

SOUTH CENTRAL HEALTH RECOGNIZED AS TOP 100 CRITICAL ACCESS HOSPITAL BY THE CHARTIS CENTER FOR RURAL HEALTH

South Central Health announced it has been recognized as a 2023 Top 100 Critical Access Hospital. Compiled by The Chartis Center for Rural Health, this annual recognition program honors outstanding performance among the nation's rural hospitals based on the results of the Chartis Rural Hospital Performance INDEX™.

Beverly Vilhauer, CEO of South Central Health adds that "Our philosophy is to provide the highest possible standard of care in a compassionate and professional manner, and I believe this mission is accomplished by being recognized as a Top 100 Critical Access Hospital. I am so proud of the staff at South Central Health as they are the key to achieving this success as we continue to provide quality care with concern and compassion."

"Across the nation, top 100 rural providers continue to serve as a source of inspiration for hospital leadership teams and staff working diligently every day to improve the delivery of care within their local communities," said Michael Topchik, National Leader, the Chartis Center for Rural Health. "The list of award winners in each category is as geographically diverse as we've seen in some time, which is wonderful to see. We're thrilled to be able to honor the outstanding efforts of these top performing rural hospitals."

Now in its 13th year, the INDEX has established itself as the industry's most comprehensive and objective assessment of rural hospital performance. Leveraging publicly available data, the INDEX is trusted by rural hospitals, health systems with rural affiliates, hospital associations and state offices of rural health across the country to measure and monitor performance across a variety of areas impacting hospital operations and finance.

South Central Health received the Top 100 award in 2019, 2020 and 2021. In 2019 and 2020 the honor of top 20 was also achieved. Director of Nursing Carly Sanders states, "This award speaks highly of our dedicated staff here at South Central Health. It is clear we have an outstanding team!" The facility will find out in the coming months if top 20 status was achieved for 2022.



A NOTE FROM THE CEO

I am sure by now you have seen the news story of CHI-St. Alexius making the hard decision to close their infusion department. I know this was a very difficult choice to make, but I also know that with the many changes happening in healthcare and reimbursement, they could not continue to afford to provide that service. Uncertainty is scary, but sometimes leadership must make these difficult decisions. From a rural health perspective, the question is what can we do to enhance our services to the patients that look to us for their healthcare needs.

I will use my experience as an example. Over the years as I have aged or even when I had children that needed medical care, I have turned to South Central Health for services. Sometimes, we are referred to a specialist and from that one visit, they in turn refer to **their** local laboratory or x-ray department, when these same services can be provided locally. I have had family members wait for weeks to schedule a CT scan or MRI, but here at South Central Health we can do that CT scan the same day and the MRI mobile unit comes here every other Monday. The results of these exams can be forwarded to your

provider, and we have the technology to do that for you.

We have some great providers, and their passion is women's health. Most of the time, you can have your annual women's health visit, your 3-D mammogram and dexascan done all on the same day. Though we do not have capabilities to offer all infusions here at South Central Health, it would be worth your time to give us a call because maybe we can help you. I know that our local governing board monitors the profitability of the hospital and the clinics, and the success of healthcare in your community relies on you and your support of your local healthcare facility.

I also want you to know that I will be stepping down as CEO in June and I know that the local hospital governing board is searching for my replacement. I have been in the workforce for 48 years. Lately, I am having to choose between CEO and Grandmother, and I have decided that Grandmother wins. It has been my pleasure to serve you as the CEO for the past eight years and I am confident that my successor will continue to serve under the mission of providing quality care with concern and compassion.

Thank you,

Beverly Vilhauer, CEO

South Central Health Board Members

2023

President
Lila Raile

Vice President
Nathan Wolf

Secretary
Rebecca Schnabel

Directors:

Lee Aipperspach
Eric Froehling

Tanya Schnabel
Marla Berntson

Lisa Weigel
Sheila Brosy



YOUR COMMUNITY WELLNESS PARTNER

INVITES YOU TO OUR

ANNUAL MEETING

»» 05.09.2023 6:30PM ««

Three positions will be up for election on our nine member board of directors. We are seeking motivated individuals who are passionate about rural healthcare to consider running for election. Only paid foundation members will be allowed to run and vote in the election. Everyone is welcome to attend.

WISHEK CIVIC CENTER

218th St S | Wishek, ND | 58495

▲▲▲▲▲▲▲▲ www.schealthnd.com ▲▲▲▲▲▲▲▲

A NOTE FROM TOM LOVIK

I woke up today deeply compelled to write about my experience as a patient at South Central Health on March 13th. As a 21-year ambulance driver, I've walked the halls of our facility countless times on the clock, focused on doing a job. Today, however, I saw our hospital and staff through different eyes and wanted to share what I witnessed.

As I drove up to the clinic, I saw a neighboring ambulance backed up to our ER garage, delivering a patient who would be whisked into the emergency room for aid. After checking in, I made the walk from the clinic to x-ray, stopping briefly for a friendly visit with two of our nurses, both of whom have helped me navigate through a lingering health issue. I left them feeling that this institution will be in good hands for a long time.

A physical therapist was assisting a patient walking down the long hallway, offering encouragement and advice. As I sat in x-ray waiting my turn, the near constant hustle in the hall spoke volumes that there was significant health care happening, and it felt reassuring. I was scheduled for an MRI, and due to a full schedule, I had some time to wait and observe the action going on all around me. As I was being escorted to the mobile unit in the parking lot--in and of itself a marvel to me that this service can and will come to our community, in the distance sat Sanford's AirMed helicopter, recently landed to pick up a critical patient who would be airlifted to more advanced care.

I left the hospital with one overwhelming thought: "My God, what if this place wasn't here? What if these incredibly gifted and dedicated people had chosen to practice their craft elsewhere? What would be left of our community?"

To everyone who makes this all happen on a daily basis, you have my unending respect and admiration. Thank you.

2023

EMS WEEK EVENTS

MAY 2023

- MON 22** FREE COOKIES
EVERY MEAL PURCHASED AT CINDY'S LUNCH BOX WILL RECEIVE A FREE COOKIE SPONSORED BY EMS
- TUE 23** PET PARADE
4:00PM IN FRONT OF WISHEK LIVING CENTER
- WED 24** EMS TRIVIA
LIKE AND FOLLOW US ON FACEBOOK TO PARTICIPATE AND WIN PRIZES
- THUR 25** EMS NIGHT OUT
WISHEK CITY PARK, FREE MEAL, GAMES, ENTERTAINMENT, ALL AGES WELCOMED
- FRI 30** BLOOD DRIVE
WISHEK LEGION HALL
9:00AM-2:00PM

Contact Josey Huber at 701-452-3161 with any questions

Follow us online

YOUR LOCAL PROVIDERS



Polly Benson, FNP-C



Trina Schilling, FNP-C



Dan Beach, FNP-C



Shawna Bradley, FNP-C



Jayme Martell, FNP-C

NEW PATIENT PORTAL COMING SOON

South Central Health is excited to announce that we are currently in the process of implementing a new electronic medical record – **CERNER COMMUNITY WORX**. When this implementation takes place the new patient portal will be available. We are anticipating implementation will happen mid-2023. **NEW PATIENT PORTAL: myschart**

Myschart will be your connection to your health information. This new patient portal is provided by Cerner HealtheLife. Once you have setup your portal account you will be able to:

- View upcoming appointments
- View your medication list
- Review lab results
- View immunizations
- Message your provider

For assistance, please call Julie Goebel or Kari Buchholz at 452-2326 or email at julieg@shealthnd.com or karib@shealthnd.com

VISITING PROVIDERS

Wishek Clinic



DR. RHONDA SCHAFFER-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



Please welcome Dr. Alan Lawrence to South Central Health. Dr. Lawrence will start doing colonoscopies and EGDs at South Central Health in the near future.

Dr. Lawrence grew up in Mobridge, SD. He is the son of Dr. Ronald Lawrence and graduated from Mobridge High School. He attended medical school at Temple University, completed his residency in Pennsylvania in 1995, and went on to practice general surgery in Watertown, SD for more than 25 years prior to returning to his hometown of Mobridge. He is particularly skilled in laparoscopic techniques due to a four-and-a-half year residency training in this minimally invasive approach as well as open surgery.

Dr. Lawrence and his wife, Tina have 8 children and 2 grandchildren. They live in Mobridge, SD where he is employed by the Mobridge Regional Hospital and Clinics.

MAMMOGRAPHY CORNER:

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

When it comes to mammography, I am usually asked two questions: When should I start getting mammograms and when can I stop having a mammogram? Unfortunately, neither question has an easy answer. First, let's discuss when to start getting mammograms. Most women who get breast cancer do not have a family history, although having a family history of breast cancer increases breast cancer risk. According to the American Cancer Society, a woman who has a first-degree relative (sister, mother, or daughter) with a history of breast cancer doubles her risk of cancer. Having two first-degree relatives with a history of breast cancer increases the risk three times. Most insurance companies will start mammography coverage around the age of 40 for women with no family history, whereas those with a family history may need one sooner. It is important to have a discussion with your primary care provider to express your personal concerns and family history to determine when to start mammograms. It is also pertinent to check with your insurance company before you have a mammogram to ensure the procedure will be covered.

Now the flip side: when can I stop having a mammogram? It is always a patient's right to refuse a mammogram. If you begin questioning why you need to keep having a mammogram, it is time to visit with your primary care provider. He/She can provide you with risk vs. benefit of the exam. While I am asked this question almost daily, I cannot give an answer because I do not know all of your medical history.

Starting and/or stopping a mammogram is not a decision that is set in stone. If variables change with a patient's health, someone who has not had a mammogram may need one, and someone who had decided to cease having routine mammograms may be recommended to have one. Open communication between patients and primary care providers is crucial to making an educated decision.



South Central Health

BIKE-A-THON

11 MAY

3:30-5:00PM

WISHEK SCHOOL TRACK

Please consider donating a monetary pledge to our local youth participants! We invite the community to come out and watch the bicyclists. All donations will be put towards facility improvements.



\$13.00 per meal

TACO FUNDRAISER

May 9th, 2023
11:00am-1:00pm
Wishek Civic Center

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

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

Text 261-3331
for to go orders

7 PLACES ADDED SUGARS ARE HIDING IN YOUR DIET

Cathy Imdieke, Registered Dietician

Before we dive into the world of sugars, let's clarify the difference between "added sugar & natural sugars". Natural sugars do not count toward added sugar intake. They are naturally occurring in foods. This includes sugar found in fruits & dairy products such as milk.

Added sugars are those added to a food, such as in sugar-sweetened beverages, desserts, candy, sweet snacks, etc. This might be in the form of table sugar, corn syrup, honey, pure maple syrup, molasses, fruit juice concentrate, along with many other names and forms all count as added sugar.

The Dietary Guidelines for Americans recommend that less than 10% of daily calories come from added sugars, no more than 10tsp of sugar (5gms=1tsp).

Where are added sugars hiding in your diet?

1. Condiments- Most ketchup contains 4-6 grams of added sugar per serving (1 Tablespoon)
2. Granola Cereals- May have up to 10-18gms of added sugar per serving.
3. Yogurt- Some Flavored yogurts may have up to 16 grams of added sugar. Even LOW-FAT yogurts can pack in added sugar varieties.
4. Salad Dressing- French Raspberry Vinaigrette & Catalina dressing are among those with the most added sugars. Asian dressing contains 10-12 grams of added sugars.
5. Granola Bars- There are wholesome ingredients that can be part of a healthy diet. However, the ingredients bonding all these wholesome foods together usually come in a form of added sugar— corn syrup, brown sugar, honey, and brown sugar syrup. If you have chocolate chips mixed in the added sugar increases, maybe 7 to 12 grams of added sugar lurking in your granola bar.
6. Dried Fruit- Many manufacturers add sugar to dried fruit to keep it tasting sweet instead of sour. Dried cranberries can have up to 26 grams of added sugar in just ¼ cup.
7. Low Fat Packaged Snacks- Many diet, low fat, or reduced calorie items contained more sugar than the original. Extra sugar is added in place of the fat to improve the taste and palatability of the product. To help reduce the number of added sugars from your favorite snacks- simply buy the original variety and watch portion sizes.

Need help with managing your diet?

South Central Health offers services from a Registered Dietician who is available monthly for patient consults. Let a professional help you manage your dietary issues: diabetes, high blood pressure, weight loss, weight gain or digestive problems.

Call 701-452-2326 to schedule





South Central Health, along with our local Public Health agencies, are interested in hearing from you about your community health concerns.

The focus of this effort is to:

- Learn of the good things in your community as well as concerns in the community
- Understand perceptions and attitudes about the health of the community and hear suggestions for improvement
- Learn more about how local health services are used by you and other residents

You may take the survey online at:

<http://tinyurl.com/Wishek23> or by scanning this QR code:



Surveys will be accepted through May 5, 2023. Your opinion matters – thank you in advance!

Surveys will be tabulated by the Center for Rural Health at the University of North Dakota School of Medicine and Health Sciences. Your responses are anonymous, and you may skip any question you do not want to answer. Your answers will be combined with other responses and reported only in total.

If you have questions about the survey, you may contact Kylie Nissen at 701.777.5380.



South Central Health is in the process of switching our electronic medical record (EMR) system to a new program called Cerner. Our facility currently uses a program called Centriq that will be obsolete at the end of the year. This change will not affect any of your medical information. Staff has been busy preparing and working to implement this new program. A lot of time has gone into set up and training. We are hoping to make the conversion over to Cerner this summer. When this change takes place, we will let the public know, as some things may seem a little slower when you are at your visits. We ask for your grace and patience as we make this transition. We feel this will be a positive change with many new features that will allow better care across the board for our hospital and clinic patients.

EMS UPGRADES AMBULANCE AND EQUIPMENT

Josey Huber, EMS Director of Wishek Ambulance Services

The Wishek Ambulance Service recently upgraded their monitors from Zoll to Lifepak 15 monitors. There are many benefits that have come with the upgrade. One of the most appreciated benefits is that the Lifepak 15 is more user-friendly and has clearly labeled buttons with one function whereas with Zoll, there were fewer buttons which required more scrolling to get to the function you need. In EMS, minutes and seconds are vital to the well-being and outcome of our patients so being able to access the needed function with one push of a button will positively impact patient care. The Lifepak 15 has two batteries to ensure it has sustainable energy in the case it is not near a power source. It also performs a daily self-test to alert staff of any possible issues. The Lifepak 15 has EKG paper that is two times larger than the Zoll paper which makes identifying life-threatening cardiac arrhythmias more apparent and easier for first responders. With more than a dozen durability enhancements, the Lifepak 15 is built to withstand drops, shocks, and extreme vibrations. The screen is anti-reflective and is larger than the previous Zoll. South Central Health Hospital along with surrounding EMS services have Lifepak 15 monitors. We now have compatibility with other services and departments which will positively impact the continuity of patient care.

The Wishek Ambulance Service purchased their first ever 4-wheel drive ambulance. This ambulance has proven to be very beneficial in just the first couple of weeks of having it. Extreme weather conditions can create the need for EMS response, but it can also create hazardous conditions for EMS to reach the patient in a timely and safe manner. This ambulance is also equipped with more safety features such as curtain airbags in both the front and back compartments along with padded points of contact. As you all know, this winter has been relentless. Rest assured, the Wishek Ambulance Service is striving to maintain a timely and safe response to emergencies in our service area.

The Wishek Ambulance Service is dedicated to providing the best possible patient care, in all situations whether it is a blizzard or sunny and 75 degrees outside, whether you live in city limits or out in the country, whether you are 99 years old or merely 6 weeks old. The technologies that both the Lifepak 15 and the 4x4 ambulance possess ensures the staff will have the equipment and tools necessary to provide the best possible patient care in a timely and safe manner.



2022 Service Awards:

Thank you to these dedicated team members for their years of service.

Neil Meidinger- 30 years
EMS

Heidi Entzi- 10 years
Nursing

Camika Michaelsohn- 10 years
Nursing

Samantha Laber- 5 years
Social Services

Brenda Soelberg-Dohn- 5 years
EMS

Michele Kowalski- 5 years
Insurance/Billing/EMS

Angie Vliem- 5 years
Radiology



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!



Thank you to Karen Christensen for the donation of this diamond art photo. It is on display in our hospital lobby.



John Kosiak, PT, MPT, ATC



Rebecca Bender, PT, DPT, MTC



Kristen Weygandt, PT, DPT, ATC

South Central Health Physical Therapy Department

SERVICES AVAILABLE IN WISHEK, NAPOLEON AND KULM

Schedule your appointments today!

Wishek- 701.452.2326

Napoleon- 701.754.2323

Kulm- 701.647.2345

Gackle- 701.485.3611



Congratulations to Rachel Weigel of Napoleon. Rachel was our Fall 2022 Newsletter trivia winner. She was gifted a \$50.00 gift card to Legendary Steaks from Napoleon.



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 new patient portal called?

How many times has South Central Health been named top 100 Critical Access Hospital?

Name: _____ Phone Number: _____

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

PRSRT STD
ECRWSS
U.S. POSTAGE
PAID
EDDM RETAIL

Local
Postal Customer