We are all God’s people taking care of God’s people.

St. Aloisius 2018

Spring Wellness Days

6:00 to 10:00 AM
April 9th, 11th and 16th
St. Aloisius Outpatient Services – Harvey
(former clinic building attached to the hospital)

7:00 to 9:30 AM
Tuesday, April 17th, at City Hall in Drake
Wednesday, April 18th, at the KTL Building in Fessenden

Blood pressure & panel of 18 lab tests
including triglycerides, cholesterol & anemia screen.
$35 includes continental breakfast.
Men can get a PSA test for an additional $30.

Wells Co. District Health Unit will offer tetanus vaccines & other immunizations as needed at the Harvey and Fessenden sites.

Please note: No reimbursement by private insurance, Medicare or Medicaid for tests and no physician ordered tests will be done during Wellness Clinics.

Remember - only water for 12 hours before tests!!
The Empowering Emotion of Joy

Read John 15:9-11

Is your life exciting? Or do you, like so many people, find most days routine and tedious? Have dreams become disappointments? If so, you might feel tempted to give up hope. But God promises fulfillment that can’t be found anywhere else. Joy is a gift from the Lord. It doesn’t depend upon circumstances but rather is found in Jesus’ unchanging character and promises. And that’s exactly where to find true strength and power to endure. We may complain and desperately want to be freed from the pain, I found I could be joyful in the Lord.

Philippians 4:4 tells us always to rejoice in Him. From the command, we know that even in the midst of hardship, we can purposely choose to live with Joy. This choice is possible for believers who are filled with the Holy Spirit and walking obediently (Galatians 5:22-23)

Consider your response to both good and bad times. Does a consistent joy in Christ give you strength? Or do you find emotional relief only in the midst of positive circumstances? Difficulty is inevitable, but God’s truth is able to sustain you. Rely on Him for emotional security.

Your Chaplain,
Sr. Mary Agnes Huber

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New Employees:
Kim Christianson - C.N.A. LTC
Lisa Ponzer - Switchboard Receptionist
Peter Varelas - Dietary
Karl Brandt - Dietary
Becky Dockter - NA Med Surg
Paul Lagasse - Dietary
Michelle Seltvedt - NA Med Surg
Bailey Garnett - RN - Med Surg
Kevin Tuenge - Maintenance
Ergonomics Program

Ergonomics is the science of workplace design that tries to make the job fit the person rather than the person fitting the job. The idea of Ergonomics is to reduce physical strain by designing or modifying the work station, work methods and tools to eliminate excessive exertion and awkward postures and to reduce repetitive motion.

Make sure you are using proper work techniques – do you need training on the correct lifting procedures and equipment? How about the correct use of ergonomically designed work stations, fixtures and tools?

You are expected to report ergonomically related symptoms to your supervisor immediately:

- Numbness, burning, or tingling in your fingers.
- Pain in your wrists.
- Loss of grip or muscle weakness.
- Fatigue or abnormal tiredness.
- Pain in your back, legs, feet or shoulders.

Exercise is an important part of the prevention program. Fit people are less likely to experience physical problems and are more likely to recover quickly when they do. This is for all employees – not just desk people.

- **Body stretch** – reach up!
- **Side bends** – slow and easy.
- **Upper body twist** – with hands on hips, twist to the right and then to the left 4 to 6 times.
- **Shoulder shrugs** – inhale and bring shoulders to ears; exhale and allow shoulders to drop.
- **Finger stretch** – spread your fingers wide; hold for 5 seconds, relax. Repeat 3-5 times on each hand.
- **Wrist stretch** – with opposite hand, gently pull your fingers back allowing wrist to bend. Hold for 3 seconds; switch hands – repeat 3-5 times.
- **Thumb stretch** – extend one hand and with the other hand, gently pull back on your thumb for 3 seconds. Relax – repeat 3-5 times on each hand.
- **Finger squeezes** – make a fist around a firm yet soft ball (stress ball), then squeeze towards your palm 5-10 times. Repeat finger stretch.

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St Aloisius April Anniversaries:

- Patricia Sauter – 27 years
- Mark Sommer – 32 years
- Susan Neuharth – 23 years
- Joan Adams – 14 years
- Jessica Hanson – 9 years
- Sarah Sommer – 8 years
- Pat Doyle – 1 year
- Wanda Wuitschick – 4 years
- Beatrice Petersen – 3 years
- Ruth Kanwischer – 2 years
- Jennifer Faul – 2 years
- Logan Seig – 1 year
What's Your Story?

Get to know: Marian Hase

1. What is your position at St. Aloisius?
   Compliance Officer – meaning jack of all trades – master of some!

2. How long have you had that position?
   Officially certified since May 2014. Actually doing work at it 9 years. Been working at SAMC for 23 ½ years.

3. What are your duties?
   HIPAA Privacy and Security Officer; Risk Management Committee chair; Safety Officer; New Employee Orientation educator; Quality Assurance Performance Improvement secretary; Emergency Preparedness stuff for hospital and LTC; work with our online education programs; Right now I’m updating the Safety Manual.

4. What is your favorite thing about your job?
   Talking with co-workers about things that could make our lives safer and easier. And the adrenaline rush that comes with emergencies/disasters.

5. What was your first job?
   Library assistant when I was in high school – LONG time ago!

6. What did you want to be when you grew up?
   Believe it or not – I aspired to be a farmer’s wife. I just forgot to add a RICH farmer’s wife. Achieved the former 42.5 years ago.

7. What are you hobbies when you’re not at work?
   READING; grandkids; knitting; watching Forensic Files with my husband, Tim.

8. Where would your dream vacation spot be?
   On a warm beach by myself with a book. Grandkids are allowed to visit me there.

9. What is your favorite season?
   Spring and Fall – not too hot, not too cold. Absolutely HATE winter.

10. Tell us about your family.
    I married Tim in 1975. He’s my farmer husband. Our oldest son, Dustin, is a 24 year cancer survivor. Our daughter, Niki, is a respiratory therapist in Buffalo, MN. Our youngest son works at Gooseneck in Harvey now. We have 7 grandchildren. 2 live in Ostego, MN, 2 live in Bismarck, and 3 live right next door.
“Blessed are the merciful, for shall obtain mercy.” (Mt. 5:7)

In health care, bad news sometimes has to be given to patients and their families. While I’ve never had to do so, I imagine that it must be very hard to have to tell someone that they have a severe illness or other physical problem. No one wants to be the bearer of bad news; but while this must be hard, it is also necessary. One cannot begin the steps to recovery or learn to live with their illness unless they know they have it. Healing cannot take place without first acknowledging that something needs to be healed.

The same is true for the spiritual life. In order to be spiritually healed of our sins, we must first acknowledge that we have committed sins. And, just as it can be hard to tell others that they have physical illness, it can be hard to admit to ourselves that we have spiritual illnesses. But, here is the good news. While modern medicine can only do so much to heal the body, there is no illness of the soul which God cannot heal. The Sunday after Easter is known in the Catholic Church as Divine Mercy Sunday, and it celebrates just this truth. God’s mercy is infinite, and there is no sin which he will not forgive. All that is necessary is that we ask him for forgiveness.

Furthermore, just as we need to ask for God’s mercy, God asks us to show mercy to others, and a hospital or nursing home is a perfect place to do just that. In the Catholic tradition, there are what are called “works of mercy,” and these are either corporal (dealing with the body) or spiritual (dealing with the soul). The corporal works of mercy are feeding the hungry, giving drink to the thirsty, sheltering the homeless, visiting the sick and imprisoned, and burying the dead; while the spiritual works of mercy are comforting the afflicted, praying for the living and the dead, counseling the doubtful, instructing the ignorant, admonishing the sinner, forgiving injuries, and bearing wrongs patiently.

In Catholic health care, with the focus on the whole person, body and soul, many of the works of mercy are built into the day-to-day structure. Therefore, perhaps when caring for the needs of others, we might remember that we are acting in mercy and we might remember our own need for God’s mercy, which he is more than ready to offer.

JT Kennelly
Director of Formation
SMP Health System

St Aloisius Chili Cook Off!

Wednesday, April 18th, sponsored by H+M, and Pastoral Care. Sign up sheets are posted throughout the building.

Don’t forget about Jeans Day! Every Friday, and the 2nd Wednesday of the month! Please remember to pay your $1 at the front desk!
Controlling Your Diabetes: Reducing Risks
Sarah Gregg, RN, BSN
Diabetes Educator

The American Association of Diabetes Educators (AADE) has developed seven key areas to help you control your diabetes. These self-care behaviors are Healthy Eating, Being Active, Monitoring, Taking Medication, Problem Solving, Reducing Risks, and Healthy Coping. This article will focus on Reducing Risks.

Diabetes complications come from damage to blood vessels and nerve endings. Diabetes damages the entire body little by little and often doesn’t get diagnosed until there is a complication, such as burning in the hands or feet (peripheral neuropathy) or blurry vision (retinopathy). Having diabetes at least doubles your risk for having a heart attack or stroke and is the leading cause of blindness in adults.

But there are many things that you can do to reduce and/or prevent complications.

1. Control your blood sugar levels. Talk with your health care provider about what your target blood sugar levels should be.

2. Control your blood pressure. High blood pressure (hypertension) is very common in persons with diabetes. People with both high blood sugars and high blood pressure have greater risk of cardiovascular, kidney, and eye complications.

3. Increase physical activity. Start off slow and gradually work up to 30 minutes per day and 5 days per week.

4. Eat a healthy diet.

5. Stop smoking. Smoking increases your blood sugar levels and makes your body more resistant to insulin. Also it places you at a higher risk for a heart attack or stroke (three times more likely to die) and makes vision problems develop faster.

6. Check your feet every day. Diabetes can cause nerve damage to your feet and unless you look, you may not realize that you have a sore. If you notice any redness or drainage, you should notify your provider right away.

7. Visit the eye doctor at least once yearly.

8. Visit the dentist at least every 6 months. Persons with diabetes have a higher risk of gum disease and cavities.

9. See your health care provider regularly and visit with a diabetes educator to discuss different strategies that will work for you.

The next Diabetes Empowerment Education Program (DEEP) class will be starting on Wednesday, April 18th from 5 to 7 pm in the Presentation Center and will meet every Wednesday until May 23rd. This class is free and we will be discussing different strategies to manage your diabetes and reduce your risks. Also, we are now offering outpatient diabetes self-management training with a referral from your primary care provider.