



# THE LEGACY

Big Stone Health Care Foundation  
2020



# Table of Contents

- Foundation Director Letter.....3
- Diary of the Faithful .....4
- 2020 Scholarship Recipients .....6
- Ortonville Senior Citizens Club .....7
- Recognitions .....7
- Memorials and Honorariums .....8
- Investing in Healthcare .....10
- Donor List .....12
- Two Words: Develop Resilience .....14
- Small Town Gratitude .....16
- Dr. Preston Steen Retires .....17
- Events .....18
- Hindsight of 2020 .....20
- Sowing Acorns.....21
- Call to Serve .....22
- From Your CEO .....23

# From the Foundation Director

I am gratified to begin this Legacy with a sincere “Thank you” to our donors and friends of the Big Stone Health Care Foundation. A year ago, we faced an unprecedented time – it started with making the disappointing decision not to host our annual Gala, an event that has been a yearly celebration of healthcare and community for 26 years. However, that disappointment did not set the tone for our following nine months and I am happy to report a healthy year for the Foundation.



Our end of year statements as reported here in the Legacy are a direct reflection of you – our friends who continue to value local healthcare, who understand that we stand together and support one another in the most uncertain of times. Each year I choose a loose theme to bind the stories of the Legacy. This year “Community” was a no brainer. It began in the spring when the Big Stone Lake Area Chamber of Commerce held a radiothon raising over \$107,000 for local businesses and continued this holiday season with citizens sponsoring a flower bouquet for every resident at Fairway View Senior Living. Community was also on display in simpler ways when churches and individuals delivered treats for staff or when neighbors checked on each other and dropped off meals or sent cards. Community shone when you, as donors, opted not to ask for refunds for your Gala reservations, came out to golf at our 29th Oak Tree Classic in unprecedented numbers, and sent in memorial donations in memory of loved ones.

Nowhere was community more on display than here in our local healthcare facilities. The strength to inform and protect our communities began with leadership and providers and spread throughout the organization to every department. When the first case of COVID-19 was confirmed locally, we took a collective deep breath unsure of what to expect. But these frontline workers didn’t have that luxury – they remained diligent and dedicated. Knowing the risks of exposing themselves or their own families, they faced this unknown virus head-on. They set the standard in safety by advocating for social distancing and masking. Then they sent us home so they could continue in their duty to protect and heal. Undoubtedly, 2020 was the year of the healthcare worker.

Now as the calendar turns to a new year, we remain steadfast in our united goal to overcome this virus. All of us can make a difference in that goal. Your donations to the Foundation continue to support our healthcare system locally, ensuring we remain leaders in the region who offer the best in healthcare to our community. I ask you to consider a donation to the Foundation, or even better – make your donation in honor of a healthcare worker or someone in your community who has made a difference this year. May we all come together in sustaining this Legacy of a united community.

Warm Regards,

Vanessa Lhotka-Meyer

Assets		Liabilities & Equity	
<b>Current Assets</b>		<b>Current Liabilities</b>	
Cash in Checking	\$ 122,790.57	Current Liabilities	0.00
Cash in Investments	\$ 1,362,548.54		
<b>Total Current Assets</b>	<b>\$ 1,485,339.11</b>	<b>Total Current Liabilities</b>	<b>0.00</b>
<b>Fixed Assets</b>		<b>Equity</b>	
Fixed Assets	\$ 3,637.84	Equity	\$ 1,488,976.95
<b>TOTAL ASSETS</b>	<b>\$ 1,488,976.95</b>	<b>TOTAL LIABILITIES &amp; EQUITY</b>	<b>\$ 1,488,976.95</b>

Revenue		Expense	
Programs	\$ 119,646.09	Program Expense	\$ 18,909.51
Gifts and Memorials	\$ 15,620.00	Physician Recruitment	\$ 163,900.00
Events	\$ 84,723.36	Event Expense	\$ 16,857.57
Investment Income	\$ 122,639.52	Staff, Office Operations, & Insurance	\$ 74,486.28
		Grants & Scholarships	\$ 11,956.00
<b>Total Revenue</b>	<b>\$ 342,628.97</b>	<b>Total Expense</b>	<b>\$ 286,109.36</b>

# Diary of the Faithful



*Mom. Wife. Daughter.  
Friend. Co-Worker.  
Doctor. Human.  
This journal is the  
musings of Dr. Stacy  
Longnecker, as she  
traveled the road  
of 2020 and all the  
uncertainties.*

## January 2020

My 12-year-old son came to me tonight upset about

coronavirus. He has been watching videos of news stories on his phone he got for Christmas. I have paid very little attention to this virus. It is something that is affecting people in China, although it sounds very similar to a previous viral illness that we in the U.S. have encountered. I assure him I am not concerned as he shows me videos of people in China wearing masks. I assure him that the people of China are affected much more than we could ever be because of the population density and that they wear masks there a lot of the time anyway because of pollution. I assure him that he has nothing to worry about.

## March 12th, 2020

News of this virus SARS-CoV-2 is emerging. Otherwise known as COVID-19. My husband and I leave with some friends for a long-awaited mini-vacation to Sioux Falls. We have everything planned out and taken care of for our five kids while we are gone. Volleyball practices and games are covered, a birthday party, sport's banquet – all covered. Off we go.

We discuss the coronavirus on the way but no one is too concerned. We make a few jokes. Some friends show up in masks and we laugh at them. Toilet paper is in high demand, even Costco is out! There are tons of funny memes. I see a few random people wearing masks and internally, I roll my eyes.

During our trip, we get notices that sporting games are canceled. A Junior Olympic volleyball tournament, even practices are canceled. Seriously? Then I see the videos. News from Italy. People dying in hospital hallways. Semi-trucks outside of hospitals to load the bodies of people who have died. Hospitals are overflowing. Morgues are full. Italians on videos

begging the rest of the world to take this virus seriously.

Three days later everything has changed. The videos from Italy are terrifying. I have heard the phrase “flatten the curve” numerous times. What is happening? This doesn't happen here. All of the sporting events are canceled. The state basketball tournament is canceled. School is canceled. We are on our way home from vacation with a different attitude and the atmosphere has completely changed.

## March 16th, 2020

Today is the first day of Northside Medical Center having a separated Respiratory Clinic. Dr. Al Ross and the nursing staff have worked tirelessly to get this clinic isolated and safe for our regular patients' safety. I am on call. People are coming in with symptoms and I don't feel prepared. Test results are taking over a week to come back. Influenza diagnoses have increased which is only adding to the confusion. There are reports of COVID living on surfaces for days. I leave my shoes at work. I take my clothes off in the garage. I go immediately to the shower. My older kids don't want to hug me. Every day they ask, “How many sick people did you see?” My younger kids don't understand what is happening...I don't want to hug them.

I am watching videos from New York City. They are running out of ventilators. In Ortonville, we have one. We are having meetings to predict our personal protection equipment (PPE) needs and with our current supply, we will never be able to keep up if we have a surge of COVID positive patients.

Everyone is coming together and it is so comforting to have such a supportive community. People are sewing and donating masks. Man, I never imagined this. I am getting messages, flowers, and gift baskets dropped off for the healthcare workers. A case of Coors Light on my doorstep. Our medical staff is being called heroes. I haven't even done anything yet. I am just sitting here, waiting for the bomb to drop. How many people that I know and care about will die? What if we don't have what they need to take care of them but we can't transfer them out to a larger facility? What if I bring this virus home to my family? I love the community support but I don't feel like a hero. I wish people would stop calling me that. I haven't done anything. I am not doing anything. Just

sitting here, waiting. When will it hit here? How can we possibly be ready for this? Please stop calling me a hero. These thoughts run through my mind every day at this point.

Then, I get what I ask for.

Beth Fladhammer and I start doing weekly Facebook Live videos trying to provide education and reassurance. There is so much animosity in this nation. I don't know what happened but suddenly the world no longer views us as heroes – we are the villains. Fortunately, we live in a close community. I know that the majority of our community does not feel this way but sometimes the negativity feels so defeating. I wonder... do people know that I am just trying to provide the best health care that I can? Do they know that I have no political agenda - no bias other than wanting to keep people healthy and safe? I think they know...

I have always been someone who wants control. I want people to understand what could happen. I feel like we are failing at explaining this so people will understand. Or maybe they don't want to. This is not about me. This is about protecting people, helping people. Keeping them healthy. But the economy is suffering. Mental illness and isolation are skyrocketing.

COVID. Racism. Riots. Politics. Conspiracies. Mask up Minnesota. Let Them Play Minnesota. Faith over Fear. Plandemic. Quarantine. Isolation. Social distance. Mitigate the risk. Anxiety. Relationships destroyed. Families suffering. Businesses suffering. Kids depressed. What can I do? Why is this our fault? This is a pandemic. Why does this feel like healthcare versus the world? Who can help? Who can solve this?

And then, I get what I ask for. A calming presence. “Be still...”

**I have no control. Control the things I can. Know my role and do the best that I can in that role.** God wins. I know the end of the story. I know I will be fine. This too shall pass. We will get through this. Do not watch the news. Limit social media. Have peace. Breathe. I repeat this to myself over and over.

## October 2020

Our area positive numbers for COVID are

increasing. The medical community is as prepared as we can possibly be. Throughout all of this, we have felt supported by this organization - OAHs. We are cared for and appreciated. We can do this.

The death rate of COVID is very low. I am not worried about the deaths from COVID. I am worried about the health care crisis that could happen when hospitals are full and staff is limited. Someone who comes in with a heart attack may not get to a catheterization laboratory. People with a stroke may not get timely treatment which is vital. Trauma patients may not get to a Level 1 trauma center. People will die from things they should never die from in the year 2020 just because we are overwhelmed. I never imagined this situation. These are unprecedented times we are living in.

## November 2020

My heart goes out to the staff, residents, and their families in some of our regional long-term care facilities. It has been very difficult to keep this virus out, and once it is there, it spreads like wildfire. People that the staff have taken care of for years like their second family are dying. It is Devastating and exhausting. They are now taking care of very sick people, with less staff available, and fatal outcomes. I call to do a video visit with my patient, and the staff just cries. I fill out my first Covid-19 death certificate. And I know there will be more.

## December 2020

As I finish this diary it is the beginning of December. I know this is far from over. In fact, I am reasonably sure that locally we have not seen the worst of what COVID-19 will do. So far we have kept

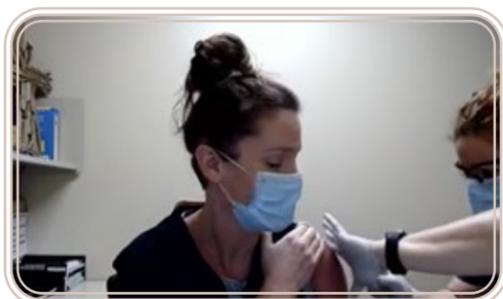


*My older kids don't want to hug me. Every day they ask, “How many sick people did you see?” My younger kids don't understand what is happening...I don't want to hug them.*

this out of the nursing home, but this comes with consequences. And it likely cannot be kept out forever. Can we do this until a vaccine is available? It's coming soon, but will it happen in time? And will it be enough?

I don't know what is going to happen. But after getting through these past 9 months, here is what I know for sure: I live in a community where unity means something, where we will come together despite our differences and live through what is most likely the most significant historical event for many of us. We are resilient. That resiliency will define our reaction to this historical time. If I have to live through a pandemic, there is nowhere else I'd rather live.

Within these walls of Ortonville Area Health Services, we are stronger. We are unified. We may not always agree on everything but we have one thing in common – our goal is to take good care of people. And while COVID-19 has caused a lot of destruction and chaos in this world, we will not let it do that in our hearts. We are resilient. And we will get through this together.



*\*Editors Notes: On December 18th 2020, Dr. Stacy, along with her colleagues and other frontline workers received the Pfizer-BioNtech COVID-19 vaccine. "This is a historic day towards turning the tide against COVID-19." said OAHS Chief Executive Officer Dave Rogers.*

## 2020 Scholarship Recipients



Congratulations to Mikayla Rasset and Allie Reiffenberger who were awarded the 2020 Foundation Health Care Scholarships! Pictured with Dr. Bob, these two young ladies already have amazing accomplishments to be proud of and big goals for the future!

Mikayla is the daughter of Greg and Heather Rasset of Ortonville. She attended Lake Area Technical College in Watertown, South Dakota to become a Physical Therapy Assistant this fall. Mikayla was involved in basketball, golf, Student Council and Business Professionals of America while at Ortonville High School. She was also employed at Fairway View Senior Communities as a Dietary Aid. Mikayla looks forward to helping people recover from sickness and injuries into full recovery as a healthcare professional. Good luck to Mikayla!

Allie is the daughter of Toby and Marci Reiffenberger of Odessa. Allie attended the University of North Dakota this fall for Health Sciences in pursuit of becoming an Occupational Therapist. Allie was involved in many activities while at Ortonville High School including Business Professionals of America and Student Council. She volunteered at many community events and was employed at Rustling Elms Resort as well as the Sioux Historic. Allie looks forward to being a healthcare professional and making a positive change in people's lives. Good luck Allie!

## Ortonville Senior Citizens Club

Contributed by Ethel Swenson

The Ortonville Senior Citizens Club first met in August 1971 with a group of 65 people meeting at St. John's Catholic Church in Ortonville. They continued to meet monthly at various church locations and in a matter of a few months, they had a membership of 98 people. A very active group in Ortonville, they were instrumental in the building of the Ortonville Senior Center. They flexed their muscles on senior problems and applied for a grant and raised funds for a City bus. The bus was funded for those over sixty years or handicapped and when the group asked for drivers they immediately had eleven willing volunteers.

Their story continued as they worked on combining the strength of in our area for social activity and action on issues concerning the well-being of our Senior Citizen Community. As with all organizations, times change, communities change and the willingness of those participating as members change. With that being said, the Board of Ortonville Senior Citizens Club has taken action to disband the club. The group chose to will their remaining funds to the three organizations their principal donor Elaine M. Lawson noted in her own Last Will and Testament: The Big Stone Health Care Foundation, First Congregational Church, and Monarch Heights, all of Ortonville, MN.

There is so much value in the Legacy these groups have created and we value their commitment to the local community.

## 2020 Retirees:

Robin Allen – 14 years

Kris Redfield – 32 years

Phyllis Barr – 41 years

Doris Scheff – 27 years

Patti Homan – 20 years

## Volunteers

### 2020 Gala Committee:

Caiti Conroy, Kristen Taffe, Deb Barnhardt, Heather Tietjen, Kristine Meyer, Amber Hasslen, Phyllis Barr, Russel Minahan, John Meyer, Brianna Kirchberg, Kelsie Thomas, Kayla Teske, Suzann Harmening, Melissa Sletten

### 2020 Oak Tree Committee:

Dr. Greg Peterson, Dr. Robert S. Ross, Val Rausch, Tony Rausch, John Thomas, Deb Barnhardt, John Meyer, Chris Batchelor, Ranet Schmeichel, Steve Barr

**The following volunteers contributed their time and efforts to the mission of the Foundation throughout the year, sharing their time at often at multiple events. Thank you!**

Russ Minahan, Jim Foster, Caiti Conroy, Kristen Taffe, Lindsey Lee, Michelle Knutson, Amber Molden, Kathy Meyer, Brittany Dybdahl, Mikayla Rasset, Mallory Roelke, Nicole Wood

**Agnes Grabow**  
Todd & Sheree Keller  
Jay Dee & Gloria Ross  
Sharon Scoblic  
Arvene Van Hout

**Alex Hughes**  
Mark & Sandy Brown

**Alex Rademacher**  
John & Jean Merritt  
Kevin & Peggy Rademacher

**Ann Marie Nelson**  
Joe & Deb Berning  
Doran Nagel

**Ann Nelson**  
Joe & Deb Berning  
Eric Randleman  
Robert & Gretta Yaeger

**Art Hoernemann**  
LeVon Gerber  
Aaron & Michelle Knutson  
Evie Ulrich

**Arwilda Taylor**  
Donna Hoel

**Barbara Bohn**  
Mark & Sandy Brown

**Betty Nelson**  
Joe & Deb Berning

**Beverly Starr**  
Deb Barnhardt  
Annette Moen  
Russ & Ronda Thielke  
David & Anne Tonn  
Justin & Misty Wittnebel

**Bill Treinen**  
David & Anne Tonn

**Bob Hausauer, Gloria Hausauer, Ron Hausauer, Mik Hausauer**  
Ruth Hansen  
David & Anne Tonn

**Brian Sandberg**  
Donna Hoel

**Carol Kellen**  
Joe & Deb Berning

**Carol Selfers**  
David & Anne Tonn

**\*Charles Lindquist**  
Kevin Sutton

**Colleen Hedge**  
Kevin & Becky Backstrand  
Big Stone Lake Fish & Ride  
Diane & Pat Dwyer  
Terry & Judy Gere  
Glenda Loeschke  
Jim & Cindy Nelson  
Russ & Ronda Thielke

**Cynthia Gustafson**  
Vernon Kirkeby  
Annette Moen  
Bruce & Evie Swigerd  
Robert & Gretta Yaeger

**Dan Christian**  
Kevin & Becky Backstrand

**Daniel Petersen**  
Joe & Deb Berning  
Curt & Sharron Bystol  
Dan & Ardell Hasslen  
David & Anne Tonn  
Robert & Gretta Yaeger

**David Ohrtman**  
Mark & Sandy Brown  
Vanessa Lhotka-Meyer

**Diane Stern Hiner**  
David & Anne Tonn

**Don & Mary Geier**  
Nancy Geier

**Donald Schweer**  
Mark & Sandy Brown

**\*Dr. Robert S. & Mary Ross**  
Roger & Barbara Nornes

**\*Dr. Robert S. Ross**  
David & Anne Tonn

**Ed & Naomi Gerhardt**  
Bryan & Kristi Delage

**Erv Mikkelson**  
Darlene Mikkelson

**Ethel Benshoof**  
Joe & Deb Berning  
Douglas & Dawn Leger  
Justin & Misty Wittnebel

**Father Bob Goblirsch**  
Joe & Deb Berning  
Dan & Ardell Hasslen

**Fred Lockwood**  
John & Myrna Adams  
Joe & Deb Berning  
Marilyn Hanson

Howard & Vivian Janssen  
Gordon & Diane Lindquist  
Darlene Mikkelson  
Annette Moen  
David & Anne Tonn  
Nola Lockwood

**Gayle & Colleen Hedge**  
Wayne & Ethel Schoon

**Geraldine A. Lillehaug**  
Joe & Deb Berning

**Gertrude Leger**  
Ron & Ginger Athey  
Mark & Judy Fuller  
Roger & Carol Hynnek  
Aaron & Michelle Knutson  
Jay Dee & Gloria Ross  
Russ & Ronda Thielke  
David & Anne Tonn  
Arvene Van Hout

**Henry Nelson**  
Douglas & Dawn Leger  
Justin & Misty Wittnebel

**Irene Friedrich**  
Gary & Deborah Hoffman

**Jackie Kottke**  
Annette Moen

**Jeanette Kaercher**  
Dan & Shar Petersen

**John Grad**  
Joe & Deb Berning

**Jolaine Weros**  
Clyde Weros

**Jonathan Bartz**  
Deb Barnhardt  
Joe & Deb Berning  
Mark & Sandy Brown  
Sharon Scoblic

**Joy Dolan**  
Joe & Deb Berning  
Vanessa Lhotka-Meyer

**Karen Oakes**  
David & Melody Steffes

**Kay Reich**  
Arvene Van Hout

**Kenneth Simonitch**  
Joel & Sheri Frette  
Dan & Ardell Hasslen  
Roger & Carol Hynnek  
Scott & Monica Simonitch  
Jim & Susan Tollerton

David & Anne Tonn  
Jerry & Mel Wiegman  
Robert & Gretta Yaeger  
**Klages Family**  
Annette Moen

**Kottkee Family**  
Annette Moen

**Lance Beckman**  
Roger & Carol Hynnek

**Linda Tolzba**  
Wayne & Ethel Schoon

**Lisa Gustafson-Hoftiezer**  
Steve & Phyllis Barr  
Neal & Becky Block  
Mark & Sandy Brown  
Marilyn Hanson  
Roger & Carol Hynnek  
Douglas & Dawn Leger  
Myra & Jay Mielitz  
Scott & Monica Simonitch  
Bill & Karen Thyne  
Arvene Van Hout

**Lois Kanne**  
Annette Moen

**Mabel Ashmore**  
Doran Nagel

**Margaret Klein**  
Joe & Deb Berning

**Marian Magee**  
Annette Moen

**Marilyn Streich**  
Lois Bergeson  
Joe & Deb Berning  
Marilyn Hanson  
Donna Hoel  
Roger & Carol Hynnek  
Aaron & Michelle Knutson  
Darlene Mikkelson  
Annette Moen  
Marilyn Streich  
Harvey & Virginia Wildung

**Marjorie Lindholm**  
Lois Bergeson  
Terry & Judy Gere  
Dan & Ardell Hasslen  
Anthony & Nancy Hilleren  
Donna Hoel  
Darlene Mikkelson  
Connie & Dean Mikkelson  
Jeff & Kris Nornes  
David & Anne Tonn  
Robert & Gretta Yaeger

**Marjorie Morrison**  
Annette Moen

**Mary Lacina**  
David & Anne Tonn

**Mason Nash**  
Sara Mattison  
Paulette Wiley

**Mel Reinke**  
Carol & Jane Asche  
Joe & Deb Berning  
Shirley Kindt  
Arvene Van Hout  
Harvey & Virginia Wildung

**Merle Rasmussen**  
Jayne & Scott Stecker  
David & Anne Tonn  
Gary & Monica Voeglti

**Mervin Tonn**  
Deb Barnhardt  
Debra Baumgard

**Nancy Murphy**  
Joe & Deb Berning

**Nash Perrine**  
Annette Moen  
Erlys Sis

**Norbert & Bernice Karels**  
Peter & Maureen Kostiuik

**Norbert Kelzer**  
Ron & Ginger Athey  
Joe & Deb Berning

**Orville Swenson**  
David & Anne Tonn

**Patricia Kunz**  
Joe & Deb Berning  
Cara Gregor  
Dan & Ardell Hasslen  
Jerry & Marilee Haukos  
Roger & Carol Hynnek  
Vanessa Lhotka-Meyer  
John & Jean Merritt  
Annette Moen  
Garry & Ethel Swenson  
David & Anne Tonn

**Paul Novak**  
Doran Nagel

**Phyllis Henkelman Wanke**  
Garry & Ethel Swenson

**Ray Seiler**  
Dan & Ardell Hasslen

Brian & Amber Hasslen  
Tom & Marlene Henrich  
Phyllis Seiler

**Richard "Dick" Schultz**  
Marilyn Hanson  
Gregg & Libby Lindahl

**Richard Eckberg**  
Joe & Deb Berning

**Richard Janke**  
Pat Janke

**Richard Noll**  
Joe & Deb Berning

**Robert "Bob" Halvorson**  
Joe & Deb Berning

**Robert "Bob" Meyer**  
Lois Bergeson  
Joe & Deb Berning  
Mark & Sandy Brown  
Henry & Sherri Gimmestad  
Brian & Amber Hasslen  
Donna Hoel  
Howard & Vivian Janssen  
Aaron & Michelle Knutson  
Darlene Mikkelson  
Doran Nagel  
Garry & Ethel Swenson  
David & Anne Tonn  
Robert & Gretta Yaeger

**Robert Hinders**  
Arvene Van Hout

**Robert Swigerd**  
Joe & Deb Berning  
Annette Moen  
Tom Oakes

**Ronald Gustafson**  
Elaine Gustafson

**Rosemary Stock**  
Annette Moen

**Ruth Donais**  
Ron & Ginger Athey  
Kevin & Becky Backstrand

**\*Ruth Hansen**  
Kurt & Dori Hansen

**Sandi Moeller**  
Tom & Marlene Henrich  
Anthony & Nancy Hilleren  
Donna Hoel  
Jay Dee & Gloria Ross  
Bruce & Evie Swigerd  
David & Anne Tonn

Robert & Gretta Yaeger

**Shirley Davidson**  
Annette Moen  
**Shirley Finberg**  
Joe & Deb Berning  
Donna Hoel  
Bruce & Evie Swigerd

**Stan Adolphson**  
Dan & Ardell Hasslen

**Stella Hynnek**  
Roger & Carol Hynnek

**Tammi Amberg**  
Arnold & Mildred Amberg

**Tayib Nash**  
Paulette Wiley  
Sara Mattison

**Todd Zeigler**  
Lucille Block  
Marilyn Hanson

**Valina Nichols**  
Bobby & Darlene Born

**Victor and Helen Carlson**  
Mike & Diane Dorry

**Vivian Bailey**  
Lois Bergeson  
Mark & Judy Fuller  
Dan & Ardell Hasslen  
Annette Moen  
Cindy & Lon Moen  
Joanne Schmeichel

**Vivian Swenson**  
Joanne Schmeichel

**Walt and Ramona Dorry**  
Mike & Diane Dorry

**Wayne Johnson**  
Annette Moen

**Wayne Wellendorf**  
Annette Moen

**Willie Sherod**  
Kevin & Becky Backstrand  
Joe & Deb Berning  
Howard & Vivian Janssen  
Doris Johnson  
John & Jean Merritt  
Tom Oakes  
Sharon Scoblic

**Zina Kohntopp**  
Joe & Deb Berning

Name  
Discrepancy

The Foundation is appreciative of our donors and makes every effort to list appropriately. Please contact Vanessa 320.839.4135 foundation@oahs.us at the Foundation to correct errors or discrepancies that may occur.

\*Denotes Honorarium

# INVESTING IN HEALTH CARE

## Providers

In 1990, Dr. Peter Hansen was the campaign manager of the Big Stone Health Care Foundation's first and most important fundraising campaign: *Investing in a Healthy Future*. Dr. Hansen, like so many other champions of the Foundation, knew the value and importance a healthcare foundation could bring to this community. He rallied friends, family, and fellow professionals to help ensure this initial campaign was successful in establishing a long sustaining Foundation.

In 1999, after 48 years of practicing, Dr. Hansen decided to retire from dentistry. He took Dr. Anthony Hilleren under his wing, bridging a relationship between him and the Foundation. This relationship allowed for Dr. Hilleren to establish his practice here in Ortonville and ingrained in him a long time appreciation for the community. When given the opportunity years later, to acquire a practice in Benson, Minnesota – Dr. Hilleren couldn't resist the chance to return to his roots. But he maintained his support for the community and Foundation that had given him his start. He continued to sponsor tables and holes for the Foundation's major events: the Gala and Oak Tree Classic, sponsored the school sporting advertisements, and provided excellent care to his many patients that followed him back to Benson.

Now, twenty years later, Dr. Hilleren's step-son: Dr. Noah Zehringer joined the practice and together they teamed up to form Bluestem Dental – Lakeside Office, here in Ortonville. Dr. Steven Winther also joins them on this endeavor as he begins to wind down his career. It always has been and continues to be important to the providers that quality dentistry is available locally. Opening this new state of the art



office has been a thrill and labor of love for the group but also made them realize they would be wise to recruit another provider to join them.

Dr. Corinne (Kastrup) Dohman, is originally from Milbank, South Dakota, and happened to attend graduate school in Arizona with Dr. Zehringer. She was an obvious great fit for the practice and community. It didn't take long for the Foundation to agree that there was considerable value in helping to recruit a full-time dentist at the Ortonville office. Someone available after hours or in emergencies who would also live, work, and build a family here. Corinne's husband Drew is employed at Cenbank as a loan officer and the couple has bought a house here this past summer. They are enjoying learning more about the community and getting involved.

The practice now employs 7 staff members and 4 dentists. Bluestem Dental's name stems from tall, native prairie grasses, one that has deep roots, and plays an important role in the ecosystem. Bluestem Dental also is deeply rooted in the communities they serve and have a goal of providing great care, in a comfortable and relaxed environment. They look forward to being rooted in this community for many years to come.

## Healthy Living

The Foundation proudly contributed to the purchase of a Nu-Step Exercise bike for Fairway View residents in January. This piece of equipment is shown to give a full body workout safely and effectively. Using the NuStep builds and retains muscle mass, bone strength, increases flexibility, range of motion, and lowers the risk of falls. It has also shown to reduce the three most common chronic health conditions in older adults including heart disease, hypertension, and Alzheimer's.

"Our tenants love the Nu-Step! Several have stated that they had used one while doing Physical Therapy and are grateful they continue to have access to the bike. Especially at this time of COVID19, it has been a lifesaver both in alleviating stress and allowing for continued healthy lifestyles." says Emily Shelstad, Fairway View Assisted and Catered Living Housing Manager



*Pictured: Eunice Schmiege on the NuStep exercise bike.*

## Equipment

According to the United States Breast Cancer Statistics, about one in every eight women (about 12%) will develop invasive breast cancer over the course of her lifetime. With the knowledge that this is a serious issue, the Surgery and Radiology Departments of OAHs have worked together to create a more focused and calming environment specifically geared at breast health awareness.



In support of their efforts, the Foundation was able to contribute toward the purchase of a Core Breast Biopsy System. Having this equipment at our local facility means that a biopsy will be able to be performed locally and in a timely manner should a mass be found during a mammogram. Being able to perform these procedures with this top of the line equipment has made a difference in the lives of the patients in our community of all ages offering comfort, viability, convenience in an uncertain time. The Foundation makes this donation in memorial of Marilyn Lindahl, a breast cancer survivor and Healthcare advocate for the Ortonville area.

"Having this equipment allows us to provide a wonderful service to our patients. Having the procedure done close to home and from the familiar faces of our staff bring a piece of mind to our patients. Even if they need further surgery out of town, they can still see their surgeon for follow-ups here at OAHs. Our surgeons are extremely happy with the breast biopsy device and are currently working on purchasing it for Watertown hospital." Sandy Brown, Surgery Nurse Coordinator

**Level: Under \$100**

James & Barbara Aarstad  
Almond Twp. Combined Fund Drive  
Venus Anderson  
Jon & Kim Anderson  
Sonny & Mary Arndt  
Carol & Jane Asche  
Monte & Lynn Athey  
Ron & Ginger Athey  
Cody & Jennifer Backstrand  
Kevin & Becky Backstrand  
Eric & Lois Banken  
Verda Bartz  
Debra Baumgard  
Kevin Benson  
Lois Bergeson  
Big Rock Grill & Casino  
Lucille Block  
Neal & Becky Block  
Cindy Bork  
Bobby & Darlene Born  
Mark & Maria Botker  
Wayne & Elizabeth Brehmer  
Kristen & Clayton Brobst  
Neal & Rosemary Brown  
Lacey & Aaron Busack  
Pat Collins  
Ashton & Caiti Conroy  
Mary Lou Croatt  
Lee & Melissa Davis  
Michael & Sherry Deyo  
Gary & Diane Dinnel  
Darin & Lori Dockter  
William & Vicki Dorry  
Pat & Lynelle Dwyer  
Brittany Dybdahl  
Andrea Eisenbeisz  
Randy & Kim Eisenschenk  
Greg & Michelle Erickson  
John and Sandra Fonder  
Rev. Robert & Susan Forseth  
Joel & Sheri Frette  
Mark & Judy Fuller  
LeVon Gerber  
Brent Gerber  
Verden & Carole Gerber  
Ronda & Kyle Gillespie  
Henry & Sherri Gimmestad  
Dorothy Gmitterko  
Dr. Jessica Graham  
Gary & Kathy Granquist  
Brian & Kayla Haben  
Ruth Hansen  
Suzann Harmening  
Jade Hasslen  
Jerry & Marilee Haukos  
Travis & Natasha Haukos  
Lori Helms  
Glenn & Deb Henningson

Matthew & Julie Henrich  
Sharon & Dale Hoefert  
Robert & Arlene Hoffman  
Chad & Kelsey Holtz  
Patti Homan  
Michael & Savannah Hughes  
Roger & Carol Hynnek  
Doris Johnson  
Lee & Jeanie Kanten  
Catherine Karels  
Shirley Kindt  
Vernon Kirkeby  
Colleen Kleindl  
Whitney Kleindl  
Kerri Larson  
Charles & Karen Layher  
Lindsey & Josh Lee  
Douglas & Dawn Leger  
Gordy & Diane Lindquist  
Glenda Loeschke  
Todd & Pamela Lounsbery  
Sara Mattison  
Randy & Kristi McLain  
Dr. Amanda & Adam McMahon  
Tammie Mendenhall  
David & Kathy Meyer  
Jay & Myra Mielitz  
Dean & Connie Mikkelsen  
Lon & Cindy Moen  
Amber Molden  
Eric & Melissa Mueller  
Dan Nelson  
Laurie Notsch  
Tom Oakes  
Curtiss Olson  
John & Carrie Olson  
Denise Page  
Belinda & Pete Pearson  
Shar Petersen  
Bill & Janice Powell  
Charles & Suzanna Pribbenow  
Trent & Emilie Rademacher  
Kevin & Peggy Rademacher  
Greg & Heather Rassett  
Richard & Nancy Rogers  
Jason & Tia Roggenbuck  
John & Lila Salls  
Doris & Jim Scheff  
Alicia & Doug Schliep  
Joanne Schmeichel  
Daniel & Eunice Schmiege  
Peter & Anne Schwagerl  
Erllys Sis  
Brittany Staton  
Scott & Jayne Stecker  
David & Melody Steffes  
Connie Stock  
Janice Storm  
Mike & Terri Swenson  
Galen & Shirley Swihart

Philip & Kristina Taecker  
Mark & Jacklyn Taffe  
Shawn & Kristin Taffe  
Russ & Ronda Thielke  
Russ & Kathi Thymian  
Nick & Lacy Thymian  
Bill & Karen Thyne  
Kristen Tillotson  
Jim & Susan Tollerton  
Adam & Mercy Tomschin  
Jeanette Towle  
Rachel Trost  
Evie Ulrich  
Arvene Van Hout  
Sarah Velzke  
Walter Twp. Fund Drive  
John & Mary Weber  
Jerry & Mel Wiegman  
Harvey & Virginia Wildung  
Justin & Misty Wittnebel

**Level: \$100 - \$249.99**

Neely & Joel Adler  
Marcia Anderson  
Artie & Krista Arndt  
Kelly Athey  
Rick & Dawn Barnhardt  
Ron Beling  
Berkner Pizza, Inc.  
Big Stone Lake Fish & Ride  
Bluestem Dental  
Curt & Sharron Bystol  
Miranda & Kevin Cantine  
Cheryl Carl  
CarQuest of Ortonville  
CenBank  
Couple's Tournament  
Damian Coyour  
Thomas & Lori Croatt  
Larry & Nancy Deutsch  
Sherwood & Janice Dove  
Marge Dragseth  
Pat & Diane Dwyer  
Eide Bailly, LLP  
Rev. Marlene & Bill Elmstrom  
Amanda Engebretson  
First National Bank in Sioux Falls  
Chuck & Donna Folkens  
Jim & Neva Foster  
Frandsen Bank & Trust  
Kendra Fryer  
Gabe's Auto Service  
GoFasters Powersports & Marine LLC  
Cara Greger  
Ryan & Judi Gronholz  
Elaine Gustafson  
Kurt & Dori Hansen  
Marilyn Hanson

Headwaters Grill & Bar  
Hearing Care by Gina  
James & Katherine Heinecke  
Tom & Marlene Henrich  
Gary & Deborah Hoffman  
Austin & Cydney Hunt  
Jeff & Natasha Hynnek  
Investors Advisory  
Management Group  
Anne Johnson  
Pauline Karels  
Patti & Darwin Karsky  
Mike & Candi Kraemer  
Arlen & Ardell LaCombe  
Gloria Larson  
David & Lori Larson  
Cary Leuthardt  
Karla & Arlo Lindahl  
Nola Lockwood  
Mac Daddy's  
Brent McEwen  
John & Jean Merritt  
Nathan & Alexis Meyer  
Shannon and Lawrence  
Millerbernd  
Marcus & Rachel Moberg  
Moose Lodge - Ortonville  
Doran Nagel  
Jim & Cindy Nelson  
Steve & Debbie Nelson  
Brent Nelson  
Mark & Kris Ninneman  
Jeff & Kris Nornes  
Roger & Barbara Nornes  
Jason & Lucinda Oakes  
Dan & Vicki Oakes  
Kristen & Jeremy Ohm  
Pepsi-Cola CO  
Caurisa Peyton  
Pheasants Forever-Big Stone County  
Scott & Jennifer Pinkert  
Larry & Kyla Powell  
Damiane Prasnicky  
Tom & Jeanne Rademacher  
Redgey & Kelly Rademacher  
Craig & Kippy Randleman  
Eric Randleman  
Realty Title & 1031 Exchange Co.  
Kristi & Bruce Redfield  
Shirley Reiffenberger  
Toby & Marci Reiffenberger  
Dustin & Amy Roggenbuck  
Ronglien Excavating, Inc.  
Dr. Allen & Lisa Ross  
Roger & Coralie Sandberg  
Jim & Karol Scherer  
Wayne & Ethel Schoon  
Anthony & Jocelyn Schowalter  
Russell & Robin Schuelke

Patrisa Schuelke  
Sharon Scoblic  
Emily Shelstad  
Stolpman Insurance  
Dan & MaureenStores  
Pamela & Gerald Streich  
Dee Strong  
Garry & Ethel Swenson  
Tim & Dottie Swenson  
Brittany Swigerd  
Kayla Teske  
John & Kelsie Thomas  
Don Tieg  
Paul & Lauri Tinklenberg  
Audrey Tobin  
Sara & Jeremy Tollakson  
Unzen Motors  
Bill & Diane Vangsness  
Philip & Jessica VanHoorn  
Gary & Monica Voeglti  
Paulette Webb  
Bruce Werner  
Clyde Weros  
Joe & Jennifer Wiik  
Paulette Wiley  
Dr. Steve & Mary Winther  
Kelly & Bart Wittnebel  
Michella Wollschlager  
Terry & Nicole Wood

**Level: \$250 - \$499.99**

ACIRA – Powered by  
Farmers Mutual Telephone  
Co. & Federated Telephone  
Co.  
Robin Allen  
Rebecca Ash  
Steve & Phyllis Barr  
Dr. Mark & Jan Bierschbach  
Jody & Bryan Bieber  
Conroy Eye Care  
Loren & Betty DeBoer  
Dr. Bryan & Kristi Delage  
Dillon's Lawn Care  
Drew & Dr. Corinne  
Dohman  
Mike & Diane Dorry  
Thomas & Theresa Dorry  
Kristi & Darin Ehrenberg  
Dr. Sarah & Chad Fischer  
Tyler & Melissa Gall  
Alan & Brenda Gengler  
Terry & Judy Gere  
Kendra & Matt Hicks  
Pat Janke  
Howard & Vivian Janssen  
Cindy & Harlen Jorgenson  
Brett & Kelsey Kaye  
Carlin Keimig  
Craig & Brianna Kirchberg

Isaac & Samantha Knutson  
Peter & Maureen Kostjuk  
Greg Krzmarzick  
Lakewood Supper Club &  
Sioux Historic Pavilion  
Vanessa Lhotka-Meyer  
Kim McCrea  
Greg Meyer  
Craig & Jennifer Miska  
Twila Mursu  
Chantel Ninneman  
NXC Imaging  
Jerry & Becky Parker  
Justin & Kelly Peters  
William Petersen  
Pro Image Partners, Inc  
Wylie Pullis  
Lisa & Leo Reiffenberger  
Jon & Mindy Rogers  
Jay Dee & Gloria Ross  
Mike Ross  
J.T. Schacherer  
Jim & Ranet Schmeichel  
Schmidt's Landing  
William & Claudia Sellin  
Scott & Monica Simonitch  
Linda Sis  
Tim & Melissa Sletten  
Kelly & Sally Stattelmann  
Rick & Jean Stevens  
Marilyn Streich  
Scott & Heather Tietjen  
Rev. David & Anne Tonn  
Dr. Kevin and Sandra Unger  
Wade & Cindy VanDover  
Bette Weinman  
Dan & Catherine Welberg  
Cheryl Werner  
Dr. Robert & Gretta Yaeger

**Level: \$500 - \$999.99**

AAA Collections  
Gary & Cheryl Alberts  
Arnold & Mildred Amberg  
Barbara Anderson  
Anita & Mike Anderson  
Felicia Athey  
Shane & Tina Ayres  
Deb Barnhardt  
Joe & Deb Berning  
Big Stone Therapies, Inc.  
BSLA Chamber of  
Commerce  
Dr. David Collins  
Conroy Electric, Inc.  
Beth & Erik Fladhammer  
Gene & Cheryl Hausauer  
Matt & Kirsten Karels  
Todd & Sheree Keller  
Aaron & Michelle Knutson

Lewis Family Drug  
Nicole & Mike Lovgren  
Marco Technologies  
John & Kris Meyer  
Darlene Mikkelsen  
Mundwiler and Larson  
Funeral Home  
Ortonville Area Health  
Services  
Ortonville Family Eye Care  
Ortonville Plumbing &  
Heating  
Otter Tail Power Company  
Dr. Greg & Mary Peterson  
Lindsay Plathe  
Poet Biorefining  
Rausch Bros. Monument  
Rochelle Reede  
Dr. Sarah & John Ristvedt  
Phyllis Seiler  
Shared Medical Services  
Kelsey & Bryn Stock  
Kevin Sutton  
Bruce & Evie Swigerd  
Kevin Taffe  
Mary Ann Ulrich  
Waste Management of  
Ortonville  
Wold Architects &  
Engineers  
Woods, Fuller, Shultz &  
Smith P.C.

**Level: \$1,000 - \$2,499.99**

Dr. Susan Andersen  
Mark & Sandy Brown  
Nancy Geier  
Peter Geier  
Douglas & Vickie Gulley  
Dan & Ardell Hasslen  
Dr. Anthony & Nancy  
Hilleren  
Hedge & Herberg Inc.  
Donna Hoel  
Wayne & Cathi Janitschke  
Dwayne Koehntopp  
Dr. Stacy & Isaiiah  
Longnecker  
Minnwest Bank  
Annette Moen  
Tim & Tana Mundwiler  
OAHS Auxiliary  
Ortonville V.F.W. Post 3964  
Prairie Lakes Health Care  
System  
Sanford Health Foundation  
Shady Oak Realty  
Pat & Liz Sorenson  
Paul & Ruth Strong

Deacon Paul & Julie  
Treinen

**Level: \$2,500 - \$4,999.99**

Brian & Amber Hasslen  
David & Heather Rogers  
Roman & Carol Taffe  
Pr. Lynn Thomas  
Transmed, Inc.

**Level: \$5,000 - \$9,999.99**

Colleen Hedge  
Gregg & Libby Lindahl  
Dr. Robert S. & Mary Ross  
Strong, Inc.

**Level: \$10,000 AND ABOVE**

Hasslen Construction Co.  
Inc.  
Northside Medical Clinic  
Ortonville Senior Citizens  
Club

## Matching Gifts

Many Companies  
and corporate  
foundations  
match individual  
contributions of  
their employees.  
Please check  
with your Human  
Resources  
Department to  
find out more  
about your  
company's  
matching gift  
program.

# TWO WORDS:

## Develop Resilience

by Twila Mursu, PMHNP

### How to Leave 20 Stresses for 21 Successes in Two Words.

2020 has certainly been a challenging year. Many events have impacted all of us. Each month or season seems to bring another loss, change, or stressor. Common stressors in 2020 have been: the COVID-19 pandemic; unexpected financial stressors; small businesses struggling to maintain; fears and judgments over masking; concerns about older generations getting COVID; social isolation; schools being called off or changed to distance learning; loss of friendships due to political views; social anxiety; frustration with social media (yet many continue to read it obsessively); recognizing concerns over racial inequalities; and not seeing family over the holidays. Many in Big Stone County and our surrounding communities have experienced these things. Stress and anxiety have been high while navigating 2020.

It helps to recognize the two kinds of stress affecting and impacting our mental well-being and our physical health: intense stress and prolonged stress. We have been experiencing both for months. It takes a toll on individuals. No one is immune to stress in life. When the pandemic began, many people pulled together in our communities and worked together towards reducing the spread of COVID. As time went on, many people became disillusioned and frustrated. Many of us are feeling exhausted. I am frequently asked how long before things get better or when will we return to normal? When stress levels are intense and/or prolonged, we start to see people begin to struggle with coping. While over the past months it often felt like there is no end in sight; we can blaze a new trail forward as we start 2021! The end is in sight using our inside insight!

To leave the stress of 2020, you can reclaim success for 2021 in 2 words. **Develop resilience.** I have spent a lot of time encouraging people



to develop resilience. Resilience is the ability to adapt to difficult situations and to keep functioning both physically and psychologically. Developing it does not make your problems go away. It does give you the ability to see past problems; find enjoyment in life, and better handle stress. You can develop skills to be more resilient.

I am frequently asked by people “what can I do”? Many feel that 2020 was lived in survival mode. When we feel that there is so much that we cannot do; we need to shift our focus to what we can do. By adding even a small element of certainty in the face of overwhelming uncertainty; you can re-establish a connection with the present moment, ground yourself, and maintain a good sense of self-control and confidence.

The first thing to do to develop resilience is to acknowledge the anxiety, worry, or anger one feels. It is important to acknowledge our stress and how we respond to it. Look at the root of your stress. Humans dislike uncertainty and tend to “fill-in-the-blanks” in situations. This can result in contriving highly improbable worst-case scenarios.

Understand your anxiety, anger, or feelings. Living through this pandemic is tough. Many of us have not been in this situation before. We have no rules or experience or role models to turn to. We are making things up as we go along. You may be feeling lost, confused, anxious, and worried. So is everyone else. These are all normal emotions. Allow yourself these feelings. Have compassion and patience for your struggles. Do not try to push away your difficult feelings or force yourself to “think positive”. That is not a healthy coping mechanism. It denies the reality of your current experience. All emotions are OK, even the tough ones.

Find ways to manage your anxiety or anger. One way of managing your anger or your anxiety is recognizing what is in your control and what is not in your control. You are totally in control of your response to the situation. Accept the uncertainties of the future. Identify areas in your life you can control. Be creative about finding things to look forward to in your routines. Pause. Breathe. Notice how you feel. Take slow deep breaths, stretch, or meditate.

Leave time for self-care. It is not realistic to think you can do it all: homeschool your kids; work full-time from home; maintain a perfect (clean, orderly) household; and take care of yourself and others. Focus on high priority items and don't expect too much of yourself. Make time to unwind. Try relaxation techniques and listening to music. Try to do some other activities you enjoy. You may need to be realistic and lower your expectations. We can all learn a lot from slowing down and taking care of one another. Use this opportunity to carefully consider what you want in your life. A slower pace is not a bad thing. Take some time to mindfully contemplate what life lessons you can take away from this extraordinary time.

Help yourself and then help your children. Start with keeping a routine as this can be helpful. Within our homes, maintaining structure and routine is critical. It reinforces order and predictability. The structure will bind anxiety so maintaining our routines is helpful. Take time to schedule fun activities. Find reasons to laugh. Laughing is a healthy coping skill. Incorporate or continue to exercise. It releases endorphins and removes frustration. Maintain a regular sleep schedule. Limit your media intake to 20 minutes once or twice a day. Challenge your family to skip social media altogether. Be social and reach out to friends or family. Utilize the phone, FaceTime, or create a Zoom party. It is ok to share your feelings with your family and friends. The health benefits of having social support are many. Start a gratitude journal and list 3 good things that happen each day before going to bed.

Are you recognizing some of these symptoms? Do you feel a loss of control? Do you wonder what else you could or should be doing? Do you need to develop resilience? If so, do not be afraid to reach out. Talking with family or a friend can be a big help. Sometimes people feel they would like something more and want to talk

with a trained counselor. If you do recognize any symptoms, please pay attention.

Symptoms to look for can include changes in sleep or inability to sleep (insomnia); changes in appetite – either lack of appetite or stress eating; lack of interest in activities you previously enjoyed; inability to concentrate or focus; fatigue and lack of energy; or feeling disconnected and withdrawing from social interaction. If you aren't as resilient as you would like to be, you can develop skills to become more resilient. In Big Stone County we do have mental health providers available to help you. As we leave 2020 stress behind and seek success in 2021, we can all resolve to help our community develop resilience.

## LOCAL MENTAL HEALTH PROVIDERS:

- Ortonville Area Health Services:  
Twila Mursu- Psychiatric Mental Health Nurse Practitioner;  
Jacqueline Wollschlager – licensed therapist; John Shirkey – licensed therapist
- Woodlands Center Crisis Line for Big Stone County 1-800-432-8781 coverage 24 hours a day/ 7 days a week
- Woodland Center – Ortonville Office 320-839-8322
- Suicide Prevention Lifeline: 1-800-273-TALK (8255)
- National Suicide Hotline: 1-800-784-2433

# Small Town Gratitude

On August 4th, 2020 after a pick-up game of basketball with his grandson, Brent Zahrbock found himself unable to get his breathing under control and began experiencing severe pain in his chest. It quickly became apparent to Brent and his wife Brenda that he needed medical care. Brenda called ahead to the emergency room at Ortonville Area Health Services and alerted them that they were on their way. Brent was experiencing a massive heart attack.

Upon arriving at OAHS, Dr. Ristvedt and the experienced staff were able to assess and stabilize the situation, immediately calling for Lifelink III to transfer him to Sanford Fargo for the care he needed. While Brent arrived in Fargo by helicopter, Brenda was left to get herself there and was unsure of what to expect when she arrived. But here in our small town communities, you are never alone and friends of the couple Scott and Tanny Meyer, stepped in to give her a ride. After arriving in Fargo, they learned Brent required four stents to open up his arteries as one showed a complete blockage, while the other showed three large blockages.

When Brent was 30 years old, he lost his 56-year-old father, Darwin, to a massive heart attack. Brent was standing only two feet from him, and there was nothing he could do to help his father. This was a devastating experience and a lifetime reminder that heart disease runs in his family. But Brent has always been fairly healthy, even passing a stress test in February of 2020 that showed no substantial concerns. There were no warning signs for Brent that his life was in jeopardy.

Brent and his wife Brenda have a deep Christian faith which is evident in almost all they do, from the way they have raised their four children, served their community in various facets, and conduct their careers. They care for and visit Brenda's parents and Brent's mother & step-father who all reside in different areas of Fairway View Senior Communities here in Ortonville. They are a part of this community and this community is a part of them. Brent was put on four different prayer chains for churches, received calls, texts, and cards, all encouraging him and praying for his health. The community he has called home for most of his life supported his fight to continue that life.

By 12:30 a.m., Brent was out of surgery and the following day was home recovering. But still, it took a community to ensure he maintained this path to wellness. Brent vowed to his cardiac rehabilitation therapist Kelly that he would be the best student she had ever had. He hasn't disappointed as they set goals together and revisit them every 30 days. Brent says he has never felt better in his life. He is thankful for the support and guidance Kelly has given him to live a heart-healthy lifestyle. At home, the couple's neighbors John and Kelsie have also been very supportive and Kelsie checks his vitals and gives him supportive advice when needed. The gratitude to have this second chance at life is something that Brent and Brenda are not taking lightly. The kindness that has been shown to them by their community is something they will carry in all they do.



Brent isn't sure why he was given a second chance at life when his father was not. But he knows better than anyone all the things his father missed out on - the same things Brent still anticipates experiencing. He is looking forward to watching his grandchildren grow up and spread their wings, witnessing all the great things they will accomplish in their lifetimes. He wants to attend concerts, ball games, graduations, and weddings with Brenda. The couple celebrated 39 years of

marriage at the end of August and they are looking forward to a lifetime of happiness together.

Most of us live in small-town communities because we enjoy the simplicity life has to offer: no traffic jams, appreciation for nature, knowing our neighbors and the safety we feel. That safety includes having access to quality healthcare facilities, providers, and emergency services.

The same way the community supported Brent and Brenda with prayers and cards - you are also supporting them and all your neighbors' healthcare through donations to the Foundation. We continue to provide educational opportunities, recruit providers, help purchase out of budget equipment and plan for future health care needs with donations made to the Foundation. The Foundation believes we all deserve big city care in our small towns where your neighbors are willing to shovel your snow or check your vitals. The people are what really make a small town a community.

## DOCTOR PRESTON STEEN RETIRES

We said goodbye to Dr. Preston Steen this year. Dr. Steen has provided Oncology care through our Outreach department at Ortonville Area Health Services twice per month for the last twenty seven years. Through his time here, his expertise and compassion have made a difference in countless lives of both his patients and staff that have worked with him.

Dr. Bob shared his sentiments on Dr. Steen leaving and it is reverberated across our community "Over the years, I have commented many times to many people, that our organization has been blessed to have a physician of his quality come to our organization and take care of our cancer patients. Dr. Steen is a wonderful combination of expertise and caring. He has provided incredible care for our cancer patients over several decades. He will be missed by many patients and staff. I wouldn't want to follow in his footsteps. Thanks and God's blessings to him and his family."

Dr. Jarrett Failing, a Hematology and Oncology specialist from the Sanford Roger Maris Cancer Center in Fargo, ND will continue to provide Oncology outreach here in Ortonville. Dr. Failing completed his residency and Fellowship at the Mayo Clinic in Rochester. He strives to be a compassionate provider who treats the person and not just the disease.



# Gala

Big Stone Health Care Foundation

The 27th Annual Gala affair was postponed due to COVID19. Even though we weren't able to hold this event, we were able to raise major funds from the generous donations, sponsorships & ticket sales. Thank you to all our donors, sponsors and friends who allowed this major fundraising event to be fruitful in its purpose of supporting local healthcare.

As the calendar has changed to 2021, we have asked our medical professionals to monitor the outlook for hosting the Gala this year. While we feel hope is on the rise and vaccinations are forthcoming - we feel the risk is too high at this time. There are discussions of having the event at a later date, but at this time, we feel it is too uncertain to set anything in stone. If you would still like to make your yearly donations to the Gala, please earmark your donation as "GALA 2021".

We will miss the friendship, laughs and shared support of so many of you this year again. We are planning to host a community picnic this summer and look forward to seeing so many friends again.



Celebrating the 29th year of the Oak Tree Classic was extra exciting this year, not only because we were actually able to hold the event – but because of the enthusiasm of our golfers, donors, volunteers and sponsors. 45 teams joined us on the course for a day that didn't disappoint in terms of friendship and fundraising. Due to COVID-19, the tournament was run slightly different, issuing tee times to each team from the 1st of 10th hole, hosting the Silent Auction online only and not hosting a tournament meal. Like most things, we learned how to adopt and much of what appeared as "challenges" ended up allowing for more efficiency and a cleaner tournament! Save the date for the 30th year: September 11, 2021.



Congratulations to our top placing teams:  
**First Place:** Trent Zomer, Nate Treinen, Peter Treinen with a score of 51.2  
**Second Place:** Dr. Bob Ross, Chuck Wieller, Craig Kern with a score of 51.5  
**Third Place:** Deb Barnhardt, Dan Nelson, Lori Larson with a score of 51.9

## Healthcare Employee Appreciation, Recognition, & Thanks

*H.E.A.R.T. Nominations:  
A Grateful Patient Program*

This November, the Foundation was excited to kick off our Healthcare Employee Appreciation, Recognition and Thanks (H.E.A.R.T.) Grateful Patient Program. This is an opportunity for the public, patients, staff, friends or family to acknowledge the healthcare workers in our lives who have shown compassion, kindness, or went the extra mile. Healthcare workers come in all forms from Providers to Accountants, our technology or housekeeping crew to nursing, ambulance or administration.

With all the craziness of 2020, there has been one stable spot that has never wavered: our local healthcare. In 2020, they stood their ground, changed how they work, answered questions and worked tirelessly to protect and inform their communities. This program is an opportunity to recognize those efforts and continue to support the Big Stone Health Care Foundation at a time when each donation is vital to our local healthcare.

To nominate a healthcare worker for a H.E.A.R.T. award go to [www.givemn.org/heartnoms.com](http://www.givemn.org/heartnoms.com), ask for a brochure from a staff member or just send in to the Foundation office. Your nomination along with a donation to the Foundation will tell our essential employees that their efforts are recognized and valued.

**In honor of the staff at Ortonville Area Health Services and Fairway View Senior Communities:**

- |                   |                           |
|-------------------|---------------------------|
| Terry & Judy Gere | Bill & Janice Powell      |
| Anne Johnson      | John & Lila Salls         |
| Vanessa Meyer     | Anne Schwagerl            |
| Annette Moen      | Dr. Robert S. & Mary Ross |
| Curtiss Olson     |                           |

**In honor of the staff at Fairway View Assisted and Catered Living:**

Emily Shelstad



Donuts for Dads was a free will donation event sponsored by Hartman's SuperValu of Ortonville. This event celebrated the dads in your home, office, or life by picking up donuts in a drive up fashion. After a long and uncertain quarantine, this was a safe way to share in some goodwill with community members and friends.

Donuts were not just for dads this year, as young Brinley Teske proved. Brinley, her mother Kayla and Grandma Angie were one car of many who supported this event for the Foundation.



# HINDSIGHT OF 2020

By Allan Ross, MD

The pandemic started for Ortonville Area Health Services on March 9, 2020. I remember sitting in the conference room at the hospital, around the table with all the department managers and administration team. There was a lot of uncertainty about the future. What would be our protocols? Would we restrict visitors? Would we have enough PPE? How were we going to protect those most vulnerable who lived in Fairway View Neighborhoods?

Over the past year there have been many tough decisions that still weigh on my mind. I applaud the efforts of everyone in our organization. From the moment you walk onto our campus you have the front staff who takes your temperature and ask the all to familiar questions regarding COVID-19. The housekeeping staff who tirelessly clean, wash and disinfect. The nurses who are on the front line whether they see you in our respiratory clinic or take care of the ill in the hospital. Many others who work in the background screening and answering patient questions and planning for vaccines.

I am especially proud of those who work on the Fairway View campus. Yes there were deaths in our memory care unit and for those families I personally feel for your loss. I wish and rethink a way we could have not have those loses. The

*“With all of the pain the pandemic has brought us, there is hope”*



staff who took care of those loved ones who ultimately paid the price of being infected themselves also weigh on my mind. Cindy Jorgenson, Felicia Athey, Emily Shelstad, Sherry Deyo and others have done an outstanding job. Our nursing home is one of only a handful within the state to not have an outbreak. A testament to everyone’s dedication on that campus to keep those residents healthy. The debate whether to allow visitors has been tough. Having residents not have the touch of their loved ones also has a cost.

With all of the pain the pandemic has brought us, there is hope. The vaccine is at our doorsteps and hopefully this allows us to return to normal. Once on the other side of this pandemic I hope we appreciate all the little things we have missed out over the past year. Personally I am thankful to everyone helped me over the years so I could be here to help my community during this time. I want to thank you for your trust and support over the years and also keep hope. Better days are ahead of us.

# Sowing Acorns



Jeanette Felton, Doris Scheff, Nadine Villella, & Betty Reinke

Ortonville Area Health Services Auxiliary was formed in 1957 (as far as we can find evidence of!). The Group was essentially the first form of a healthcare Foundation in the Big Stone area created to raise money for the hospital, nursing home, and to offer community support. This group was made up of volunteer ladies throughout the years, many who were and remain life-long friends, united in the common goal of making a difference in their community and sharing many laughs while doing it!

While this group’s membership has dwindled in recent years – they were a force upon inception and throughout their active years. The evidence of this shows in many gifts throughout both the healthcare campuses and community. Their fingerprint can be seen in Big Stone County Cancer Group, Someplace Safe, the local Ambulance, student scholarships, Cardiac Rehabilitation, Big Stone Memory Loss Connection Group, Fairway View Bus, and many medical equipment purchases throughout the years. They also offered their friendship by hosting Christmas meals,

random lunches, bingo, visiting, and advocating for the senior living community. “It wasn’t about work – it was about friendship” stated Nadine Villella, longtime Auxiliary member.

In the beginning, the ladies held a quilt raffle each year as a means of raising funds but came up with many unique ideas such as purchasing T.V.’s for each hospital room and renting them to the hospital or a basket raffle full of hand-made goods at the Annual Sports & Leisure Show. They solicited and reaped the profits of vending machines throughout the facilities and in 2011 they opened the “Little Acorn” gift shop at the hospital. The Little Acorn offered a variety of gifts including many locally made items. Doris Scheff, OAHS Auxiliary President stated “We were careful to offer only items you could not already buy locally and kept prices reasonable”. Sadly, the Little Acorn closed its doors for the last time in March of 2020.

In August of 2020, the remaining Auxiliary members voted to disband the group and donate their considerable remaining funds to the Fairway View Resident Enrichment program, also making a generous donation to the Foundation. This was not an easy decision, as the ladies valued the work they did, they know what a difference the Auxiliary has made, and they are proud to have been a part of something so valuable. Back in 2000, they had amended their by-laws allowing president terms to go from two years to unlimited terms, this last year marked Doris’s twentieth year as Auxiliary President. Doris cites the lack of new members for the disbandment of the group, not lack of enthusiasm. The ladies are proud of what they accomplished, they believe volunteering your time the most rewarding gift you can offer and they encourage the younger generation to get involved and give back.

*“It wasn’t about work, it was about friendship”*

# Call to Serve



251. That is the number of ambulance services in Minnesota, a state that has 853 incorporated cities. The significance in these numbers is that if you live in a rural area, those vital minutes between the call for help and the arrival of the Emergency Medical Technician (EMT) team could mean life or death. This service is imperative to our communities. Unfortunately, we are living in a time where cities have been and continue to struggle to maintain their ambulance service operations because of short staffing, training costs, and equipment. In research of Ortonville's ambulance service, it is clear why it has survived here – dedication. Individuals, donors, volunteers, staff, and the city – they all came together and supported this service since the very beginning of formation. Ortonville was pro-active about making changes and the community has been open to new ideas to maintain the service.

In 2012, the city of Ortonville met with and agreed to transfer management of the ambulance service to Stevens County. After just a couple of years, it became obvious that the distance and

other factors made this plan inefficient. Stevens County contacted Grant-Roberts County Ambulance Service, which is privately owned by Barret Wicklund of Fergus Falls, and inquired about taking over the current contract. Grant-Roberts readily agreed and took ownership of the service as the Stevens County contract expired. The two trucks and thirteen staff members remained in Ortonville to serve the community and surrounding area.

Barb (Dokter) Carl, manager for the Ortonville unit stated this has been the best transition for the service. Having a larger pool of employees means there are no longer staffing worries. Having outside support means the cost of training is no longer intimidating. In total there are 15-20 trained E.M.T.'s and 4 Paramedics, with more individuals called to service every year. It takes a special person to serve this capacity, knowing you most likely will know the individuals you are called on to help. Professionalism is key, but just as important is the compassion and care this local service offers.

The Foundation has continued to support the ambulance service throughout the years. In 1998, the Foundation funded the purchase of the first automated external ventilator. Having this automated equipment meant the difference in life and loss for so many families. The Foundation also supports the service by helping to reimburse new E.M.T. and paramedic schooling, as well as annual training. It is important to this Foundation that when you are in your greatest need, these emergency personnel are at their greatest ability to give.



# From Your CEO

Dear Friends of the Foundation,

I am sending warm and hopeful wishes for a happy New Year!

It seemed as though COVID-19 controlled much of 2020. However, with the arrival of the COVID-19 vaccine, I am hopeful our focus in 2021 can return more to one of keeping people well and out of the hospital rather than putting most of our efforts into responding to the pandemic.

As COVID cases gradually decline following our most recent wave of infections and access to the vaccine slowly increases within our area, many of our patients will begin making appointments for well-visits or follow-up on a nagging pain they have been putting off. Ortonville Area Health Services welcome these visits and look forward to "normalizing" health care once again. Thanks to the Foundation and you as donors, OAHS has developed a robust medical team that allows timely access to a provider when needed. OAHS has further expanded our mental health services to both the OAHS medical campus and the Fairway View Senior Communities campus in response to the challenges of 2020.

If it has been a while since you walked through the OAHS medical campus doors, you are in for a surprise as you will see the newly remodeled

clinic that includes everything from additional patient rooms right down to more comfortable waiting room furniture. The modern facilities and infrastructure that the Foundation helped us build on our two campuses were key to fighting COVID and other viruses. While very subjective, our modern Fairway View Neighborhoods, which opened in 2017 featuring private rooms, separate Neighborhoods, and an advanced ventilation system, may have been key to helping our staff keep COVID out of our nursing home, making FWV Neighborhoods one of the few nursing homes in Minnesota not to experience an outbreak amongst our residents. We remain vigilant.

I am optimistic about what 2021 holds for all of us. I have reminded our staff how much we accomplished and overcame together in 2020, and there is nothing we cannot overcome in the future. I am grateful to work with a team of dedicated healthcare professionals who took on this pandemic with courage and cared for others in the face of risk to their own personal health.

Please continue to take precautions to limit the spread of COVID in our area. Thank you for supporting Big Stone Health Care Foundation and for calling OAHS your health care home.

David Rogers

Chief Executive Officer  
Ortonville Area Health Services  
Fairway View Senior Communities



450 Eastvold Ave.  
Ortonville, MN 56278

NONPROFIT ORG.  
U.S. POSTAGE  
PAID  
PERMIT NO. 100  
ORTONVILLE, MN 56278

# THE LEGACY

Big Stone Health Care Foundation

## Our Mission...

**To secure and expend financial aid for the operations, maintenance and expansion of the health care facilities and service of Ortonville Area Health Services, a not-for-profit corporation, and to otherwise contribute to the health care and maintenance of the people of the Ortonville area.**

Like everything else in life, our healthcare needs, our healthcare facilities and the needs of our health care providers change. The Big Stone Health Care Foundation is proud to work with you to fulfill our mission.

