

# Heartbeat

QUARTERLY NEWSLETTER

## Friends of the Foundation Luncheon

The Unity Medical Center Foundation was happy to host its 2022 donors to its annual Friends of the Foundation Luncheon in April. More than 80 total community members attended the event on one of two days.

The event included a program that recognized top donors, Giving Club members and consecutive year donors, and detailed what those donors provided for Unity Medical Center, including a new fetal heart monitor for the clinic, weight loss program support, special events support including Embracing Hope and the Tree of Lights ceremony, staff retention, capital needs (loan repayment and old hospital space renovation), and continuing education for surgery nurses Kristen Pastorek and Denise Moe. "It was a great experience getting to network with other ORs and vendors," Moe said. "We learned a lot! Thank you!"

In total, over 580 donors gave \$545,000 to UMC in 2022.

The event also included activities such as a facility tour, nutrition demonstration, caregiver tools and a virtual reality registered nurse job shadow. Beth Sundberg's team catered the meal.

Thank you to all 580 of our 2022 donors, including:

### Top 20 Donors of 2022

- Altru Health System
- Buzz & LeAnn Baldwin

SEE LUNCHEON on page 3



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Dear friends,

We have finally turned the corner on the weather, and spring planting is underway. It is amazing how quickly a field covered with snow can be seeded, then turn green. June is also a transitional month for Unity



Medical Center in that it is the last month of our fiscal year. Looking back at the past 12 months, it has been a year filled with growth and expansion at UMC with some very notable accomplishments by our dedicated team.

About a year ago, Unity Medical Center learned that we had made the very prestigious “Best Places to Work in Healthcare” list, which is formulated by Modern Healthcare, a leading publication in our industry. After accomplishing that, we of course applied again this year, going through a staff survey process after providing narratives about UMC. We just learned a few days ago that we made the list again! This year, Modern Healthcare’s awards gala will be in Chicago in late September. At

that time, UMC will learn its exact ranking relative to other hospitals in the U.S. Last year, we finished 35th in our division but ranked as the No. 7 critical access hospital (out of 1,200 in the country).

In November, Dr. Matthew Viscito was selected as the North Dakota Family Physician of the Year by the North Dakota Academy of Family Physicians. Just recently, Dr. Jared Marquardt was selected as the new chair of the North Dakota Colorectal Cancer Coalition. Both Drs. Marquardt and Viscito are strong advocates for colorectal screenings, and they perform colonoscopies on a regular basis as part of their practice. We’ve also added a fifth physician to our team. Dr. Karin Lokensgard started at UMC in early April and practices in the clinic as well as participates on the hospital rotation (see Page 7 for more information). Sadly, family nurse practitioner Deb Vivatson retired May 26 after many dedicated years working at the Park River Family Clinic. We will certainly miss her. We have hired another nurse practitioner who will be starting later this summer.

We have to do a shout-out to the team from Sanford Orthopedics

(formerly Valley Bone and Joint) in Grand Forks for the great work they are doing in Grafton. Dr. Darin Leetun is performing shoulder surgeries here on a regular basis, and Dr. David Schall’s surgery practice in Grafton is also ramping up. Dr. Anil Potti from the North Dakota Cancer Center provides a wonderful and very needed service at UMC also. We also greatly appreciate the support we receive from Altru Health System and the specialists they send to us.

Every day, I see the staff at UMC work with our health care partners to constantly improve all aspects of health care delivery. As a result, I see our patient volumes continuing to grow. We truly appreciate the trust you and your family place in us.

We have also served as a referral site for other regional rural hospitals who are beginning construction projects, including Rugby and Northwood. We are happy to assist them in any way possible.

Thank you for your continual support of UMC and the UMCF. Make it a great summer!

Alan O’Neil  
Chief Executive Officer  
Unity Medical Center

## Mammography SCREENING PROGRAM

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# LUNCHEON:

Continued from page 1

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- First United Bank
- Lynn Ebert\*
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- Sam & Dr. Kristi Midgarden
- Jeff & Cassidy Miller
- Alan & Mary Jane O'Neil
- Brad & Nadine Schanilec
- Bill & Jody Tibert
- Kent & Peppi Trontvet
- Carol\* & Ralph Tucker

## Consecutive Year Donors

### 30+ Years

- Dean & Joanne Bjorneby
- Bremer Bank
- Glora Halliday
- Sonia Midgarden
- Morgan Printing/Walsh County Record
- Jim & Norma Rystedt

### 20+ Years

- Russell & Kellie Carignan
- Judy Evens
- Betty Feltman
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- Bill & Colleen Lykken
- Ina Raumin
- David & Linda Schumacher

### 10+ Years

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Bremer Bank



TruStone Wealth Management



Pat and Greg Dusek



Chase and Alysia Boen



Evan and Carissa Klug

In the Winter 2022 newsletter, the Unity Medical Center Foundation announced its plans to install nine memorial benches around the perimeter of UMC's property to give patients, staff and the community a



place to enjoy the outdoors when able.

I understood that previous wooden memorial benches at UMC hadn't aged well, so it was our goal to install recycled plastic benches that would last much longer, similar to what has been installed at Lestikow Park and elsewhere.

These benches will honor loved ones who have passed away, such as Frances Boulduc, a long-time employee of the Life Skills and Transition Center and mother of Beverly Graber, Fran Coulthart, Richard and Michael Boulduc, Mary Hills and Irene Olson. I hope this

bench, which will face Western Ave., a busy road in Grafton, will help family members and the community think of Frances and her family as they drive or walk by. Keep an eye out for other memorial benches to be installed in the future.

In other news, Deb and I took a few minutes to reflect on the one-year anniversary of the Foundation's new office space in March. When the renovation project first began, we wondered if it would truly increase the number of visitors. Would people be able to find us if we weren't physically in the hospital building?

Now we can say with certainty that it has been a wonderful move! Guests stop by quickly as they run other errands, or come in to visit with us if they are able to stay longer. During the Harvest Auction, it was wonderful to have all auction items stored in our garage, and it's always fun to have an Open House like Giving Hearts Day and celebrate the region's generosity. We are grateful to Unity CEO Alan O'Neil for having

the idea of a business office across the street from the hospital, where the Foundation could live, and we are grateful for Wally Nomeland for selling her home to UMC!

I also want to thank Unity's governing board chair Jo Petersen for testing a peer-to-peer fundraising platform for UMCF when she created a birthday fundraiser on Facebook. If you have Facebook, you may have seen similar fundraisers and wondered whether the intended nonprofit actually receives the funds, and the answer is yes. This is actually a really easy way to fundraise in the 21st century. UMCF is a registered nonprofit through Facebook, and Facebook uses Network for Good to process these gifts. It's a growing trend, and we are grateful to those who use it to support their local rural health care facility.

Jessica Sobolik  
Executive Director  
Unity Medical Center Foundation



### 33rd Annual Unity Medical Center Foundation

# GOLF TOURNAMENT

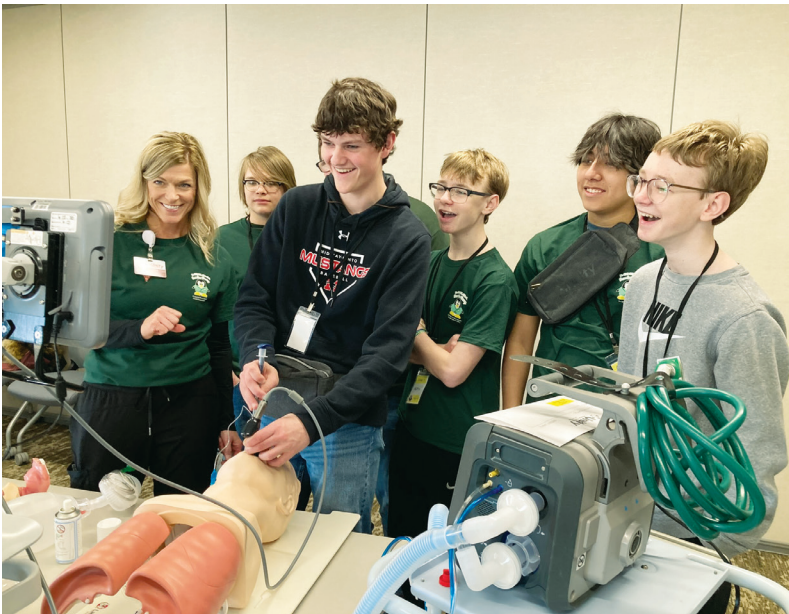
For new shoulder  
surgery equipment

July 13, 2023  
Fair Oaks Golf Course  
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## UMC named Scrubs Camp of the Year

Unity Medical Center has been selected to receive the R-COOL-Health Scrubs Camp of the Year award for 2023. The award is presented to the grantee that hosted the Scrubs Camp deemed as the top camp of the year based on the overall combination of a number of factors, including professions students are exposed to, innovative and interactive activities, collaboration of community partners and local health care professionals, and organization of the camp and grant process.



The award will be presented to UMC representatives at the Dakota Conference on Rural and Public Health in Bismarck on June 15.

This year, UMC hosted more than 130 ninth-grade students from Drayton, Grafton, Midway, Minto and Park River on March 22 and 29. This is the third year that UMC hosted the camp in partnership with North Valley Career and Technology Center, the Walsh County Job Development Authority and the Center for Rural Health.

Students spent the day rotating through 10 different classes where they learned about health care careers and participated in hands-on activities. New activities in 2023 included sampling blood to learn blood type, percussing each other's lungs, receiving an EKG and getting positioned in an orthopedic surgery chair for shoulder surgery.

UMC received \$2,500 grants from both the CRH and NVCTC to help cover the cost of food and supplies.



## Lisangela Garza wins DAISY Award

The DAISY (Diseases Attacking the Immune System) Award honors and celebrates internationally the skillful, compassionate care that nurses provide every day. The DAISY Foundation was established by the family of J. Patrick Barnes after he died from complications of an auto-immune disease in 1999. During his hospitalization, they deeply appreciated the care and compassion shown to Patrick and his family. When he died, they felt compelled to say "thank you" to nurses in a public way and encourage others to say thank you by sharing their stories of how a nurse made a difference they will never forget.

Each DAISY Award honoree is recognized at a public ceremony and receives a certificate, a DAISY Award pin and a hand-carved stone sculpture titled A Healer's Touch. Additionally, everyone on the team celebrates with cinnamon rolls, a favorite of Patrick's during his illness. The Barnes family asks that whenever and wherever nurses smell that cinnamon aroma, they stop for a moment and think about how special they are.

This year's DAISY Award honoree at Unity Medical Center is Lisangela Garza, RN. She received her certificate, pin and sculpture at the Employee Awards Banquet on April 28. A special DAISY Award Recognition Program for Lisangela was held May 12 at UMC, where cinnamon rolls were served.

Six other nurses, including Kyann Lee, Bea Bolek, Lisa Turn, Amy Porter, Kelly Schanilec and Morgan Ellingson, also received nominations stories from patients or families.



# Employee Awards Banquet honors UMC staff

Unity Medical Center's Employee Awards Banquet was held April 28 at the Minto Community Center, where more than 45 employees received milestone awards for years of service. The night also included prize giveaways for those in attendance, as well as employees who were working, and concluded with entertainment from Fun Pianos.

UMC had not held an employee banquet since before COVID, so some of the milestones listed below occurred over the past three years.

## 5 Years

Melissa Anderson, Yolanda Balderas, Rondee Feltman, Stephanie Bommersbach, Joan Bucholz, Mary Kristy Buensalido, Nargiza Geddes, Ashley Heigaard, Jenny Holand, Dr. Jared Marquardt, Matthew Massmann, Jordan Miller, Heather Narloch, Kristen Pastorek, Amy Porter, Kelly Schanilec, Kristin Stabo, Whitney Thompson, Dr. Matthew Viscito, Deb Vivatson, Ryan Wynne

## 10 Years

Laurie Foseide, Jamie Harlow, Kyann Lee, Sandra Obregon, MacKenzie Paulson, Paul Tunks

## 15 Years

Peter Byzewski, Lisa Ferguson, Judy Pitts, Vern Schnellbach, Kristi Sott, Jess Tanke, Diane Toews

## 20 Years

Darla Hanson, Rachel Ray, Nadine Schanilec, Kristy Swedberg

## 25 Years

Karen Bigwood, Michelle Janikowski

## 30 Years

Adele Momerak

## 35 Years

Bea Bolek, Lon Kratochvil, Kelly LaBonte, Karen Puppe, Dan Young (In Memoriam)

## 45 Years

Sandra Lessard, Marilyn Bryan



Michelle Janikowski, Karen Bigwood



Adele Momerak



Lon Kratochvil, Bea Bolek



Marilyn Bryan, Sandra Lessard



## New Cardiopulmonary Rehab space opens



Unity Medical Center expanded its Cardiac Rehab program and added Pulmonary Rehab to its roster of services in May.

Pulmonary Rehab helps patients with asthma, COPD, difficulty breathing, emphysema, post-COVID lung damage, respiratory issues, chronic bronchitis, cystic fibrosis and heart conditions that cause breathing problems. While these conditions may never be completely cured, the program is designed to improve lung function, reduce symptoms and improve quality of life.

Led by Respiratory Therapy Manager Kelly LaBonte, the Pulmonary Rehab program is a comprehensive education and exercise program customized to each patient's needs and abilities. It includes exercise and strength training, diet and nutrition counseling, health education training, breathing techniques, and emotional support.

The Unity Medical Center Foundation raised \$34,000 during Giving Hearts Day to partially fund the project, which included repurposing a conference room in the 2008 addition (near Door 4) to house the two programs. The space can also serve as additional gym space for physical therapy when the rehab programs are not in session. Cardiac Rehab started using the new space May 1, and Pulmonary Rehab followed May 15.

## Provider Spotlight

Dr. Karin Lokensgard recently joined Unity Medical Center as a family medicine physician at Grafton Family Clinic. She received her Doctor of Medicine



degree from the University of North Dakota and has worked at both Sanford Health and Altru Health System, as well as Student Health at the University of Minnesota. She cares for patients, from newborn to nursing home residents, and especially enjoys the variety of medical challenges that each stage of life presents. "My patients are my favorite thing about being a doctor," she said. "Every

**“** Every day, I am inspired by their life stories and their personal challenges. It is a privilege to work with them in their journey toward better health. **”**

day, I am inspired by their life stories and their personal challenges. It is a privilege to work with them in their journey toward better health.”

She had recently left her previous clinic, disillusioned and disappointed with the state of the current health care system, and was contemplating her next move. One day while driving through Grafton, she saw the Unity Medical Center billboard advertising four physicians. Personally knowing two of them, she had high regard for their style of caring for patients and their personal character. "I was amazed that with physician shortages across the country, Unity Medical Center was able to have four [physicians] and thought they must be doing something right."

If you would like to make an appointment with Dr. Lokensgard, please call Grafton Family Clinic at (701) 352-2000.

## HARVEST AUCTION

ONLINE SILENT AUCTION +  
LIVE IN-PERSON EVENT

SAVE THE DATE:  
NOVEMBER 10, 2023  
MINTO COMMUNITY CENTER

114 HARVEY AVE,  
MINTO, ND  
MORE INFORMATION  
TO COME!

## Memorials and Thank You To Donors (February 24-May 22, 2023)

The Unity Medical Center Foundation would like to take the opportunity to thank all of the donors who have donated to UMCF over the past years. It is because of donors like you that UMCF can continue to focus on their mission of supporting Unity Medical Center and improving patient experiences. Every effort is made to include all names accurately. Please notify UMCF if you discover any errors or omissions.

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Richard Davis  
Wally DeSautel  
Bill & Judy Keizer  
Leonard & Adele  
Momerak

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James Johnson  
Joyce Kingsbury  
Buzz & Tammy Lunde  
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Kelly Moe  
Jeanne Monson  
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Ina Raumin  
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Harlan & Ann  
Thompson

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Rita Amiot

**Walter Rachenski**  
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Thompson

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Momerak  
Alan & Mary Jane  
O'Neil  
Chad & Julie Sundby

### Foundation Mission

To ensure the sustainable, independent future of Unity Medical Center as a premier rural healthcare facility for the people of northeast North Dakota and the surrounding areas.

### Philanthropic Priorities

1. Patients
2. Providers/staff
3. Programs
4. Facilities
5. Priority needs (unrestricted)

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