



# 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

It has been fun and enlightening to speak with each of you as Tammy, HAND secretary, and I have made calls around the state to visit with each of the auxiliary presidents. You have great ideas for fundraisers, ways to recruit new members, speakers, social events and more.

Our HAND convention is April 25th. The Wishek hospital auxiliary is hosting it this year and they have outstanding speakers lined up for this event. If you haven't received a letter from them already, you will soon. If you want to ensure that you are receiving an invitation and agenda of the day's events, e-mail Carly Jonas Sanders at carlyj@wishekhospital.com.

I have sent each of you the proposed bylaw changes; The Pulse information; HAND Auxilian-of-the-Year forms; and the maps showing the 4 HAND Districts as they are now and two proposed maps showing 3 Districts. If you haven't received these, please e-mail me (dheuser@csicable.net) or call (701) 840-1065.

I am thrilled to announce that Mary Stenson, Volunteer Coordinator for Sanford, has agreed to be the new HAND vice-president. With her years of knowledge and experience, I'm sure she will bring creative ideas to take HAND into the future. Mary will be installed at the 2018 HAND Convention, April 25th.

We are still needing District Chairs for Districts II, III, and IV. If you are interested, please contact me.

Pam Cook, North Dakota Hospital Association (NDHA) Education Director, created the District maps, our Facebook page, HAND Auxilian-of-the-Year forms, creates and sends The Pulse, and has done so much more to help us. She is a very busy person with her own position at NDHA. Pam will be at the Convention so please take a moment to thank her.

I'm looking forward to meeting each of you at the HAND convention in April. Thank-you for all you do to support our North Dakota hospitals.

## A Few Fundraising Ideas

### Fashion Show:

- Get your school youth involved or the ladies of the auxiliary.
- Local clothing stores could provide clothing for the show.
- Charge a fee to attend the fashion show.
- Line up jewelry, make up, and clothing vendors to sell items - with a certain percentage of sales being donated to the auxiliary; or charge a fee for them to be a vendor.



### A Night to Remember:

- Serve a meal / charge a fee.
- Set the theme to the 1920's.
- Participants dress up with the theme.



## 2017-18 HAND Officers and District Chairpersons

**President: Diane Heuser**  
[dheuser@csicable.net](mailto:dheuser@csicable.net)  
Valley City, ND

**Immediate Past President: Becky Hill**  
[becky@sundregavel.com](mailto:becky@sundregavel.com)  
Minot, ND

**Vice President: Mary Stenson**  
[mary.stenson@sanfordhealth.org](mailto:mary.stenson@sanfordhealth.org)  
Fargo, ND

**Secretary: Tammy Kleymann**  
[tamklymann@gmail.com](mailto:tamklymann@gmail.com)  
Valley City, ND

**Treasurer: Sonja Graber**  
[sengersonja@yahoo.com](mailto:sengersonja@yahoo.com)  
Wishek, ND

**District 1 Chair: Carly Jonas**  
[carlyj@wishekhospital.com](mailto:carlyj@wishekhospital.com)  
Wishek, ND

**District 2 Chair: Vacant**

**District 3 Chair: Vacant**

**District 4 Chair: Vacant**



Check us out on Facebook!

## **DISTRICT ONE**

### ***Jamestown Regional Medical Center Auxiliary LaRue Odenbach***

The Jamestown Regional Medical Center (JRMC) Auxilians work hard to make the difference at JRMC. Auxilians made 140 surgery pillows, 15 blankets for newborns 61 knitted caps of which 26 were red and white for babies born during the Christmas season, and 110 tied bows on hospice blankets. This was in addition to the money raising and other functions that were held.

A small group of volunteers had a booth at the November 5 Craft show at the Jamestown Civic Center. Some monies were made, but it served as an excellent means to publicize the hospital gift shop and the work of the auxiliary.

Holiday Magic, the Christmas gift and decorating, as well as bake sale was held on December 1. Hours were shortened this year and traffic was down, but a nice profit was made. This used to be our largest money maker, but we can't compete against the big box stores.

The auxiliary supplied the money to purchase a cell phone charging station for the emergency department. This has been so well received that the hospital is planning on purchasing more for other departments.

We donated \$15,000 to the JRMC Foundation for Giving Hearts Day on February 8. This was matched and used towards the purchase of two germ zapping robots for the hospital. Many auxilians helped with the Giving Hearts Day Soup-Per-Supper at the Knights of Columbus from 4:30 to 7:00 p.m. Volunteers helped with registration, serving soup, baking bars, busing tables and bingo.

A spring bazaar, bake sale and used book sale will be held March 23 from 8:30 to 2:30 at the hospital. Bake sales are always well received by the hospital employees.

A May Day, May 1 Salad Luncheon is in the planning stages. It will be held at Temple Baptist Church. The Tea for All Seasons is scheduled for September 11 at Trinity Lutheran Church. Other events are in the planning for the rest of the year.

One of the programs we had at meetings were Katie Brockpahler, JRMC Marketing Generalist speaking on Women's Health Month in October. To raise money for breast cancer, buyers in our gift shop were asked if they wished to donate \$1 to breast cancer research. Those donating signed a pink ribbon paper which was posted in or near the gift shop. Pink items were also for sale in the shop.

In November Lynn Tally of Jamestown's SAFE Shelter and Mary's House showed us the plan for the new Mary's House. What an addition it will be for the shelter and Jamestown.

Installation of officers was held at the January meeting and the officers are President Eunice Sahr, Vice-President Marlene Axtman, (Marlene is a snowbird and gone January through March) so Cindy Grimm will be acting vice-president during that period, Secretary LaRue Odenbach and Treasurer Carol Lawrence. Service chairs remained the same with the exception of the Sunshine group who is now headed by Phyllis Kleinknecht.

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### ***CHI Mercy Health, Valley City Diane Heuser, Secretary***

The hospital "treated" our auxilians and volunteers who work in the gift shop to flu shots on November 6, 2017. This is an annual benefit which helps protect us and all of those who enter the hospital.

Thanksgiving week we decorated a Christmas tree for Festival of Trees. This is an annual event held by the hospital foundation. Our tree this year featured hand-made ornaments with pictures of all the churches in Valley City.

December 4th the hospital hosted a brunch for the auxilians as a thank-you for what we do to support our hospital. Our Auxilian-of-the-Year for 2017 is Diane Heuser.

As I'm writing this today, Feb 8, 2018, it's Giving Hearts Day. Our auxiliary is donating \$1,000.00 which will be matched along with other donations by the Dakota Medical Foundation (DMF). Computers are set up in the hospital lobby to provide assistance and will also be set up at the spaghetti dinner (fund raiser) tonight.

We will have a bake sale on Valentine's Day.

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CHI Mercy Health, Valley City continued.....

One of our auxiliaries, Jodi Poehls, passed away last year at the age of 50. She was our health advocacy chair and was always willing to support any hospital auxiliary event. Her husband and family set up a memorial naming our auxiliary the beneficiary. At this same time our foundation director was planning a palliative care room. She provided an opportunity for us to be a part of that project. The memorial donations and our incentive award money from the Healthcare Auxiliaries of North Dakota (HAND) were used to create the Jodi Anderson Poehls Palliative Care Room. Jodi's desire was always to help others and following her death, five of her organs helped four people. We like to think that Jodi knows she's still helping others.



**Sanford Partners, Fargo, ND**  
**Darlene Radi, Recording Secretary**

We know spring is on the way since the days are getting a little longer! We in the upper Midwest get pretty excited about these changes!

Partners wanted to give all of our colleagues an update on the happenings lately:

- As of July 25 our volunteers' uniform changed: we now wear white shirts, black or navy bottoms and a special black and white lanyard that says Volunteer with our badge. This uniform has a very sharp appearance and distinguishes volunteers from staff members
- October 3 – we were honored to host District I Fall conference in Fargo; our theme was “Living Well with Chronic Disease”. We were pleased to spend the day with our friends from our neck of the woods
- October 17 – because we also belong to the Minnesota Auxiliary group and so we attended their fall conference meeting in Fergus Falls
- November 10 – the 4 Gift shops hosted their Holiday Open House to the delight of our customers!
- December 7 – all Partner members were invited to the home of Barb Rudh for our annual Holiday Open House; we enjoyed refreshments as we visited and signed Christmas cards which were used on the patient trays on Dec 24 and 25
- December 13 – Darlene Ziegler (our President) hosted the Board at her home; we gather for Brunch instead of a business meeting in December
- Our volunteers continue to provide very needed services as our hospitals cope with high volumes of patients

We are looking forward to seeing you all in Bismarck on April 25 for the state conference. Until then take good care.

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## DISTRICT TWO

**CHI St. Joseph's Health Auxiliary, Dickinson**  
**Myrna Weber**

Hello to all of you from Dickinson! We have had a very busy four months since the last HAND PULSE newsletter, October, 2017.

October was a very busy month for our Auxiliary! October 12th & 13th we hosted Collective Goods (formerly Books are Fun). We realized a nice profit from this sale.

Our annual Tour of Tables held on October 20th was well attended with 12 very unique tables beautifully decorated with interesting themes explained by each hostess.

November began with our annual preparation of popcorn cakes, a real “money maker” during the holidays. The cakes are especially popular during our annual Christmas Gift Shop Open house which was held in November. We had outside orders for many popcorn cakes, and 85 popcorn cakes were made and sold! It was lots of hard work, but a real seller. We are especially excited that we paid our pledge of \$100,000 to the Hospital Foundation this past fall!! What excitement!

Our Auxiliary Christmas Luncheon was well attended. A delicious lunch was prepared by our hospital cafeteria. The gift exchange was fun....bring a \$10 gift and take a \$10 gift. We decided in 2017 that we definitely needed to increase our membership. A goal was set for 20 new members by May and we brought in 13 new members!! We started having entertainment or an interesting speaker at each meeting and this has increased our membership. We have had various doctors from our hospital speak, musical groups and humorous speakers.

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## **CHI St. Joseph's Health Auxiliary, Dickinson ....continued**

We definitely wanted to increase the number of members attending the State Hand Convention in Mandan last May so we set a goal of 15.....we were very pleased with 11 in attendance. Our most recent annual Valentine cookie sale was a real success. I couldn't start to estimate how many dozen cookies were baked by Auxiliary members...some as high as 20 dozen! We also sold caramel rolls and coffee to those shopping during the early morning hours of the sale. We have so much to accomplish before May: Collective Goods Sale, Volunteer Appreciation luncheon, \$5 Jewelry Sale, Bedding Fair and of course the State Convention in Mandan in April. Hopefully we can surpass our goal for attendance this year! We are very anxious to meet new Auxiliary members and renew acquaintances of the past meetings. The meetings are always an interesting learning experience! Thanks ladies for the hard work to prepare this meeting for all of us to enjoy!

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### **DISTRICT THREE**

#### **St. Joseph's Auxiliary, Minot Becky Hill, President**

Our auxiliary hosted the annual Victorian Tea in November at Edgewood Vista. We were blessed with nice weather and we served a record number of guests. The atmosphere is elegant with cloth tablecloths and napkins, and fine china for a delicious plate of assorted sandwiches, sweets and tea. The tea room was decorated with a Christmas tree featuring Victorian decorations and piano duets added to the atmosphere. Yesteryears group featured vintage items and Christmas items for sale. They had a great assortment of items for browsing and shopping for gifts.

The Love Tree project is one of our major fund raisers. We solicit donations in "Honor or Memory" of a loved one or special person. A bell is hung on a Christmas tree for each donation. The ceremony starts with a tree lighting and singing of Christmas Carols with the residents and their guests. Our donations are presented to area organizations, representatives are presented our gift. This year the St. Joseph's Community Foundation featured a Twice Blessed campaign during the holiday season and several of our donations were doubled with their matching funds. Our members demonstrated their baking skills and Holiday treats were served to guests.



Service Dogs were the education topic for the January meeting. We learned a lot about service dogs and the work they do for their owner. One of the speakers trains dogs for Veterans. Two teenagers talked about their service dogs and how they assist them. The "working" dogs are trained to assist with mobility, support, medical alerts, psychiatric needs, and touch commands - turning on lights, opening doors. They are training a dog to apply deep pressure to help with pain. The auxiliary had donated in December for the purchase of a harness for one of the service dogs.

The Director of Caring Edge spoke to the auxiliary about their program. Caring Edge of Minot offers home health services including nursing and therapy services on site at Edgewood Vista for the residents. Caring Edge PCS will offer services in the Minot area. Services available in seniors' homes can include cooking, cleaning, bathing, medication management and companionship.

#### **CHI St. Alexius, Williston Phyllis Stokke**

Greetings from western ND. We have taken the last 2 months off because of the holidays but are now back to our regular schedule of meeting once a month. Before our break we had several fund raising events.

In September we had the bedding sale, in October we had the jewelry sale and popcorn cake sale and December we had the Christmas bake sale. All were successful. On Christmas Eve Day we had the dietary place a Christmas decoration on the breakfast trays from the auxiliary. We did it early in the morning as we thought as many as possible would be going home later. We recently purchased another Phototherapy Light (Bili Light) for the nursery as our birth rates have increased with the oil boom. Our future donations will be geared toward the remodeling of the new OB unit. We are planning on a garden tour next summer, probably in July and that will be our 25th year of doing this. It is a challenge getting different yards and it all depends on the weather.

## DISTRICT FOUR

### ***Altru Alliance, Grand Forks Missy Ohe***

We begin this year with a few of our long-time board members transitioning off of our board. We will truly miss their presence and appreciate all that they have done while serving for the Alliance. We also have several new board members who have joined us. We are excited to have them aboard and look forward to all that is to come!

We were able to gift many who asked for funding in 2017. Our funding totals for 2017 were \$99,088.40. A few of the recipients were home delivered meals, Altru's Gala for Suicide Prevention and Education, and Sunshine Memorial Foundation.

We have several fun sales coming up this year to support the many groups we sponsor. These sales have been very successful for us over the years and include a jewelry sale, art sale, linen sale and book sale.

We are looking forward to all that is to come in 2018 with the Altru Alliance!

### ***CHI St. Alexis Carrington Medical Center Auxiliary, Carrington Renee Riedesel, President***

Greetings from the Carrington Medical Center Auxiliary! Our new Board members have been installed for the year, and as the new President, I am excited and grateful for this experience. My predecessors left some big shoes to fill! We have 206 volunteers in our organization, and they are very enthusiastic and involved.

On November 27th, we had our Christmas tree lighting ceremony. We purchased new lights for the huge tree just outside our facility this year, and heard many compliments on how beautiful it was. Our community is wonderful to support our annual "Tree of Lights" fund raiser.

In December, our Auxiliary hosted a "Magical Medora Christmas" in the high school gym. It was a fun afternoon with unbelievable props, wonderful music and beautiful costumes. Over 500 people attended, and we served Christmas cookies, coffee, hot apple cider, and cocoa at intermission. What a great way to get into the holiday spirit!

Because of so many holiday conflicts, our Christmas Party and Annual Meeting was held January 14th. We enjoyed the musical harmony of the Tone Rangers, a group of five guys from the community. Each volunteer attending received a snowflake jar with lights inside that made the snowflakes twinkle. Reports were given and our Auxiliary volunteers raised almost \$23,000 for medical equipment and supplies and Mercy Home & Hospice this past year! We are fortunate and thankful to have so many helping hands!

Our fundraiser in February was selling Valentine cupcakes. Members baked, frosted and delivered cupcakes to businesses and others that ordered. It was fun to decorate and deliver these sweet treats!

Upcoming activities include Taco-in-a-Bag and our Easter Bake Sale. We look forward to the State HAND Convention in April. Hope to see you then!

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## MESSAGE FROM NDHA ~ Pam Cook

I hope you are able to attend the HAND State Convention in April! The line up of speakers is great with topics selected to help you and your auxiliary members meet the needs of your facilities. This is just a taste of the great things to come as HAND expands and enhances it's member benefits. Check out the convention agenda on the last page of the newsletter.

Your continued membership with HAND is much appreciated and I look forward to seeing you at the convention! It's exciting for me to read the articles submitted for The Pulse. I admire you all for the hard work and dedication you give to your facilities and patients.

Earlier this year, Jerry Jurena, NDHA's President, announced his retirement as of 12-31-18. A lot of change heading our way this year! Jerry has been very supportive of HAND over the years, and speaks very highly of auxiliaries and the great things you accomplish.

I'm anxious for the snow to go away and the flowers to start blooming! Happy Easter!



It's time to register for the 2018 State HAND Convention! Brochure and registration materials will be mailed to auxiliaries the week of March 12th. You can also download a brochure at: <https://www.ndha.org/resources/pulse/>



## 2018 STATE CONVENTION

Wednesday, April 25, 2018

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

**REGISTRATION FEE: \$25 per person, includes lunch**

### **Please register by April 9, 2018.**

8:00am – 9:00am Registration Breakfast and Coffee/Silent Auction

9:00am – 9:15am Welcome – HAND President, Diane Heuser  
Invocation

9:15am – 10:15am **Making the Workplace Work for Multiple Generations**  
Presented by: Cindy Solberg

Content: "The older generation has checked out." "The younger generation has no job loyalty." While some stereotypes about each generation have a ring of truth, the reality is far more complex than you may realize. Learn how challenging these stereotypes helps make the workplace work.

10:30pm – 11:30am **State Advocacy 101**  
Presented by: Melissa Hauer, NDHA General Counsel

Content: During this session, Melissa will review the legislative process in North Dakota and discuss how to effectively develop and disseminate an advocacy message. She will also review tips for contacting your legislator and testifying.

11:30am – 12:30pm Lunch | Memorial Presentation | Auxilian of the Year

12:45pm – 1:45pm **HAND Business Meeting**

2:00pm – 3:00pm **Health Care Volunteers and HIPAA: What They Can and Can't Do with Patient PHI**  
Presented by: Tracy Kolb, Meagher & Geer, LLP

Content: Volunteers who work in a health care setting are considered members of the health care facility's workforce. As such, volunteers are obligated by federal HIPAA Privacy law to protect patient privacy and confidentiality from unauthorized use and disclosure. This session will address that obligation, including providing an overview of HIPAA, the meaning of protected health information (PHI), how PHI can and cannot be used and disclosed, and the consequences for not complying with the law.

3:00pm – 3:30pm Break | Networking | Silent Auction

3:30pm – 4:30pm **Exploring the Fundraising Frontier and the People who Make it Happen**  
Presented by: Amy Jo Johnson

Content: In this session, participants will take a new journey on a fundraising path into the new world of social media. Explorers will learn new online fundraising techniques as well as learn how to find and keep the gems who will make their non-profit shine.

### **Silent Auction**

All Auxiliaries are asked to bring an item for the Silent Auction.

### **In Memory of...**

A presentation honoring those auxiliaries who have passed away this past year will be done during lunch. If you would like to include your auxilian(s), please submit a photo and brief write up along with your registration form.