For more than 98 years, we have provided care to the people of this community. Our employees have been there for the beginning and end of life, and all of the important moments in between.

Through the passage of time, our faces, buildings and other aspects of the way we deliver care have changed, but the one unwavering piece through it all has been our commitment to providing compassionate care close to home.

For some patients, care meant a lifesaving surgery. For others, it was a simple smile and the assurance that things will be OK. As we navigate the ever-changing landscape of healthcare together, remember there have been challenges since day one, but we never lost sight of our purpose.

I sincerely thank this community for its support and the privilege to care for you.

Dan Bjerknes
Vice President of Hospital Operations, Market Lead
CHI St. Alexius Health Williston Medical Center

3-D MAMMOGRAPHY COMING SOON!
SEE DIFFERENTLY.

Work In Your Workout

Not everyone loves to exercise, but we all need 150 minutes of moderate-intensity aerobic physical activity each week. 

- **Child’s play** – Next time your kids want to play tag, join them! The running involved in tag is similar to sprinting.
- **Get out** – Combine learning with exercise by taking nature walks. Geocaching, a sort of outdoor scavenger hunt, is another great option.
- **A new class** – Try a type of exercise you haven’t done before, perhaps aerial yoga or a trampoline workout.

Only one child in three engages in daily physical activity, and the numbers are worse for adults, with fewer than 5 percent getting 30 minutes of exercise every day. Why not take a break from sitting in front of a TV or computer screen to walk outside? Your body will thank you.

**KEEP IN TOUCH**
Visit [CHIStAlexiusHealth.org](http://CHIStAlexiusHealth.org) for essential resources, such as:
- Find a Doctor
- Service Directory
- Plus information for patients and visitors about our foundation, news, events, employment, newborns and much more.

**Managed Hospitals:**
- Ashley
- Linton
- Wishek

**CHI St. Alexius Health’s locations:**
- **Beach**
- **Bismarck**
- **Devils Lake**
- **Garrison**
- **Minot**
- **Williston**
- **Williston**
- **Turtle Lake**
- **Carrington**
- **Newton**
- **Mobridge**
Splash Into Seasonal SKIN CARE
Warm weather means it’s time to pamper your skin.

Higher temperatures beckon us to embrace fashion styles that showcase the skin. That said, your outer layer may need a little love to look its best, and the team at CHI St. Alexius Health Williston Medical Center is ready to help your skin glow.

“We have a number of services available to patients, including skin care and cosmetic procedures,” said Dawn Birkeland, director of clinical operations – specialty clinics. “At this time of year, a consultation with one of our skincare professionals offers a great opportunity to learn about our array of options and which ones may benefit you the most.”

GO FOR THE GLOW
Approach your skin care mindfully through all of the seasons. As the average daily temperatures rise, focus on moisturizing skin that may be on the dry side after months of brisk outdoor weather and long periods spent indoors in artificial heat.

“In spring and summer, we notice the toll a harsh winter has taken on our skin because we start showing more skin,” said Theresa A. Hegge, MD, MPH, plastic, reconstructive and hand surgeon and a Williston native. “I often recommend optimizing conservative management to slough off buildup from drying environmental factors and preventing new sun damage before proceeding with anything more aggressive.”

Begin by drinking lots of water for hydration and investing in broad-spectrum sunscreen to protect your skin from the effects of solar rays. Ask your provider about products that will work best with your skin type and improve the appearance of your skin while preventing sun damage.

“Using good skincare products faithfully can pay off in many ways throughout your life,” Birkeland said. “Dr. Hegge and her physician assistant, Lisa Peterson, can guide you through product selection and, if appropriate, tell you about procedure options that will work best with your skin.”

Dr. Hegge and other skin care specialists also collaborate with primary care physicians to help manage any underlying conditions that could affect the health and radiance of your skin. For example, because diabetes may cause dry skin, certain skin care regimens and products may be recommended because their properties include enhancing circulation and boosting moisture levels in the body.

In addition, these specialists stress that skin care is not just for women. Men who work in the oil fields or spend many daylight hours outdoors need to protect their skin by using appropriate and effective products.

To schedule a consultation with Dr. Hegge, call 701-774-7500.

Skin Care Tips:
1. Use moisturizer.
2. Drink lots of water.
3. Apply a broad-spectrum sunscreen.
4. Ask your doctor about any conditions you have that may affect your skin.

The Power of Prevention
Taking excellent care of your skin is a lifelong effort. Consistently applying sunscreen results in healthier-looking skin later in life.

“I often see older people who have not taken care of their skin, and treating the results can be challenging,” said Theresa A. Hegge, MD, MPH, plastic, reconstructive and hand surgeon. “Investing in care when you are younger can mean aging gracefully.”
A Winning Team for Your Child’s Health

Trusted advisor. Teacher. Health and wellness champion. Pediatric providers fulfill each of these roles as they help build the foundation for a lifetime of good health.

Meeting families’ needs at each age and stage goes well beyond recommending vaccinations and treating injuries, coughs, colds and ear infections. Pediatricians and pediatric providers at CHI St. Alexius Health Williston Medical Center also manage serious chronic conditions and perform well-child checkups.

“Think of pediatricians as quarterbacks for children’s health,” said Sheila Ponzio, MD, chief of staff and pediatrician at CHI St. Alexius Health Williston Medical Center. “We’re here to offer guidance and support, and to be a resource for families as children grow and experience periodic illnesses.”

THE WELLNESS JOURNEY

Kids are not small adults – they have unique needs and often require more frequent medical care, especially during the early years. The American Academy of Pediatrics recommends children get a newborn checkup when they are 2 to 5 days old. These visits are followed by examinations at 1, 2, 4, 6, 9, 12, 15 and 18 months. Starting at age 2, children’s wellness visits should take place every six months. Annual exams begin at age 3.

Regular, comprehensive well-child appointments are an important part of being proactive about maintaining health. During wellness visits, providers monitor children’s growth and development, administer vaccines, screen for possible health concerns and fulfill the role Dr. Ponzio feels is most important: educator.

“Both valuable information and dangerous misinformation exist on the internet,” Dr. Ponzio said. “We help parents sort out what pieces of advice clinical science and experience have found to be true.”

As adolescents prepare to leave home, the pediatric team aids in the transition to adult care by providing education about future health needs.

“Young adults often feel invincible and don’t seek regular care without encouragement,” Dr. Ponzio said. “We help them understand the importance of maintaining good health habits and screenings once they’re on their own.”

“Dr. Ponzio is wonderful. She cares about our whole family and always takes time to answer questions and make sure we feel comfortable with her recommendations. Both of my kids absolutely love her.”

– MONE THOMPSON, MOTHER OF TWO YOUNG CHILDREN WHO RECEIVE CARE AT CHI ST. ALEXIUS HEALTH WILLISTON MEDICAL CLINIC

Welcome, Joseph Stonehocker!

Joseph Stonehocker, BSN, CPNP-PC, pediatric nurse practitioner, joined the CHI St. Alexius Health Williston Medical Center team on Jan. 15. He cares for kids of all ages and partners with families to address medical needs as they arise.

“My goal is to help children grow and develop to their full potential,” Stonehocker said. “Parents know their children best. As a practitioner, I bridge the gap between what parents know is going on and the reality of what is going on medically. By properly managing diseases, I also give reassurance and peace of mind.”

To schedule an appointment with Joseph Stonehocker, call 701-572-7651.

To find a pediatrician or pediatric provider near you, visit CHISIAlexiusHealth.org/our-services/pediatrics.
In 2011, as the population in western North Dakota began to grow with oil development, so did the number of births. In response to this growth, we developed a plan to increase the capacity of our obstetrics services by building an outpatient birthplace. In November 2012, we opened our new outpatient birthplace. Unfortunately, less than a year after it opened, we made the difficult decision to close it. This was due, in part, to the inability to staff both the inpatient and outpatient departments safely and efficiently.

Since that day, our goal was to reopen, and we have worked closely with the North Dakota Department of Health (NDDoH) to get approval to transform the entire building into inpatient space. We have been approved by the NDDoH and Catholic Health Initiatives to move forward.

THE TIMING IS NOW

With the growth of Williston expected to reach nearly 50,000 people by 2020, there is greater need now than in the past. During the oil boom, there was a population increase in western North Dakota and a surge in births. We are now seeing people come and stay in Williston, which has led to steady growth in the community and surrounding areas.

Our birthplace transformation will include a renovation of the first and second floor to meet inpatient standards. The project:

- Increases the number of labor-delivery-recovery rooms from five to seven
- Increases the number of postpartum rooms from four to eight
- Increases the number of rooms with fetal monitor capability from six to eight
- Adds a cesarean section suite – Mothers will no longer have to leave the unit, which will increase patient satisfaction and promote bonding immediately after delivery
- Adds level II nursery capability – We are building the space so we can care for more critically ill newborns in the future, which keeps families in Williston rather than having to travel to a facility elsewhere for advanced newborn care
- Creates efficiency in our care model – Performing inpatient procedures in this space will allow greater flexibility with scheduling, staffing and equipment.

Quality care and comfort are both important. Just as in a luxury hotel, each room in the birthplace comes complete with a jetted tub, flat-screen TV, fireplace and sleeper sofa to create a comfortable, family-centered birthing experience.

To learn more about the services CHI St. Alexius Health Williston Medical Center provides to new families, visit CHISIAlexiusHealth.org and click on Williston.
A Community of Giving

When you support the CHI St. Alexius Health Williston Foundation, you support your neighbors.

Have you ever wanted to know more about what the CHI St. Alexius Health Williston Foundation does? As a nonprofit hospital, CHI St. Alexius Health Williston Medical Center provides charity care to members of the Williston community who cannot pay their hospital bills due to financial hardship. The Williston Foundation is key to making that happen.

In 2017 alone, the Williston Foundation provided almost $10 million in free health care. That might mean someone – maybe your neighbor – couldn’t afford a necessary surgery. The funds you donate to the foundation help pay for needed medical procedures and other essential health care services.

CELEBRATIONS AND CONTRIBUTIONS

One key way the Williston Foundation supports the hospital and provides charity care is through fundraising events. Combined, the 2017 Charity Ball and the golf tournament raised almost $200,000 to support and improve care for people in the community.

Last year’s goal was to raise enough money to fund operating room equipment for our orthopedic surgeon. Thanks to the generosity of our community members, we were able to purchase more equipment than anticipated and provide the resources for even better surgical care.

Funds raised also allowed the Williston Foundation to purchase clinical equipment and a baby warmer for our littlest patients.

Plans are in the works for an even larger Charity Ball in 2018.

Want to make an impact on the health of our community? Visit the Williston Foundation’s website to designate the area of your contribution or learn how to receive a 40 percent state tax credit when you make a donation. Click “Williston” at CHISAlexiusHealth.org, then “Williston Foundation.”

Welcome, Janna Lutz!

Our new Foundation Director, Janna Lutz, has a passion for working with people. She comes to us with nonprofit organization experience, most recently as president of the Williston Area Chamber of Commerce. A graduate of Pennsylvania State University with a B.S. degree in Human Development and Family Studies, Janna looks forward to her new role directing the important work of the Williston Foundation. Janna and her husband, Brom, have lived in North Dakota since 2011. They have two children and a hunting dog.

Year at a Glance

TOTAL ADMISSIONS 1,864
ER VISITS 15,177
TOTAL SURGERIES 3,372
CHARITY CARE PROVIDED $1,824,000
TOTAL FREE CARE $8,955,000

CLINIC VISITS 64,860
DELIVERIES 817
ONCOLOGY VISITS 2,214
PATIENTS WHO BENEFITED FROM CHARITY CARE 909
Get the Upper Hand on Diabetes

You need answers. Diabetes educators have them.

When patients at CHI St. Alexius Health Williston Medical Center receive a diabetes diagnosis, chances are good they’ll have questions. Enter diabetes educators Amy Wilt, BSN, CDE, and Debbie Bronson, BSN. Wilt and Bronson offer diabetes self-management education, helping both newly diagnosed and long-term patients make lifestyle changes to support longer, healthier lives.

Specific things patients may learn in diabetes education sessions include:
- How to count carbs and manage other dietary needs
- How to use glucose meters
- Medication management
- How to use insulin effectively

IT’S ALL ABOUT EFFORT

“You have to work with your health care provider,” Bronson said. “More importantly, you have to want to make lifestyle changes.”

Diabetes is a progressive condition that requires attention and management throughout a person’s lifetime. In addition to helping individual patients, Wilt and Bronson work with local schools and attend local health fairs to educate the community.

“It’s easy for people who don’t have symptoms to not think about diabetes, but no one should overlook the role diabetes can play in their overall health,” Wilt said. “We’re happy to talk in person or over the phone to answer any questions.”

Someone to Lean On

The diabetes educators at CHI St. Alexius Health Williston Medical Center helped a frightened child understand her newly diagnosed disease.

When Candice Holdeman was diagnosed with Type 1 diabetes in 2015 at age 7, neither she nor her parents Raelyne and Roger knew much about what was necessary to handle the condition on a daily basis. That was where Amy Wilt, BSN, CDE, and Debbie Bronson, BSN, diabetes educators at CHI St. Alexius Health Williston Medical Center, stepped in.

“It was pretty scary not knowing what would happen,” Raelyne said. “Amy and Debbie helped us feel we weren’t alone. During our first meeting with them we learned how to give shots and check Candice’s blood sugar. We went back the next morning to learn more.”

PART OF THE FAMILY

From calling in prescriptions to meeting with school teachers and staff about Candice’s needs during the school day to answering simple questions over the phone, the diabetes educators at CHI St. Alexius Health Williston Medical Center have been invaluable resources for Candice and the Holdeman family.

“They were wonderful when Candice spent five days in the hospital in 2016,” Raelyne said. “We came into the emergency room at 11 p.m., and Amy was still there with me four hours later. It’s very comforting to know they’re here.”

Questions about diabetes management? Call our diabetes educators at 701-572-7651.

If you have concerns about your blood glucose management, talk to your primary care doctor. Don’t have one? Visit CHIStAlexiusHealth.org/find-a-provider.
Safe Shoes of Summer

It's OK to make sandals and flip flops part of your summer fun – just be sure to wear with care.

When it comes to foot health, your favorite summer shoes, flip flops, fall flat. Many pairs lack:

- **Traction for the toes, which can cause excessive gripping**
- **Arch support, a risk factor for plantar fasciitis**
- **Cushioning, which can cause blisters or stress fractures**
- **Heel stabilization, which can lead to pain and change the way you walk**

**FIND YOUR FIT**

For a pair of summer shoes that will be kind to your feet, look for these features:

- Comfortable fit, with no heel or toe overhang
- Short heels (less than two inches)
- Sturdy straps between the toes and around the heel
- Firmness overall, with a little flexibility in the heel
- Thick sole
- Central rise for arch support
- Forgiving material, such as soft leather
- Space for cushioned insoles

Are you experiencing pain when you walk or other problems with your feet? Call Dr. Karen Rinehart, podiatrist, at 701-572-7651.