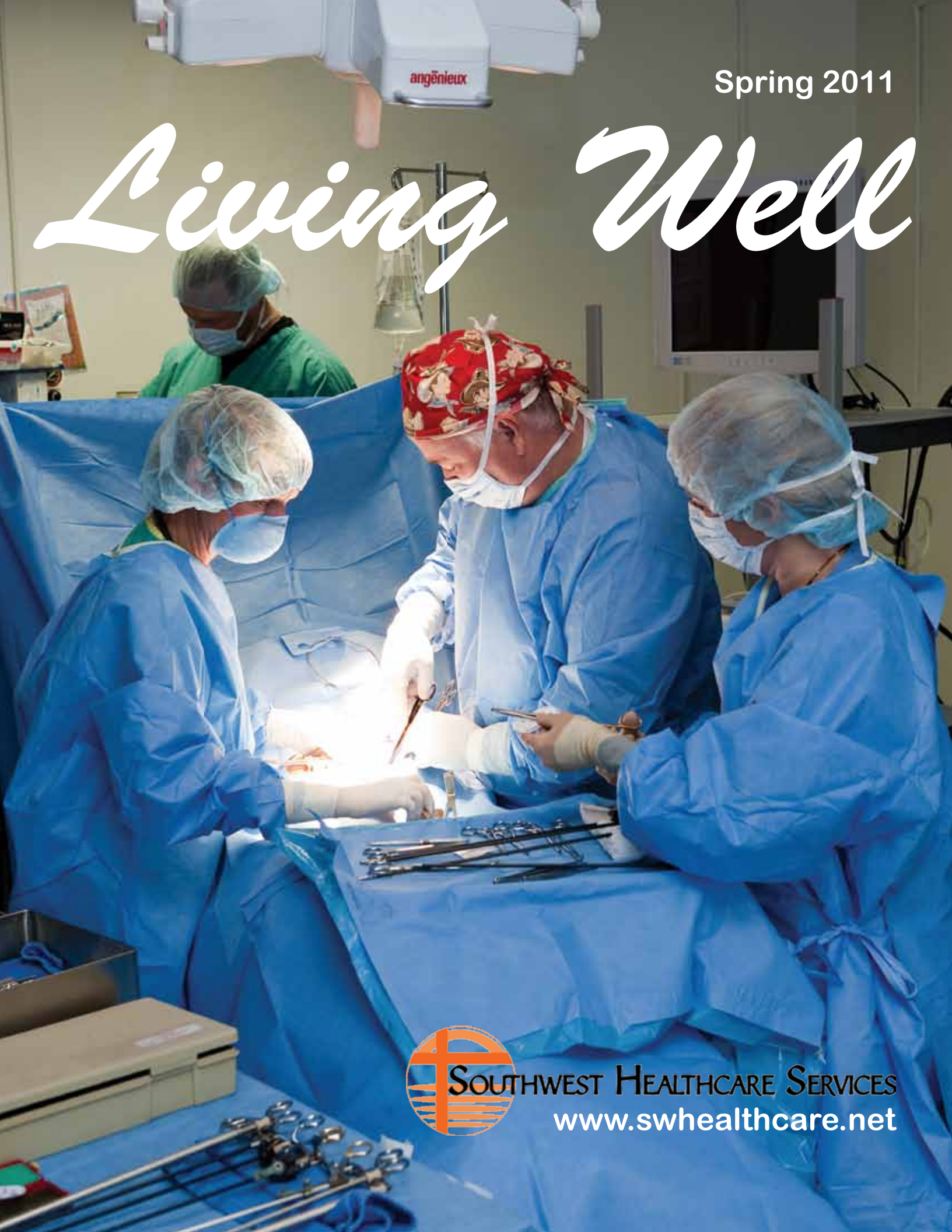


Spring 2011

Living Well



SOUTHWEST HEALTHCARE SERVICES
www.swhealthcare.net

LETTER FROM THE CEO

Dear Neighbor,



I would like to take this opportunity to thank everyone for the warm welcome to Bowman and to introduce myself to those of you I have not met. North Dakota has been my home most of my life – I was born in Grand Forks, (not telling you when!), and relocated to Williston where I graduated from High School. I attended Concordia College where I completed practicums in Long-Term Care and Hospital specializations under the Business Administration Bachelors program. I continued my studies at the University of Mary, where I received my Masters in 2007. My work history has been primarily centered in North Dakota. I ran and operated the Mercy Medical Center in

Williston for the previous 3 years and Garrison Memorial Hospital for 8 years prior to that. This part of the country is very familiar to me as I have done most of my hunting and fishing in the western part of the state. In addition to hunting and fishing, my other hobbies include running, camping and anything outdoors. I have two children; - Ashley, my youngest, is currently attending college in Fargo and my son, Dan, recently graduated from UND and is now living in Jamestown. I am extremely proud of both of them and hope they will often visit me here in Bowman... and soon!

My vision for the future of Southwest Healthcare Services is to create a vibrant and viable healthcare facility that is designed to meet the needs of a potentially growing population. I see the need to create a more efficient facility where we can cross-utilize staff to cover both our hospital and long-term care workloads. The current overhead cost associated with maintaining older buildings and a dual staff is costing us dearly. Finding permanent and

viable staffing and increasing the efficiency of those staff members through co-locating structures is critical to our future success. However, there is a very careful line we must follow throughout this process. I am estimating that it will take roughly two to three years of planning and fundraising prior to establishing a building project.

In addition, I see the opportunity to bring in additional specialists and providers to continue to meet the growing needs of our community. We have started that process by recently signing a Family Practice Doctor.

Southwest Healthcare Services and I truly appreciate and continue to need the support of our local communities in order to survive and thrive. The funds available to small rural hospitals through reimbursement are limited to covering costs and not much else. Any major building repair and renovation expenses are covered through requests of city sales tax, donations, and other fundraising mechanisms. We greatly appreciate any and all help from the local business community and the residents in our service area. Without your generous support Southwest Healthcare Services would not be able to continue providing services and updating our infrastructures; which is essential to providing healthcare in the rural areas of North Dakota.

Thank you for your continued support and the warm welcome to Bowman! With your help we will be able to improve the services we provide and become a crucial part of the Bowman economy.

Thanks again!

DENNIS GOEBEL, MM, BA
 Chief Executive Officer
 Southwest Healthcare Services

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PG. 6



PG. 11



Southwest Healthcare Services Offers a Wide Range of Surgeries!

Why travel to larger healthcare facilities when you can receive quality surgical services from compassionate healthcare professionals you know and trust? Utilizing advanced technology and equipment, our surgical team can perform a wide variety of general surgery procedures, including but not limited to the following:

- Endoscopies - with biopsies and polyp removal
 - Gastroscopies
 - Colonoscopies
- General Surgeries
- Laparoscopic Surgeries
 - Gallbladder Removal
 - Appendix Removal
- Open Surgeries
- Tonsils
- Hernia Repair
- Tubal Ligation
- Breast Surgeries
- Bowel Surgeries
- Appendectomy
- Amputations
- Traumatic Amputations
- Carpal Tunnel Release
- Vasectomy
- Minor Surgeries
 - Removal of Skin Lesions
 - Nail Removal
 - Removal of Lumps and Bumps
- Trauma



Dr. Blair Matheson is proud to be a member of Southwest Healthcare Services Healthcare Providers. Dr. Matheson's greatest strength is in his surgical skills and his Advanced Trauma Life Support certification. He functions very efficiently in tense situations. Dr. Matheson is also affiliated with the Department of Human Biology, Native American Studies, and Native American Cultural Center at Stanford University. He is also a Coach for Stanford's Western Equestrian Team.

ENDOSCOPIES - - A CHECK FOR CANCER

Fiberoptic technology has given doctors a way to make proctos much less painful. The instrument is now flexible so it can bend and take the shape of the colon which makes for a much more comfortable exam. The doctor can also see much more of the colon--more than twice as far as with the older rigid proctoscope.

Most polyps and cancers of the colon develop in the last portion of the colon. This is the area that sigmoidoscopy looks at--the last 20-25 inches.

The most common form of colon cancer starts out in polyps. When the polyps are small--less than half an inch across--there is very little chance of cancer. When they are more than an inch across, the chance is quite high. This makes it very important to find polyps while they are still at an early stage and you will possibly be able to prevent cancer.

Flexible sigmoidoscopy is designed to look for polyps as well as any other abnormalities by actually looking at the colon wall through the fiberoptic instrument. If a polyp is seen, it can be removed with the scope. If it is too large to be removed, biopsies can be taken. A biopsy is the removal of a small portion of the tumor for further study under the microscope.

Warning signs of cancer of the colon include any bleeding, unusual pain, irritability of the colon, or a change in bowel habits that lasts a few weeks.

Even when there are no warning signs, this procedure is worth doing as a part of your routine exam starting at age 40-50. It should be repeated every three years, or more frequently if there is a family history of colon cancer. The exam is performed as an out-patient procedure and only takes several minutes.

THANK YOU TO ALL WHO HAVE DONATED TO SOUTHWEST HEALTHCARE SERVICES!



We would like to thank Lowell Jones for Donating a Blanket Warmer in our Heritage Wing!

Community MINDED

For the Love of Baby

A preparation class for parents expecting a very special delivery.

For the Love of Baby is a fun class that will help prepare expecting parents for the joys and tribulations of pregnancy, labor, and bringing a newborn home. Mommies-to-be can bring their husbands, partners, or a friend/family member. All mommies are welcome, no matter where they receive medical care.

For more information and to pre-register, contact Chrissy Blankenbaker, RN & class coordinator, by calling Southwest Medical Clinic at 523-3226.

Cost per couple is \$25

Financial assistance is available upon request.



Aspartame also known as Nutrasweet® is an artificial sugar approved by the FDA. The FDA turned aspartame down at least 3 times before it was finally approved. It is a billion dollar additive and if taken off the

market would result in huge financial losses for soft drink companies. Companies that use the additive in sugarless snack foods would also lose millions of dollars. In respect to this it is very unlikely that aspartame will ever be taken off the market in the near future, even when the evidence is overwhelming that it is a poison. The other problem with aspartame is that it is addictive and withdrawal symptoms occur when it is abruptly discontinued. Aspartame easily crosses the blood brain barrier and acts to stimulate excitatory nerve synapses in the brain. Since it is toxic it is referred to as an excitotoxin. Why would anybody drink caffeine free diet coke or mountain dew? The answer is that even though the caffeine is gone, they still receive stimulation from the aspartame. The excitotoxin acts as a stimulant and creates a dependency on the toxin in the brain that then leads to withdrawal when discontinued.

Aspartame poisoning results because aspartame is made from three known poisons: phenylalanine, L-Aspartic Acid and methanol. Poisons? Isn't there phenylalanine and L-Aspartic Acid in all proteins that we eat everyday? Isn't there methanol in common foods like apples?



Aspartame

Written by
Forrest Lanchbury, M.D., D.V.M.
Medical Director at Southwest
Healthcare Services

All proteins we eat contain amino acids, the building blocks of proteins. Each type of protein contains a combination of potentially 20 some amino acids. So, each of us probably eats phenylalanine and L-Aspartic Acid everyday. But, in combination, each amino acid competes for receptors at each cell so the receptors are never overwhelmed with just one type of amino acid.

Isolated amino acids such as phenylalanine and L-Aspartic Acid in aspartame...without the other amino acids to compete with...can overwhelm the cells and cause changes that affect your health. Using any medical search engine reveals many studies that prove the toxicity of isolated amino acids. Some amino acids are used in treatment of disease, but this is to treat a specific metabolic or neurological problem and they are generally not used indefinitely.

Methanol is found in many common foods, but always in the presence of ethanol. Nature is quite smart as the ethanol combines with the methanol in the body to prevent any negative side effects from the methanol. Methanol causes blindness by itself, it is the main alcohol in wood alcohol. Many alcoholics lost their vision when they tried to substitute methanol for ethanol during the prohibition era.

Bottom line....phenylalanine and L-Aspartic Acid and methanol are safe when found in nature, but potentially toxic when used in isolation.

Poisoning

You may ask, "Why doesn't everybody have symptoms, or health issues since so many of us use this product?" The answer is simple. We each have different genetic strengths and weaknesses as well as we are all biochemically different from each other. That explains why not every woman with the breast cancer gene gets breast cancer or why not everyone with a family history of Crohn's Disease gets Crohn's Disease.

So, aspartame affects each one of us differently, for different reasons and with different symptoms.

-Aspartame Poisoning
Continued on Page 7

Aspartame Poisoning
Mimics Symptoms or Worsens
the Following Diseases:

- Fibromyalgia
- Hyperthyroidism
- Arthritis
- Multiple Sclerosis (MS)
- Parkinson's Disease
- Lupus
- Multiple Chemical Sensitivities (MCS)
- Diabetes and Diabetic Complications
- Epilepsy
- Alzheimer's Disease
- Birth Defects
- Chronic Fatigue Syndrome
- Lymphoma
- Lyme Disease
- Attention Deficit Disorder (ADD)
- Panic Disorder
- Depression and other Psychological Disorders

THIS AND THAT

By Josephine Kaczmarek

I was thinking the other day that I'm sure there are a lot of people out there that wonder what exactly we do in here for entertainment or to keeps us busy.

There's so many things we do that I don't even know where to start. We have bingo on Monday, Friday, and Saturday. Wednesday we play pokeno - it is very similar to Bingo. I do the calling for this.

Sometimes we do crafts. At this time we are working on a Memory Quilt. After a death we put it on their bed until after the funeral. We are making a smaller replica to hang on the door.

We have red hat parties for the women and red necktie parties for the men.

We have a big game that several can play at once its called "Shut the Box."

Twice a month we have live music come in and entertain us. Every other Tuesday we have a gal that comes in to play piano and organ. We are lucky to have at least five piano players here but some of them don't want to play anymore. I don't play as often as I use to either. At one time, I played the 120 bass accordion, but that has gotten too heavy.

We also made a quilt to put over a resident when they are sleeping in a chair to keep them warm.

In the spring some of us plant flowers.

We also have BPOM (Birthday Party of the Month). Different organizations come and bring gifts for the residents having a birthday that month and also bring refreshments of some kind while others will bring entertainment.

During the holidays we had a lot of kids from different schools come and sing Christmas songs.

I'm sure that I have forgotten to mention a lot of things. Some of the residents play cards. They mostly play whist. Some of us also play pinochle.



Josephine working on the memory quilt

The ABCs of Peripheral Arterial Disease

What is PAD?

Peripheral Arterial Disease occurs when there is a build up of cholesterol and plaque in the arteries of the lower extremities, causing decreased blood flow to the legs and feet.

What are the signs and symptoms of PAD?

Most people with PAD do not have obvious symptoms. But others with PAD may experience one or more of the following:

- Leg muscle discomfort or pain that is consistently caused by walking and that disappears with rest. This symptom is called "claudication."
- Leg and/or foot/toe pain at rest that often disturbs sleep.
- Sores or wounds on the legs, feet, or toes that heal slowly, poorly or not at all.

How do I know if I have PAD?

Talk to your physician about your symptoms and PAD. If needed they will have a PADnet+ Arterial test done which will provide early detection of PAD when treatment options are broadest. The PADnet+ detects blockages in arteries and the



quality of blood flow using Pulse Volume Recordings (PVRs) and segmental blood pressure measurements. Given appropriate signs and symptoms, a PADnet+ Post Exercise test may be necessary.

Who's at Risk?

Your risk for developing PAD increases with age, in general beginning around the age 50.

- Experience high cholesterol
- Have a history of heart attack and/or stroke
- Have cardiovascular disease and hypertension
- Smokers
- Diabetes

If you believe you could be at risk for PAD, Southwest Medical Clinic offers more information and PADnet+. Please call to find a physician or to learn more about PAD at (701) 523-3226.

Sunrise Foundation 2010 Scholarship Recipients

The Sunrise Foundation Board of Directors recently awarded four area college students with scholarships toward their healthcare education. To qualify for the scholarships, college students must be from the counties of Bowman, Slope, Harding, or Adams. The scholarships are only awarded to college students who are pursuing a career in healthcare.



Brittany Anderson

Parents: Zane and Bonnie Anderson
Nursing, Concordia College



Debra Mathews

Nursing,
University of South Dakota



Megan Ruppert

Parents: Scott and Denise Ruppert
Nursing, University of North Dakota



Trisha Schober

Parents: Ernest and Nancy Schober
Nursing, Union College

Thank you for all of your support at the First Annual Celebrity Waiter!



Radiology team with the Portable X-Ray Machine

Last year our First Annual Celebrity Waiter was a huge success in thanks to our local community. Because of your generosity we grossed \$23,976.53. The money earned was split between a new portable X-Ray machine and renovation of the Sunny Apartments.



Newly renovated Sunny Apartment

Side Effects of Aspartame from the FDA's list:

Aspartame Poisoning continued...
Side Effects of Aspartame Poisoning
 One thing you can count on with regard to the use of ANY artificial sweetener: If man has created, processed or altered any naturally occurring substance, the body will more than likely not understand it and symptoms may occur. Please just stop the foods and drinks that contain them to see what happens. If you have no negative side effects from aspartame poisoning (unlikely)...nothing lost but a couple months without your favorite products. If right...and you do nothing...your health may suffer forever.

- Abdominal Pain
- Anxiety attacks
- Arthritis
- Asthma
- Asthmatic Reactions
- Bloating, Edema (Fluid Retention)
- Blood Sugar Control Problems (Hypoglycemia or Hyperglycemia)
- Brain Cancer: Lifespan exposure to aspartame in prenatal rats caused resulted in increased rates of multiple types of cancer, including lymphomas, leukemia and bladder cancer through the entire rat lifespan..
- Breathing difficulties
- Burning eyes or throat
- Burning Urination
- Can't think straight
- Chest Pains
- Chronic cough
- Chronic Fatigue
- Confusion
- Death
- Depression
- Diarrhea
- Dizziness
- Excessive Thirst or Hunger
- Fatigue
- Feel unreal
- Flushing of face
- Hair Loss (Baldness) or Thinning of Hair
- Headaches/Migraines dizziness
- Hearing Loss
- Heart palpitations
- Hives (Urticaria)
- Hypertension (High Blood Pressure)
- Impotency and Sexual Problems
- Inability to concentrate
- Infection Susceptibility
- Insomnia
- Irritability
- Itching
- Joint Pains
- Laryngitis
- "Like thinking in a fog"
- Marked Personality Changes
- Memory loss
- Menstrual Problems or Changes
- Migraines and Severe Headaches (Trigger or Cause From Chronic Intake)
- Muscle spasms
- Nausea or Vomiting
- Numbness or Tingling of Extremities
- Other Allergic-Like Reactions
- Panic Attacks
- Phobias
- Poor memory
- Rapid Heart Beat
- Rashes
- Seizures and Convulsions
- Slurring of Speech
- Swallowing Pain
- Tachycardia
- Tremors
- Tinnitus
- Vertigo
- Vision Loss
- Weight gain

Loan Repayment Scholarships

The Sunrise Foundation Board of Directors awarded three Southwest Healthcare Services employees loan repayment scholarships. Eligible applicants must have been employed a minimum of one year at Southwest Healthcare Services in Bowman. Applicants must be full time status. Only applicants who are currently using their degree towards their healthcare career were considered for the loan repayment program.



Chrissy Blankenbaker
Bowman, ND
Registered Nurse



Jennifer Hestekin
Bowman, ND
Paramedic



Michele Tarter
Bowman, ND
Paramedic



Memorials & Gifts

In Memory of Phyllis Anderson
Nola Horvey

In Memory of Janice Baesler
George and Pat McLaughlin
Donna Strand

In Memory of Delbert and Florence Bagley
Mel and Meredythe Bagley

In Memory of Arlys Bates

Larry Buchholz
Opal Burns
Mr. and Mrs. Fred Gerth
Grace Janikowski
Peter and Betty Malkowski
Mr. David Nygaard
Robert Olson
Myron Schaaf
Mr. and Mrs. Ken Silha
Donna Strand
Roger Stuber
Ms. Wendy Stuber
Mr. and Mrs. James Walby

In Memory of Brian Benner

Bud Hetland
Darla Jacobi

In Memory of Leonard Beylund
Jennifer Leon

In Memory of Mildred Buckmier
Tom and Corrie Fish
Bud Hetland
Mr. and Mrs. Bert Patterson
Mr. and Mrs. Harold Schuh
Judy Septon

In Memory of Theresa Buzalsky
Bowman High Class of 1967
Charles and Shirley Domagala

In Memory of Doris Dale

Mr. and Mrs. Eldon Allram
Ms. Lucile Beyer
Beverly Crocker
Jim and Ardis Hestekin
Mary Juntunen
Mr. and Mrs. Bert Patterson

In Memory of Helen DeBode

Family and Friends of Helen DeBode
Mr. Larry Buchholz
Melfred and Meredythe Bagley
Ms. Lucile Beyer
Carolyn Bingham
Ryan and Jodi Brewer
Mr. and Mrs. Donald DeBode
Mr. and Mrs. Jon Hendrickson
Mr. and Mrs. Charles and Rose Hilton
Mr. and Mrs. Dale Olson
Mr. and Mrs. Bert Patterson
Mr. and Mrs. Stanley Pope
Mr. and Mrs. Ken Silha
Mr. Darrell Stebbins

In Memory of Charles Domagala

Friends and Family of Charles Domagala
Bruce Bowman
Charles and Shirley Domagala
Mr. and Mrs. Clarence Kitzan
Jan Lininger
Cathy Maychrzak
Mr. David Nygaard
Rodney and Rhonda Redetzke
Mr. and Mrs. James Walby
Kenneth Woodley

In Memory of Don and Doris Egeland

Mr. and Mrs. Craig Egeland

In Memory of Ron Ehrmantrout

Karen Bowman
Opal Burns
Mr. and Mrs. Fred Gerth
Russell Kulseth
Mr. David Nygaard
Mr. and Mrs. Dale Olson
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In Memory of Keith Ellingson

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Keith and Peggy Pierce
Mr. and Mrs. Ken Silha
Kenneth Woodley

In Memory of Vivian Ellingson

Nola Horvey
Keith and Peggy Pierce
Mr. and Mrs. Ken Silha
Kenneth Woodley

In Memory of Tiny Engesser

Roberta Engesser

In Memory of Clarence Erickson

Mr. and Mrs. Eldon Allram

In Memory of Melvin Erickson

Mr. and Mrs. Donald Nordgren

In Memory of Mary Fischer

Bruce Bowman
Larry Buchholz
Mr. and Mrs. Fred Gerth
Mr. and Mrs. Tom and Gail Nordberg
Myron Schaaf

In Memory of Herman Fletcher

Grant and Edna Paulson

In Memory of Evelyn Freymiller

Dale Freymiller
Nola Horvey
Mayme Johnson
Mr. and Mrs. Dale Olson
Keith and Peggy Pierce
Mr. and Mrs. Ken Silha

In Memory of Jan Fulton

Melfred and Meredythe Bagley
Ernest and Opal Bloomgren

Larry Buchholz

Mr. and Mrs. Ronald and Annabel Ehrmantrout
Cy Fulton
Mr. and Mrs. Fred Gerth
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Mr. and Mrs. Donald Nordberg
Mr. and Mrs. Dale Olson
Myron Schaaf
Donna Strand
Roger Stuber
Kenneth Woodley

In Memory of Leary Getz

Mrs. Lorraine Bowman

In Memory of Thelma Greni

Mr. and Mrs. Dale Olson
Mr. and Mrs. James Walby

In Memory of Muriel Hedelius

Ms. Susan Wanner

In Memory of Mathew Hetland

Bud Hetland

In Memory of Ed Janikowski

Bruce Bowman
Larry Buchholz
Mr. and Mrs. Ken Heinrich
Grace Janikowski
Mr. and Mrs. Tom and Gail Nordberg
Mr. David Nygaard
Myron Schaaf

In Memory of Albert Jeffers

Tom and Corrie Fish
Bruce Bowman
Mr. and Mrs. Ken Heinrich
Grace Janikowski
Russell Kulseth
Myron Schaaf
Mr. and Mrs. Ken Silha
Nita and Duane Stellflug

In Memory of Arlette Jeffers

Bruce Bowman
Larry Buchholz
Tom and Corrie Fish
Grace Janikowski
Russell Kulseth
Myron Schaaf
Nita and Duane Stellflug

In Memory of Bertha Jones

David and Kay Anderson
Ernest and Opal Bloomgren
Opal Burns
David and Linda Czywczynski
Lawrence and Doris Domagala

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Bruce and Gwenn Jones
Russell Kulseth
Mr. and Mrs. Dale Olson
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Donna Strand

In Memory of Irene Kalina

Little Missouri ARC
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Mr. and Mrs. Dale Olson

In Memory of Mae Kalisiak

Friends and Family of Mae Kalisiak
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Mr. and Mrs. Ken Silha

In Memory of Ruth Kempenich

Schaefer
Grace Janikowski

In Memory of Alice Ketchum

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In Memory of Ervin Klein

Mr. and Mrs. Bob Folske
Kayo and Sandra Isaak

In Memory of Caroline Klewin

Wayne and Karen Gerbig

In Memory of Dave Kono

LeNore Wagner
Myron Schaaf

In Memory of Tony Kuntz

Lavonne Bullinger

In Memory of Mary Lambourn

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Mr. David Bliss
Ernest and Opal Bloomgren
Mr. Lorraine Bowman
Mr. Donald Dyk
Mr. and Mrs. Ronald and Annabel Ehrmantrout
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Mr. Bruce Lambourn
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Mr. and Mrs. Glen Powell
Mr. and Mrs. Ken Silha
Roger and Ruth Stearns
Donna Strand

In Memory of Jo Langlee

Mr. and Mrs. Craig Egeland

In Memory of Agnes Larkin

Marvin and Patsy Braaten

In Memeory of Gene Lewton

Myron Schaaf

In Memory of Darrell Lutes

Mr. and Mrs. Vernon Hansen
Mr. Bud Lewison

Petter and Betty Malkowski
Mr. and Mrs. Dale Olson
Keith and Peggy Pierce
Mr. and Mrs. Ken Silha

In Memory of Craig McLaughlin
Peter and Betty Malkowski

In Memory of Stanley Miller

Bruce Bowman
Larry Buchholz
Tom and Corrie Fish
Charlotte Miller
Grant and Edna Paulson
LeNore Wagner

In Memory of Jim Mrnak

David and Kay Anderson
Bruce Bowman
Larry Buchholz
Opal Burns

Melva Czywczynski

Mr. and Mrs. Fred Gerth
Mr. and Mrs. E. Allen Grimes
Russell Kulseth
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George and Pat McLaughlin
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Mr. and Mrs. Dale Olson
Mr. and Mrs. Howard Pearson
Mr. and Mrs. Lyle Sander
Myron Schaaf
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Mr. and Mrs. Dale Olson
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Mr. and Mrs. Ken Silha

In Memory of Helen Norton

Mr. and Mrs. Bert Patterson

In Memory of Wilbur Parkin

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Larry Buchholz
Tom and Corrie Fish
Mr. and Mrs. Bert Patterson
Holly and Judy Pond
Donna Strand

In Memory of Norris Peterson

Opal Burns
Mr. and Mrs. Fred Gerth
Mr. and Mrs. Clarence Kitzan
Russell Kulseth
Mr. and Mrs. Dale Olson
Mr. and Mrs. Lyle Sander
Myron Schaaf
Mr. and Mrs. Ken Silha
Donna Strand

Thank you to all of those have made a contribution through a memorial or tribute gift, outright gift or in-kind donation to Southwest Healthcare Services. Your generosity is greatly appreciated. Gifts recognized in this newsletter are from January, 2010 through December 2010.

Kenneth Woodley
In Memory of Orrin Peterson
 Tom and Corrie Fish
 Nola Horvey
 Mr. and Mrs. Norris and Rita Sabe
 Mrs. Mary Lou Vadner

In Memory of Virgil Rath
 Mr. and Mrs. Dale Olson

In Memory of Ellen Rolfsnes
 Bruce Bowman

In Memory of Cathy Sabe
 Odell Sabe

In Memory of Ken Sabe
 Mr. David Bliss
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 Dick and Mary Mack
 Stanley and Marlene Palczewski
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 Odell Sabe

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 Mr. and Mrs. Craig Egeland

In Memory of Jean Shleve
 Neil and Doris Buchholz

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 Donna Strand
 Ms. Wendy Stuber

In Memory of Lana Spethman
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 Mr. David Nygaard
 Mr. Bob Olson
 Mr. and Mrs. Dale Olson
 Mr. and Mrs. Robert Ridl
 Myron Schaaf
 Mr. Darrell Stebbins
 Donna Strand
 Ms. Wendy Stuber
 Mr. and Mrs. James Walby
 Kenneth Woodley

In Memory of Susan Stensland
 Myron Schaaf

In Memory of Myrtle Strand
 Ms. Lucile Beyer
 Tom and Corrie Fish
 Mr. and Mrs. Bert Patterson

In Memory of Gwen Swanson Vetter
 Mr. and Mrs. Harold Kelner
 Shirley Strehlow

In Memory of Perry Thorne
 Larry Buchholz

In Memory of John Torpen
 Bud Hetland
 Mr. and Mrs. James Walby

In Memory of Melvin Tysver
 Joseph and Annie Tysver

In Memory of Gundrun Van Fleet
 Ms. Lucile Beyer
 Tom and Corrie Fish
 Arletta Herman
 Jim and ArdiseHestekin
 Mr. and Mrs. Bert Patterson

In Memory Gwen Vetter
 La Rae Gayler

In Memory of Mary Kay Vetter
 Tom and Corrie Fish

In Memory Mildred Vigoren
 Tom and Corrie Fish
 Bruce Bowman
 Mr. and Mrs. Donald Nordgren
 Mr. and Mrs. Bert Patterson

In Memory of Albert Wallman
 David and Kay Anderson
 Ms. Lucile Beyer
 Larry Buchholz
 Lawrence and Doris Domagala
 Mr. and Mrs. Fred Gerth
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 Russell Kulseth
 Peter and Betty Malkowski
 Mr. and Mrs. Dale Olson
 Mr. and Mrs. Lyle Sander
 Myron Schaaf
 Mr. and Mrs. Earl Sutton
 Reed and Robin Sutton

In Memory of Haley Susan Wanner
 Robert and Debra Sheckler

In Memory of Joan Ward
 Mr. and Mrs. Ken Silha

In Memory of Alice Wokal
 Tom and Corrie Fish
 Ila Hawk
 Mr. and Mrs. Clarence Kitzen
 Mr. and Mrs. Dale Olsen
 Mr. and Mrs. Robert Ridl
 Russ and Betty Werth

In Memory of Roger Woodley
 Charles and Rose Hilton

In Memory of Jack Wyman
 Mr. and Mrs. Ken Silha

In Memory of Hazel Zacher
 Sidney and Yvonne Lichtenfeld

Gift in Honor of Bill Beylund
 Jennifer Leon

Gift in Honor of our Parents
 Curt and Charlene Hansen

Outright Gifts
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 Anonymous
 Baseball Boosters
 Ms. Eileen Belajon
 Steve Beylund
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 Gerald and Becky Burghduff
 Chamber of Commerce
 City of Scranton
 Ken and Genevieve Fisher
 Ms. Zola Hagen
 Don and Pam Hestekin
 Ralph and Betty Juhl
 Lebanon Lutheran
 Lebanon Lutheran ELCW
 Jennifer Leon
 Larry and Peg Njos
 Mr. and Mrs. Donald Nordgren
 David Nygaard
 Terrence Nygaard
 Mervin and Barbara Olson
 Mr. and Mrs. R. W. Perkins
 Reeder Lions
 Tim and JJ Robinson
 Tim Rue
 Lawrence and Shirley Saagar
 Scranton Legion Auxillary
 Donna Strand
 Mavis Thompson
 Shirley Weeks

We apologize if there is an error or omittance in this section. Please call the office at 701-523-3214 if any corrections need to be made.

In Memory of Wilbur Parkin
 Mr. Tom Powell

In Memory of Mildred Vigoren
 Mrs. Lorraine Bowman

In Memory of Norris Peterson
 Mr. and Mrs. Roger Berlund
 Mrs. Lorraine Bowman
 Mr. Bob Morland

In Memory of Margaret Wallman
 Mr. and Mrs. Harold Schuh
 Mr. and Mrs. James Walby

In Memory of Oakie Peterson
 Mr. Leo Sack

In Memory of Alice Wokal
 Mr. and Mrs. James Walby

In Memory of Leo Reinbold
 Mr. and Mrs. Harold Schuh

In Memory of Roger Woodley
 Mr. and Mrs. Harold Schuh

In Memory of Betty Schleve
 Mr. and Mrs. Craig Egeland

Gift in Honor of Harold and Inga Kelner
 Neal and Ila Kelner

In Memory of Joan Stebbins
 Mr. and Mrs. Roger Berglund
 Bruce and Gwenn Jones
 Mr. Bob Morland
 Mr. Tom Powell
 Mr. and Mrs. Harold Schuh
 Mr. Darrell Stebbins

Gift in Honor of Doug Nordby
 LeNore Wagner
 Mr. Bob Morland
 Mr. Tom Powell

In Memory of Gary Tennant
 Mr. and Mrs. Leonard Nygaard

Outright Gifts:
 City of Scranton
 Mrs. Mary Juntunen
 Thomas and Michele Melaney
 Mr. and Mrs. Terry Sarsland
 Scranton American Legion Auxillary
 R. C. Thom

In Memory of John Torpen
 Mr. and Mrs. Leonard Nygaard

Sunrise Foundation Memorials & Gifts

In Memory of Phyllis Anderson
 Mr. Tom Powell

In Memory of Arlys Bates
 Mr. Bob Morland
 Mr. and Mrs. Harold Schuh

In Memory of Rosie Carter
 Mr. and Mrs. Leonard Nygaard

In Memory of Helen DeBode
 Mr. and Mrs. Roger Berglund
 Mr. Tom Powell
 Mr. and Mrs. James Walby

In Memory of Don and Doris Egeland
 Mr. and Mrs. Craig Egeland

In Memory of Ron Ehrmantrout
 Mrs. Lorraine Bowman

In Memory of Keith Ellingson
 Mr. and Mrs. Leonard Nygaard

In Memory of Vivian Ellingson
 Mr. and Mrs. Leonard Nygaard

In Memory of Melvin Fischer
 Mr. and Mrs. James Walby

In Memory of Mary Fischer
 Mr. and Mrs. Roger Berglund

In Memory of Jan Fulton
 Mr. and Mrs. Roger Berglund
 Mr. and Mrs. Harold Schuh
 LeNore Wagner

In Memory of Ed Janikowski
 Mr. and Mrs. Roger Berglund
 Mr. and Mrs. Harold Schuh

In Memory of Bertha Jones
 Mr. and Mrs. Roger Berglund
 Mrs. Lorraine Bowman
 Mr. and Mrs. Harold Schuh

In Memory of Lawrence Kaitfons
 Mr. and Mrs. Leonard Nygaard

In Memory of Alice Ketchum
 Mr. and Mrs. Leonard Nygaard

In Memory of Art Ketchum
 Mr. and Mrs. Harold Schuh

In Memory of Mary Lambourn
 Mr. and Mrs. Harold Schuh
 Lenore Warner

In Memory of Jo Langlee
 Mr. and Mrs. Craig Egeland

In Memory of Darrell Lutes
 Mr. and Mrs. Leonard Nygaard

In Memory of Jim Mrnak
 Mrs. Lorraine Bowman
 Mr. Bob Morland
 Mr. and Mrs. Leonard Nygaard
 Mr. and Mrs. Harold Schuh
 Mr. and Mrs. James Walby

If you would like to financially contribute to any of our important projects and help keep local healthcare alive and well, please contact Sasha Ruggles, Foundation Director, at 701-523-5142.

Southwest Healthcare Auxiliary By Toots Nordgren

We have finished another busy year and are looking forward to the new year. Our two fundraisers, the Pie Social in September and the Bazaar in December were a huge success. The Auxiliary members appreciate and 'thank' all area residents, organizations and business people for their donations and support.

All proceeds from our fundraisers are used to help with projects for Southwest Healthcare Services. We helped fund the printing of the Newsletter, flowers and plants that were planted at the clinic, hospital and long term care (LTC), Operation Christmas Child, and a large scale for the LTC. We purchased new lettering for the Sunny Apartment sign and a TV with DVD player for the Swing Bed unit at the hospital. Several other projects are pending.

Other Activities we have are hosting the January Birthday Party of the Month, Employee Appreciation Tea, serve coffee at the annual meeting, helping at the Holiday Health Fair which gives Lipid screenings and other free health tests, make tray favors for hospital patients, and any other events when needed.

We welcome the new CEO, Dennis Goebel, and new DON at the hospital, Sue Lunde. We plan to have them attend one of our meetings in the near future to get acquainted.

New members this past year are Sharon Gunderson, Marsha Beylund, Deb Scheckler, and Bev Buckmier. We are happy to put put Joyce Miller's name back on our membership list.

The auxiliary had election of officers in October. Newly elected were Darlene Gerth and Pat McLaughlin, who will share positions of President and Vice President and Linda Martin will be the new Secretary. They were installed at the December meeting. Delberta Kulseth will serve as Treasurer again.

Our meetings are the 2nd Wednesday each month, except July, at Sunny Home Apartments dining room. Annual Dues are \$5.00. Anyone interested in working for the benefit of Southwest Healthcare Services is welcome to come and visit us or join at any time.

In closing, my time as being president has come to an end. It was an honor and a privilege for me to be president of this great organization all these years. I thank all the members for their support, encouragement, and always being there to help. I hope you will support the future officers the same way.



New Auxiliary Officers



Becky Hansen

Board president of Nortek, INC., LLC,
Board Member of Recovery Resources, Inc,
Advisory Board Member of Lake Region
State College Health Information
Technology Curriculum

Jeanine Clendenen



Mike Carroll and
Kim Honeyman



Recieved
Accreditation for
Home Oxygen

Sarah Wolbaum



2010 Activity Profes-
sional of the Year
Activity Professionals
of North Dakota
Vice- President



Chris Peterson

Bronze Star from the United States Army,
AANP Representative of North
Dakota for Rural Healthcare,
Dickinson State University's
Nursing Alumni Fellow of 2010

2010 Bowman Area
Chamber of
Commerce President

**These pages feature employees and volunteers
above and beyond to deliver great**

Long Term Care Activities



Stay Young at Heart, Smile, & Enjoy Life.

Stars

Janel Bagley, Hans Flatz,
and Megan Brown

Sue Lunde

Danyel Titus



Certified Sexual Assault Nurse Examiner



Recieved the "Star of Life" Award



Passed the American Registry of Radiologic Technologists Computed Tomography Certification

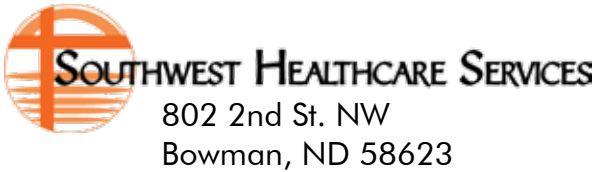
of Southwest Healthcare Services who go healthcare to our patients and residents.

Dr. Forrest Lanchbury

This award is given to only an elite group of doctors in the nation. This award is based on bedside manner, the amount of time spent with patients, the courtesy of the staff, appropriate follow-up, and their overall opinion of the physician.

2010
Patients' Choice Award





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If you have pain or discomfort in your calves or thighs, your legs may be trying to tell you something.

Muscle pain or discomfort in your legs may be the sign of a serious condition known as peripheral arterial disease (PAD) which narrows the arteries that supply blood to the legs. The most common symptoms of PAD occur with activity and are promptly relieved by rest. They include cramps, fatigue, and pain.

Early diagnosis and treatment can diminish the symptoms, improve quality of life and mobility, and prevent heart attack, stroke and amputation.

Don't ignore what your legs may be trying to tell you.

If you are experiencing symptoms of PAD, call Southwest Medical Clinic at (701) 523-3226.



Southwest Healthcare Service's Clinic and Hospital New Phone System.

When calling to schedule an appointment, visit with a nurse, speak to a hospital patient, or ask a billing question you will be greeted by an Auto Attendant. The Auto Attendant is a voice recording and it will give you six options to choose from:

- Clinic Scheduling - press 1
- Clinic Nursing - press 2
- Hospital Nursing - press 3
- Billing Department - press 4
- Home Oxygen - press 5
- Laboratory - press 6

If the previous options are not appropriate you may wait on the line and someone will assist you!

