

# Heartbeat

QUARTERLY NEWSLETTER

## New hospital addition now occupied

*"Now that I'm here,  
I may never want to leave!"*

That was the response of the first patient who moved from the former St. Joseph's Hospital space (built circa 1956) to the new Unity Medical Center addition on the afternoon of Feb. 17.

The move was another recent milestone, signaling Phase 1 completion of the construction project that started in 2019.

A.J. Ramos was the first person to receive therapy in the new Rehabilitation Department on Feb. 1, and Mark Lindsey was the first to graduate from cardiac rehab in the new space Feb. 19. The Surgery Department completed its first procedure Feb. 2 and has had several procedures since then, including a shoulder surgery Feb. 4.

In late January, Unity was able to host a few community tours, primarily for the Capital Campaign donors who helped raise over \$500,000 toward the project. Participants noted the larger patient rooms with ample natural lighting, the improved accessibility

SEE BUILDING on page 3



Pictured from left, Jennifer Thompson, UMC; Lisa Andreen, UMC; and Phil Ray, Hanson's Chevrolet Buick GMC.

## Giving Hearts Day: Showing support for staff

In just 24 hours on Feb. 11, the Unity Medical Center Foundation received \$23,000 from generous donors in support of Unity providers and staff.

This was just short of the Foundation's \$25,000 goal, but still an increase from last year's gifts.

More than 190 donors from North Dakota, Minnesota and as far away as Texas provided the funds that will be used for recruitment/retention, continuing education, professional development, student support and pipeline programs that encourage

SEE GIVING HEARTS on page 3

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Dear friends,

2020 was a challenging year for many. The COVID pandemic cast a black cloud over nearly all aspects of our lives. An unforeseen event such as this, and all of the ongoing impact, has defined our lives to an



extent we have never seen before. However, when events like this occur, it brings out the best in many individuals. It would be impossible to thank everyone who provided support during this time. Please know your generous contributions did not go unnoticed whether you were on the front line, in a supporting role or sending a gift. Here at UMC, we received incredible support from many community members and other individuals from afar. It was very heartwarming to see this continual outpouring of appreciation. We cannot thank you enough for your kindness and consideration.

Looking back to the Winter 2015 Heartbeat newsletter, there was an article titled, "UMC engaged in a Master Facility Planning Process." It's hard to believe, but as a result of the first kickoff and subsequent planning meetings, six years later we have opened the new Unity Medical Center addition. Feb. 1 was the opening day for the Rehab Services and Surgery Departments. The patient floor opened Feb. 17 when the first patients were brought over to the new building. It is hard to believe that six years have gone by. Over that time frame, it has been such a flurry of activity that it all seems somewhat blurred. I would like to thank everyone who assisted in the process, starting with the amazing team of UMC employees. Without their dedication and great quality care, we would not have experienced the growth that made this project possible. We have two very engaged boards here

at UMC: the Governing Board and the Foundation Board. Both provide leadership and direction to their respective areas. We have many donors who have made generous contributions. Thank you all very much for your support.

I know Jessica is presently working with many individuals on naming opportunities here at UMC

where designated space can be named for you, a family member or your business. This is a wonderful way to memorialize or recognize someone.

So, as we look forward to fully utilizing our new building, we owe a big thank you to everyone who played a part in its inception, design, financing, construction and finally occupancy. It seems like

**“ Please know your generous contributions did not go unnoticed whether you were on the front line, in a supporting role or sending a gift. ”**

just yesterday the tower crane with the Grafton Spoilers flag attached that was visible for many miles was on-site. This new building will serve the community and region for many decades in the future. Personally

speaking, it has been an honor to be part of this process. Our patients and employees deserve state-of-the-art space such as this. We will do our best to continue to

earn your trust as we care for you and your loved ones long into the future. It is indeed our privilege to provide the very best care we are capable of. Thank you for your faith in us.

Sincerely,

Alan O'Neil  
Chief Executive Officer  
Unity Medical Center



Grafton Family Clinic staff have been administering COVID vaccines since January. Shown here (left to right): Sami Johnson, Kelsy Woinarowicz, Yolanda Balderas, Kari Novak, Jamie Harlow and Evonne Altendorf. As of March 2, vaccines were available for anyone with two or more high risk medical conditions, regardless of age.



## BUILDING: Continued from page 1

of the Rehabilitation Department and the impressive operating rooms, possibly the largest in North Dakota. The classrooms/conference rooms on the third floor are furnished and ready to host events, following COVID precautions.

Construction of the new Emergency Department continues. Demolition of the brick wall separating the old Emergency Department from the new Emergency Department began mid-February, making way for new trauma and treatment rooms. At the time this newsletter went to print, completion of that area was slated for April.

The new building will also include naming opportunities for donors, which were approved by the UMCF Board of Directors in January. Some spaces have already been designated for Ole and Frances Aasand, Wally Olson, Kent and Peppi Trontvet, Ralph and Jean Kieley, and Bremer Bank, all Capital Campaign donors. For a full list of available naming opportunities, visit [unitymedcenter.com/foundation/naming](http://unitymedcenter.com/foundation/naming) or call Jessica Sobolik at (701) 379-3003.



Unity staff received training on the new patient lifts that safely carry a patient from the bed to the bathroom and back again without injury.



A.J. Ramos was the first patient to receive therapy in the new Rehabilitation Department on Feb. 1.

Mark Lindsey was the first patient to graduate from cardiac therapy in the new Rehabilitation Department on Feb. 19. Graduates celebrate with a non-alcoholic mimosa and mock graduation ceremony.



Bricks in the old emergency room and surgery suite are being torn down to make way for the new Emergency Department that will connect the old building to the new building this spring.

## GIVING HEARTS:

Continued from page 1

primary and secondary students to pursue healthcare careers.

Twenty of the donors were new to Giving Hearts Day.

Matching gifts totaling \$8,600 were generously provided by Hugo's Family

Marketplace, Choice Bank, Dakota Medical Foundation, Bremer Bank, First United Bank, Roger & Sheila Weinlaeder, Grafton Drug and Foundation board members.

Hanson's Chevrolet Buick GMC also sponsored lunch for any UMC staff who gave a gift that day. More than 60 staff participated.

The Foundation Board will review requests for support that benefit providers and staff, and disburse those funds in March. Requests received thus far include continuing education and training, training equipment, and safety equipment.

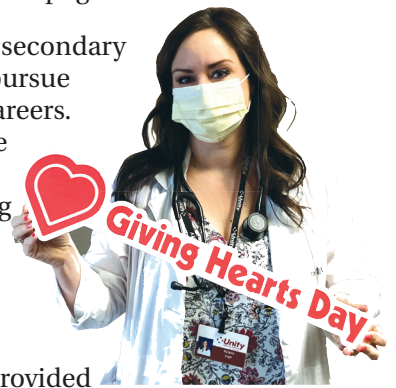
Unity Medical Center would not exist without the strong support of its community. During the Giving Hearts Day campaign, the Foundation asked UMC staff to explain what community support meant to them and posted the responses on Facebook. "It is so humbling to know that my neighbors, friends and family trust me in helping to manage their health," said Kristin Stabo, FNP-C. "I feel so rewarded each work day helping those in the community live better lives."

Foundation board members also weighed in on why they support Unity Medical Center. "It wasn't until my dad was facing a terminal and medically complex disease that I truly understood the importance of having a healthcare provider so close to home," said UMCF Board Vice President Vonda Collette.

Dave and Jo Petersen agree with that sentiment. During Giving Hearts Day, they shared via video that when Dave experienced a recent medical emergency, he likely had a positive outcome because Unity was close by (see Page 5).

Giving Hearts Day was started in 2008 by Dakota Medical Foundation in Fargo, N.D. Unity started participating in the event in 2016.

[unitymedcenter.com](http://unitymedcenter.com) • 701.379.3003



Kristin Stabo



We ended 2020 with a flurry of activity, and 2021 shows no signs of slowing down, which makes this job so fun! Here are just a few updates:



In December, the Foundation Board of Directors

chose to create three endowments that would specifically support: 1) patients (e.g., equipment), 2) providers and staff (e.g., recruitment/retention, continuing education, professional development, student support and pipeline programs that encourage primary and secondary students to pursue healthcare careers), and 3) programs (e.g., nutrition, tobacco cessation, mental health). Of course, the Foundation has been supporting these since its inception in 1987, but creating these “buckets” will help us track and report income and spending much more effectively. The endowments will continue to grow in 2021 and begin payouts in 2022 to benefit the three priorities. I look forward to sharing those impact stories with you then!

In January, the Foundation Board approved naming opportunities for the new hospital addition and Grafton Family Clinic. Starting with those who committed to Unity's 2018-2021 Capital Campaign, I have been busy meeting with donors who qualify for named spaces starting at \$20,000. For example, we now have the Ole & Frances Aasand Waiting Room and Ralph & Jean Kieley Patient Room on the second floor of the new addition, the Wally Olson and Kent & Peppi Trontvet Therapy Rooms in the new Rehab Department, and the Bremer Bank Classroom on the third floor. For a list of available naming opportunities, visit [unitymedcenter.com/foundation/naming](http://unitymedcenter.com/foundation/naming).

In that same January board meeting, we thanked outgoing President Denny Schneider for his

NINE years of commitment to UMC. That is amazing! Thanks to Denny's savvy banking skills, the Foundation has a solid financial future, which in turn supports Unity. I enjoyed working with Denny and wish we had more time to work together.

At the same time, the board voted in new officers: Jack Maus as president and Vonda Collette as vice president. Coincidentally Jack was once my coach at Mayville State Basketball Camp, so I know he is passionate about his work. I look forward to working with both him and Vonda, whose attention to detail is much appreciated, especially during special events.

We did receive some sad news though: Longtime Foundation board member, secretary/treasurer and coordinator Jenn Thompson has decided to resign from her position, but for good reason: to spend more time with her busy family. She is

looking forward to it, and I will try to get by without her! It's good she's not going too far (haha). I have enjoyed sharing an office with her these past few months as we also shared stories about our farms and families. The good news is, after conducting a search, the Board has hired Deb McKay as our new coordinator. She will start on a flex-time basis March 19. Please give her a call to welcome her at (701) 379-3004.

As you've read on Page 1, Giving Hearts Day was—not surprisingly—a huge success. I am continually amazed at how this community steps up to support its local, rural healthcare facility. I now look forward to putting these gifts to good use this year by supporting our providers and staff. More on that later ...

Jessica Sobolik  
Executive Director  
Unity Medical Center Foundation



Kelly LaBonte and the UMC Respiratory Therapy team would like to thank the UMC Foundation and the community for the recent purchase of three Airvo2 humidified high-flow oxygen systems. They are transportable and more comfortable for patients. They have already been used!

# Grateful Hearts: Dave & Jo Petersen

Jo Petersen knew in an instant that her husband was having a heart attack.

Her training as a former nurse kicked in when Dave said something unusual, "I don't feel good." She noticed he was sweating profusely when there was no logical reason. And she jumped into action.

"I wouldn't recommend this for everybody, but I knew I could get him to the hospital faster than we could call an ambulance," she said. She asked Unity Hospital to have someone waiting for them at the front door with a wheelchair.

Physician Assistant Matt Massmann was working in the Emergency Department that day, and he recognized the same symptoms that Jo did. "We did an EKG right away," he said. "We gave him blood-thinning medication. We were able to provide the maximum treatment we can to ensure the best outcome we could get." Coincidentally Valley Ambulance was already at the hospital, having just dropped off another patient. They took Dave to Altru in Grand Forks, where he received two stents, recovered in the intensive care unit and returned home the next day.

"I think I golfed that next weekend," Dave said.

Dave completed cardiac rehab therapy at Unity as well. He attended 12 sessions twice a week, completing



exercises led by the Physical Therapy Department. They even staged a mock graduation ceremony complete with robe and non-alcoholic mimosas to celebrate the end of his program. "It was a wonderful experience," he said.

Jo is grateful for Unity's quick action. "I just think that without the wonderful care that Dave had received at Unity and their ability to know what was going on and communicate with Altru, I might not have my husband today," she said. "It would have been an incredible difference if we had had to take him 40 miles not knowing what was going on. This hospital is priceless."



COME SEE WHAT'S NEW AT UNITY

## FRIENDS OF THE FOUNDATION LUNCHEON

*Save the Date*

April 20, 21 or 22, 2021 (your choice)  
12:00–1:00 p.m.  
Event Space, Third Floor  
164 W 13th St., Grafton, ND

Invite only. Seating is limited. RSVP Required.  
Masks are required when not eating.  
Hand sanitizer will be available.  
Room capacity will be at 50%.

UNITY MEDICAL CENTER  
foundation



# Giving Wisely

By Ann Poeschel West  
Financial Advisor  
Bremer Investment Services

Charitable giving is a tradition nearly as old as time. Ancient Egyptians built free clinics for the sick. Kings in Sri Lanka and India funded early hospitals. Ancient Greeks gave funds to subsidize the construction of public buildings, while also giving us a name for all this do-gooding: philanthropy, derived from philanthropia, or “love of humanity.”

Whether your goal is to make a big impact or a modest gift, and whether you're planning for the end of the year or for an enduring legacy, you have options that may fit your unique situation. And choosing wisely among them can be the key to making the biggest impact while also minimizing present and future tax exposure.

## Options to Consider:

- **Outright Gifts (checkbook giving):** This is best for givers who give to a limited number of charities throughout the years.
- **Life Insurance Gifts:** This is



best for givers who have an insurance policy that is no longer needed for the original purpose, or for those who are looking to maximize a charitable gift by minimizing exposure to estate taxes.

- **Charitable Remainder Trusts:** This is best for givers who like to create an income stream for themselves or loved ones while also establishing a charitable legacy.

Prior to selecting your gift option,

it can be helpful to write down your thoughts to the following questions:

- 1) What are your giving goals? Who do you want to help and to what extent?
- 2) How much will you need to preserve your current lifestyle?
- 3) How much would you like to leave to your family and other heirs?
- 4) What is a realistic amount you can give annually after you've met your own spending needs and saving goals?
- 5) What charitable options are a good fit for your goals, both long and short term?

If you are considering giving to an organization, familiarize yourself with the organization's mission statement and/or endowment project goals. This provides both you and the organization an opportunity to connect and better understand what is important to you while acting upon your generosity and willingness to make a difference. While giving makes us feel good, giving wisely benefits both the giver and the receiver in the long run.

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**GRAFTON FAMILY CLINIC**  
164 West 13th St., Grafton, ND  
**701-352-2000**

**PARK RIVER FAMILY CLINIC**  
503 Park Street W, Park River, ND  
**701-284-6663**

- Cardiac Rehab
- Diabetes Services
- 24-Hour Emergency Room
- Family Medicine
- Foot Care Clinic

- Hospital Care
- Nutrition Counseling
- Physical Therapy
- Radiology Services
- Respiratory Care

- Sleep Studies
- Swing Bed
- Surgical Services
- Telemedicine
- Walk-in Clinic

# Allergy testing available at Grafton Family Clinic

Do you or a loved one suffer from allergy symptoms including red, itchy or watery eyes; runny, itchy or stuffy nose; sneezing; sore or itchy throat; wheezing or coughing; frequent ear infections; chronic bronchitis; asthma; itchy skin; rash; or hives?

Allergen immunotherapy is a medical treatment for environmental allergies and effectively treats symptoms caused by animal dander and feathers, insects and dust mites, molds, grasses, plants, trees, and weeds.

Grafton Family Clinic is now offering in-house allergy testing for ages six months and up. The test is a safe, needle-free skin test with results available within 15-20 minutes. There are two tests available: environmental and food.

Once a patient is determined to have an allergy, a physician can immediately determine whether the patient is a candidate for in-house treatment or if they need a referral to a board-certified allergy specialist.

Test results are sent to a company called AllergiEnd where they develop a custom serum. Patients can choose either an injection or sublingual (under the tongue). Injections are received in the clinic one to two times per month, with monthly follow up after six months to a year. Sublingual serum is taken at home twice a day indefinitely.

According to Dr. Jennifer Shaw, "Treating seasonal allergies will also help decrease the severity and frequency of sinus infections."

Call Grafton Family Clinic at (701) 352-2000 to schedule an allergy consultation with Drs. Shaw, Marquardt or Midgarden.



Grafton Family Clinic  
164 W 13th St, Grafton



701-352-2000  
unitymedcenter.com

## Provider Spotlight

Tabitha Solc (pronounced Schulz) is Unity Medical Center's newest family nurse practitioner. This mother of four is passionate about rural healthcare and believes



everyone deserves the best care possible, no matter where they live. She loves that smaller communities allow for closer patient-provider relationships.

Tabitha grew up in East Grand Forks and was named after Tabitha from the classic TV sitcom Bewitched! As a teenager, she spent time at the hospital with an ill family

**“** *The providers made me feel extremely welcome, and I loved how they bounce ideas off of each other.* **”**

member. While there, one particular nurse made a big impact. The nurse made her feel comfortable, answering all her questions even when it felt overwhelming. After that, she knew that nursing was her calling. She wanted to be able to help people through difficult times in their lives.

Tabitha practiced nursing for 12 years before going back to school to be a nurse practitioner. She did her clinical rotations at Grafton Family Clinic and appreciated how everyone worked together as a team. She shared, "The providers made me feel extremely welcome, and I loved how they bounce ideas off of each other. They are great mentors!"

Her favorite part of being a nurse practitioner is taking care of patients and seeing them through onset of illness to recovery. If you would like to make an appointment with Tabitha, please call Grafton Family Clinic at (701) 352-2000.

## Memorials and Thank You To Donors (Nov 24, 2020-Feb. 15, 2021)

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.

**Darlene (Holly) Adamsen**  
Bryan, Marilyn  
Davis, Janelle  
Halliday, Gloria

**Daniel Burianek**  
Anderson, Gene & Marilyn  
Baumann Trust, Marilyn J  
Campbell, Leanne  
Collette, Daryl & Vonda  
Davis, Janelle  
Dusek, Thomas & Mary  
Geiger, Richard & Susie  
Gorder, Dan & Monica  
Hall, Nick & Mary Jo  
Hills, David & Mary  
Kingsbury, Bill & Joyce  
LeClerc, Judy  
Schanilec, Rod & Joan  
Schneider, Denny & Sally  
Suda, Cyril Jr & Mary  
Thompson, Chris &  
Jennifer  
Thompson, Elaine

**Mike Callahan**  
Burns, Shane & Tammy

**Glenn Carlson**  
Geiger, Richard & Susie

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Amiot, Roger & Rita  
Anderson, Denise  
Anderson, Doug  
Anderson, Gene & Marilyn  
Anderson, Leland &  
Penelope  
Bartunek, John  
Berg, Lavonne & H Odell  
Bigwood, Richard  
Boltz, Shawn & Theresa  
Brown, Keith & Jane  
Bylin, Lowell & Sonja  
Carson, Peter  
Collette, Cynthia  
Collette, Dale & Brenda  
Collette, Daryl & Vonda  
Collette, Susan  
Coulthart, Frances  
Dahl, Christian & Sami  
Swartz-Dahl  
Daley, Ted & Cathy  
Davis, Betty Lou  
Davis, Richard  
Demers, Gene & Kathy  
Demester, Terry & Julie  
DeSautel, Jim & Nicole  
DeSautel, Rock & Patty  
Dundee Mutual Insurance  
Company  
Durand, Pat  
Dusek, Jim & Brenda  
Dusek, Thomas & Mary  
English, Richard & Mary  
Fair Mohagen, Roberta

First United Insurance  
Agency  
Gorder, Dan & Monica  
Greg Elde Construction  
Hall, Nick & Mary Jo  
Halliday, Gloria  
Halliday, Harris Jr &  
Pamela  
Hall's  
Hanson, Brian & Ranell  
Hanson, Carrie  
Heuchert, Agnes  
Hills, David & Mary  
Hoenke, Kevin & Zebbie  
Holt, Tim & K.K.  
Horter, Ramona  
Horter, Todd & Ellen  
Houdek, Peter & Mary  
Jerstad, Kenneth & Lori  
Jiskra, Kevin & Jean  
Johnson, Mary  
Kingsbury, Bill & Joyce  
Koester, Ron & Dorothy  
Kostrzewski, Kylene  
Lahaise, Daniel & Carol  
Langowski, Lester  
Lessard, Lon & Sandra  
Lessard, Steve & Kelly  
Longtin, Kristi  
Martinson, Wendell &  
Janice  
McKay, Jeff & Deb  
Midgarden, Kit & Jackie  
Midgarden, Margo  
Midgarden, Sonia  
Momerak, Leonard &  
Adele  
Monson, Jeanne  
Morreale, Anthony  
Narloch, Brad & Adrienne  
Nash Grain & Trading Co.  
Nelson, Rodney  
Nilson, Keith  
Nutrien Ag Solutions  
Onstad, Kurt & Lori  
Olson, Chris & Marcia  
O'Neil, Alan & Mary Jane  
Osowski, Alysia  
Osowski, Mark & Carol  
Paulson, Lynn & Linda  
Petersen, Brian & Jill  
Ray, Howard & Karen  
Saville, Keith & Joanne  
Schieffer, Jim & Joan  
Shuley, Don & Susan  
Sillers, Cynthia  
Simplot Grower Solutions  
Skaro, Thomas  
Skramstad, Kayla  
Sobolik, Joel & Kristin  
Spano, Michelle  
Stone, Greg & Debbie  
Suda, Shirley  
Tallackson, Thomas &  
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Thompson, Chris &  
Jennifer  
Torgeson Jr, Paul  
Torkelson, Tom & Deb  
Torstad, Julie  
Tucker, Allen & Lisa

Tweten, Mark & Mary  
Unruh, Carl  
Villanueva, Dolores  
Vistad, Cheryl  
Walker, Rick & Val  
Whelan, Jeff & Greta  
Wysocki, Len & Janet  
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DeSautel, Delores  
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Campbell, Greg & Leanne  
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Demers, Cyrilla  
Durand, Pat  
Dusek, Daniel & Teresa  
Dusek, Thomas & Mary  
Erlandson, Michael &  
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Greenwood, Pat & Marcy  
Greenwood, William  
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Heuchert, Glenn & Cathi  
Hurt, Lynda  
Jiskra, Kevin & Jean  
Johnston, James Jr & Linda  
Kingsbury, Barry & Leah  
Kingsbury, Bill & Joyce  
Larson, Luran & Dianne  
Lessard, Lon & Sandra  
Lien, Joshua & Kirsten  
McKay, Jeff & Deb  
Midgarden, Karen  
Miskavage, Kenny & Kathy  
Nelson, Rodney  
Nilson, Bradley & Bette  
Nilson, Keith  
Petersen, William  
Raymond, John & Darlene  
Schumacher, Dave &  
Linda  
Sobolik, Joel & Kristin  
Suda, Shirley  
Teevens, Michael &  
Geraldine  
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Vistad, Cheryl  
Welter, Lana

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Kennedy, Margaret

**Marie Kieley**  
Hegstad, Gerry  
Momerak, Leonard &  
Adele  
Raumin, Ina

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Hoenke, Kevin & Zebbie

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Bolek, Eileen

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Momerak, Leonard &  
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Lynette

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**J.D. Miller**  
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Lindgren, Larry & Jean  
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Gullickson, Andrew & Sara

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Burnham, Jay & Teri  
Geiger, Richard & Susie  
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Medd, Joel  
Midgarden, Margo  
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Adele  
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O'Keefe, Judy  
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**Wallace Olson**  
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Welter, Lana  
Widstrand, Ellen

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Lessard, Steve & Kelly

**Wallace Rutter**  
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Schanilec, Don & Faye  
Schanilec, Elaine

**Alyce Schanilec**  
Midgarden, Margo

**Karam Singh Khoka**  
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**Dawn Wosick**  
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Davis, Janelle  
Dolan, LeaAnn  
Dusek, John & Mary  
Gorder, Dan & Monica  
Hills, David & Mary  
Jiskra, Kevin & Jean  
Lapp, Marion  
Mathiason, Dean & Becky  
Nutrien Ag Solutions  
O'Neil, Alan & Mary Jane  
Osowski, Mark & Carol  
Peil, Gail  
Ray, Howard & Karen  
Schneider, Denny & Sally  
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Vistad, Cheryl

**Janice Syssocki**  
Trontvent, Sheila

**Lucile Young**  
Young, Greg

**Joseph Zikmund**  
Zikmund, Keith & Helen