

SCH WELCOMES TWO NEW PROVIDERS

Shawna Dietz, DNP, FNP-C joined the South Central Health provider team in June.

Shawna is a North Dakota native who grew up in Mandan. She states, “As a kid, I always knew I wanted to do something in the medical field.” After high school Shawna obtained her Bachelor of Science in Nursing in 2016 from North Dakota State University and graduated from Creighton University with a Doctor of Nursing Practice in May 2022.

Shawna enjoys working in emergency medicine, pediatrics, and rural health. She has a strong background in emergency medicine, with six years of nursing service in the ER at Sanford Bismarck.

Shawna is engaged to her fiancé Tyler, and they have a dog named Jax. In her spare time, she enjoys spending time with family and friends, camping, traveling and cheering on the UND hockey team! Shawna is a member of the North Dakota Nurse Practitioner Association, American Association of Nurse Practitioners, and is board certified through the American Academy of Nurse Practitioners.



Jayne Martell, DNP, FNP-C joined the South Central Health provider team as a certified family nurse practitioner this past August.

Jayne has six years of progressive nursing experience including oncology, ER and rural health. She earned a Bachelor of Science degree in Nursing in 2014 from the University of Mary and returned there in 2019, completing her Doctor of Nursing Practice in 2022.

Jayne grew up in New Rockford, ND. In 2015 she moved to Wishek where she began working for South Central Health. Growing up in a small town gave Jayne the understanding of why rural health clinics are so valuable to our communities. “Since I was 16 years old, I’ve had the dream of becoming a Nurse Practitioner, I always knew I wanted to work in healthcare and South Central Health has fueled my passion for rural healthcare.” Jayne loves the variety that rural health encompasses but states that she enjoys providing care across the lifespan from well child checks to geriatrics and women’s health.

Jayne is married to Ross. They reside in Wishek with their two sons and silver Labrador, Harper. The Martell’s will be welcoming another baby to their family in January.



A LETTER FROM THE CEO

Information Technology at South Central Health



I don't want to bore you, but I am going to take you down memory lane with me to 1988. That year is engrained in my mind because it was the year that Wishek Hospital converted over to computers in the Business Office with registration, billing, accounts payable and payroll. Prior to 1988, the hospital was associated with Lutheran Hospitals & Homes out of Fargo, and they generated all of our financial data.

In 2004, under President Bush, the government passed federal laws that all hospitals were required to adapt an electronic medical record and it had to have meaningful use. This meant that all medical records would have to be in electronic format and have the ability to share this information between healthcare facilities. These mandates were very expensive however; there was some reimbursement attached to this mandate.

Since 2004, South Central Health is finding that many of the companies that we started with have not survived on their own and have been bought up by larger companies. Last year we were informed that our current system was going to be discontinued so we started looking at different systems. We chose to convert over to "Cerner Community Works", and we will be implementing this in December.

As a patient of South Central Health, your healthcare information will be available to you through a patient portal, so we will be providing you information on how you can access this portal in December after we "go live". You will also be able to pay your bills online, which is a new feature. Your record will be accessible through all of the clinics and the hospital as we strive for a paperless environment.

Currently we are in the build, testing and learning processes to become familiar with all of the features available to us. We know that when we go live in December, there is going to be a learning curve until we are all proficient, so we ask for your patience.

The Hospital Foundation, under the leadership of Tammy Rohweder, will be bringing back the annual Gala Fundraiser. It is scheduled for Saturday, November 5th, the theme is the "Roaring Twenties", and it will be a dinner theatre event. Tickets are \$60 and can be purchased at any of our clinics. It has been two years since our last event, so I hope to see you there.

Beverly Vilhauer, CEO

HOSPITAL FOUNDATION GUARANTEES AN EVENING OF FUN

THE ROARING '20s

South Central Health Foundation
2022 Fall Gala Event

SATURDAY WISHEK
NOVEMBER 5TH CIVIC CENTER

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

brought to you by:
OUTLAW CONSTRUCTION
MARTELL'S CARQUEST
UNISON BANK
MONTANA DAKOTA UTILITIES

live performance:
45 Minutes From Broadway
featuring local talents

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

ADMISSION: **\$60**

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
Megan Rath - 388-0274

Limited VIP Tables available, contact Tammy
Champagne Provided by: Town & Country Bottle Shop

FLAPPERS & GANGSTERS WELCOME

THE ROARING TWENTIES

South Central Health
YOUR COMMUNITY WELLNESS PARTNER

Silent Auction ~ Cash Bar ~ Bottle Pull

Dust off your fedoras and bust out your flappers. The Roaring '20s will be making a comeback for one night only! South Central Health's Hospital Foundation will be hosting a Fall Gala Event that's sure to be entertaining for all. They invite you to grab a few friends and come out to support their annual fundraiser. The roaring twenties was an era full of decadence and entertainment, and the spirit of long-ago gangsters and flappers are sure to fill the Civic Center. Gala attendees will be treated to a delicious supper and live entertainment featuring some of our most talented local performers! The South Central Health Foundation is an eight-member board whose purpose is to promote fundraising in our service area. Funds raised at this event help provide grants within our hospital and clinics for needs that enhance our health care services and local facilities.

South Central Health 2022-2023 Board of Directors

President: Lila Raile

Vice President: Nathan Wolf

Secretary: Rebecca Schnabel

Directors:

Eric Froehling

Lee Aipperspach

Tanya Schnabel

Lisa Weigel

Sheila Brosy

Marla Berntson

Our Team



Paulette Benson, FNP-C



Trina Schilling, FNP-C



Dan Beach, FNP-C



Shawna Dietz, FNP-C



Jayme Martell, FNP-C

REACHING OUT TO PROVIDE ADDITIONAL SERVICES LOCALLY

It has been a goal of ours at South Central Health, to provide comprehensive services locally. Over the years, we have expanded services that we are able to provide each year and feel it is important to get the word out!

Many of the patients we serve may not realize that we offer outpatient infusions, injections, wound dressings, port flushes, IV antibiotics and many other services right here locally. If you are traveling out of town for services like Remicade, immune therapy or iron infusions, we would be happy to provide those services to you right here in Wishek! We know especially that the winter months make travel difficult, so allow our local hospital to help alleviate the stress of making long trips out of town. If you have any questions about receiving a treatment locally, contact Carly Sanders, DON or Kayla Arlien, ADON to discuss your needs!

VISITING PROVIDERS

Wishek Clinic



DR. RHONDA SCHAFER-MCLEAN, MD
Obstetrician-Gynecologist
Visits the 3rd Wednesday of every month



DR. BROCK NORRIE, MD
Orthopedic Surgeon
Visits the 2nd Tuesday of every month



DR. BRIAN GALE, DPM, FACFAS
Podiatric Medicine
Visits every other month



DANETTE PENGILLY, GNP-BC
Cardiology
Visits the 4th Monday of every month



RICK HOFFERBER, FNP-C
Urology
Visits the 3rd Tuesday of every month



CEO Beverly Vilhauer presented Cletis Kauk with a \$50.00 gift card to Wishek Drug. Cletis was the winner of our spring newsletter trivia.



Free Key Lock Box
Wishek Ambulance Service

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!

Vaccination

Let's get vaccinated to increase immunity this fall

Plan to get your flu shot!



Have you considered a Pneumococcal vaccine??

Have you had all of your COVID-19 booster shots??

Have you had your Shingles Vaccine?

Contact our clinic or local public health to learn more



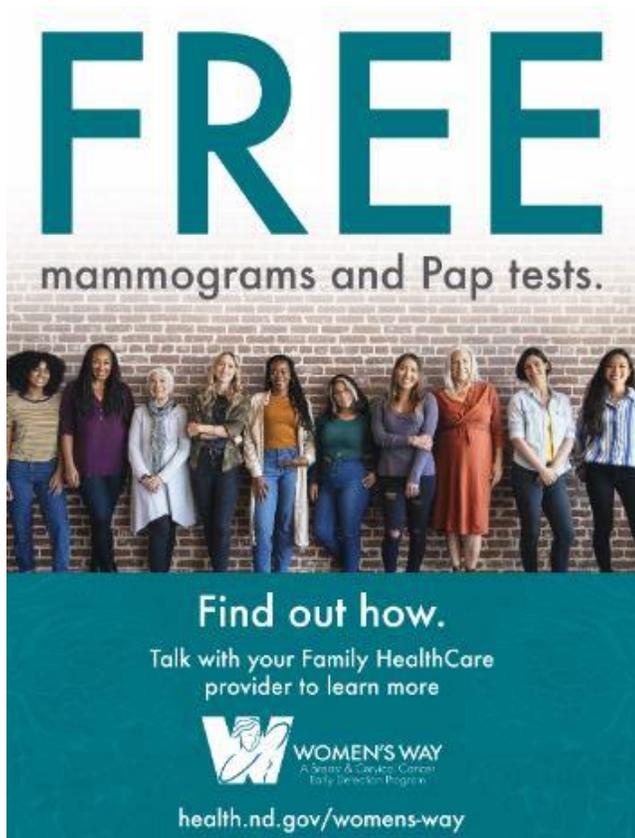
South Central Health
YOUR COMMUNITY WELLNESS PARTNER

701-452-2326

MAMMOGRAPHY CORNER: COMPRESSION

Angie Vliem RT(R)(M) (CT)

In 2022, nearly 288,000 will be diagnosed with breast cancer in the US, making it the most common cancer in American women. South Central Health has been fortunate enough to acquire a 3D mammography unit, the leading choice of screening and diagnostic mammography studies. With the advancement of technology, many of our patients have questioned if compression of the breast is still necessary. My simple answer: YES! Let me explain why this is a necessary evil. Breast tissue is composed of overlapping tissue of various types of densities. Some of the breast is adipose tissue (fat), while other parts of the breast may be fibrous tissue (denser). To properly see all the breast correctly, compression is used to condense or flatten the breast. According to the FDA, 38% of mammography image deficiencies are the result of improper compression. Proper compression not only helps visualize the breast, but it also decreases the radiation dose during exposure. As a technologist, it is not my intention to cause pain to my patients, but it is my responsibility to obtain the best images possible for a patient's medical care. If a mammogram is painful, there are some steps patients can take to help decrease the discomfort. Limit caffeine before the examination, take an anti-inflammatory medication an hour before the appointment, and communicate with the technologist performing the exam. Repositioning or taking a small break during the exam can make all the difference. By working together, we have a shared goal of early breast cancer detection.



FREE
mammograms and Pap tests.

Find out how.
Talk with your Family HealthCare
provider to learn more

 **WOMEN'S WAY**
A Breast & Cervical Cancer
Early Detection Program

health.nd.gov/womens-way

On Average, about 500 women are diagnosed with Breast Cancer in North Dakota each year. Early detection means early intervention and better outcomes for those diagnosed with cancer. South Central Health is a partner provider with Women's Way of North Dakota, an early detection program for cervical and breast cancer prevention. Enrolled program members are able to have a free mammogram completed yearly for women 40-64 years old. Other benefits are available for this age group as well as woman ages 21-39. Every woman should have the opportunity to be screened for cancer. Women's Way makes that possible for North Dakotans who are unable to afford insurance or have existing policies that do not cover these screenings. If you are interested in checking your eligibility for Women's Way visit health.nd.gov/womens-way or contact your local South Central Health Clinic. We would be happy to guide you through the process.

PHYSICAL THERAPY SPOTLIGHT

The more you move, the better your health!

October is national physical therapy month. Physical therapists are movement experts that provide treatment for a variety of conditions and impairments. Physical therapists are licensed health care providers who can assist patients with maximizing a patient's mobility, assist in managing pain and chronic conditions and improve physical function and fitness.

Physical therapists can help to identify, diagnose, and treat movement problems. They help people maintain or restore as much function as possible. Physical therapy treatment may assist with reducing pain allowing a patient to avoid the use of opioids and prevent further decline that could lead to surgery.

Research has shown that physical therapy is effective for a large number of conditions and injuries. Just a few of these may include: knee pain such as meniscal injuries or osteoarthritis, shoulder conditions such as instability or rotator cuff conditions, lower back pain such as spinal stenosis or degenerative disc disease, cervical pain such as postural conditions or disc herniation, neurological conditions such as stroke or Parkinson's disease, balance impairments from conditions such as vertigo or deconditioning, sports-related injuries such as ankle sprains, ACL tears or concussions.

Your therapist may recommend a variety of treatment interventions to aid in improving your symptoms and impairments:

- Therapy treatment may include modalities to improve pain, reduce inflammation and promote recovery such as ultrasound, electrical stimulation, mechanical traction, iontophoresis and cold compression.
- Hands on manual therapy techniques can be beneficial for a number of musculoskeletal issues. These interventions can include soft tissue mobilization, joint mobilization, instrument assisted soft tissue mobilization and myofascial release.
- Therapists specialize in selecting and instructing patients in specific therapeutic exercises and activities to help improve strength, balance, and mobility.
- Balance conditions, such as vertigo, can be evaluated and treated with the aid of specialized equipment like vestibular infrared goggles.
- Patients recovering from conditions that impair their mobility can benefit from gait training to improve walking for home and community ambulation.
- Many musculoskeletal conditions may be improved with the use of dry needling... a skilled intervention that uses a thin filiform needle to penetrate the skin and underlying myofascial trigger points, muscular, and connective tissues for the management of neuromusculoskeletal pain and movement impairments.

Please reach out to the Physical Therapists at South Central Health. They would be happy to assist you with your healthcare needs.



John Kosiak, PT, MPT, ATC

Rebecca Bender, PT, DPT, MTC

Kristen Weygandt, PT, DPT, ATC

YOUR LOCAL PHYSICAL THERAPISTS

Quality Care From People Who Care

EMS EDUCATION: STOP THE BLEED

Josey Huber, EMS Director of Wishek Ambulance Services

Uncontrolled bleeding is the #1 cause of preventable death from trauma.

The greater number of people who know how to control bleeding in an injured patient, the greater the chances of surviving that injury. You can help save a life by knowing how to stop the bleeding if someone, including yourself, is injured.

We live in rural USA; this poses many safety concerns, one being the amount of time it takes for EMS to reach you. Severe bleeding can cause death within 5-10 minutes. No matter how quickly emergency responders arrive, bystanders will always be first on the scene. That is why YOU should be equipped with these 4 easy life-saving steps.



ABCs of Bleeding Control

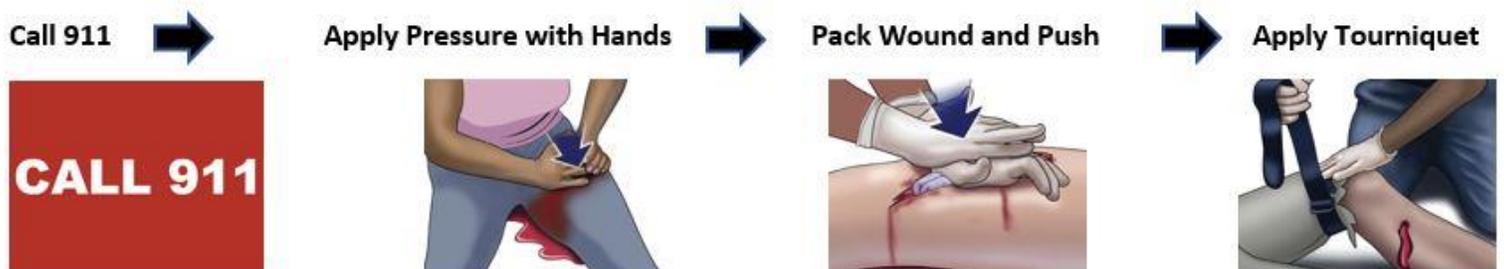
A- Alert- Call 911

B- Bleeding- Find the source of the bleed

C- Compress- Apply pressure to stop the bleeding either by:

1. Cover the wound with a clean cloth and apply direct pressure with both hands
2. Pack the wound with gauze or clean cloth then apply direct pressure with both hands
3. Use a tourniquet (place it 2 inches above the injury)

Quick actions to STOP THE BLEED



YOUR safety is always YOUR priority! You can't help others if you are injured yourself. Assess for scene safety, constantly, not just when you first get on scene. Environments can change quickly. If at any time your safety is threatened, remove yourself from the danger and find a safe location.

The only thing more tragic than a death...is a death that could have been prevented.

The Wishek Ambulance Service would like to thank all of the community members and organizations that helped to make EMS Night Out a success. We hope to see you next year!



Schedule your appointments today!

Wishek- 701.452.2326

Napoleon- 701.754.2323

Kulm- 701.647.2345

Gackle- 701.485.3611

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HIRING**

JOB POSITIONS

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Technologists
Dietary Aides
PRN Housekeepers



JOIN OUR TEAM

CHECK OUT THE CAREER TAB AT
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!

What is the number one cause of preventable death in trauma?

How many physical therapists are employed at South Central Health?

Name: _____ Phone Number: _____

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

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