



OUR MISSION

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

WISHEK HOSPITAL LAB HAS EMBRACED CHANGES

If you have stopped in at the hospital lab lately you are aware of the recent location change and remodel. Over the years lab manager, Jo Vilhauer, has seen many modifications. She states that equipment and technology are always changing. When she reflects back, it's hard to believe how some things were done at one point in time.

Vilhauer reminisces about how pregnancy tests were once completed at our local hospital. The Galli-Mainini Test was used to determine pregnancy in a woman. Lab techs would inject a small amount of urine from a woman who suspected she was pregnant into the dorsal lymph sack of a male frog. If the woman was pregnant the pregnancy hormone present in her urine would cause the frog to produce sperm, this was easily seen by lab techs under the microscope, usually within three hours.

"The patient always had to bring in their first urine of the day and we would mix that with a chemical that would turn it into a milky substance. We would then take that substance and inject it into the back of Wisconsin Red Frogs. After letting the frogs rest you would collect their urine and examine it under a microscope. If sperm cells were present, then you knew that the woman was pregnant." Vilhauer said.



Lab Manager Jo Vilhauer



Scrub Nurse Joyce Schauer, LPN

Vilhauer said the frogs were kept in a cage in the lab cooler. She chuckles as she tells the story of one very busy day at the hospital when a kindhearted nurse was going to lend a hand. "We were very busy with surgeries and so our scrub nurse Joyce Schauer, LPN was helping unpack the mail, she sat the cooler with the frogs on the counter, took the lid off and got busy doing something else. When the frogs warmed up, they came to life. They started jumping out of the cooler and were hopping all over the hospital lab." Vilhauer said she came out of the OR to find Joyce frazzled and trying to round up a bunch of wild frogs. "I remember her saying "well how many are there supposed to be? I said 'twelve', and she said, "well then I'm half way there". Vilhauer said they proceeded to chase frogs all over the hallway, lab and under desks and equipment until they had all 12 rounded up and back in the cooler. "That was the last time she helped unpack the mail", Vilhauer said jokingly.

We jogged Joyce's memory to see if she recalled that hectic day and with a chuckle she said "oh, I would never forget that, we had so much fun, it got pretty wild."

Fortunately for our lab techs, modern day testing prevents occupational challenges, such as a wild frog round up. Vilhauer states that over her 58 years of working at the hospital she has seen many advancements and changes to her departments, with the retirement of the frogs being one of the better ones. "We've come a heck of a long way with lab technology," Vilhauer joked.

OUR VISION

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

[Check out recent remodel projects in this edition](#) ➡

LETTER FROM THE CEO

Appreciation for our Healthcare Workers



Healthcare has always been stressful work and the COVID-19 pandemic has created an environment of prolonged stress which eventually leads to burnout. The backbone of any healthcare facility is the people who work there. Without dedicated staff who strive daily to provide quality care with concern and compassion, a healthcare facility may be subject to fail.

South Central Health, along with many other healthcare facilities have also been affected by the staff shortage problem. Many of the vacancies are a product of retirements, people leaving the workforce for another line of work or choosing an opportunity to work from their home. Many of the shortages have been resolved by using travel staff which is very expensive and their dependability leaves much to be desired. Currently we are searching for

three full-time people to fill the positions of a radiology technician, a dietary cook and certified nursing assistant. We have been fortunate as we did not have to rely on agency staffing.

During the pandemic, where most people were doing everything to avoid the virus, the staff of South Central Health geared up and faced it head on. This battle was fought with volunteers and the assistance of all staff to man the doors and keep everyone who entered the building safe. Many of the nursing and ambulance staff stepped outside of their roles and assisted the Logan, LaMoure and McIntosh County Public Health agencies with drive up testing. Anybody traveling to Bismarck volunteered to drive tests up to the state lab, 7 days a week. When the vaccine became available, the staff again assisted the Public Health agencies with scheduling appointments and administering the vaccines. In addition to this, many providers and nurses were busy taking care of the sick and arranging for transport.

As with any healthcare facility during the pandemic, we also had our share of employees who contracted the virus and were unable to work. Once again, it was the dedicated employees of South Central Health who put in extra hours or stepped outside of their job description and did whatever needed to be done to provide the care that our customers needed. Employees had to also deal with daycare and school closures and South Central Health accommodated those who could work from home, to do so. Where some of the larger healthcare facilities had to reduce their workforce with furloughs, we did not reduce our workforce and were able to provide hazard pay for their dedication during the height of the pandemic.

As the CEO of South Central Health, I want to extend my sincere appreciation for every employee of South Central Health.

Beverly Vilhauer, CEO

A recruitment poster for South Central Health. The top section has a dark blue background with the text 'SOUTH CENTRAL HEALTH' in white. Below this, the main headline reads 'WANT TO BE A PART OF OUR TEAM?' in large, bold, white letters. Underneath the headline, it says 'We offer competitive salary ranges and awesome benefits!' in a smaller white font. The bottom half of the poster features a photograph of the hospital's brick entrance with a large arched doorway. To the right of the photo, on a dark blue background, it says 'WE'RE HIRING!' in white, followed by a bulleted list of job openings: 'CNA', 'Radiology Tech', and 'Dietary Cook'. At the very bottom, it provides contact information: 'send in your resume to Human Resources PO Box 647 Wishek, ND 58495 or email to Kellyb@schealthnd.com'.

SOUTH CENTRAL HEALTH

WANT TO BE A PART
OF OUR TEAM?

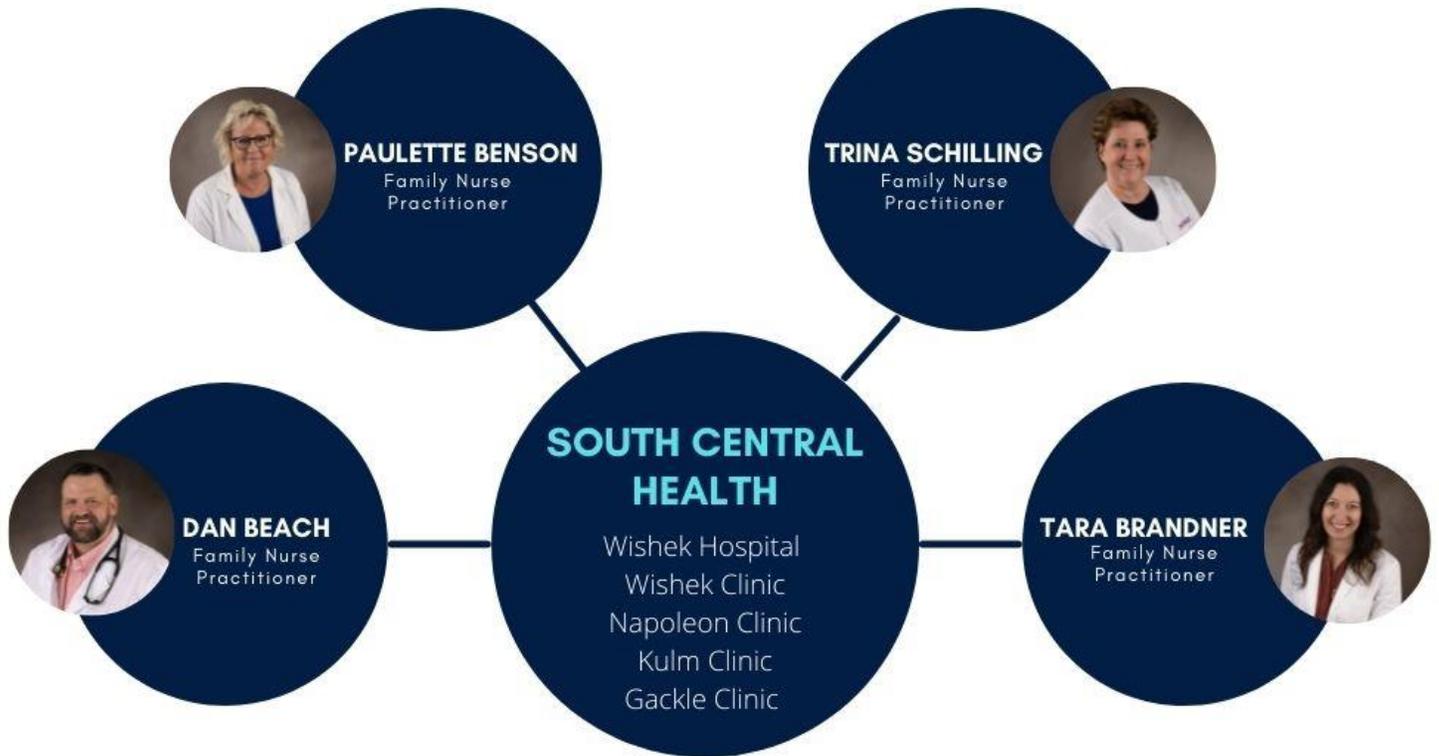
We offer competitive salary ranges and
awesome benefits!

WE'RE HIRING!

- CNA
- Radiology Tech
- Dietary Cook

send in your resume to
Human Resources
PO Box 647
Wishek, ND 58495 or email
to Kellyb@schealthnd.com

LOCAL PROVIDERS



Our providers are connected to provide you the best care possible.

VISITING PROVIDERS



Dr. Rhonda Schafer-McLean, MD
Obstetrician-gynecologist

Location of Practice:

UND Center for Family Medicine, Bismarck

Availability:
Visits the 3rd Wednesday of every month

For appointments call 701.452.2326



Dr. Brock Norrie, MD
Orthopedic Surgeon

Location of Practice:

The Bone and Joint Center, Bismarck

Availability:
Visits 2nd Tuesday of every month

For appointments call 701.530.8650



Dr. Brian Gale, DPM, FACFAS
Podiatric Medicine

Location of Practice:

Dakota Foot and Ankle, Bismarck

Availability:
Visits every other month

For appointments call 701.255.3338



Danette Pengilly, GNP-BC
Cardiology

Location of Practice:

CHI St. Alexius Heart & Lung Clinic, Bismarck

Availability:
Visits the 4th Monday of every month

For appointments call 800.932.8848



Dr. Brian Johnson, MD
General Surgeon

Location of Practice:

Sanford Health, Fargo

Availability:
Visits once per month

For appointments call 701.452.2326



Rick Hofferber, FNP-C
Urology

Location of Practice:

Urology Clinic- The Clinics of CHI St. Alexius, Bismarck

Availability:
Visits the 3rd Tuesday of every month

For appointments call 701.530.5550

PLANNING FOR THE FUTURE

Who's going to speak for you when you can't speak for yourself? If you become incapacitated an Advance Directive or "Living Will" will lead your loved ones the direction they need during that stressful time. Advance Directives guide your family to make decisions with your direct wishes in mind. Plan ahead so that you get the medical care you want at end of life.

A common misconception is that advance directives are for "old people", but the reality is - unexpected events can come at any stage of life. It's better to be over prepared instead of unprepared. Burdening your family with life changing decisions in a moment of crisis only adds to unwanted stress and sometimes poor outcomes.

Advance directives are not something that should be kept to yourselves. Share them with your family, with your doctors, leave a copy with your neighbor, power of attorney, local medical center. This will ensure that in time of need your wishes are honored.

It's never too early to start planning for the future. For some people, having a conversation about your end of life wishes is hard. Fortunately there are numerous resources out there to help simplify this process. If you would like help setting up an advance directive or if you are interested in more information please contact the Social Service Department at South Central Health. We would be glad to help.



Live alone? High risk medical conditions? No family in the area?

If you or your loved one is interested in having a key lock box placed on the outside of your home that only our local EMS service can access in an emergency, please contact EMS Director Josey Huber at 701-452-2326. Free of charge. We take care of the installation, you just provide the key!

Annual Service Awards:

South Central Health hosted their annual service awards program on January 28th, 2022 for all of the employees to attend. Individuals who reached milestones in 2021 were presented at the supper. Since the COVID-19 pandemic didn't allow for our facility to host a 2020 service awards banquet, those individuals were also honored at this year's banquet. Congrats to the following employees for their dedicated years of service to our facilities:

2021

25 years

Gerri Horner

20 years

Tom Lovik
Barb Mueller
Bruce Dalke

15 years

Kathy Feist
Jackie Weigel

5 years

Taisha Volk

Your Local Physical Therapists

Quality Care From People Who Care



JOHN KOSIAK
PT, MPT, ATC



REBECCA BENDER
PT, DPT, MTC



KRISTEN WEYGANDT
PT, DPT, ATC

In May we will celebrate Hospital Week and EMS Week. Don't miss out on these fun events!



YOUR COMMUNITY WELLNESS PARTNER



ANNUAL BIKE-A-THON

Please consider donating a monetary pledge to our local youth participants! We invite the community to come out and watch the bicyclists.

**MAY 17TH, 2022
3:30PM-5:00PM
WISHEK SCHOOL TRACK**

All donations will be put towards improvements in our local EMS department.

MAY 10th, 2022

Taco Fundraiser

Text 261-3331 for to go orders

\$12.00 per meal

CHOICE OF FRY BREAD OR CHIPS
Meal includes all the fixings, bottled water and ice cream

11:00am-1:00pm
WISHEK CIVIC CENTER

Hosted by South Central Health
All funds raised will go towards continued...

EMS Week

May 16-20, 2022

- Monday 16th**- FREE ice cream cones at the McTwist 11am-5pm sponsored by Wishek Ambulance Service
- Tuesday 17th**- Bike-A-Thon at the track 3:30pm-5pm
- Wednesday 18th**- Blood drive at the American Legion Hall 3:30pm-6:30pm contact Josey @ 452-3161
- Thursday 19th** - Thank a provider day!
- Friday 20th** - EMS Night Out 6:30pm-8:30pm at the City Park. Fun for the whole family!

Join us for supper, games, face painting, and more!
Get a ride in the ambulance and fire engine!
Watch the Sanford AirMed helicopter land!
We hope to see you all there!



Annual Meeting
Tuesday, May 10th 7:00pm
Wishek Civic Center

THE WISHEK HOSPITAL CLINIC ASSOCIATION INVITES YOU TO ATTEND OUR ANNUAL MEETING FOR THE ELECTION OF THREE SEATS ON OUR GOVERNING BOARD.

68 years of reliable local healthcare

"Our Mission is to provide the highest possible standard of healthcare in a compassionate and professional manner"

Only paid members of the Wishek Hospital Foundation will be allowed to participate in the election.

REINHARDT CREDITS LOCAL PROVIDER FOR SAVING HIS FOOT

Peripheral arterial disease (PAD) in the legs or lower extremities is the narrowing or blockage of blood vessels that carry blood from the heart to the legs. PAD is primarily caused by the buildup of fatty plaque in the arteries and will affect 5% of all adults and 20% of people over the age of 65. Unbeknownst to a local Napoleon man, he was part of those statistics.

Kevin Reinhardt has lived in Napoleon for about 13 years. He states that over the years he hasn't always had the best luck. Three years ago, he underwent back surgery which then led to the placement of a spinal cord stimulator to help relieve nerve pain. Reinhardt continued to experience severe pain to his left leg and states it was impossible to get relief. "My quality of life was really affected; you don't realize how constant pain like that can get to a guy."

Reinhardt had work done to his left foot by a podiatrist and his toes were not healing. Issues with ambulation continued to the point he was unable to walk long distances. Leg pain and sores on the feet that won't heal are common signs of PAD, but for Reinhardt, they were signs that were being overlooked. Kevin had other medical issues that he was dealing with, "I went to numerous doctor visits, and no one thought it was a circulation issue, until I was at the Napoleon Clinic and showed Trina my toes, she was the one who finally said, "I think you need to go see a vascular doctor, I think you need your circulation checked."



Kevin Reinhardt and Trina Schilling, FNP

Trina Schilling is one of the local family nurse practitioners at the Napoleon Clinic. "When Kevin came into my office you could see him limp in pain and you could barely touch his foot/leg without causing excruciating pain. He reminded me of a patient I had before with severe PAD that would cry in excruciating pain. In review of his records, I noticed vascular was one whose consults had not been sought yet, which also surprised me," Schilling said.

Reinhardt states that he saw a vascular doctor on Friday and was informed he had PAD. By Monday he had undergone surgery to have his left artery cleaned out and stented so that circulation could be re-established. "It took them two hours to work on the left leg, my right leg was also 50% occluded. The Vascular Surgeon told me, "had you waited two more weeks you could have lost your foot or even worse your leg," Reinhardt said.

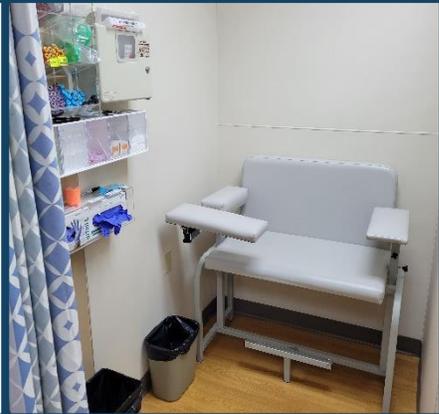
Once the procedure was over, he noticed an immediate improvement to the pain in his leg. His wounds healed up nicely and his quality of life started to improve. Reinhardt said he wants everyone in the community to know, "our local providers know what they are doing, just as much as those doctors in the big cities, and if they don't know it, they will find the answer for you".

Risk factors for PAD include smoking, high blood pressure, atherosclerosis, diabetes and high cholesterol. Individuals with PAD are at risk for developing a heart attack or stroke. You can prevent PAD by increasing physical activity, avoiding tobacco, and keeping your blood pressure and cholesterol in check. Regular checkups can help your provider recognize any symptoms that may indicate you have an issue going on and improve outcomes for this type of disease as well as many others.

SOUTH CENTRAL HEALTH UPDATES HOSPITAL LAB AND KITCHEN

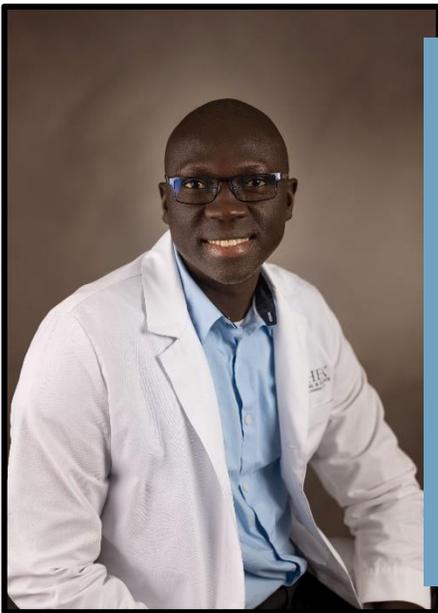
The kitchen and lab within the Wishek Hospital underwent recent updates; the kitchen finished its overhaul this fall and the dietary staff have been enjoying their new updated amenities. More recently it was decided to move the lab to a more central location. The lab is now located where the old ER room was, close by radiology – both departments are frequented by clinic patients so the proximity is convenient. The old lab will then turn into the new ER. By moving the lab, it reduces patient exposure risk to infection because patients are no longer having to walk over onto the hospital floor. During heightened flu or covid-19 outbreaks this will help to prevent the spread of illnesses. The lab also upgraded their chemistry machine which needed additional floor space, the wall in the waiting room was moved to accommodate the new machine.

Wishek Hospital Lab



Wishek Hospital Kitchen





On March 4th we said farewell to Siaka Sanneh, FNP. Siaka and his family relocated to Rochester, MN where he is partaking in a fellowship at Mayo. Siaka has a passion for learning, and we sincerely appreciate the three years he dedicated to South Central Health. We wish him the best and leave the door open to welcome him back should he ever want to come back to the cold North Dakota winters!

A note from local Wishek resident Jenny Lacher...

I call South Central Health the “Gem on the prairie.”

Since 1961 I have been in the hospital numerous times and there has not been a time I have been disappointed. The care gets better and better every year! All the staff are always so kind and caring and make me feel like I am the only patient there. They treat me like a queen. You will not receive personalized care like you do at South Central Health anywhere else! With the addition of their new mammogram machine, I had my mammogram in Wishek this year. I will NEVER go anywhere else! I encourage to seek your medical care at South Central Health, you will not be disappointed.



March was National Colorectal Cancer Awareness Month. Staff wore blue to raise awareness about colorectal cancer and the importance of regular screenings. 1 in 23 men and 1 in 25 women will be diagnosed with colorectal cancer in their lifetime. Early screenings can significantly change those statistics. South Central Health provides different options for colon health screenings. Talk to your local provider about having a Cologuard Stool Screening or colonoscopy completed. Guidelines now recommend anyone over the age of 45 be screened for colon cancer. Everything from the consultation to the colonoscopy can be completed locally at South Central Health!



CEO Beverly Vilhauer presented Joan Boschee with a \$50.00 gift card to Stan’s Supermarket. Joan was the winner of our fall newsletter trivia questions.

THE ROARING '20s

**South Central Health Foundation
2022 Fall Gala Event**

SATURDAY EVENING WISHEK
SEPT 17TH 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	Carl Wiest - 226-8320
Stacy Meidinger - 452-4235	Stacy Wiest - 452-3156
Jayne 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

ROARING TWENTIES

South Central Health
YOUR COMMUNITY WELLNESS PARTNER

Silent Auction ~ Cash Bar ~ Bottle Pull

Schedule your appointments today!

Wishek- 701.452.2326

Napoleon- 701.754.2323

Kulm- 701.647.2345

Gackle- 701.485.3611

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



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!

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

How many years has Wishek Hospital been in service?

What kind of frogs were used for pregnancy tests in the hospital lab?

Name: _____ Phone Number: _____

South Central Health
PO BOX 647
1007th 4th Ave S
Wishek, ND 58495

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