



Recommit to your resolutions

Steps for making them stick.
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Your gifts make a difference

Learn more about our Auxiliary.
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YOUR GUIDE TO WELLNESS AND GOOD HEALTH CARE

WINTER 2018



Why you need a primary care provider

When it comes to good health, there's one medical professional you simply can't do without: a primary care provider (PCP).

This is your main provider—the person who will see you through nonemergency illnesses, from a sore back to a cough that won't go away. He or she can treat most medical problems. And if not, this provider will get you to a specialist who can.

But a PCP does more than help you feel better when you're sick. He or she will help keep you healthy. And that means, among other things, partnering with you to catch small health problems before they become serious, and making sure you're up-to-date on potentially lifesaving screening tests.

Over time, your PCP will also get to know you as a person. That way you can feel comfortable talking about anything that's bothering you—physically or emotionally.

How valuable is a PCP? Studies show that people who have an ongoing relationship with one are less likely to die prematurely than those who don't.

AT HAMC YOU HAVE OPTIONS

You—and your family—have a lot of choices when it comes to what type of PCP to see. There are many different kinds of PCPs, including:

- Family practice physicians, who care for patients of all ages—from newborns to seniors—and can diagnose and treat various health conditions.
- Nurse practitioners (NP) and physician assistants, who go through a different training and certification process than doctors but also provide excellent primary care.
- A geriatric nurse practitioner, who cares for adults with complex medical problems beginning at ages 13 to 18.

Sources: American Academy of Family Physicians; National Institutes of Health

Take your best shot
It's not too late to get the flu vaccine



Even though this year's flu season is in full swing, you can still help protect yourself from the flu if you get the vaccine now. As always, your best defense against the flu is to get a flu shot.

The Centers for Disease Control and Prevention recommends that everyone 6 months and older be vaccinated against the flu.

It's especially important that people at high risk for getting complications from the flu—such as pneumonia—get the vaccine.

That group includes kids younger than 5 years old; adults 65 and older; pregnant women; and people who have chronic health conditions, such as asthma, diabetes or heart disease. Anyone who lives with or is in close contact with someone on that list should also make getting the vaccine a priority.

And there's good news for people who previously could not get a flu shot because they're allergic to eggs, which are used to manufacture vaccines. A flu vaccine called Flublok, which is made without using eggs, has been approved by the U.S. Food and Drug Administration for adults 18 and older.

It takes several weeks for the flu vaccine to take effect. Since flu season can continue until May, the sooner you get your shot the better.

Our primary care providers are currently accepting new patients at all of our clinic locations in Maddock, Dunseith, Towner and Rugby.



5 ways to make those New Year's resolutions stick

First you make 'em. Then you break 'em.

Does that pretty much sum up your past history with New Year's resolutions? You're jazzed in January to get in shape, stop smoking, eat better—to achieve your goal, whatever it is. But by March, your resolution is kaput.

As you've likely discovered, good intentions aren't enough to make resolutions stick. You've got to stack the odds in your favor. Here's how:

1 Be specific. Be patient. Rather than a fuzzy resolution—for instance, "I'm finally going to get fit"—commit to a clearly defined one. Do you want to be able to finish a 5K? Do a dozen pushups? Walk the hilly streets in your neighborhood without getting winded?



NAIL THE DETAILS

2 Don't overreach. Resolving to go to the gym every morning before work is potentially setting yourself up for failure. Getting there two or three times a week is more realistic—and far likelier to become a habit.



3 Line up tech support. Pair up with a resolution buddy—somebody or *something* that can keep you motivated. Change is easier if you don't attempt it solo. There are numerous tech gadgets for fitness that



measure everything from steps to heart rate to calories. Search out fitness and nutrition apps to help get you started.

Talk to a personal trainer, someone who can design an exercise program to meet your fitness goals. Personal training can greatly improve outcomes.

4 Reward yourself.

Did you make it through your first week without smoking? Then spend the money you would have spent on cigarettes on something special for yourself. Are you down 5 pounds? Celebrate with a manicure or massage.



5 Bounce back. Do not accept defeat. OK, so you skipped the gym a couple of times or binged on a bunch of snacks one weekend. You slipped up, but so what? Missteps are normal. And one key to successful behavioral change is resiliency. Tomorrow really is another day—it's your chance to get back on track.



Starting out on a good foot ensures success. At HAMC we have a 2,500-square-foot wellness center equipped with treadmills, free weights, ellipticals, cycles and more. Trainers and nutritionists are available for consultations. For more information, call **701-776-5455, ext. 2209.**



Sources: American College of Sports Medicine; American Council on Exercise; American Psychological Association

It takes a village

We have all heard the proverb that it takes a village to raise a child. The meaning is simple in that it takes an entire community of different people interacting with children in order for children to experience and grow in a safe environment. The same holds true for our businesses and services in Rugby.



Pat Branco, CEO

Heart of America Medical Center exists to provide care to communities we serve. We are proud of our ability to provide so many needed services that many small community hospitals cannot. One of the most important features of any community hospital is to have an emergency room available 24/7.

However, a community hospital cannot survive only providing emergency care. We need to be able to provide surgical services, clinical services, therapy services, diagnostic services, and care services to keep our doors open. By that I mean that we need to generate revenue through these services to meet our financial needs, such as paying salaries of hard-working individuals, and buying supplies and equipment needed for the treatment of our patients.

Many of the services we provide to our community are provided at an operating loss. That means that it costs us more to provide the service than we can get in payment. Many of these services are important to our community members and help provide the most services to our patients. The key to our presence in Rugby and surrounding communities is to be seen as the first choice for care. We need you to be here for us, so we can be here for you.

For accurate billing, help us verify your insurance

It's the beginning of a new year, which means patients coming to Heart of America Medical Center will need to verify insurance coverage to ensure accuracy in billing. At appointments, patients will be asked to:

- Provide proof of coverage. We may ask for a copy of your insurance card.
- Show proof of identification. We will need to see your ID to verify our records.
- Pay copays and deductibles. Some patients may be required to meet deductibles before benefits kick in, and those fees are due at the time of service.

Some people may have changed benefits with their employer-based open enrollment, and some may have different jobs or have enrolled in state or federal health insurance coverage.

If you have questions about your insurance or payment options, call our business office at **701-776-5261.**

How can I help?

The Auxiliary is crucial to the success of our rural hospital. But many people have questions about how an auxiliary works.

You can think of the Auxiliary as one of the two fundraising arms of the hospital, the other being the Good Samaritan Health Services Foundation. The costs of providing high-quality

medical care are ever increasing. The Auxiliary's fundraising efforts support programs and services, provide needed medical equipment and enhance our facilities.

The Auxiliary raises funds in a variety of ways. We kick off the holidays with the Tree of Giving Ceremony, and we hold special fundraising events throughout the year, such as Singing Valentines, the \$5 Jewelry Sale and the Fall Bazaar. The profits from the Heart to Heart Gift Shop also benefit the hospital, as well as any outright cash donations we receive.

GIVING HAS A DIRECT IMPACT

There are many options for giving to the Auxiliary. You can make a cash donation, either as

a one-time gift or on a recurring basis. If you'd like, these donations may be made in honor or in memory of a loved one. Planned giving (gifts of stocks or bonds, real estate, retirement assets, and life insurance policies) is also possible.

Even small gifts can make a difference. Gifts of all sizes help support the work of the hospital. They are happily accepted and essential to the hospital's mission. And since we operate as a nonprofit, all of your donations are tax-deductible.

If you would like to find out more about the Auxiliary, make a donation, or inquire about

planned giving, please visit hamc.com. Or feel free to call Shelley Block at 701-776-5455, ext. 2315.



2017 HAMC Auxiliary Tree of Giving

The following list represents gifts received between Oct. 25 and Dec. 28.

In memory

Gary Abrahamson
Eugene and Ruth Stanley
Felice Anderson
Merchants Bank
Fern Anderson
Dick and Susan Anderson
Betty Angstadt
Keith and Linda Duchscher
Anna Atkinson
Bercier grandchildren
Fred P. Axtman
Marty and Peggy Axtman
Julie Axtman
Marty and Peggy Axtman
Tim Bartsch
Dan and Shelley Block
Tom and Lynda Childress
Phil and Vonnie Degenstein
Jane Gross
Jeff and Jo Halvorson
Duane and Janet Johnston
Al and Donna Jundt
Merchants Bank
Duane and Bev Paul
Monte and Gayle Schneibel
Roy Baustad
Dick and Susan Anderson
Gloria Baustad
Scott and Joni Johnson
Joseph and Ethel Belisle
Bercier grandchildren
Lawrence Benson
Mark and Deb Millang
Bercier family
Jeff and Barbara Bercier
Jerome and Hannah Bercier
Bercier grandchildren

Richard and Rita Bercier
Bercier family
Jeanne Berg
Rodney Berg
Gerald Best
Joyce McKinzie
Obert and Lillian Blessum
Roger Blessum
Bud and Amy Block
Dan and Shelley Block
Lowell Boe
Duane and Bev Paul
Theresa Brandt
Mr. and Mrs. Phillip Fossum
Clem and Marian Schmaltz
Alice Brossart
Virginia Fairbrother
Andy and Deanne Fedje
Marge Heilman
Joyce Lund
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Hilda Buckmeier
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Tom and Lynda Childress
Mike Childress
Tom and Lynda Childress
Neil Childress
Tom and Lynda Childress
Gary Degenstein
Maggie Degenstein and family

Leo Degenstein
Maggie Degenstein and family
Kristi Brossart Erickson
Bob and Kathy Brossart
Dennis Fritz
Elaine Fritz
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Sharon Grossman
Jo Halvorson
Philip Gupman
Luella Gupman
Eugene and Ruth Stanley
Andy Hager
Ray and Diane Leier
Malcolm Halvorson
Keith and Linda Duchscher
Jeff and Jo Halvorson
Alan and Harriet Kreklau
Janice Pfeifer
Vicky Harmel
Mark and Phyllis Johnson
Richard Heilman
Marge Heilman and family
Arnold Hilleren
Tom and Lynda Childress
Cole Hoffert
Beatrice Hoffert

Milton Holm
Cheryl and Johnathan Holm
Dave, Ashley and Abby Houim
Nancy Houim
Leonard and Carol Jacobson
Gerry and Terri Jacobson
Roger Jelsing
Monte and Gayle Schneibel
Albin Johnson
Mark and Phyllis Johnson
Betty Kaylor
Merchants Bank
Janice Keller
Jo Halvorson
Clovis Lee
Joyce Oium
Elizabeth Leier
Angeline Busch
George Leier
Angeline Busch
Richard and Jane Ann Leppard
Festus Dillion Leppard
Kenny and Bonnie Livedalen
Bercier grandchildren
Dick and Shirley Bloomster
Marge Heilman
Karl and Brenda Koehmstedt
Ray and Diane Leier
Mona Lyngstad-Johnson
Dick and Susan Anderson
Andy and Deanne Fedje
Marge Heilman
Ken Matehs
Josh and Amanda Matehs
Alice Miller
Alice Miller family
My loved ones
Angeline Busch
Our loved ones
Mike and Karen Christenson
Ernie Parke
Mark and Phyllis Johnson

Sharon Paul
Duane and Bev Paul
William Paul
Duane and Bev Paul
William Paul Jr.
Duane and Bev Paul
Bob Rocheleau
Joyce McKinzie
Don Rosenkranz
Al and Donna Jundt
Adam and Lorna Mae Sattler
Dan and Shelley Block
Isaac and Isabella Sattler
Billie and Candy Johnson
Richard Schaan
Dan and Shelley Block
Marge Heilman
Frank and Elain Kraft
Duane and Bev Paul
Grace Paul
Theresa Paul
Monte and Gayle Schneibel
Mel and Betty Thiel
Mary Schmaltz
Jeff and Jeri Schmaltz
Tillie Schmaltz
Tim and Sheila Ostrem
Maurus Schneibel
Monte and Gayle Schneibel
Perry Schwartz
Cindy, Katie and Tommy Schwartz
Eugene and Ruth Stanley
Luke Selensky
Dale and Renee Selensky
Bud Smith
Bercier grandchildren
Vernon and Corrine Frey
Joanne Geisinger
Kathleen Jamsa
Kolin Johnson
Roger and Linda Livedalen
Judy and Darwin Moen
Marvel Pietrick
Christine Solberg
Bercier grandchildren
Dick and Shirley Bloomster
Allen and Harriet Kreklau

Pete and Mary Murtaugh
Duane and Bev Paul
Wayne and Karen Schilke
Tom, Brad and Stacy Solberg
Clarence and Melva Stanley
Eugene and Ruth Stanley
Clifford Strum
Eugene and Ruth Stanley
Judy Thomas
Jeff and Jeri Schmaltz
Cheri Thompson
Tom and Lynda Childress
Anna Tiffany
Tom and Lynda Childress
Doc and Jean Vigeland
Vigeland family
Arnetta Voeller
Al and Donna Jundt
Frank and Rose Voeller
Gerry and Terri Jacobson
Ardyce Volk
Duane and Bev Paul
Diane Millang Volk
Mark and Deb Millang
Rose Weigel
Merchants Bank
Dave Wurgler
Marty and Peggy Axtman
Delores Berg
Joyce and Doug Meier
Irene Wurgler
Marty and Peggy Axtman
John Wurgler
Marty and Peggy Axtman

In honor

Greetings to Shelley Block
HAMC Auxiliary
Terri Jacobson

Tree of Giving

Pius and Eileen Axtman
Norma Blessum
Ken and Marlene Schaan
Wolford Lutheran Church

Your greatness is not what you have, it's what you give.

Please accept my gift of \$10 \$25 \$50 \$75 other _____

In memory/honor of _____

Nondesignated _____

Mail donations to HAMC Auxiliary, 800 South Main Ave., Rugby, ND 58368, or visit our website at hamc.com/foundation/donatenow.

For more information about the HAMC Auxiliary and how they contribute to the success of Heart of America Medical Center, contact Shelley Block at 701-776-5455, ext. 2315.



Calendar of events

Winter 2018

GriefShare Grief Support Meetings

Tuesdays, 7 p.m.
Dakota Farms, Rugby
Contact Becky Hershey at
701-776-5455, ext. 2259.

Pacemaker Checks

Feb. 19

GSHS Foundation's Creations Auction

March 1
Dakota Farms, Rugby

HAMC Auxiliary Salad Luncheon

March 23
St. Paul Lutheran Church



Expanded hours in Towner

Meeting the health care needs of the Towner community is a top priority for Heart of America Medical Center (HAMC). When HAMC administration decided to expand back into the Towner market, the idea was to get a feel for what services were needed and gauge the hours of operation based on community response.

"A need has been identified to expand the clinic hours in Towner to make it more convenient for parents to seek medical care after school. Expanding the hours also allows for more labs to be drawn in the mornings. As always, the continued support of the community will be required to ensure the future success of the clinic," says Dustin Hager, Chief Medical Officer and Clinic Manager at HAMC.

The expanded hours began in December at the Heart of America Johnson Clinic in Towner. Clinic hours are now from 9 a.m. to 4:30 p.m. Tuesdays, Wednesdays and Thursdays. Same-day and laboratory appointments are available. Call the clinic at **701-537-0537** or visit **hamc.com**.



Visiting specialists

All specialty services are located on the first floor at Heart of America Medical Center (HAMC). Access is available via the newly reopened lobby entrance near the garden gazebo. For more information, call the Specialty Services department at **701-776-5455, ext. 2504.**

Professional Hearing Services • Third Friday monthly

Pacemaker Clinic • Quarterly, Feb. 19, May 21 and Aug. 20.

Elena Raducu, MD, ophthalmologist • Third Monday morning monthly or more frequently as needed

Alisha Johnston, DP, podiatrist • Second and fourth Wednesday monthly

Telemedicine Services Mental Health

Psychiatry • Every Thursday morning

Counseling • Monday through Thursday

Appointments for specialties such as oncology, dermatology, wound care, neurology, pulmonology, speech therapy and infectious disease are scheduled telemedicine appointments per doctor's request. All telemedicine appointments take place in the Specialty Services Department at HAMC.

At this time, cardiology services at HAMC are temporarily on hold until staffing restrictions allow Dr. Turk to resume caring for patients in Rugby.

Need a health partner?

Good Samaritan Hospital Association is your health partner

Rugby Clinic

800 Main Ave. S.
Rugby, ND 58368
Hours . . . 8 a.m. to 5 p.m.
Days . . . Monday through Friday
Phone . . . **701-776-5235**
Fax **701-776-5297**

HAMC Clinic Pharmacy

Phone . . . **701-776-2531**

Surgical Clinic

Phone . . . **701-776-7000**

Maddock Clinic

301 Roosevelt Ave.,
Maddock, ND 58348
Hours . . . 8:30 a.m. to 5 p.m.
Days . . . Monday through Friday
Phone . . . **701-438-2555**
Fax **701-438-2551**

Dunseith Clinic

215 Main St. SE,
Dunseith, ND 58329
Hours . . . 8:30 a.m. to 5 p.m.
Days . . . Monday through Friday
Phone . . . **701-244-5694**
Fax **701-244-5329**

Towner Clinic

2 Third St.
Towner, ND 58788
Hours . . . 10 a.m. to 3 p.m.
Days . . . Tuesday, Wednesday,
Thursday
Phone . . . **701-537-0537**
Fax **701-537-5981**

Haaland Estates Assisted Living and Basic Care

1025 Third Ave. SE
Rugby, ND 58368
Phone . . . **701-776-5203**
Fax **701-776-6688**

Wellness Center

24-hour access to members
Open Monday through
Friday . . . 7 a.m. to 5 p.m.
Phone . . . **701-776-5455, ext. 2209**



We are on Facebook:

- Heart of America Medical Center
- Heart of America Care Center
- Haaland Estates
- Heart to Heart Gift Shop



Access your medical records 24/7 with the MyHealth secure online patient portal at **hamc.com**.

How you can contact us



701-776-5455



hamc.com

YOUR HEALTH is published as a community service for the friends and patrons of Heart of America Medical Center, 800 Main Ave. S., Rugby, ND 58368, **hamc.com**.

Patrick J. Branco CEO
Dani Schell Marketing Coordinator

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