



125 years
St. Alexis Medical Center
1885-2010

St. Alexis
Foundation
www.st.alexius.org

innovations

"Celebrating the past - creating the future."

Quarterly Newsletter of the St. Alexis Foundation

SUMMER 2010



**ON AUGUST 28, EVERYONE IS INVITED TO THE
NORTH DAKOTA STATE CAPITAL TO EMBARK
ON THE INAUGURAL BRAIN TRAIN 2010
- GET ONBOARD!**

More than 6 million people in the United States suffer from some kind of neurological condition. Young or old, large or small, everyone is affected when a loved one is diagnosed. Unfortunately, brain diseases are not well understood in our community and we do not have strong support groups to educate and guide patients and loved ones.

At St. Alexis, we understand comprehensive care for patients goes beyond the best physicians and technology. It must also include a better understanding of the disease by the patient, family and friends and a good support system in the community. **Brain Train - Get On Board!** will educate our community on various diseases of the brain and what they can do to help prevent disease and help care of those afflicted by it.

For example, if a person is educated on what to do if someone is having a seizure (such as in a class room) appropriate first aid can be provided; if a person understands the warning signs of stroke, the person can seek timely medical attention. If a child learns the importance of wearing a seat belt or a helmet, it may help prevent brain damage in the future.

The event opens at 10 a.m. with registration for the community awareness walk along with various activities throughout the capitol mall. Registration for the walk is \$1 and includes tickets to ride the train, a root beer float, and entry for numerous prizes to be given away. Commemorative Brain Train t-shirts can be purchased for \$5. Register online at www.st.alexius.org or the day of the event.

"The purpose of the Brain Train is to provide the community with the awareness and education to understand many different neurological diseases," explains Dr. Shiraz Hyder, Medical Director of the Neuroscience Center of Excellence. Proceeds from this event will generate funds to start and to support existing support groups in our community.



Activities will include:

- Geocache (GPS treasure hunt)
- Food and Entertainment
- Children's Art Exhibit
- Educational Exhibits
- Community Awareness Walk
- and much more...

St. Alexis Medical Center has partnered with various organizations along with the American Heart Association and the American Stroke Association to provide education, activities and awareness on the following topics:

- | | |
|-------------------------|---------------------------------|
| • Stroke | • Parkinson's Disease |
| • Multiple Sclerosis | • Alzheimer's Disease |
| • Pain Disorders | • Mental Health |
| • Autism | • Dizziness & Balance Disorders |
| • Epilepsy | • Muscular Dystrophy |
| • Nerve Diseases | • Plus Others |
| • Fibromyalgia | |
| • Brain Trauma & Injury | |

Sponsorships opportunities and limited areas are still available. If you or your business is interested in getting involved, please contact Jackie Miller at 701-530-7694.

Food, Fun and Entertainment awaits at the Brain Train 2010 - Get On Board!



Greetings from the President & CEO

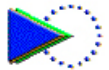


*Andrew L. Wilson
President & CEO*

As we celebrate our 125th Anniversary of providing healthcare to the community, St. Alexius continues to provide our patients receive the most advanced healthcare technology and services for our region. Through this commitment, the St. Alexius Foundation is proud to announce \$65,000 in funding to departments throughout the medical center to enhance patient care. These grants include:

- An Infant Hearing Screening machine for St. Alexius' Birthplace. This device has enhanced capabilities to thoroughly screen each child born at St. Alexius.
- State-of-the-art patient beds in our inpatient Psych Unit as well as Intensive Care.
- 10 Vital Signs Monitors for patients in the Cancer Center of Excellence and The Clinics of St. Alexius. These monitors are also used in our screening and wellness program.
- A new procedure chair in the Emergency and Trauma Department.
- Patient education, the memorial tree planting and various bereavement programs for Hospice and Home Care.
- Wellness educational materials for our Community Health program.
- Renewal of the Children's Newborn Network. This in-house education provides parents with education on the care for their newborn.
- Equipment and training materials for speech impaired patients.
- Medication bar scanning equipment for Neonatal Intensive Care. This equipment provides wristbands for medication administration to newborns.

Your continued support of St. Alexius and the St. Alexius Foundation enables us to provide the quality of care St. Alexius is known for in our region. On behalf of all of us at St. Alexius, thank you again for your generosity.



We Care – Do You?

**central
market**

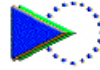


What do you do with your Central Market grocery receipts? If you're like many, you throw them away. Did you know Central Market provides funding to St. Alexius for all the receipts we turn in?

Central Market will donate 1 percent of the total of all receipts received from the hospital through the "We Care" program. In the past year, St. Alexius has received over \$1,000. Collection boxes are located in the entrance of the cafeteria, at the information desk at the East Patient Entrance on 10th Street, Great Plains Rehabilitation Services or in the St. Alexius Foundation.

So the next time you shop at Central Market make sure the receipt is stamped with "We Care" and drop it into one of the boxes. For an added bonus, put your name and contact information on the receipt to be included in our quarterly drawing for a gift certificate to Central Market.

Central Market is located in Bismarck and Mandan. For additional information, contact Erica Davis in the Foundation office at (701) 530-7389.



Children's Fun and Health Day

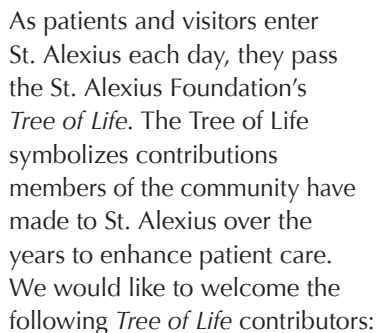
On March 25 St. Alexius and Kohl's sponsored the annual Children's Fun & Health Day held at the Bismarck Eagles Club. 500 second grade students in Bismarck-Mandan joined St. Alexius staff and Kohl's volunteers to learn about health education.

Educational stations included backpack safety, boat safety, fire safety, nutrition education, the importance of poison prevention and stranger awareness. In 2006, Children's Fun and Health Day became part of the Kohl's Cares for Kids® educational funding at St. Alexius Medical Center. Each year, Kohl's Cares for Kids® funds four different educational programs for children throughout our community.



Alex the Cat made an appearance and gave a few high fives as the children made their way out to tour an ambulance provided by Metro Ambulance.





Advanced Business Methods
Basin Electric Power Cooperative
In Memory of Sarah Ann Haugen - Dr. & Mrs. David Gayton
Dr. & Mrs. David Gayton
In Memory of Mr. Gurushankaraiah and Mrs. Lakshmiddevamma
- Dr. and Mrs. Sanathana Murthy
Ms. Otilia Sailer
SIA Marketing/Schmidt Insurance
VUE Community Credit Union
Wal-Mart Foundation
Wal-Mart Store
Beazley Engineering, PC
Bismarck Sertoma Club
In Memory of Florence Mayer - Dr. Jonathan Mayer
In Memory of John Gullingsrud - Mrs. Harriet Gullingsrud
In Memory of Wade Graeber - Mrs. Lu Graeber
In Memory of Patricia Shaw Beyer - Mr. Wally Beyer
In Memory of Christine Wolf
Dr. & Mrs. Peter White
Dakota Community Bank
In Memory of Phil Skrove – Gary P. and Kathryn L Miller
Governor and Mrs. Art Link
Wayne Stroup
BNC National Bank
In Memory of Catherine and Adolph Heinle - Mr. and Mrs. Dean Heinle
In Memory of Loretta Olson - Ms. Susan Olson
In Honor of Gil and Elna Mae Herbel - Dr. and Mrs. Brent Herbel
McKesson Corporation
In Memory of Adeline Bohlin - Mr. & Mrs. Alan Greenwood
In Memory of Betty Ost - Betty Ost Family
Ms. Ellen Schafer
In Memory of Frank L. Wedge
In Memory of Matthew W. Leidenix - Dr. & Mrs. Monte Leidenix
Great River Energy
Advanced Business Methods
In Memory of Jonathan Lo - Dr. & Mrs. Lim-Che Lo
In Honor of Richard Tschider - VUE Community Credit Union
Dakota Eye Institute
In Memory of Melvin Mittelsteadt - Ms. Diane Leingang
In Memory of Jack Y. and Rose K. Leingang
Jerome Distributing - Mr. & Mrs. Arthur Jerome
Shannon, Hope, Skylar & Riley Schreiner
Andrew and Barbara Wilson
In Honor of Myron and Evelyn L. Conitz

St. Alexius Auxiliary
In Memory of Claire McKim - Mr. & Mrs. Ed McKim
Leonard G. Moos Estate
Mr. and Mrs. Alan Greenwood
In Memory of Eugene Kralicek
Dr. and Mrs. Leslie Rainwater
Kohl's Cares for Kids
Kohl's Department Stores

Contributions of \$1,000 or more receive an engraved leaf and contributions over \$10,000 receive an engraved stone on the *Tree of Life*. If you are interested in learning more about the *Tree of Life*, please contact Jaclyn Bugbee at (701) 530-7065.

In Memory of Andrew "Andy" Mork.....Jeanne Mork Bredeson
In Memory of Bertha Kusler.....Andrew Anderson
In Memory of Carol Ann BenderRoger Roehl
In Memory of Darlene Nagel.....Burleigh County

In Memory of Darlene Nagel.....

Burleigh County	
Brent Edison	
Jo Herbel Wyeth	
Steven Kitzan	
Roger Leutz	
Russell Mertens	
Jeff Nagel	
Perry Nagel	
Loretta Nordtvedt	
Jan Prindle	
Virgil Ryberg	
Cindy Schaafl	
Michael Schaefer	
Norman Schock	
The Sunshine Fund	
Monroe Elementary	
Ronald Weikum	

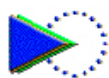
In Memory of David Switlick	Patrick Switlick
In Memory of Effie Brown	Bob Kastner
In Memory of Ervin Pederson	Carol Pederson
In Memory of James O'Rourke	Carol Quill
In Memory of John F Kuntz	James Anderson

- Rick Barnhardt
- Renee Hoke
- Dan Hoskins
- Cecilia Kuntz
- Jerry Kuntz
- Nick Kuntz
- Tim Kuntz
- Vernon Kuntz
- Leon Letchford
- Kathie Pittslev

In Memory of Lillian Allison	Arlys Adelmann
In Memory of Lloyd Olson	St. Alexius Labor & Delivery
In Memory of Louis Schwengler	Roger Roehl
In Memory of Madeleine Kavli	Steve Hannegreffs
In Memory of Mary Plummer	Elaine Thompson
In Memory of Neil LeRoy Fahlsing.....	Roger Roehl
In Memory of Nelda Fitzgerald.....	Angela Fitzgerald
In Memory of Peter Heinert.....	Eileen Heinert
In Memory of Richard Patzman	Ellen Patzman
In Memory of Sarah Ann Haugen	Dr. Gordon Leingang

In Memory of Sharon Urness.....	Craig Willits
In Memory of Sr. Florence Marquart ...	Barbara Ziegler
In Memory of Tony Matthews.....	Mari Israel
In Memory of William Huesers.....	Benedictine Sisters of the Annunciation
	Paula Schreiner
	Melvin Birkholz

Lynn Boots
Tim Chole
Sharon Eslinger
Jody Fischer
Mike Gackie
Brenda Huesers
Karen Huesers
Wilbert Iglehart
Marshall Klayson
Thomas Krzmarzick
Robert Kubal
Max Farmers Elevator
Clare Moir
Marilyn Nehring
Scotty Nelson
Thomas Probst
Karen Sayne
Judith Schaefer
Edward Schnaible
Glenn Schreiner
Todd Vangsness
Nancy Vitko
Steven Wollmuth
Michael Youngs



Foundation Welcomes New Staff



*Belinda Strotheide
Grants Coordinator*

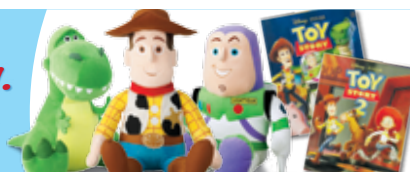
We are happy to announce Belinda Strotheide has joined the Foundation team as Grants Coordinator.

Belinda comes to St. Alexius with thirteen years of experience in economic, community, and project development. As Grants Coordinator, she assists staff, departments and our affiliates prepare and submit proposals for private, public and federal funding.

Belinda graduated with honors from Oregon State University in 1996 and holds a Bachelor of Science in merchandise management and business administration. She recently relocated to Bismarck with her husband Michael, a Minot State University graduate. Belinda enjoys reading, gardening and listening to the birds.

Kohl's Cares for Kids®
thanks you for
10 years of support.

A toy. A story.
A way to help kids.



\$5 EACH



TO CONTACT A FOUNDATION STAFF MEMBER:

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bbstrotheide@primecare.org



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