



South Central Health

YOUR COMMUNITY WELLNESS PARTNER
FALL COMMUNITY NEWSLETTER | NOVEMBER 2021 |

OUR MISSION

“To provide the highest possible standard of healthcare in a compassionate and professional manner”

NEW BOARD OF DIRECTORS ELECTED



This past spring South Central Health held its annual meeting at the Wishek Civic Center. Retiring from the board of directors was Harry Hagel and Carmen Rath-Wald. Hagel served on the board for six years and Rath-Wald for nine years. Newly elected board members Sheila Brosy and Lisa Weigel committed to 3 year terms. We appreciate the dedication our board members provide to our local hospital and clinics.



Beverly Vilhauer presents awards of recognition to Harry Hagel (top) and Carmen Rath-Wald (bottom)



South Central Health’s Current Board of Directors- Back Row: Lee Aipperspach, Sheila Brosy, Lila Raile, Lisa Weigel, Rebecca Schnabel and Marla Bernston Front Row: Tanya Schnabel, Eric Froehling and Nathan Wolf

OUR VISION

“Is to be the leading provider of high-quality healthcare in south-central North Dakota.”

SOUTH CENTRAL HEALTH

Wishek Hospital
Wishek Clinic
Napoleon Clinic
Kulm Clinic
Gackle Clinic

LETTER FROM THE CEO BEVERLY VILHAUER



Have you ever been on a merry-go-round, felt like it's spinning out of control and you just want it to stop? For those of us in healthcare, that has been the mindset for the past 18 months as we continue to battle COVID-19. Although from the onset, there was so much that we didn't know about this virus and there was no magical treatment. It was so difficult having to ground transport or air care a patient who is in respiratory distress, never knowing if you were going to see that patient again. Many, many tears have been shed for the lives of the ones we couldn't save. And the struggle was real.

In December 2020, a vaccine became available for those who wanted to be vaccinated. Many of you were so relieved and were very grateful that a vaccine was available to help combat this horrible virus. However, the fight continues as the COVID-19 virus has mutated into another strain called the Delta strain. While it is believed that the earlier vaccine will help to fight off the Delta variant, it is reported that there are "breakthrough" cases where even those vaccinated are contracting the virus. There have been numerous treatments and today it appears that the monoclonal antibodies have successfully been used to treat patients who are testing positive for COVID-19. The caveat is that this treatment should be administered within 10 days of contacting the virus, so it's important for you to seek treatment early on.

Provider Relief Funds and grants have allowed us to update our telephone and nurse call system. We installed negative pressure systems in four of our patient rooms to control air flow to enhance isolation protocols. We are currently relocating the Emergency Room and the Laboratory, bringing the Lab closer to the clinic setting and moving the ER closer to direct nursing care.

Dr. Stephen McDonough, a retired pediatrician from Bismarck, is gathering data related to the pandemic for the North Dakota Historical Society. Because McIntosh County was considered one of the hot spots during the pandemic, he wanted to interview me and talk about how we handled the crisis. His final question to me was, "Who are your heroes throughout the pandemic?" This instantly brought tears to my eyes, because my heroes are the entire staff of South Central Health. Everyone pulled together to help us through these difficult times, and we continue to support one another today. We have had to make decisions that were not popular with many, but it was the right thing to do. We will continue to follow our mission of providing the highest possible standard of health care in a compassionate and professional manner. My sincere thank you to the staff of South Central Health. I am proud to be your leader.

Schedule your appointments
today!

Wishek- 701.452.2326

Napoleon- 701.754.2323

Kulm- 701.647.2345

Gackle- 701.485.3611

Get your vaccinations



[COVID VACCINE](#)

[INFLUENZA VACCINE](#)

[PNEUMONIA VACCINE](#)

Our local clinics provide options for the following vaccines. Call today to schedule your appointment!

Wishek | Kulm | Napoleon | Gackle

PREVENTATIVE TIPS FOR COLD AND FLU SEASON

The following list can help you and your loved ones stay healthy in the upcoming months.

1 EAT A WELL BALANCED DIET

Make sure to consume fruits and vegetables daily. Avoid high amounts of sugar in your diet.

2 EXERCISE DAILY

A short 20 minute walk daily can yield great benefits. Move your body!

3 TAKE YOUR DAILY VITAMINS

Talk to your providers about what supplements are right for you and be consistent with them. Check your local pharmacies to see what they have available.

4 STAY HYDRATED

A dehydrated body is more susceptible to illness. Aim for 8-10 glasses of water daily.

5 WASH YOUR HANDS FREQUENTLY

Wash your hands with soap and water before any meals. Use hand sanitizer when water is not available.

6 CLEAN YOUR CELLPHONE

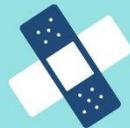
Let's face it, our cellphones are full of germs. Try to clean yours at least once or twice a day and frequently wipe down other high touched surfaces.

7 KEEP YOUR STRESS IN CHECK

Take time for yourself each day. Your mental health plays a vital role in your physical health.

8 SEEK TREATMENT EARLY

If you do become ill, we want to see you sooner than later! Early treatment options are available for some illnesses like COVID-19 and Influenza. Don't wait until it's too late!



THE IMPORTANCE OF KNOWING YOUR MEDS

Medication reconciliation between patients and providers is critical in preventing adverse drug events. In this day and age, it is common for patients to receive medical care from multiple physicians. That is why every appointment you have at South Central Health involves a review of your medications.

When seeing your primary care physician or specialty providers it is important to take a medication list along. Providing a list can prevent dosage errors, medication interactions, duplications or missing medication. An updated medication list is a valuable safety tool for your healthcare.

We spoke with local clinic nurses Kaitlyn Meidinger and Ashley Rath who gave us some helpful tips to follow regarding medication lists.

“So many times when we ask a patient about what medications they are taking, the patient will state, ‘it’s in my chart or nothing has changed’, and that is not the case,” Meidinger states. She encourages patients to bring their pill bottles into their appointments with them if they are not comfortable making a list so that our staff can assist them.

“Your medication list should state all of the medications you are taking, the dose, route and the time of day you take the medication. It is also important to list any medication allergies you may have,” clinic nurse Ashley Rath states.

Both nurses agreed that it is a good idea to carry this in your wallet or purse, and to make sure you never leave town without it. “In the unfortunate event that you have a medical emergency away from home, a simple med list can be of great value to healthcare providers who are helping you,” Rath said.

Both nurses agree that it is important to let your health care providers know if you are using any supplements or over the counter medications, even on an as needed basis. Certain over the counter medications can interfere with your prescribed medications so this information is of value to your medical provider.

FEDERAL FUNDING ALLOWS FOR FACILITY UPDATE

Masks, gowns, safety glasses, hair coverings, face shields and gloves can regularly be seen worn by nursing staff at South Central Health. For the small nursing department at the Wishek Hospital, self-protection against COVID-19 is essential in keeping the team healthy. Handwashing, hand sanitizing and frequent cleaning of high touched surfaces have always been a priority on the hospital floor, but since the COVID-19 pandemic has started, these measures have increased significantly.

In addition to all the tedious “extras” the staff has added to their daily routines, the Wishek Hospital has been lucky enough to add one more line of defense to their facility. This past spring Central Mechanical along with Energy Tech Systems installed a negative pressure exhaust system at the facility. “With our federal COVID-19 funds we were able to install a new negative pressure system in four of our patient rooms,” Carly Sanders, Director of Nursing, stated.

Prior to the installation of the new negative pressure units, the staff relied on an old, single unit machine that had been hiding in the hospital basement for years. “The machine was a beast, it was loud and noisy, and very disruptive to patients that were placed in isolation,” Sanders said. The facility only had one machine in its possession as it was something that had not been used for years. It was brought out of storage from the hospital basement at the start of the pandemic and did its job, but the hospital staff quickly knew an upgrade was needed.

Sanders stated, “This is one more tool that will protect our staff and other hospital patients.” Negative pressure is an isolation technique used in hospitals to prevent cross-contamination of airborne infections from room to room. Contaminated air is sucked out of the room with the exhaust systems. They are called negative pressure rooms because the air pressure inside the room is lower than the air pressure outside the room. “When the door is open to the room, the negative pressure exhaust system helps keep contaminated air from flowing outside the room. Our system alarms if the door is left open too long and pressure in the room drops,” Sanders said.

Staff nurse, Kaylee Feist, from Napoleon joined the nursing team back in February of this year. Feist said, “We are a small facility and do not have the luxury of having a separate COVID unit like large facilities are able to have. Our regular patients room down the same hallway as the COVID patients and that means we have to be extra careful when dealing with COVID in house.”

Since the start of the pandemic in 2020, Wishek Hospital has hospitalized 44 COVID patients and seen many more for outpatient services. “Unfortunately, COVID is not going anywhere, so we will continue to do our best to protect the staff and patients we care so much about,” Sanders said.



Staff nurse Kaylee Feist stands by one of the negative pressure control panels that allow nursing staff to run the pressure system.

LOVIK SHARES FEEL GOOD MOMENT

Are you immunocompromised and had a COVID vaccine? You may qualify for an additional dose!



✓ If you take a medication that decreases your immune system (meds for rheumatoid arthritis, psoriasis, cancers, some colon disease, etc. you may qualify.

✓ Have ever had a transplant or are on chemotherapy?

✓ Have received a Moderna or Pfizer COVID vaccine

If you have questions about whether or not you need an additional dose of COVID vaccine, contact Shelly or Stacy at South Central Health
701-452-2326

From Tom Lovik, Driver for the Wishek Ambulance Service

Paramedic Josey Huber and I were returning from an early morning transfer to a Fargo hospital, and stopped in Jamestown to fuel up. I was at the pump removing the gas cap and preparing to insert our credit card when a stranger stopped me, saying “before you start pumping, can I do my good deed for the day?” Having been up since 4 a.m., I was a bit groggy, and his request struck me as odd and I didn’t completely understand the question. I mumbled something along the line of “yeah, I guess” and he proceeded to punch a code into the pump that gave us a discount on the fuel.

He explained that he was traveling from Montana to his home in Knoxville, TN, and as an active member of his community, understood the extraordinary expenses associated with running an ambulance service. He just wanted to help our service out a little. We chatted as I was filling, I shook his hand, thanked him and off he went.

Now, while the \$1.00 his generosity saved the hospital was rather insignificant, his willingness to support an anonymous small town hospital he’ll never patronize was anything but insignificant. In today’s world that has become alarmingly callous and uncaring, a small gesture like this helps restore faith that we’re not all that bad off. Thank you, Chris!

EMS NIGHT OUT

Wishek Ambulance Service hosted EMS Night Out at the Wishek City Park on May 21st. An estimated 300 community members attended the local event in support of South Central Health's EMS service.

Sanford AirMed attended the event with one of their helicopters to give attendees a look inside of an air ambulance. Sanford Air Med has been called out to South Central Health numerous times in the past 12 months for various reasons. It's a service that rural communities are grateful to receive.

Wishek Ambulance had their own ambulance rigs at the event as well as firetrucks brought out by Wishek's local fire department.

Educational booths, games, face painting and a meal were just some of the fun offered that night. The local EMS service hosted the event in hopes of bringing awareness and information to our local community.



Our local team of providers are here for you...



Polly Benson, FNP, PA-C



Siaka Sanneh, FNP-C



Tara Brandner, DNP, FNP-C



***Trina Schilling, ARPN,
DNP, FNP-C***



Lisa Sanders, DNP, FNP-C

EMS LOCKBOX “KEY” TO PEACE OF MIND

In an emergency, it only takes seconds to dial 911 and minutes until you see first responders. Don't let a locked door stand between you and the care you need.

EMS Director Josey Huber would like to share with the community a proactive service the Wishek Ambulance provides. “Our ambulance service offers free key lock boxes that can be placed on your home. These lock boxes can only be accessed by ambulance personnel in the need of emergency medical care.” Josey states.

At times, minutes can play a huge role in the successful outcome of a patient's health. Josey wants everyone to be aware of how important doing something small, like placing a key box on the outside of your home, can benefit you and EMS personnel.

“We encourage locals, who live alone or have known high risk medical conditions, to consider this service. If we are able to access a key quickly, it saves us from having to gain access by other means, which in turn decreases wait time for your loved one.” she said.

If you or your loved one is interested in having a box installed on your home, contact Josey Huber at South Central Health. The box and installation is free and will be completed by one of Wishek Ambulance's very own EMT's and experienced carpenter, Tom Lovik. Home owners are responsible for providing a key to place in the box. These boxes can only be used if the ambulance is paged to that residence for a medical emergency.

The EMS department encourages children of elderly parents to consider this service, especially those who are not in the area to check on their family often. A simple box is “Key” to prompt service.



Example of lock box installed on a home.

THE ROARING '20 S

South Central Health Foundation 2021 Fall Gala Event

SATURDAY EVENING WISHEK
NOV 13TH CIVIC CENTER

5:00 Social ~ 6:30 Dinner ~ 8:00 Entertainment

brought to you by:

OUTLAW CONSTRUCTION
MARTELL'S CARQUEST
UNISON BANK
MONTANA DAKOTA UTILITY

live performance:

45 Minutes From Broadway

featuring local talents

MENU

~ Hors d'oeuvres ~
~ Glazed Ham ~ Potatoes Au Gratin ~
~ All the Fixings ~ Dessert ~

**TICKETS AVAILABLE AT ALL CLINICS OR
FROM ANY FOUNDATION BOARD MEMBER**

Tammy Rohweder - 321-9943 Cari Wiest - 226-8320
Stacy Meidinger - 452-4235 Stacy Wiest - 452-3156
Jayme Martell - 302-0486 Jeremy Rohr - 452-3131
Angel Hendrickson - (702)738-3465

Limited VIP Tables available, contact Tammy

Champagne Provided by: Town & Country Bottle Shop

FLAPPERS
&
GANGSTERS
WELCOME



South Central
Health
YOUR COMMUNITY WELLNESS PARTNER

Silent Auction ~ Cash Bar ~ Bottle Pull

Looking for a career change?

JOIN OUR TEAM

Visit the career tab on our website to see
what local opportunities are available
www.schealthnd.com

Visit us online at www.schealthnd.com or follow us on:



Clip and Return to: South Central Health
PO Box 647
Wishek, ND 58495
or email answers to:
marketing@schealthnd.com

SOUTH CENTRAL HEALTH

TRIVIA

WE WANT TO KNOW WHO'S READING OUR
NEWSLETTER. ANSWER THE FOLLOWING QUESTIONS
FOR A CHANCE TO WIN A \$50.00 LOCAL PRIZE
PACKAGE!



How many rooms now have negative pressure at SCH?

How many patients have been admitted to the hospital for Covid-19
since the start of the pandemic?

Name: _____ Phone Number: _____