy are harvested from the same patient and not cultured or treated with any medications, the procedure is not required to be regulated by the FDA.

Memorials & Gifts

In Memory of Roy Aason

Dorothy Aason
Mr. and Mrs. Bob Folske
Mr. and Mrs. Clarence Kitzan
Russell Kulseth
Mr. David Nygaard
Leonard Nygaard
Mr. and Mrs. Dale Olson
Mr. and Mrs. Ken Silha

In Memory of Janet Allen

Melfred and Meredythe Bagley
Carolyn Bingham
Mrs. Mary Juntunen
Mr. Todd L. Stearns
Darwyn & Betty Stebbins

In Memory of Helen Anderson

Mr. and Mrs. Bob Folske
Mr. and Mrs. Clarence Kitzan
Mr. and Mrs. Bert Patterson
Holly and Judy Pond
Donna Strand
Ms. Wendy Stuber

In Memory of Bonnie Anderson

Mr. and Mrs. Jim Lutz

In Memory of Robert Andrews

Melfred and Meredythe Bagley
Joyce Fossum
J. Russell Kulseth
Noel Nordberg
Mr. and Mrs. Dale Olson
Rodney and Rhonda Redetzke
Mr. and Mrs. Ken Silha
SWHS Staff
James Walby

In Memory of Don Arithson

Myron Schaaf

In Memory of Grace Aus

Grace Janikowski
Mr. and Mrs. Clarence Kitzan
Lewis Getz
Ms. Sonja Haugen

In Memory of Wilmer Aus

Gordon Aus
Mr. and Mrs. Clarence Kitzan

In Memory of Glen Bagley

Melfred and Meredythe Bagley

In Memory of Jean Bagley

Russell Kulseth
Mr. David Nygaard

In Memory of Keith and Patty Basher

Michael and Sharon Rice

In Memory of Abe Bennett

Robert Olson

In Memory of Adelle Bennett

Robert Olson

In Memory of Peggy Berquist

Mr. and Mrs. Bruce Bowman

In Memory of Lucile Beyer

Family of Lucile Beyer
Anonymous
Melfred and Meredythe Bagley

Mr. and Mrs. Bruce Bowman

Mr. and Mrs. Lowell Faris
Mr. and Mrs. Bob Folske
Lewis Getz
Robert and Cleonne Gory
Mr. and Mrs. Clarence Kitzan
Jan Lininger
Ellen Njos
Mr. David Nygaard
Deb Patterson
Mr. and Mrs. Dan Peterson
Keith and Peggy Pierce
Holly and Judy Pond
Coleen Sander
Mrs. Nancy Schaffer
Donna Strand
Wendy Stuber
Dorothy Swanson

In Memory of Opal Bloomgren

Anonymous
Ernest Bloomgren
Opal Burns
Betty Peterson

In Memory of Alfred Bolte

Mr. and Mrs. Clarence Kitzan
Mr. and Mrs. Aber Krinke
Mr. David Nygaard
Mr. and Mrs. Bert Patterson
Myron Schaaf
Courtney Swanson

In Memory of Evelyn Bolte

Courtney Swanson

In Memory of Trudy Bradac

Mr. and Mrs. Tom Fish
Clarence and Agnes Kitzen

In Memory of Marian Brewer

Carolyn Bingham
Mrs. Lenore Burke
Mr. and Mrs. Bob Folske
Mr. and Mrs. Wayne Gerbig
Joayne Hogoboom
Mr. and Mrs. Clarence Kitzan
Mr. David Nygaard
Deb Patterson
Mr. and Mrs. Dan Peterson
Mr. Tom Powell
Mr. and Mrs. Leland Sather
Mr. and Mrs. Darwyn Stebbins
Mr. and Mrs. James Walby
Mr. Charles Welch

In Memory of Lee Brooks

Mr. and Mrs. Bob Folske

In Memory of Anna Brown

Mr. David Bliss

In Memory of Charles Burk

Mr. and Mrs. Bob Folske
Mr. and Mrs. Clarence Kitzan
Glenda Peters
Donna Strand
Kenneth Woodley

In Memory of Don Burke

Mrs. Lenore Burke

In Memory of Opal Burns

Mr. and Mrs. Dale Olson
American Legion Auxiliary
Melfred and Meredythe Bagley

Bruce Bowman
Mrs. Lenore Burke
Mr. and Mrs. Bob Folske
Mr. and Mrs. David Juntunen
Mrs. Mary Juntunen
Mr. and Mrs. Clarence Kitzan
Russell Kulseth
Mr. and Mrs. Gene Nordberg
Mr. and Mrs. Donald Nordgren
Betty Peterson
Holly and Judy Pond
Mr. and Mrs. Leland Sather
Myron Schaaf
Roger and Ruth Stearns
Donna Strand

In Memory of Bev Carlson

Bruce Bowman

In Memory of Mary Lou Carroll

Mr. David Nygaard
Mr. and Mrs. Bert Patterson

In Memory of Janice Childers

Bruce Bowman
Grace Janikowski
Mr. and Mrs. Bert Patterson

In Memory of Everett Coates

Mr. and Mrs. Bert Patterson

In Memory of Bev Crocker

Melfred and Meredythe Bagley
Mr. and Mrs. Bob Folske
Mr. and Mrs. Clarence Kitzan
Mr. and Mrs. Donald Nordgren
Jeff and Marilyn Noreen
Mr. and Mrs. Dale Olson
Myron Schaaf
Donna Strand
Lisa Young

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Thank you to all of those who have made a contribution through a memorial or tribute gift, outright gift or in-kind donation to Southwest Healthcare Services. Your generosity is greatly appreciated. Gifts recognized in this newsletter are from January, 2012 to November 2014. Capital Campaign pledges and gifts will be recognized in our next newsletter.

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Cathy Maychrzak
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Mr. and Mrs. Bob Folske
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Ms. Lucile Beyer

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*We apologize if there is an error or omittance in this section.
Please call the office at 701-523-3214 if any
corrections need to be made.*

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Lisa Knopp

In Memory of Todd Wood
Mr. and Mrs. Bert Patterson

In Memory of Mrs. Zastoupil
Mr. and Mrs. James Walby

In Honor of Lafern G. Pulkrabek
Arietta Herman

An Important Notice from Southwest Healthcare Services:

Effective January 1, 2015, the Hospital ER Entrance (Door F) on the west side of our Hospital, will remain locked 24/7 for safety and security reasons. This comes as a recommendation following a visit from our safety and emergency preparedness survey team.

Visitors and Patients will need to enter through the Hospital Main Entrance (Door B) which can be accessed from the clinic parking lot. The Hospital Main Entrance (Door B) will be open daily from 5am to 8pm.

Patients and/or visitors who require handicap accessibility can use the doorbell at Door F and someone will come to their assistance.

Thank you for your understanding and patience as we transition into this new process.

Snoezelen Room Sparks a Flame

In 2012, Activity Director, Sarah Wolbaum was introduced to the concept of a Multi-Sensory Environment. At that time, it was imperative the residents at Southwest Healthcare Services would benefit from this very unique notion. It was with the consent of CEO, Becky Hansen, that Wolbaum began the process of seeking both funding and the support of the Southwest Healthcare Service's Board of Trustees. Once the decision to proceed was made and the funding possible through Celebrity Waiter funds, the designing and preparation began. We are very excited to say that based on the information provided by the installing company, we are the first Long Term Care Facility in the state of North Dakota to incorporate a SNOEZELEN Room.



What does SNOEZELEN mean?

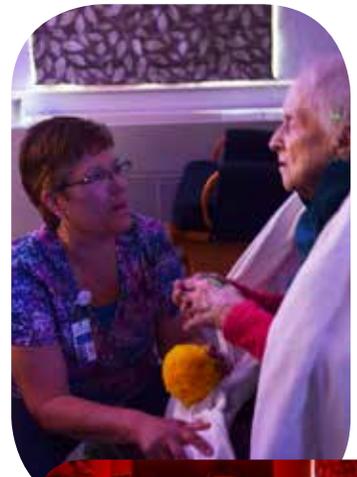
The word SNOEZELEN is derived from the Dutch verb "snuffelen" (to seek out or explore) and "doezelen" (to relax).

What is a SNOEZELEN Room?

A SNOEZELEN Room incorporates sensory equipment and tools that help residents adapt their responses to sensory stimulation. Our senses help us experience daily situations through VISION, TOUCH, SMELL, HEARING, and TASTE. Two additional senses which are equally important are VESTIBULAR and PROPRIOCEPTION input. Vestibular input provides information about movement, gravity, and changing head positions. While, proprioception processes information from our muscles, joints and other body parts to provide us awareness of the position of our body parts in relation to each other. These seven senses help each and every one of us understand our environments.

The vital key is to blend sights, sounds, textures, aromas, and motion to stimulate the primary sensory system which can be modified to meet each resident's sensory needs. Residents with sensory challenges require different strategies to absorb and process information, which is easily achieved based on the set-up of the SNOEZELEN Room, which in turn can be used to stimulate, relax, calm or energize.

In the SNOEZELEN Room, residents have the chance to choose the experience that gives them the most pleasure. The following items are available to residents at Southwest Healthcare Services: bubble tube, fiber optics, solar projectors with effect wheels, laser star projector, black lights, sheepskin, interactive wireless switch, neon carpet tiles, UV mat, numerous tactile balls and objects, relaxing music, wind chimes, aromatherapy, gliders, and a VibroMusic recliner.



Why is it Life Changing?

The SNOEZELEN Room is connecting caregivers and residents in ways that were not thought possible. Residents who were once otherwise unresponsive, are smiling, laughing, making great eye contact, clapping, and talking. In addition, residents who were needing assistance with feeding have begun eating independently. Our residents are responding and a flame from within has been ignited.

****ECRWSS****

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Employee Recognition

Thank you to all of our employees who deliver great healthcare everyday!



Danelle Pierce
AANAC MDS 3.0
RAC-CT Certification



Sandy White
Leading the staff at the Long Term Care through a successful State Survey



Lauren Hoffman
Recently received DOT Certified Drug & Alcohol Technician



Beth Landsteiner
Healthland Super User & Meaningful Use Coordinator for Nursing



Patricia Gilbert
DOT Certified & provides sports medicine to local sport teams.



Jody Rajewsky
Leading the staff at the Long Term Care through a successful State Survey



Lynn Hess
Always going above and beyond for the residents and staff.



Dr. Lanchbury
Board Certified in Anti-Ageing Medicine and Fellow in Regenerative Medicine



Dr. David Meadows
DOT Certified



Dr. Sherryl Tomboulian
DOT Certified



Christine Peterson
DOT Certified

This page features employees of SWHS who go above and beyond to deliver great healthcare to our patients and residents. These employees were nominated by their manager or co-worker.