



THE PULSE

Fostering the development of existing hospital and healthcare auxiliaries, providing educational opportunities to our members and encouraging involvement and collaboration with community organizations to improve healthcare.

PRESIDENT'S REPORT

by Diane Heuser, HAND President

First, I want to thank Mary Stenson for her time as HAND vice-president. It was wonderful to work with her. Mary had great ideas and supported the mission and future of HAND. Mary has retired from her position as volunteer coordinator at Sanford. As a result, she resigned from her positions as a District Chair in MN and as HAND vice-president. If any of you see Mary, please remind her that she's always welcome to come back and volunteer. We wish her well in retirement and hope that she's having a great time.

As of yet, I haven't received any offers for volunteers to fill the vice-president's position nor for the District Chairperson positions. We are still looking for volunteers!

During the past few months your HAND board and NDHA Liaison, Pam Cook, have been working on a new (to HAND) concept of all HAND members working together to make our state organization one in which we can all contribute. We hope to have a lot more information to share soon. It seems that other states have had the same problem of finding officers but found a way to overcome and move forward in a way that works for everyone. I hope to share that information soon and my hope is that everyone will be as excited about this possibility as we are. Today, simplifying our lives is so much better!

We did something new in 2018 ~ Leadership Meet and Greet Sessions. I received a lot of positive feedback and hope we can continue doing this. Our first session was October 10th. We were to meet in Mandan, but that day was the big snowstorm that came through the middle of the state. We were unable to travel, but we met with Dickinson members via Skype. The Dickinson volunteer coordinator and five auxiliary members shared a lot of information about hospital gift shops. I e-mailed that information to all. Thank you, Mitzi, Myrna and other members for sharing that information as well as other thoughts and information. Mary had a phone conference with Altru members and held a Meet and Greet in Hillsboro. My next meeting was in Rugby followed by one in Jamestown (pictures below). I want to thank everyone who attended these events for their time and input. I learned a lot and, best of all, it was so nice to meet in a small group and get to know each of you better. Thank you!



The Pulse is published three times per year and is our information link to the auxiliaries in our state organization. Please submit your news regarding activities, fundraiser, and success stories for membership recruitment. The best ideas come from groups who can share their successes. Submit your articles to Pam Cook at pcook@ndha.org. **The deadline for the next Pulse is June 1st.**

2017-19 HAND Officers and District Chairpersons

President:
Diane Heuser
dheuser@csicable.net
Valley City, ND

Immediate Past President:
Becky Hill
becky@sundregravel.com
Minot, ND

Vice President:
Vacant

Secretary:
Tammy Kleymann
tamkleymann@gmail.com
Valley City, ND

Treasurer:
Sonja Graber
sengersonja@yahoo.com
Wishek, ND

District 1 Chair: Vacant

District 2 Chair: Vacant

District 3 Chair: Vacant



Check us out on Facebook!



2019 STATE CONVENTION

Wednesday, May 1, 2019

BAYMONT INN & SUITES | 2611 Old Red Trail Mandan, ND 58554 | Phone: 701-663-7401

Dear Fellow Auxilians,

CHI St. Alexius in Dickinson is happy to invite you to the 2019 Convention of the Healthcare Auxiliaries of North Dakota, on May 1 in Mandan, ND at the Baymont Inn. A block of rooms has been reserved on April 30 for those wishing to arrive the day prior. Those rooms will be held until April 10 and cannot be guaranteed after that date.

We would like you to join us for a day of **“Spring Training”** for body, mind and spirit! We would like your registrations by April 12 for a cost of \$20.00 for each attendee. **Each auxiliary is asked to bring an item or basket for the ticket auction.** And remind members to bring mailing labels to make tickets easier to use for this fundraiser. Board members' registrations are paid by the State Board, but please include their names when sending in your registration.

Our agenda is as follows:

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| 8:00 - 8:45 a.m. | Registration and breakfast |
| 8:45 a.m. | Welcome and announcements |
| 9:00 a.m. | Spring Training for the Spirit Chris Aman and Kristen Getzlaff—Inspired Life Wellness Clinic |
| 10:00 a.m. | Break and auction play |
| 10:30 a.m. | Spring Training for the Mind Nikki Wegner—Alzheimer’s Association MN-ND |
| 11:30 a.m. | Lunch and auction play—networking |
| 12:45 p.m. | Auxilian of the Year presentation, memorial service, and auction winners |
| 1:20 p.m. | Spring Training for the Body PT Department at CHI |
| 2:00 p.m. | 7th Inning Stretch - Business Meeting and Adjournment following |

TO REGISTER:

Please send a list of attendees and what auxiliary you represent by mail or email to:

Lori Koppinger, PO Box 604, Beach, ND 58621
Email: kopp@midstate.net

If you have questions, contact Lori at 701-260-4904. Stay warm and see you this Spring!

DISTRICT I

ALTRU ALLIANCE, GRAND FORKS

by Charlene Wifall

Greetings from Altru Alliance in Grand Forks!

We welcomed (4) new board members in January. Kathryn Kester with the Greater Grand Forks Young Professionals, Nancy Marchell who owns and operates Signature Jewelers, Jill Chandler Executive Director of Women's Pregnancy Center and Riley Simenson Director of Marketing at Alerus Center. We are very excited for them to join our team and share their expertise and ideas. The Altru Alliance Board is hosting our \$6 Sale in the Main Hospital March 14-15. This sale has many items to choose from! If interested in more details regarding the sales visit altru.org/about-us/support-altru/altru-alliance/. Susan Alexander in our gift shop is constantly researching new and exciting ideas of product for the gift shop. She recently attended market in Las Vegas and saw lots of products she wants to bring to our store. We wish everyone an enjoyable warm Spring!

SANFORD HILLSBORO

by Sandy Johnson, President, Sanford Hillsboro Auxiliary

What a winter this has been! With unusually cold temps and snow storms almost every week! I'm sure spring will eventually come but the way it looks it will be awhile yet.

The Hillsboro Sanford Auxiliary held our annual Pie and Ice Cream Social, Bake Sale and Bazaar in October. The residents of the nursing home and assisted living really look forward to the homemade pies and socializing. Some residents helped the auxiliary members peel potatoes for our lefse making day in October. This lefse is sold at the bazaar and some is frozen and used for the residents' Thanksgiving meal in November. Our members sew a quilt top in June and have it quilted for the raffle at the Pie and Ice Cream Social. The projects we do in October are some of our main fund raisers.

We held our annual potluck Christmas party for our auxiliary members the last Monday in November and invited members of two senior citizens living facilities to join us.

Our members provided cookies and served them to nursing home and assisted living residents at their Christmas party in December. The Hillsboro Sanford Auxiliary also donates money which provides a gift for every resident at the Christmas party.

Our volunteers provide tray favors each month for the residents, help with shopping trips to the Dollar General store and assist with bingo. Some of the volunteers helped get residents to the Veterans Day program and helped prepare and serve the Thanksgiving meal.

Our Auxiliary has no meetings in December, January, or February but we are looking forward to spring and working on our next fundraiser which will be our Spring Luncheon in April.

Happy Spring!

DISTRICT II

CARRINGTON MEDICAL CENTER AUXILIARY

by Renee Riedesel, President

Chilly greetings from Carrington Medical Center Auxiliary! Mother Nature has brought the polar vortex down in to our state and we look like polar bears as we dress in layers to keep warm! But spring will be here soon, and it makes us appreciate the four seasons that North Dakota offers.

Carrington continued.....

Carrington continued....

Our Auxiliary has been busy since our last newsletter. November 17th we served lunch at Jinglefest, sponsored by the JunkFest gals. We sold pulled turkey and ham salad sandwiches, along with chips, bars and beverages and it was a big hit. Our annual fall bake sale was held November 20th, which is always a good fund raiser. On the 26th, we held our Tree of Lights celebration, kicking off the holiday season.

In December we hosted the always popular Christmas Tour of Homes. Five people open up their beautifully decorated houses for everyone to walk through and get inspired. Almost 300 people from the area took in this fun event!

Our hospital Foundation Gala was held in January and our Auxiliary provided patio furniture for their fundraiser. People are generous and this set sold high, giving them a nice donation.

We also held our Christmas Party/Annual Meeting in January. Special music was from the high school music department that had starred at State. We were to have installation of officers, but due to a stormy day, only four Board members were present, so we had installation of our new Board at our February meeting.

What is Valentine's Day without sweet treats? We baked 220 dozen cookies and could have sold more! Our volunteers really did an outstanding job frosting and decorating the cookies, and they were melt-in-your-mouth delicious!!!

Our Auxiliary continues to sew baby blankets and burp clothes for babies brought in to our clinic for their well-baby checkup. We add a few other things to the gift bag and this is a much appreciated service our volunteers do.

Our Gift Shop is going to be decorated for spring next week. Stop in and check out the new merchandise!

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CHI ST. ALEXIUS HEALTH, DEVILS LAKE

by Anita Lankowicz, Auxiliary President

Thinking Spring with February coming to a close! The year 2018 was an exciting year for our Auxiliary. The big news was that our Hospital Gift Shop was completely remodeled in November! We prepped (took off border wall paper that was put up in 1992) and painted the entire Shop. New carpet was installed in addition to new ceiling tiles. We also got a wonderful thermostat/heater, which came in handy on those -20 days. We had great success with our Grand Opening during the Lights of Mercy memorial service. These CHI St. Alexius Hospital events are open to the community and we hope will become family traditions. During the month of December the Gift Shop was open for employee appreciation with employee discounts extended to our neighbor clinic. In January, we donated 20% of the sales of baby items to the First Choice Clinic and the Baby & I program at the Hospital.

News and updates regarding the Gift Shop have also been showcased in the local newspaper, the Devils Lake Journal. Several of our hardworking volunteers have been featured in the articles. We sincerely thank the Hospital and Community for their support! If you haven't been to the Gift Shop in a while, please stop by to see the changes we've made.

Our Auxiliary also made 22 Christmas Gift Baskets given to the providers(Doctors, PA's, APRN's, & clinic staff). It was an honor to be selected! A huge THANK YOU to all who helped make the project possible.

We made a goal of recruiting at least 5 new members this past year & I am pleased to say that we have exceeded that goal! We are thrilled to have added 6 new members! Two of the newest members have become Gift Shop volunteers! Please contact us for further information regarding meetings and volunteer opportunities.

HEART OF AMERICA, RUGBY

by Bev Paul, President

Our Auxiliary has been busy, but it is always fun to do our Fundraisers with our great board members. We had our Jewelry Sale on September 5th & 6th, which is always very successful with proceeds going to our New 3D Mammography Machine, which will be great for our facility. Also on September 17th we had a Collective Goods Book Sale, with funds going to the HAMC Daycare, Kids Next Door.

In October we had a Meet & Greet Session in Rugby, coordinated by Diane, Rugby & Minot Auxiliary members attended. There was a lot of good information and discussion. Thank you, Diane.

Our annual Fall Bazaar was held November 8th, this is one of our largest fundraisers with help from also our volunteers. It includes a bake sale, butter braided bread, raffle, we serve pie & coffee and we also sell our homemade lefse, which our Auxiliary and volunteers get together to make for our sale. This is a great sale for us, as our lefse is one of our great items for sale. We are very proud of the HAMC Tree of Giving-Caring and Sharing Ceremony, in which we receive funds from members of our community in honor or in memory of someone. This is done the end of November. This is an on going fund raiser for us which we use our money for the Hospice Program. After the ceremony we have our Heart to Heart Gift Shop open, which is all decorated for Christmas. We have awesome gift shop managers and volunteers that work there. So this is another source of income for us.

We just finished our Singing Valentines fundraiser, this year it was a bit chilly, but it is always great to see the smile on their faces. It's a great day!!

We are very fortunate to have the support of the employees and the people in Rugby and various communities. All the money we raise goes back to the facility to purchase items to provide quality care to the patients and residents and to make a better work environment for the employees.

Everyone stay warm, and will see you at the HAND Meeting.

CHI MERCY HEALTH AUXILIARY, VALLEY CITY

by Diane Heuser, Secretary

Happy New Year! I guess it's been a while since we were last submitting an update for The Pulse. This is such a perfect day to write as it's very overcast and I'm enjoying a cup of hot chocolate.

October 4th (2018), we hosted a membership recruitment tea. We publicized this event to the entire community and invited everyone. Our cafeteria ordered beautiful cakes. Our auxiliary president and hospital president gave two tours of the hospital. As a result, we have three new members!

We elected officers in November (same officers as last year!). They were installed in December at the Christmas Brunch.

In appreciation of the auxiliary, the hospital hosted the Christmas Brunch again this year. The Auxiliary-of-the-Year is announced at the brunch. Our 2018 Auxiliary-of-the-Year is Frances Yokom!

We are looking forward to our Chocolate Love A'Fair bake sale on February 14 which is also Giving Hearts Day. Happy Valentine's Day to all!



Left to Right: Nadine Van Dyke (Past President); Rose Wendt (Treasurer); Diane Heuser (Secretary); Marlys Freadhoff (VP); Frances Yokom (President)



Keith Heuser, President, CHI Mercy Health and Frances Yokom, 2018 Auxiliary-of-the-Year.

ST. JOSEPH'S AUXILIARY, MINOT

by Judith Stein, Secretary

It was a busy November and December for our members. Our 23rd Annual Victorian Tea was held Nov. 10th on a very snowy cold day. It still turned out to be a good day and profitable as one of our fund raisers. The scones were made by the English lady Sylvia Rau.

In December after we had the Christmas tree decorated with all the red and white bells with names on of loved ones, we served treats and coffee. At the ceremony we gave out donations to 13 recipients of which 7 were doubled by the "Twice Blessed" of St. Joseph's Community Foundation. In all \$5100 was given out to local recipients by our auxiliary.

We had our sweet sale in February at Edgewood Vista and added jewelry, scarves, purses, books, etc. The sweets and jewelry go over good there with the employees and residents.

We will serve our angel food cakes with cool whip, and strawberries provided by Edgewood and coffee for their Birthday party March 14th. Judy Randle will play the piano and there will be singing also.

We will be having installation of officers in May at our luncheon meeting for our last meeting for the summer.

We have welcomed some new members to our small auxiliary so it is growing back! We are looking forward to the HAND Conference on May 1, 2019 and also for spring!



DISTRICT III

CHI ST. ALEXIUS HEALTH, WILLISTON

by Phyllis Stokke

Greetings from Williston where snow and cold continues. Our snow piles are getting larger and many of us are ready to take down our Welcome Winter signs!

Our fund raising events since last September have been the bedding sale, jewelry sale, popcorn cake sale and Christmas bake sale. The Gift Shop had a very successful Winter Wonderland sale before Christmas.

We have helped purchase 3 pieces of equipment for the hospital. Two Accutor 7 vital sign monitors for med/surg and ICU; and a Zoom cart for the OR.

We are saddened at the loss of one of our long term board members. Shirley Korenchen was a dedicated and loyal member of the community. She worked for many years in the Lab dept in the hospital and was a very productive and important member of our auxiliary. We are grateful for her years of service with us. God bless her memory.

We took a couple months off and will be back to our monthly meetings and helping our hospital with some of their requests.

Looking forward to green grass and Spring!!