

Complete Healthcare Today, Building for a Better Tomorrow



Southwest Healthcare Services
Sunrise Foundation
Capital Campaign

When Time Is of the Essence

On July 4th at 4:45 am, everything changed for the Sense family. Austin Sense, Justin Sense and a friend were traveling to Bowman Haley Dam when the car left the road and entered the ditch. After the vehicle landed, it rolled at least once and came to rest where it started on fire. The police report stated that the “occupants were believed to be thrown from the vehicle and did not appear to have been wearing seat belts.”

Southwest Healthcare Services ambulance service arrived on the scene at 5:11 am. Immediately they noticed that all the boys were in critical condition and the car was fully engulfed in flames.

Kim Norton, one of the paramedics on the scene stated, “(when I arrived at the scene) I noticed a patient in the ditch, face down, not far from the car. My main concern was to get the patient away from the fire in case the car exploded.”

Once in the Ambulance, Kim used an EZ-IO device, donated by the ND Trauma Foundation, to start an IV into Austin’s leg. “In burn victims, you want to start an IV as soon as possible because they can lose several liters of fluid,” stated Dr. David Meadows, physician at Southwest Healthcare Services.

By the time Austin came into the Emergency Room, he was unconscious. Dr. Meadows took charge taking care of Austin, while Dr. Sherryl Tomboulian and Chris Peterson, FNP cared for Justin and their friend.

“With large trauma cases, the first steps are to make sure they have an open airway and to protect the cervical spine,” explained Dr. Meadows. “After that you tend to the burned areas and make sure they are no longer spreading.”

After Austin was stable, the medical providers, nursing staff, and eEmergency from Avera in Sioux Falls worked together on creating transfer plans for the boys. They called Angel Air from St. Alexius and made arrangements for Austin to go to Hennepin County Medical Center in Minneapolis, MN.

“The staff made sure that they sent Austin to the best hospital for treatment,” said Becky Sense. “I do not know what would have happened if Southwest Healthcare Services were not here to take care of my boys.”

Almost a year later, Austin is doing well. He has a prosthetic leg (where he was burned the worst) and has been working with Jen Jahner at SWHS Physical Therapy to regain range of motion. “Austin is one of the most complicated cases I’ve worked with since practicing in Bowman and I’m very pleased that

he’s made such great progress. There’s something to be said about healing and recovering at home instead of unfamiliar surroundings and I’m happy that we were able to provide therapy services for him here.”

“If Southwest Healthcare Services would not have been here, the story could have ended up very differently,” explained Dr. Meadows. “Without immediate trauma care, Austin could have lost his life or could have been severely paralyzed. Because we were able to give care quickly, Austin was able to make a full recovery.”

“I do not know what would have happened if Southwest Healthcare Services were not here to take care of my boys.”



Thankful for Healthcare At Home

Before the Sunset Home was built, those who required long term care had to look elsewhere as there was not a facility in Bowman that could meet their needs. Such was the case of George and Naomi Peterson, the Grandparents of Lynn and Dan Peterson. Their story is one of heartbreak and separation, but fortunately, they would eventually be reunited and would spend the remainder of their lives being cared for at the Sunset Home.

As a young woman, Naomi had been diagnosed with multiple sclerosis. And as is often the case as the years progressed, so did the disease. By the late 1950's, it became necessary for Naomi to have around the clock care. Her husband, George, lovingly cared for her at home, but unfortunately, in 1959 he developed health issues which soon made it impossible for him to do so any longer. Both their sons lived far away with young families of their own and were not able to return to Bowman to assist him.

This is where George and Naomi's long, lonely journey began. Because there was not a nursing home in Bowman at the time, the only recourse was to admit Naomi to a nursing home in Spearfish, SD. While there she occupied a dark and lonely basement room. George's health necessitated that he remain hospitalized in Bowman, and later in San Diego, CA where his son, Roy, resided. He was later relocated to Albuquerque, NM where another son, Darrell, resided. George's health continued to deteriorate, eventually leading to multiple operations which resulted in the amputation of first his left leg due to complications from diabetes, and then eventually his right leg was amputated as well. During this time, Naomi and George were separated for months and then years.

Fortunately, the couple had good insurance, but in order to retain coverage, Naomi had to maintain her ND residency. This required that she be cared for in a nursing home in North Dakota. Now a search began for a North Dakota Facility which could take care of her needs. In 1963, she was moved to Hi Acres Manor in Jamestown, ND. George was still hospitalized at this time and was not able to join her there. The couple, in what was supposed to be their golden years, were separated and far from home. George was eventually able to move into Hi Acres, but they both still longed to be back in Bowman and be near their friends and family.

Thankfully, the Sunset Home was completed in Bowman in 1964. This new facility was able to care for both George and Naomi Peterson who became the first married couple to reside there. Roy, their son, would remember that they were so happy to have the excellent care afforded to them at the Sunset Home and were so grateful to be able to move back to their hometown. They lived out the remainder of their lives at the Sunset Home, well cared for and so happy to be together again.

Southwest Healthcare Services

Who we are

Southwest Healthcare Services is a non-profit organization dedicated to providing quality healthcare in southwest North Dakota and northwest South Dakota.

Our organization is comprised of six facilities which include a 23-bed critical access hospital, a 40-bed long term care facility, a rural health clinic, visiting nurse home care services, emergency ambulance service, 14 independent senior living apartments and a 12-unit assisted living facility.

Vision

We will distinguish ourselves as a unified healthcare family commanding excellence from each other in providing personalized care.

Mission

Guided by faith-based leadership, we are a family of specialists, each performing a unique service. With a spirit of compassion, we provide excellence in healthcare to those we are privileged to serve.

The Plan for Our Future...

The plan to address the issues listed below is to co-locate the hospital onto the nursing home campus. We know the best situation would be to build one new building designed to house all entities, but the cost to construct a new nursing home, clinic, and hospital is more than our debt capacity will allow. Therefore, the answer is to co-locate on one existing campus. By co-locating, our studies show that we can staff all of the current services that we provide without utilizing contract agency staff. This would save approximately \$500,000 a year.

We would also note several areas where we can become more efficient:

1. Provide better dietary services to the hospital
2. Medical providers will be accessible to all patients and long term care residents in one facility— no transferring necessary
3. One central business office to utilize staff more efficiently
4. Reduction in overhead expenses with new building and one campus

This plan will also allow us to expand our ER and Clinic as well as house the Therapy/Rehab departments on the same campus. Patient care will be improved and our ability to meet the increased demand in outpatient areas will situate us for financial viability for many years to come.

A snapshot of our current operations includes the following challenges:

One of the most difficult challenges for Southwest Healthcare Services has been staffing. Bowman is starting to see the housing shortage and in turn, an increase in the cost of housing. The lack of affordable housing and rental property has made it difficult for front line staff to relocate to our area. This has created a situation in the majority of western North Dakota in which health care organizations, specifically long term care facilities, rely on contract agencies to supply us with certified nursing assistants, and at times professional nurses, to meet our staffing needs. We have attempted to maintain competitive wages in these job categories and attract new employees, but we find that the agencies will match the wage increases we offer and then continue to pass those increased costs along to us.

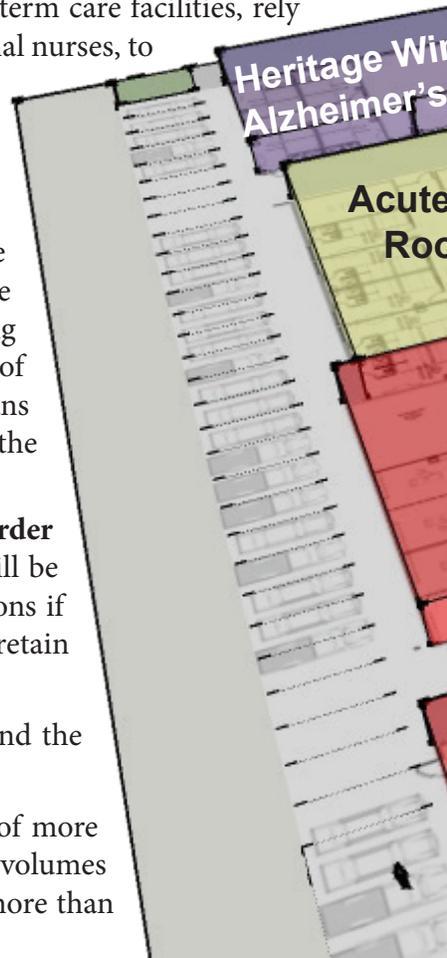
Another significant issue is our aging hospital plant.

The existing hospital was built back in the 1950's. The hospital's walls and plumbing are becoming more of a cost concern as they age and decay. We find that we cannot access the plumbing without destroying the walls in order to replace corroding pipes. When installing and updating equipment, we often have to run the electrical wiring along the outside of walls which is unsafe and an "eye sore". The current layout does not meet ADA (Americans with Disabilities Act) requirements as it does not provide for a ground level entry into the building.

The biggest issue is that we need an updated facility and the best of technology in order to provide quality healthcare to our growing patient population. We know that it will be more difficult to maintain technology and meet the ever-changing government regulations if the hospital is not constructed at this time. We also know it will be difficult to recruit and retain healthcare professionals without updated technology and a new hospital building.

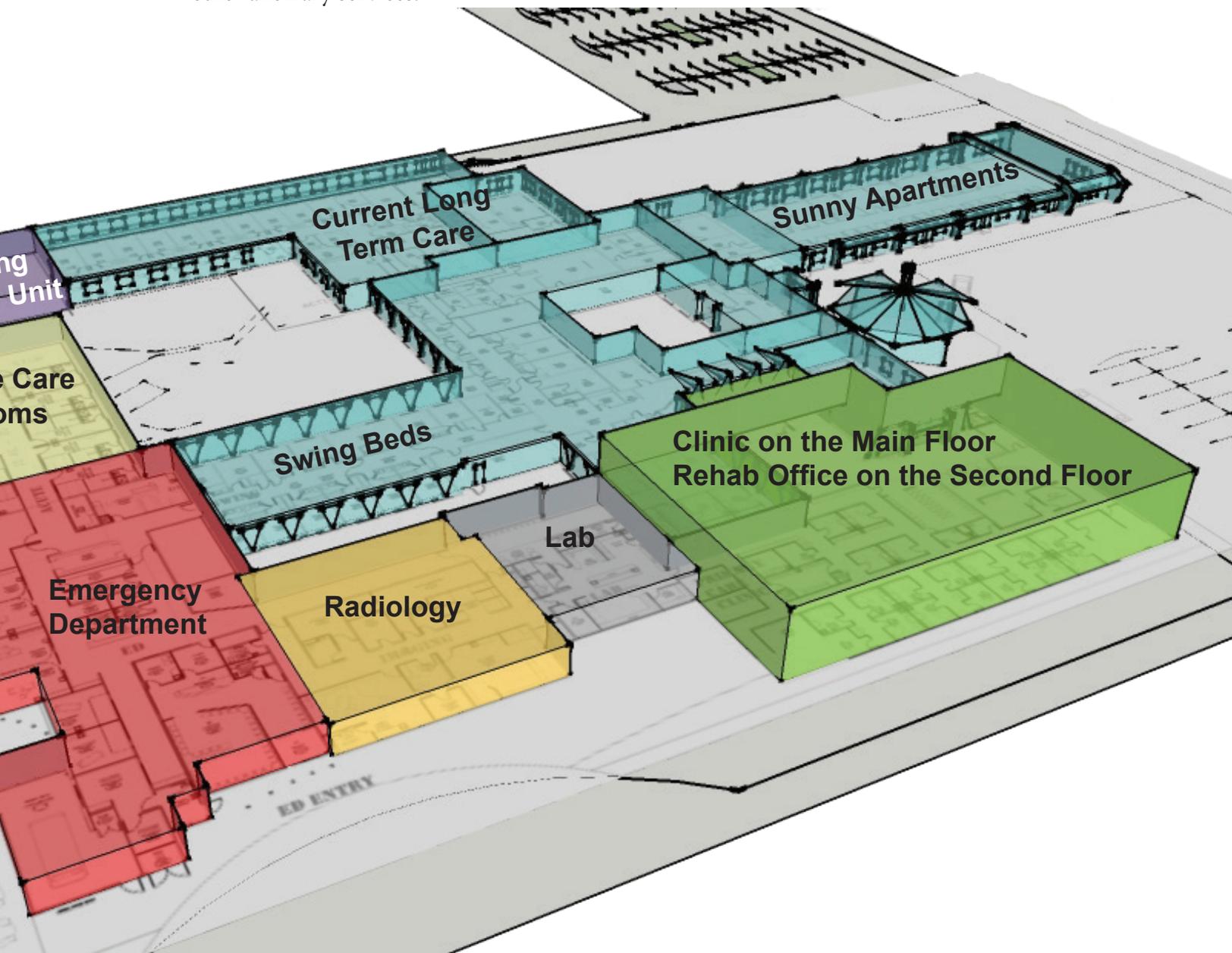
We have seen a **30% increase** in our emergency room visits in the past several years and the existing Emergency Room is not able to be expanded to handle the increase in volume.

The clinic volume is also on the rise and there is not adequate room for the addition of more healthcare providers. We have already found that we cannot find enough rooms for patient volumes at peak times. Clinic volume has **increased over 23%** in the past five years. We have more than 9,000 clinic visits per year as opposed to approximately 7,000 visits five years ago.



The Benefits to Our Community...

- Co-locate a new 42,000 square foot Hospital/ Clinic on the nursing home campus.
- Expand Emergency Room Space in the new hospital.
- Expand Rural Health Clinic and ancillary services departments in the new building in order to provide for a more efficient and customer friendly patient flow.
- Locate both Outpatient and Inpatient Therapy/Rehab departments on one site creating efficiencies in our staffing and services provided.
- Create one Central Business Office (CBO) for the entire organization.
- Expand the Activities area in the existing long-term care facility in order to better provide activities for both long-term care residents from the nursing home and extended swing bed in the hospital.
- Construct a new Alzheimer's Unit located on the northwest corner of the Long Term Care Facility.
- Chapel Restoration Project
- These moves will eliminate the need for contract labor, replace the old and aging hospital plant, and position Southwest Healthcare Services for future growth in ER, Clinic, Therapies and other ancillary services.



A Simple Solution...

A couple of years ago, Gary Brennan was experiencing excessive gastrointestinal issues with symptoms that ranged from gas and bloating to nausea, acid reflux, burning stomach, diarrhea and constipation. The issues with his stomach and GI tract continued to get worse over time until it was impacting his gall bladder as well, resulting in gall bladder pain. His gall bladder function had dropped to 17%.

Not being thrilled with the idea of being on acid indigestion pills for the rest of his life, Gary was concerned as to what was causing all the issues that he was experiencing and if it would be necessary to see an internal medicine specialist to determine the root of the problem. Gary was also concerned whether surgery may be part of the solution.

Gary decided to visit Dr. Lanchbury because he had successfully diagnosed and treated other health concerns that Gary had dealt with in the past, so he scheduled an appointment to see Dr. Lanchbury.

At the appointment with Dr. Lanchbury, Gary didn't recall being more than a minute into the visit when Dr. Lanchbury told Gary that he thought Gary had a yeast overgrowth in his stomach. Gary was certain the look on his face was one that displayed a bit of disbelief.

Dr. Lanchbury suggested trying to give up sugar for 5 days to see if the issues that he was experiencing improved. It sounded like a challenge that Gary could take on for a few days with the hope that it may provide some benefit.

"It was one of the most difficult things that I have ever had to do, but one that reaped the greatest benefit that I could have dreamed."

Inside of three days of following Dr. Lanchbury's recommendation, all of the stomach issues that Gary had been dealing with went away. Having become a believer in the prescribed treatment, he was ready to follow whatever further advice Dr. Lanchbury may offer. Little did Gary know that he had over two months of a highly stringent diet ahead of him, consisting of no sugar or carbohydrates.

"It was one of the most difficult things that I have ever had to do, but one that reaped the greatest benefit that I could have dreamed," said Gary.

Starving the yeast of sugar in his stomach was the only way to truly rid his system of the problem. At the end of the three months, Gary had his life back and had earned a whole new level of appreciation for having his system back in balance.

The temporary challenge has transitioned into an overall life change that has changed Gary's eating habits and has resulted in an overall health improvement that cannot have a value assigned to it. As such, Gary is very grateful to have Dr. Lanchbury in our community and to have a healthcare clinic available in our hometown that delivers such an exceptional standard of care.

"Southwest Healthcare is a vital part of our community in so many ways. It is not only our largest employer, but also contributes greatly to the local economy and many of its employees participate in many civic organizations. The existing physical plant (hospital) has certainly served the community well over the years, but is beyond updating. I am also aware that there are many parts of our healthcare system that could be run more efficiently if both the hospital and the nursing home were on the same site. Delivery of good and efficient health care is an important tool in attracting prospective residents to our area. Healthcare, schools, churches and main street businesses are things that young professionals want access to when they are looking for a place to live and work."

Lyn James
President, City Commission

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“Southwest Healthcare Services provides our local communities with a vast range of essential healthcare services. These services include 24/7 emergency room coverage, with ambulance, hospital, physicians, nurses, support staff, and equipment. The city of Bowman is fortunate to host motocross events and several rodeos including the State High School Rodeo. These events have a positive impact on many local businesses such as motels, restaurants, service stations, and clothing stores. Southwest Healthcare provides the emergency room coverage for these events as a community service for the benefit of the community. In most cases, Southwest Healthcare receives reimbursement only in the case of injured contestants (which we certainly hope does NOT happen!) Although these emergency room services may not always result in a positive bottom line to the SWHC organization itself, these services are VITAL to the life and growth of our community. Our existing hospital is in need of major renovations, and our facilities are facing staffing issues which makes it more difficult to provide quality care to patients. This co-location building project will provide many positive results for resolving these issues and providing quality care to this community.”



Bruce Bowman

“When my husband was critically injured, I knew that the timely response of the ambulance, a good doctor waiting for us when we reached Southwest Healthcare Services, and air ambulance transport care is what saved his life.

The Southwest Healthcare Services building project will include the construction of a larger emergency area with more rooms to handle emergencies. Access to the emergency room will be easy and very visible and the rooms will be equipped with state of the art equipment. This is still a rural area and we need a good, close hospital for medical emergencies.”



Margie Hande



Lynn Peterson

“I believe that this capital campaign for the co-location of the hospital and Long Term Care is very important. As a community, we need to look forward to make a stronger future for ourselves. I believe that it is imperative to have local healthcare in our community which includes emergency department, hospital, clinic & long term care services.

I encourage you to protect our healthcare future by donating to the Southwest Healthcare Services and Sunrise Foundation Capital Campaign.”

Recognition of Donors

All financial gifts will be acknowledged in the Southwest Healthcare Service's Newsletter "Living Well". Contributors of \$1,500 or more will have their names permanently displayed on a Donor Recognition Wall that will be located in the new facility. This acknowledgment of your financial gift is a tangible tribute for your generous concern for the future of quality healthcare in our region. Friends, family members, and business associates of donors may also be honored or memorialized with gifts.

Gifts may be given over a 5-year pledge period, according to the schedule you prefer, which includes annually, semi-annually, quarterly, or monthly.

Ways of Giving

Cash Contributions
Pledging (over a 1 to 5 year period)
Real Estate
Livestock or Grain*
Stock

"I was in the plumbing and heating business for thirty years before retiring and did most of the repairs for Southwest Healthcare Services. The condition of the plumbing and heating pipes in the walls and under the concrete floors is in bad condition. At the present there are 4 drain pipes under the concrete that do not drain properly and there is no easy way to open these drains. The piping for the heating and plumbing at the hospital is very close to its life expectancy."

Lynn Brackel, Brackel Plumbing

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*Other personal property is acceptable and often has significant tax advantages to the donor. Contact a Certified Public Accountant or a Tax Attorney for options that are right for you.