Building Firm Foundations

At CHI St. Alexius Health in Dickinson, it is our mission to provide exceptional care and a superior patient experience for those in southwestern North Dakota. Together, we are dedicated to ensure that for generations to come, a high level of care will always be close to home. We are committed and proud to share stories of survival, hope and health in this issue of Firm Foundations. We are always striving to go above and beyond with compassionate, personalized care, while ensuring state-of-the-art technology is available to help advance some of our procedures.

Whether it’s stabilizing a patient to get them to a specialized facility or physician, welcoming a new baby, or offering a warm smile, we work to positively impact the health and well-being of every person coming through our doors. As we look further ahead in the year and specifically into the services we want to enhance or bring to our community, we know that none of our efforts are possible without the support of our donors. On behalf of the patients, staff and physicians at CHI St. Alexius Health in Dickinson, thank you for your commitment to the health and wellbeing of Dickinson and the surrounding communities.

As a nonprofit organization, there are many ways that CHI St. Alexius gives back to our communities. In 2016, $676,000 worth of community benefits were given back to the public. These benefits include health education and improvement activities, patient financial assistance, in-kind donations, and subsidized health services like orthopedics, rural clinics, and senior living. This means that when you donate to CHI St. Alexius Health Dickinson Foundation, you’re not only supporting the local nonprofit hospital, you’re helping the entire community!

Some examples of the purchases made with funds raised by the Foundation last year include:

- Fetal Heart Monitor for Women’s Clinics
- Exam Tables for Clinics
- Electrocardiogram (EKG) Machine for Clinic
- Dietary Equipment
- Arthroscopy Equipment for Operating Room
- Pediatric Scopes for Operating Room
- Diabetic Supplies (for Patients that can’t afford)
- Diabetic Education Materials for new patients (Spanish materials as well)
- Education for Diabetic Educators (Conference)
- Ongoing Microbiology Education Materials
- Fetal Monitoring Interpretation Education
- Service Excellence Training for Lead Personnel
- Professional Development Speaker for Employees
- Grant Dollars for STOP Violence Against Women Program

To learn more about giving locally, contact the Foundation at 701-456-4746 or http://chistjosephshealth.org/foundation
Charity Ball Enjoys Success Amidst Change

The 34th Annual Charity Ball presented by CHI St. Alexius Health Dickinson Foundation was held Saturday, November 19th at the Ramada Grand Dakota Lodge in Dickinson.

Jodi Bosch, Foundation Director, addressed the crowd about the changes that CHI St. Alexius Health Dickinson has experienced in a new facility, under current healthcare regulations, and in the midst of a national nursing shortage. Bosch states, “Despite those factors which are beyond our control, we have been purposeful as a foundation to address those things we can, and to be intentional in our planning. One of those avenues to success revolves around our foundation providing steadiness with both long and short term fundraising. We are always looking for partners for each of our programs, and the Charity Ball is the brightest gem in our crown of fundraising.”

This year’s ball, with the theme “Winter is Coming”, was dedicated to the memory of longtime Charity Ball Auction Chair DJ Charbonneau. The Charity Ball Committee was thrilled to learn of preliminary estimates showing a net income of approximately $150,000 raised at this year’s event. Funds raised will be used for the purchase of needed surgical scopes.
For some people, going back to work after a weekend off takes some motivation and an extra cup of coffee. For Roger Paulson, the morning of Monday, March 27 couldn’t come soon enough—his first full day back on the job as a mechanic at Dan Porter Motors in Dickinson.


Sharp, stabbing pains prompted Roger and his wife of 37 years Heidi to come to the Emergency Department at CHI St. Alexius Health Dickinson late that afternoon. With Roger presenting typical symptoms of kidney stones, Physician Assistant DesiRae Dinius and hospital staff started doing tests.

When Roger started to code, he was quickly resuscitated by nurse Jordan Mork and the emergency team.

Emergency Physician Dr. Michael Cassidy was consulted and ordered a CT scan. Because Dr. Cassidy was qualified to read CT scans, he was able to recognized ruptured AAA as soon as it appeared on the screen.

Heidi remembers Dr. Cassidy spinning around in his chair and saying to her, “We need to fly him out, right now.”

According to a study by Stanford University School of Medicine, an AAA is one of the most fatal surgical emergencies, with an overall mortality rate of 90%. The aorta is the largest blood-carrying vessel in the body, and a rupture fills any surrounding body cavity with blood, which is nearly always fatal.

Roger remembers, “I was conscious up to the point when I heard them say ‘he’s hemorrhaging.’ I knew that wasn’t good. I literally put myself in my happy place which is Lake Tschida.”
Staff tried to keep Roger in stable condition as transport was arranged. Preston Huber, CRNA, was working on Roger’s airway and blood pressure. “We tried to find the perfect balance of getting his blood pressure up, but not too high as that pushes more blood out of the tear (caused by the rupture).” The weather was poor that evening – the medical helicopter was not able to fly due to winds. He would have to travel by ambulance to Bismarck in order to have the vascular surgery needed to save his life.

The first Dickinson Ambulance crew to respond included three crew members: Terry Hartman, Misty Peck and Katie Schwartz. The severity of Roger’s case and the hazardous roads were added stressors. Schwartz said, “He looked ash-y when we started out, but by the time we got to Bismarck his color was looking better. We got his blood pressure under control. I told Terry to try to drive a little faster and that we might make it.”

Heidi recalls not fully knowing how severe the odds were in the moment. “Ignorance is bliss, because I didn’t know. We [Heidi and their daughter and son-in-law] left in such a hurry that I got to Bismarck before Roger.”

When the ambulance arrived at Sanford Health in Bismarck, the surgery team met them at the door and rushed Roger into surgery, three hours after he presented at Dickinson’s ED.

By 7:00am the next morning, Roger was awake and talking to staff.

Susan Price, Director of Emergency Services at CHI St. Alexius Dickinson, said her staff was somber when Roger left on the ambulance. They feared a tragic outcome.

When they learned that Roger had successfully come through surgery, they were elated.

Price told the Paulsons at a visit in March, “You touched a lot of my staff’s hearts.”

Heidi replied, “You touched ours!”

Roger will undergo annual scans to check for any newly developed aneurisms or tears in his current aortic repair. Due to the genetic nature of aneurisms, Roger’s siblings have undergone medical imaging scans to check for any aneurisms of concerning size.

He stresses that his years of smoking were a risk factor. “Nicotine is terrible, whether you smoke or chew or even vape. It hardens your vascular system and makes it more likely you could have an aneurism.”

The Paulsons are grateful for all of the medical professionals who played part in Roger’s survival, from the emergency, hospital, and ambulance staff in Dickinson to the surgical, ICU, and rehab teams in Bismarck. Above all, they know that God had a hand in saving Roger’s life.

Heidi explains, “I take it on faith. There’s no particular reason why it happened, no particular reason why he came through the way he did. He had guardian angels. He had God on his side from day one.”

Roger smiles, “I used to smell the roses before, because I was always upbeat, but now I smell the roses EVERY day, because I could be dead.”

“You touched a lot of my staff’s hearts.”

- Susan Price, Director of Emergency Services
For years, Kay Kuske of New England, ND, volunteered for the hospice program at CHI Health at Home in Dickinson, faithfully organizing, writing, and sending cards to the loved ones of patients who had lived their final days under hospice care.

“If she ever went on vacation, Mom had all the cards ready ahead of time and would have me mail them. They’d be organized with notes telling me when each should be mailed,” daughter Julie Opdahl recalls.

Kay faced many health issues in her later years. A kidney transplant at the age of 38 and decades of medication took a toll on her organs. In the fall of 2015, after several trips to the hospital, her doctors told her there was nothing more they could do to stop her congestive heart failure. It was a terminal diagnosis.

A woman of strong faith who loved her family, friends, and small-town USA lifestyle, Kay wanted nothing more than to be in the comfort of her own home for whatever came next.

Kay faced good days and harder days, but Julie feels the decision to utilize hospice helped improve the quality and quantity of Kay’s final months.

Kay’s hospice nurse, Astro, came to her aid whenever he was needed and became a trusted part of her care, as well as a friend. And Julie’s job at New England Public Schools, just a block from Kay’s house, allowed Julie to reach Kay quickly if she needed help.

An extra-long oxygen tube, acquired with the help of Medquest Home Medical Equipment (now Great Plains Rehabilitation Services), helped her get outside and tend to small projects in her yard. A portable oxygen tank helped Kay attend her beloved Women’s Club meetings for several months. Kay’s children set up a quilting station.
"...it’s helping her live her life until she dies."

- Julie Opdahl

in her laundry room that helped her to keep working on quilting projects, a lifelong passion.

For a few months, she even continued writing cards for the hospice program while being a patient herself. “She loved it,” Julie explains. “A lot of activities became too hard for her, but with the card-writing, she always said, ‘It’s something I can do.’”

Kay was a hospice patient for more than 13 months before she passed, living much longer than the 1-2 months her doctors predicted she had left to live.

Wendy McCarty, Director of CHI Health at Home, remembers Kay fondly and feels she embodied the idea of “dying well.”

“There’s a misconception – hospice is not for just the very last few days of life,” Wendy explains.

“A lot of people with a terminal diagnosis feel they are not sick enough for hospice. What they don’t realize is that there is a gradual decline in health, and hospice can be there to help when someone needs assistance before those last days. We can improve quality of life and help educate and prepare the patient – and their families – when a patient contacts hospice earlier on.”

When Kay died in November of 2016, the time on hospice and the support of Astro and other staff helped the family be ready. The emotional strain could be deep, but the stress of how to handle the day-to-day issues was manageable thanks to the family they formed with the hospice team, which included nursing, social work, chaplain, and hospice aide support.

Julie remembers, “I knew nothing about hospice. It was all new to us. But there was nothing hard about the paperwork or the process – the staff helped with everything, from day 1 to the end. I can’t say enough good things about the experience.”

To make a gift to help keep the Hospice program in Dickinson operating, please see remittance envelope in center of this publication or call 701-456-4746.

Odermann takes on role in Mission

John Odermann is the new Manager of Mission at CHI St. Alexius Health Dickinson. In this role, Odermann ensures the directives of the Catholic Church are considered in every aspect of how patient care is delivered. He also makes sure the spiritual needs of patients and staff are met. Previous to coming to CHI, he committed several years to the local Catholic school system where he served as the Director of Advancement for Dickinson Catholic Schools.

Odermann grew up on a ranch north of Belfield as the youngest of eight children. He attended Trinity High School in Dickinson and went on to acquire a double major in Economics and Political Science from Concordia College before returning to Dickinson in 2006.

Passionate about the great experiences he had growing up and attending school in Dickinson, Odermann is committed to helping Dickinson maintain and improve on the quality of life and sense of place it has had for many years. He brings that same commitment and passion to his new role in health care ministry at CHI.
The following donors generously supported CHI St. Alexius Health Dickinson Foundation during calendar year 2016 (January 1, 2016-December 31, 2016). Their contributions helped the Hospital continue its tradition of excellence by providing funds to purchase new equipment, support healthcare education and community health programs, and provide care for those in need. It is with pleasure and deep gratitude that we recognize the following donors:

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Year at a Glance

During calendar year 2016, CHI St. Alexius Health Dickinson
Served 67,999 admissions, outpatient and observation patients
Delivered 719 babies
Completed 1,837 surgeries
Saw an Average Daily Census of 16.0
Treated 12,632 patients in the Emergency Department
Served 65 Hospice patients and 159 Home Health patients for the fiscal year 2015-16

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Golf Sports Classic, July 2016

A LEGACY OF GIVING

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“Greeter Tree” donated by Monica Peterson (center) in memory of Gilman Peterson, who “greeted” patients at the east entrance for many years. Also pictured: Heather Ekre (left) and Dennis Cannon (right).
CHI St. Alexius Health Dickinson

2500 Fairway Street
Dickinson, ND 58601

CHI St. Alexius Health Dickinson Welcomes the Following New Providers:

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Medical Clinic - Dickinson

DesiRae Dinius, PA-C
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Medical Clinic - Dickinson

Kelsey Kuylen, FNP-BC
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Laura Tooz, CRNA
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