



# Heartbeat

QUARTERLY NEWSLETTER

## Foundation moves into new office space



The Unity Medical Center Foundation moved into new office space at 147 W 13th St. in mid-March. The two-bedroom residential home, previously owned by Wally Nomeland, was converted into two sleeping

SEE OFFICE SPACE on page 3



## Friends of the Foundation Luncheon

Although COVID cases are down in Walsh County, the Unity Medical Center Foundation board continued last year's Friends of the Foundation Luncheon format and hosted three luncheons April 5-7, followed by tours of the new hospital addition.

For example, last year the Unity Medical Center (UMC) Emergency Department was still under construction, so this year some groups got to see the department, as long as patients were not present. In total, just over 80 people attended the luncheons. All 2021 donors were invited.

Beth Sundberg catered a light lunch, and Foundation Executive Director Jessica Sobolik recognized the Foundation's supporters from the past year. Over 520 donors contributed \$484,000 to Unity in 2021.

SEE LUNCHEON on page 3

## THIS ISSUE:

- p.2 CEO Update
- p.3 UMC recognized nationally
- p.4 Executive Director Update
- p.5 Named Spaces: Bremer Bank and First United Bank  
100 shoulder surgeries performed

- p.6 Message from Sheila Trontvet  
UMC Physical Therapy assists with GPS
- p.7 UMC hosts 2nd Annual Scrubs Camp  
Provider Spotlight: Rebecca Beyer
- p.8 Memorials

Dear friends,

You may have heard by now that Unity Medical Center was named one of the “Best Places to Work in Healthcare in 2022” by Modern Healthcare.



This award is the result of a very extensive survey process conducted by the applying organization and is based primarily on employee feedback. Modern Healthcare conducts a very detailed, confidential survey in which Unity employees provided information that determined Unity’s ranking.

This was the first year that UMC had thrown its name into the hat, so to speak. Mary LaHaise was our primary liaison and coordinated the survey between Modern Healthcare and UMC.

Of all the awards in the health care industry, I truly believe this is one of the most prestigious, as the results are based on the culture of

the organization through the opinion of our employees. Having been through the two most tumultuous years ever in health care, knowing that thousands of people are leaving the health care profession nationwide and that it was our first time applying, I, along with other members of our administrative team, were completely overwhelmed with humility and appreciation when we heard we had made the list.

Of the 150 organizations that were chosen, 75 are either insurers or health care providers. Of those 75, there were less than 40 health care provider organizations who made the list.

When something like this happens, we owe a lot of thank yous. Thank you to our boards who set the vision for the organization. Thank you to our medical staff, including our physicians, our advanced practice providers, nursing team, ancillary support departments and other support departments who function as a cohesive team working together to provide outstanding

care to our patients. What I see every day is their willingness to communicate and collaborate across the departments to get a better perspective on patients.

I believe it was Aristotle who once said, “The whole is more than the sum of the parts.” This phrase is so true when applied to medicine and the provision of quality care. Considering all the individuals who are involved in providing care to a patient, good teamwork is necessary to assure a good outcome. Thank you to all of our dedicated team and also to you the patients who place their trust in us. We will always do our best to provide outstanding care to you and your families. We are humbled and so very appreciative of the trust you place in us.

The Best Places to Work awards will be presented in late September in Nashville, Tenn. UMC will have representation at that event.

Alan O’Neil  
Chief Executive Officer  
Unity Medical Center

Unity Medical Center's providers are dedicated to administering the highest quality healthcare in the region to patients of all ages - from newborns on up.

Dr. Matthew Viscito, CMO	Dr. Jennifer Shaw	Dr. Jared Marquardt	Dr. Kristi Midgarden	Whitney Thompson, PA
Rebecca Beyer - PA-C	Dennis Chakua, FNP	Kristin Stabo, FNP-C	Deb Vivatson, ACNP-C	Tabitha Solic, FNP

unitymedcenter.com

# UMC recognized nationally as one of the Best Places to Work in Healthcare

Unity Medical Center (UMC) was selected by Modern Healthcare as one of the Best Places to Work in Healthcare in 2022. Modern Healthcare, a health care media company, will publish a special supplement featuring a ranked list of all the winners in its Oct. 3 issue.

“After the many stressors placed on the health care workforce during the pandemic and the resulting Great Resignation, we know those employees are battling burnout, increased work volumes and their own physical and mental health challenges,” said Modern Healthcare Publisher Fawn Lopez. “The organizations that have focused significant resources and energy to support their staff throughout these especially challenging times deserve the loyalty of their teams and the recognition of the entire industry. At Modern Healthcare, we are honored to celebrate the Best Places to Work for demonstrating their commitment to their employees, and the communities they serve, with

exemplary people care measures.”

Unity Medical Center CEO Alan O’Neil added, “I am so proud of everyone for this prestigious accomplishment. Over the past few years, they have worked so hard under extreme pressure. Knowing this award is based on employee feedback confirms they truly enjoy the work they do, the people they work with and the patients they care for.”



The award program identifies and recognizes outstanding employers in the health care industry nationwide. The assessment process includes an extensive employee survey, which was completed by nearly 80 percent of Unity employees.

Unity Medical Center will learn its exact ranking among the 200 finalists on the Best Places list at the 2022 Best Places to Work in Healthcare awards gala taking place on Sept. 29 at the Hilton Nashville Downtown.

## LUNCHEON:

Continued from page 1



She also thanked capital campaign donors who have provided a total of \$982,000 toward the new addition. Bricks were presented to recent donors Alan and Mary Jane O’Neil, Choice Bank and Wally DeSautel.

Lastly, Sobolik recognized Unity’s consecutive-year donors, who have given any amount each year, some for over 30 years. A complete list of those donors recognized is below.

Tour groups were led by Sobolik, Foundation Coordinator Deb McKay and UMC Marketing and Public Relations Director Maggie Suda. Attendees saw the new Rehabilitation Department, Surgery Department (when available) and the patient floor.

To see the full list of donors, visit [unitymedcenter.com/foundation/friends-of-foundation.html](https://unitymedcenter.com/foundation/friends-of-foundation.html).

## OFFICE SPACE:

Continued from page 1



rooms on one side of the house and office space for Foundation staff and Unity’s Director of Marketing and Public Relations Maggie Suda. The garage space was converted into a conference room with adjoining storage room. The full kitchen was also retained for small events. The space works perfectly for Foundation board meetings and guests.

“Boards that regularly assess their performance perform better on their core responsibilities.”



That’s according to BoardSource, which has been analyzing and reporting nonprofit board demographics and practices

nationwide since 1994. The results are interesting to read (leadingwithintent.org) and offer ideas and insights for the Unity Medical Center Foundation Board to follow.

We’re probably all familiar with boards that work well and some that don’t for various reasons. I will say that Unity’s Foundation Board has been working wonderfully over my past year and a half. Monthly board meetings always include respectful discussion from many viewpoints, as a board should. So with all the momentum rolling in a positive direction, now seems like a good time to grow even further and conduct some strategic planning for the future.

Along those lines, our board

members recently committed to taking part in a board workshop, which will include a SWOT (strengths, weaknesses, opportunities and threats) survey completed by each individual member this summer with results discussed as a group this fall. I think I know what some of our strengths, opportunities, etc., are, but I bet I’ll learn much more by listening to the other members of the board as I’m sure they will think of things I hadn’t thought of. To me, that’s the value of the exercise: that we better understand the perspective of each member and then collectively agree on the direction moving forward.

Unfortunately we don’t have time for those types of discussions during our regular board meetings as we hash out month-by-month activities. So I am looking forward to the workshop, and we’ll share the outcomes with the community when they are available. I want to thank our board members for being willing to volunteer even more of their time to make your local rural health care system the best it can be.

In other news, I wanted to share that I recently earned my Certified Fund Raising Executive certificate from CFRE International. I had been

studying and preparing for this certification for nearly a year with support from the UMC Foundation board. It was not easy! But hopefully it demonstrates that I’m committed to practicing responsible, ethical fundraising for our donors (emphasis on the donor!) for the benefit of UMC.

I’m also happy to report another momentous occasion: the dropping of the mask mandate for most public areas of the hospital and clinic! Admittedly it felt a little strange at first since I have been wearing a mask since I started working here in October 2020. At that time, I was just happy to be working in an office after spending seven months working from home for the University of North Dakota.

Lastly, we are now in our new office space (see Page 1), which has retained the feel of a comfortable home where you can curl up with a cup of coffee in a comfortable chair and visit. We missed that too during the pandemic. We are enjoying seeing guests in the office again, and we invite everyone to stop by if you haven’t already.

Jessica Sobolik  
Executive Director  
Unity Medical Center Foundation



## 32nd Annual Unity Medical Center Foundation **GOLF TOURNAMENT**

For a new Unity staff retention program.

July 14, 2022  
Fair Oaks Golf Course, Grafton, ND

Register at: [unitymedcenter.com/events.html](http://unitymedcenter.com/events.html)  
before July 1

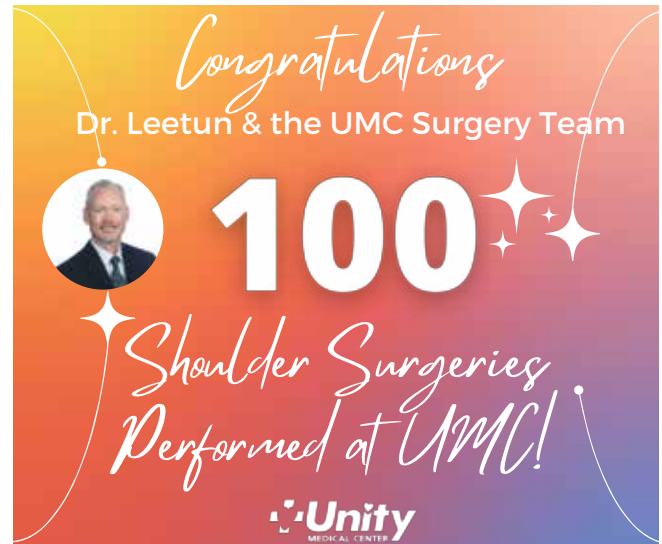


## Bremer Bank, First United Bank spaces reflect capital campaign commitments

Bremer Bank and First United Bank each pledged support for Unity Medical Center Foundation's Capital Campaign in 2019. Each institute thus received a naming opportunity within Unity Medical Center.


**Bremer Bank's** name was placed on one of the three classrooms on the third floor of the new hospital addition. Bremer was founded by German immigrant Otto Bremer in St. Paul, Minn., in 1943. It now has branches throughout Minnesota, Wisconsin and North Dakota, including Grafton.

**First United Bank's** name was placed in the waiting area of the Grafton Family Clinic. First United Bank was founded in 1885 (before North Dakota was a state). Back then, it was called the First National Bank of Park River. In 1987, a group of local investors and employees purchased the bank, and it became a locally owned independent entity. It acquired banks in Adams and Michigan, N.D., and merged them into First United Bank. Today it also has locations in Grafton, Hoople, Crystal, Aneta, Cooperstown, Sharon and Petersburg.




## 100 shoulder surgeries performed at UMC

"It's been an interesting and exciting ride getting the first 100 done," said Dr. Darin Leetun, regarding his recent milestone. "We started with the mindset of getting shoulders started here (in Grafton) back in the old operating room, which came with its own challenges, but that started the groundwork of where we are today. The new operating rooms are the most technically advanced in northeast North Dakota. Patients have been more than pleasantly surprised with their experience here, and it's been a great partnership to bring this service to Grafton. It has allowed me to develop something that helps bring the best quality care to the region and is both very exciting and very rewarding."



**Footcare Clinic**

Our Footcare Clinic will be offered every 4th Wednesday of the month starting May 25 at Unity Medical Center. Includes a foot soak and nail trim for \$20. Please call 701-352-2000 to schedule an appointment.



unitymedcenter.com  
164 W 13th St - Grafton



## Message from Sheila Trontvet:

After more than 39 years of practicing medicine, with 31 of those years at the Grafton Family Clinic, I have decided to retire. This comes with great sadness but also great excitement.

**“** *I truly appreciate the opportunity that you gave me to serve as your health care provider.* **”**

I have come to know many of my patients and their families as friends, and I am honored that many of you have trusted me to care for you and your families over the years, which has included two and even three generations.

My last day to see patients was Friday, May 27. However, I am leaving you in very good hands. I am confident the other providers will deliver to you the quality of health care that I have provided to you over the years.

I truly appreciate the opportunity that you gave me to serve as your health care provider, and I wish you health and happiness.



## UMC Physical Therapy assists with GPS Summer Strength & Conditioning Program

The UMC Physical Therapy team is partnering with Cameron Lentz and Grafton Public Schools for the GPS Summer Strength & Conditioning Program. The program is designed for athletes to better themselves with weight training, conditioning, and speed and agility drills in preparation for all fall and winter sports. The one-hour sessions include warm-up, weightlifting, and conditioning or footwork drills designed to help with reaction times, speed and agility.

The eight-week program started June 6, will run through Aug. 5 and is open to any students entering 7th through 12th grades in the fall. The cost is \$50 per student, and students in grades 9 through 12 can earn 0.5 school credits upon completion. UMC licensed physical therapists Bill Atwood, Jordan Miller and Makenzie Miller will assist each day. They conducted a functional movement screen (FMS) on June 6 and will repeat the process Aug. 5 to track how each student has improved.



UNITY MEDICAL CENTER FOUNDATION  
**DROP BY OUR OPEN HOUSE!**  
 June 22 | 1:30 - 4:30 PM  
 147 W 13th St, Grafton, ND  
 Limited hospital tours available.  
 RSVP BY JUNE 20 TO DEB AT (701) 379-3004 OR  
 FOUNDATION@UNITYMEDCENTER.COM.

# Unity Medical Center hosts 2nd Annual Scrubs Camp



Unity Medical Center (UMC), in partnership with North Valley Career and Technology Center, the Walsh County Job Development Authority and the Center for Rural Health, hosted its second annual R-COOL-Health Scrubs Camps on March 23 and March 30. The camp was held over two days in order to accommodate more students and schools.

A total of 100 ninth grade students from Grafton, Minto, Drayton, Midway and Valley-Edinburg each attended 10 classes on different healthcare careers. Classes included pharmacy, radiology, lab, surgery, emergency, clinic, respiratory therapy, physical therapy, dietetics and sterile processing. The students participated in several hands-on activities such as suturing bananas, giving shots to oranges and intubating a simulated patient. They created a pharmaceutical



compound and tested their blood sugar, as well.

The goal of Scrubs Camp is to expose students in rural North Dakota to all of the different in-demand health care careers available and hopefully pique their interest in pursuing a career in health care after they graduate. UMC received a \$2,500 grant from the Center for Rural Health, and North Valley received a \$2,500 grant to help cover the cost of supplies and food.



## Provider Spotlight

Rebecca  
(Becca)

Beyer, PA-C is Grafton Family Clinic's newest provider. She is originally from the Hoople area and did most of her training in Grafton, so coming back to work at Unity was an easy choice.



She graduated in May 2021 with a degree in Physician Assistant Studies from the UND School of Medicine & Health Sciences. Prior to going back to school, she worked in a cardiac catheterization laboratory as a scrub technician. She completed her clinical training for her PAS degree at Unity, where Dr. Jared Marquardt was her preceptor. She also trained with a very skilled interventional

**“** *I feel that if patients understand the ‘why’ behind their issues, they are able to make informed decisions about their health.* **”**

radiologist and his nurse practitioner. They traveled 90 minutes twice a week to see patients and did procedures in a small, rural hospital. This inspired her to continue her educational journey as she wanted to be able to help serve smaller communities that are in need of health care providers closer to home.

Becca loves taking the time to educate patients about their health conditions. “I feel that if patients understand the ‘why’ behind their issues, they are able to make informed decisions about their health, and they feel more empowered to play an active role in their care,” she said.

Becca currently lives on a farmstead outside of Grand Forks with her husband, two dogs, a hairless cat, 18 chickens and four ducks.

## Memorials and Thank You To Donors (February 18-May 24, 2022)

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.

<p><b>Eleanor Aasand</b> Berg, Odell &amp; Lavonne Carlson, Jeffrey Davis, Betty Lou Desautel, Rock &amp; Patty Evens, Judy Hutson, Don &amp; Paddy Jaster, Miles &amp; Mary Johnston, Rick &amp; Helena Johnston, James &amp; Linda Kalbrener, Mike &amp; Bonnie Kingsbury, Cheryl Kingsbury, Joyce Midgarden, Sonia Mohagen, Rodger &amp; Deborah Raumin, Ina Retzer, Kenneth &amp; Marcia</p> <p><b>Elmer Altendorf</b> Altendorf, Jan</p> <p><b>John Campbell</b> Anderson, Gene &amp; Marilyn Campbell, Greg &amp; Leanne Demers, Don &amp; Alice Geiger, Dick &amp; Susie</p> <p><b>Ray Charlton</b> Mohagen, Paul &amp; Bonnie Monson, Jeanne</p>	<p><b>Jodean Collette</b> Dolan, Thomas &amp; Avis LaHaise, Tom &amp; Mary</p> <p>Mohagen, Paul &amp; Bonnie Schultz, Loren Tibert, Bill &amp; Jody</p> <p><b>George Countryman</b> Torkelson, Robert &amp; Susan</p> <p><b>Jason DeGeldere</b> Bolek, Alan &amp; Eileen Johnston, Helen Osowski, Mark &amp; Carol</p> <p><b>Marlene Gorder</b> Andreen, Greg &amp; Lisa Gorder, Dan &amp; Monica Hutson, Don &amp; Paddy Kingsbury, Joyce Lindgren, Larry &amp; Jean McKay, Jeff &amp; Deb Petersen, Dave &amp; Jo Sobolik, Ryan &amp; Jessica Thompson, Brian &amp; Kimberly Van Bruggen, Brian &amp; Stacey</p> <p><b>Joyce Gullingsrud</b> Amiot, Roger &amp; Rita</p> <p><b>James Johnston, Sr.</b> Amiot, Roger &amp; Rita Collette, Darryl &amp; Vonda</p>	<p>Erovick, Gregory &amp; Donna Hutson, Don &amp; Paddy Kirkeby, Doug &amp; Sue Midgarden, Sonia Midgarden, Jim &amp; Vicki Raumin, Ina Schieffer, Joan Schneider, Denny &amp; Sally Sobolik, Ryan &amp; Jessica Torgeson, Pat &amp; Cynthia Sillers</p> <p><b>Bill Kingsbury</b> Raumin, Ina Thompson, Chris &amp; Jennifer</p> <p><b>Eddie Kopperud</b> Midgarden, Sonia</p> <p><b>Lennae Kosmatka</b> Nord, Judy</p> <p><b>Margie Kulberg</b> Hutson, Don &amp; Paddy McKay, Jeff &amp; Deb</p> <p><b>Joyce Lowe</b> Lapp, Marion</p> <p><b>Linda McCann</b> Bjorneby, Dean &amp; Joanne Campbell, Greg &amp; Leanne Collette, Darryl &amp; Vonda</p>	<p>Horter, Ramona Jiskra, Kevin &amp; Jean Johnson, James Kingsbury, Joyce LaHaise, Tom &amp; Mary Lapp, Marion Lutovsky, Kimball &amp; Julie Machart, Betty Oihus, Bob &amp; Julie Raumin, Ina Thompson, Chris &amp; Jennifer Thompson, Harlan &amp; Ann Thompson, Jessie Tibert, Bill &amp; Jody</p> <p><b>Linda Merrill</b> Amiot, Roger &amp; Rita</p> <p><b>Kevin Oihus</b> Mohagen, Paul &amp; Bonnie</p> <p><b>Maria Pokrzywinski</b> Nord, Judy</p> <p><b>Veronica Schuster</b> Amiot, Roger &amp; Rita Collette, Darryl &amp; Vonda DeSautel, Wally Gorder, Dan &amp; Monica Hall, Nick &amp; Mary Jo Halliday, Gora Kirkeby, Doug &amp; Sue Lapp, Marion</p>	<p>Lutovsky, Kimball &amp; Julie Lykken, Bill &amp; Colleen Martinson, John &amp; Dot McKay, Jeff &amp; Deb Midgarden, Jim &amp; Vicki Raumin, Ina Walker, Rick &amp; Val</p> <p><b>Bernard Seter</b> Jiskra, Kevin &amp; Jean Lindgren, Larry &amp; Jean Suda, Jerome &amp; Diane</p> <p><b>Louis Slominski</b> Osowski, Mark &amp; Carol Raumin, Ina</p> <p><b>Joe Sparrow</b> Kirsch, Carol</p> <p><b>Paul Spoonland</b> Schanilec, Rod &amp; Joan</p> <p><b>Robert Thompson</b> Barclay, Arnold Dolan, Thomas &amp; Avis Johnson, James Momerak, Leonard &amp; Adele</p> <p><b>Leonard Wysocki</b> Hutson, Don &amp; Paddy McKay, Jeff &amp; Deb</p>
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### 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)

### Governing Board of Unity Medical Center

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Amy Geiger - Secretary/Treasurer  
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Roger Gorder  
Heidi Paulson

Todd Morgan  
Tom Campbell  
Russell Carignan

Alan O'Neil CEO  
Brad Wurgler CFO  
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