

# On the *horizon*

CAVALIER COUNTY MEMORIAL HOSPITAL & CLINICS | SUMMER 2021

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# LETTER FROM OUR CEO

JEFF STANLEY  
CHIEF EXECUTIVE OFFICER



## Dear Reader,

Thank you for reading our latest edition of On the Horizon! 2021 marks Cavalier County Memorial Hospital and Clinic's 50th anniversary serving the healthcare needs of Cavalier County. We are honored to be a part of this community and continuing to provide exceptional care. To celebrate our 50th anniversary, we're sprucing up our building. You'll notice some new landscaping and a fresh coat of paint to create an even more welcoming feel. We'll also be hosting an anniversary celebration reception in our courtyard on August 17th.

In this issue we share some exciting news - pain management services are coming right here to Cavalier County Memorial Hospital & Clinics. We're thrilled that people will be able to receive treatment for new or chronic pain in a place that is comfortable and convenient for them.

We also want to give a special shout out to all of our providers. In a small community like ours, it's truly "neighbors caring for neighbors". They provide personal, knowledgeable care that is second to none.

I hope you enjoy learning more about the latest happenings at Cavalier County Memorial Hospital & Clinics and am grateful to live and work in our wonderful community.

Sincerely yours,

*Jeff Stanley*



# Live Your Healthiest Life

## GET THE CARE & KNOWLEDGE YOU NEED AT CCMH

A recent Community Health Needs Assessment (CHNA) revealed that our community could benefit from additional education and care for diabetes, obesity, and poor nutrition. And one of the best ways to address these health concerns is through healthy habits like a well-balanced diet, something dietitian **Kaci Sharp RDN, LRD** loves to share with her patients.

*I love teaching and collaborating with patients to empower them in making healthful choices along with lifestyle changes to help prevent or delay possible chronic disease.*

“I don’t believe in quick fixes or fad diets because these are usually not sustainable and restrictive but rather believe in exploring mindful and intuitive eating to help make lasting healthy habits.”

Our health maintenance and diabetes education team, which also includes a Registered Nurse and Diabetes Care and Education Specialist, provide a wide range of health management services to help patients live their healthiest lives.

“CCMH offers individualized education for people who are struggling with obesity, diabetes, or other chronic diseases such as heart disease,” Kaci added. “You will receive accurate nutrition information, education, and handouts. Together, we look at problem solving, accountability, encouragement, and goal setting to help you tackle any health concerns.”

Anyone who utilizes these nutrition and chronic condition services will receive a fully personalized care plan that builds confidence to make sustainable habit changes for truly better health.

“Care really depends on the patient - there is no ‘one size fits all’. We space appointments according to the person’s needs, insurance coverage, and other pertinent factors,” Kaci explained. “Usually, the first couple appointments will be close together and then further apart as the patient becomes more confident. People can always visit with me via phone or email too in addition to appointments. We focus on mindful eating, weight loss tips, goal setting, consistency, label reading, portion sizes of foods, and other meal planning ideas.”

If you or someone you love could benefit from nutrition or chronic condition care and education, contact our team at **701-256-6120** to learn more and set up an initial appointment.



HEALTHY SUMMER RECIPE IDEA!

## BROCCOLI GRAPE SALAD

- 4 cups small broccoli florets
- 1 ½ c. seedless red grapes, sliced in half
- 1 c. chopped celery
- ¼-½ c. dried cranberries
- ¼ c. unsalted sunflower seed kernels (or may use salted)
- 2/3 c. fat-free Greek Yogurt
- 1-2 TBS brown sugar, or sweetener to taste
- 1 TBS apple cider vinegar
- Possible additions: sliced almonds

### Instructions

1. In a large bowl, stir together first 5 ingredients until well mixed.
2. In a small bowl, whisk together the yogurt, sweetener and vinegar until well blended.
3. Pour dressing over broccoli mixture and stir until well coated.
4. Chill for at least an hour before serving.

# Pain Management Close to Home

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**NEWEST SERVICE LINE HELPS  
PATIENTS FEEL AND LIVE BETTER**





Robert Gonzalez Jr.  
CRNA, MS,



David Frovarp  
APRN - CNP

Starting this summer, Cavalier County Memorial Hospital & Clinic is proud to offer a full range of pain management services right here in Cavalier County. This new service line will provide patients customized, non-surgical treatment plans to relieve pain, restore mobility and regain a healthier, happier quality of life.

“This is a brand new service for us,” **CEO Jeff Stanley** shared, “And we’re thrilled that we’ll have a new way to care for our community and help provide people struggling with pain a better quality of life.”

**Non-surgical pain management can provide relief for pain from many conditions, including:**

- Headaches, migraines, tension headaches
- Whiplash
- Tendinitis
- Sciatica
- Diabetic peripheral neuropathy
- Rotator cuff tears
- ACL tears
- Scoliosis
- Sacroiliac joint pain
- Osteoarthritis
- Pain in back, neck, face, leg, ankle, hip or shoulder
- Heel spur
- Muscle inflammation or pain
- Carpal tunnel syndrome
- Disc pain—damaged spinal discs, bulging discs, herniated disc, degenerative disc disease
- Joint pain—knee, hip, elbow, shoulder
- Fibromyalgia
- Trigeminal neuralgia
- Sports injuries
- Complex regional pain syndrome
- Achilles tendonitis

“These services are really for everybody,” Jeff said, “If you’re experiencing pain that’s not allowing you to live your happiest life, these services can help you find relief.”

With an emphasis on non-surgical pain relief and treatment plans that treat the whole person, Cavalier County Memorial Hospital is excited for the many ways this new service line will further improve patient care, including:

- Local access to certified pain management specialists
- Reduced wait times for care
- Personalized treatment plans
- Minimally invasive care that doesn’t rely on surgical intervention
- Better outcomes so people can live life with less pain



*The fact that people won’t need to travel to Grand Forks, or another larger hospital is really a key benefit. We want our fellow community members to be able to receive the care they need right here at home, and this is one more way we can provide that.”*



When a patient comes in for pain management care, they will work directly with a pain management specialist that will walk them through their options and provide a customized plan to work specifically for them. It’s a comprehensive, patient-centered approach for controlling pain without surgery.

Cavalier County Memorial Hospital wants people to know that pain doesn’t have to be a fact of life—it can be controlled and minimized with non-surgical techniques. Simply taking the first step and setting up an initial appointment with a specialist can put someone on the path to a happier and more comfortable life.

“We believe that our new pain management services can change people’s lives for the better,” Jeff said.

**No referral is needed!**

To schedule and appointment or learn more visit [www.cavaliercountyhospital.com](http://www.cavaliercountyhospital.com) or call **701-256-6120**.

# The CCMH Provider Team

## PROVIDING COMPASSIONATE CARE FOR THE “WHOLE” YOU



When you need healthcare, you can count on, count on the provider team at Cavalier County Memorial Hospital. Each department works together for a whole-body approach to health and wellness that ensures every patient gets the personalized care they need.

At Cavalier County Memorial Hospital and Clinics, we're proud to have highly skilled provider teams that can offer exceptional and compassionate care locally.

### Our provider teams include:

- Physicians
- Family Nurse Practitioners
- Physical Therapists
- Pharmacist
- Dietician
- Diabetic Educator



With a well-rounded team, Cavalier County Memorial Hospital and Clinics is expertly positioned to provide a wide range of services. **Darla Roder, COO**, shared, “We can take care of emergent situations, well-child visits, adult primary care, long-term care, preventative care, medication education and refer patients for their needs—we take care of the ‘whole’ you.”



*The incredible level of personal care our providers offer is what sets us apart from some bigger hospitals and clinics. We know our patients—they're like family to us. And you always take the best care of your family.”*



We have a focus on holistic treatment that goes beyond the single injury or illness and looks toward the end goal of providing the best quality of life for patients. This means our provider teams will work together across service lines to provide the most personalized care possible.

“Our providers work seamlessly together to do what's best for their patients,” Darla shared. “Once the health goal is determined their primary care provider will connect them with other providers so that the patient can just focus on health improvement.”

It's truly a labor of love for our provider team, as they seek to be the best care takers possible. Whether someone comes into our emergency department after an accidental injury, has questions about a new medication, or is looking to find a new family practice provider, Cavalier County Memorial Hospital providers are here.

# Meet our providers



Oscar Fernandez, M.D.  
Family Medicine



Robert Gonzalez Jr.  
CRNA, MS  
Pain Management



David Frovarp  
APRN - CNP  
Pain Management



Sarah Badding  
PT, DPT, CSCS  
Physical Therapy



Jessica Waslaski  
PT, DPT  
Physical Therapy



Jason Go, M.D.  
Internal Medicine



Rory Trottier, M.D.  
Gynecology



Michael Kruger, M.D.  
Orthopedic



Kevin Panico, M.D.  
Hematology/Oncology



Elizabeth Sillers  
Certified FNP  
Family Medicine



Courtney Feil-Short  
MSN, FNP-C  
Family Medicine



Megan Overby  
DNP, APRN, FNP-C  
Family Medicine



Jennifer Laframboise  
FNP-BC, DCNP  
Dermatology



Kaci Sharp  
RDN, LRD, CLC  
Dietitian



Amber Albrecht  
RN, CDCES  
Diabetic Educator



David Kavish  
PharmD  
Pharmacy



*CCMh* CAVALIER COUNTY  
MEMORIAL  
HOSPITAL & CLINICS

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## Good Health Doesn't Wait

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### **SCHEDULE YOUR SPORTS PHYSICALS OR WELLNESS VISITS TODAY!**

An important part of living a healthy, active life is staying on top of routine health check-ups, including sports physicals and wellness exams. To schedule a wellness exam or sports physical please call the Langdon Clinic at **701-256-6120** or the Walhalla Clinic at **701-549-2711**.

For Langdon Clinic sports physical appointments please see our website for available dates. Walhalla Clinic sports physicals are available on Thursdays.