

Letters From Home NEWSLETTER

June 2022



Photo courtesy of Younggren Photography

Congratulations Kittson Healthcare on 100 years!

On March 22, 2022 Kittson Healthcare celebrated its 100th birthday with a week of employee and community events. Events included cake & coffee, breakfast and bingo with nursing home residents, a scavenger hunt, an employee pulled pork luncheon, fish fry, games, prizes, and so much more!

Karlstad Clinic Employees:

Karrah Oliver, Kimberly Gullicks, Chelsea Hjelle, Natalie Lind, and Andrea Swenson, Director of Clinic Nursing



Views from across our
100th Celebration Week!



Cake & Coffee was a hit in
Hallock and Karlstad

Bingo Winner!
Brian Sele



Marlys Anderson chats with
Gabriel Mooney, CEO



Scratch Off Winner:
Francis Mendez,
Housekeeping



Fish Fry Workers:
Taylor Lindegard, Kaitlyn Kraska, & Pam Taie



Kittson
Healthcare
Employees:
Kathy Hohertz,
Leonie Loer,
and Tina
Montoya

CEO Update Gabriel Mooney



Welcome to the long-awaited summer. This time each year brings new energy and optimism where we can finally go outside without layering up, the sun is brighter, and it stays around longer to help fuel our days.

The first part of 2022 has been filled with a lot of great news about Kittson Healthcare! In the spring, we had two successful surveys. We had our first survey of our hospital pharmacy 340B program. This was successful proving we are following the needed guidelines and regulations of the program. Following about a month later was our nursing home state survey. Even with the ever-changing regulations concerning COVID, we were given high marks and complimented on the great care given to our residents at Kittson Healthcare.

In April, we held a centennial event celebrating 100 years of our organization, which was attended by nearly 175 people throughout the county and surrounding areas. It was a time of remembrance in looking back over the 100-year history, discussing our current and future plans to serve our communities, fun with games and great food, and most of all thankfulness for all of you who trust us with your healthcare needs. We take this very seriously to offer great care for our friends, neighbors, and family right here at Kittson Healthcare. In May it was announced that for 2022 we are a Top 20 Ranked Critical Access Hospital in the Country for Patient Satisfaction. With over 1,300 Critical Access Hospitals in the country, this is a great honor to be named in the Top 20!

I again want to thank the great healthcare team at Kittson Healthcare who made these positive results possible. Without all of you who get your healthcare here close to home, these results and news would be meaningless. You are the reason we strive to create positive results. You are the reason we are here, and you are the reason we come to work each day. I wish you all a great summer!



Our Kittson Healthcare team would like to thank the Kittson Memorial Foundation and its donors for the new endoscopes. Also, kudos to the patients and community for choosing us to take care of you and your loved ones. Your support is greatly appreciated.

Kittson Healthcare purchases four new endoscopes



Pictured to the left: Dr. Matthew Viscito, Ginger Ledoux, Katie Johnson, Lane Nordin, Trisha Docken, Tawyna Sorenson, and Heidi Andruski.

New email or mailing
address?

Contact Becky at
218-843-3612 EXT 200 or
rebekah.coffield@kmhc.net
to update

Have you seen??

New Staff around the Hallock facility



Residents, friends, and family:

I have had the chance to meet some of you but I want to take this opportunity to introduce myself to you all and express how excited I am to be joining Kittson Healthcare as the new Director of Social Services! Here is a little bit about me:

I grew up in East Grand Forks but now live right outside of Kennedy with my fiancé Gunnar and our three dogs, Bailey, Mya & Ryder. I am currently a student at the University of North Dakota and I am set to graduate next May with my bachelor's degree in social work! I am in the distance program which means I am able to take all of my course work online while maintaining working full time. I am loving my position here in social services. It is such a rewarding job and allows me to spend time with such wonderful people.

In my free time I like to spend time with my friends and family and be outdoors when the weather allows. I am getting married next September so wedding plans have been taking up a lot of my free time lately!

It has been a pleasure to work with the patients, residents and staff of Kittson Healthcare and I look forward to meeting more of you in the future!

Emily Heffernan, Director of Social Services



Dr. Vanessa Cook began in the Hallock Clinic on December 1st



Adam Maus, Chief Services Officer began February 28th



Sue Horner, Director of Nursing is our newest manager, officially taking her full time role on May 2nd



Nursing Home Nuggets

Daily doings and updates



Betty Lindberg (top left) Helen Pearson (top middle) and a balloon release with residents during National Nursing Home Week (top right)

Happy Spring from the Activities Department! We want to share with you some of the fun things we have been up to so far this year.

In mid-January we rang in the Chinese New Year with delicious Chinese cuisine. Next, a Valentine's Day party brought back many fond memories as we reminisced about past Valentine "Sweethearts." In March, we held our annual Mardi Gras celebration. Eleanor Kraska's nephew once again sent her a "King Cake" straight from New Orleans. Inside the cake is a tiny baby and if you are lucky enough to find the baby in your piece of cake, it is said to bring good luck throughout the year. Darlene Carlson was the lucky one to find the baby. In celebration of Kittson Healthcare's 100 year anniversary, residents were invited to play bingo with staff. Everyone had a blast!! Those residents lucky enough to bingo were able to choose a prize from a large variety of items ranging from t-shirts to wine glasses. Another highlight was being able to once again host the Kittson Central Mini Grand March. Prom night is a very special time for the young couples and it means so much to our residents that they are able to share in their excitement. The ladies talked about the beautiful dresses for many days afterwards. April 24th was a great day as we were able to finally resume our Sunday church services. It had been almost two years without Sunday services due to COVID. Most recently, National Nursing Home Week was a huge hit as always! We celebrated "Lift Off" Day, "60's" Day, "Wacky Tacky" Day, "50's" Day, and "Beach Day." Residents and nursing home staff were encouraged to dress-up for each of these days. Many laughs were shared, games played, songs sung, and food was enjoyed with all. Until next time...Jimann Cozzen, Director of Activities



Patio construction on the north side of the nursing home continues. Residents look forward to spending time outside this summer enjoying the fresh air, flowers, and nature!

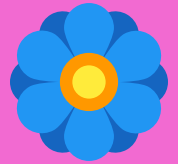




Kittson Healthcare staff got groovy for National Nursing Home Week!



Cristina Wollin, was an animated Oompa Loompa



Left: Dietary staff, Montana Knoll, Genie Swanson, Shelly Romans, Margaret Williams, Maylyn Perfecto, and Trisha Dearinger rockin' the 50's!



To right: Cristina Wollin & Sue Horner, dressed up pink ladies



Above: Lynn Mattson, Jimann Cozzen, Krista Olson, Gena Henrickson, Emily Heffernan



Right: Krista Olson, Lynn Mattson, and Angie Kirkeby



Enjoying the beach vibes were: David Fertig (left) and Jerry Peterson (below middle) and Jim Burton (bottom right) showing spirit!



To reach a loved one in the nursing home:
Upper Level Portable: 218-843-2525
Lower Level Portable: 218-843-2253
Lower Level Nurses Station: 218-843-2208



Above: staff and residents celebrating a week of fun!



Resident Feature

Martha Nelson

Martha came from a family with 7 children, there were 3 sons and 4 daughters. She was born and raised in Springbrook Township, east of Kennedy, MN and turned 93 years old on May 14, 2022.

Pictures: Martha enjoying National Nursing Home Week this May.



Martha worked as a CNA at "the old Hallock hospital."

Martha went to school at District 45 from 1st to 8th grade and there were 4 kids in her class. Each morning either her dad or her older brothers would bring her to school.

Martha told us that she liked family gatherings as they were "very fun" as she came from a large family. They mostly gathered with her mother's side of the family. She and her friends enjoyed playing Anti-I-Over, tag, and marbles.

Some memories Martha recalled include pumping water for cattle, milking, and herding the cattle. She had to walk a mile to get to the water pump. Also, she fondly recalled enjoying going to Lake Wold east of Kennedy to wade in the water and build sandcastles, however, she never learned how to swim.

When asked "What are the most important lessons you've learned in your life?" she replied "Take responsibility. Be accountable."

Continued...



Martha talking with Annika Johnson at the Kittson Central mini prom grand march this past April.

When asked which invention from your lifetime are you most impressed by?

Martha emphasized that "electricity was a big improvement for homes, but the computer is pretty amazing too."

Martha stated that the life advice she would pass along would be "have a positive outlook on everything."



What Kittson Healthcare staff love most about Martha is: "she is willing to try new activities, is very independent, pleasant, and social, is often concerned about and willing to help others."

Kittson Memorial Foundation's Celebrating a Century of Care

On Saturday, April 9th we gathered people from near and far at the Hallock Fire Hall to celebrate 100 years of providing compassionate care at Kittson Healthcare.



The night began with a social hour, then dinner, speakers, games, prizes, and attendees wrapped up the evening with a DJ dance.

Right: Kathryn Phelps, Director of Radiology Services and Molly Grinde, Radiology Technician



Robert Carr - \$500 Heads/Tails Game Winner



Those assisting in making the night incredibly memorable:

Emcee by Todd Johnson

Speaker Dr. Matthew Viscito

Dinner catered by Kirkeby Catering

Flowers by Kathryn Phelps

Venue, tables, and chairs by Hallock Fire Hall, City of Hallock & C&M Ford

Ambulance by Kittson Healthcare Volunteer Ambulance

Luxury restrooms by Jeff's Restroom Trailer Rentals, LLC

Bartending by Two River Golf Course

Cornerstone provided by Kittson County Historical Museum

History book formatting & editing by Kittson County Enterprise

Video production by KCC Media Arts (Tina Turn, Ryan Cadieux, and Elizabeth Larson)

DJ Dance by Dean Willits Productions

We would love to thank all attendees, donors, volunteers, Foundation Trustees, KH Board members, and those who assisted in any way possible. We couldn't have done it without you!



Dr. Matthew Viscito brilliantly spoke on the importance of endoscopy preventative care

Comments heard from those who attended: the evening was a "great success," "a well executed evening," "beautiful decorations," and the "speakers/emcee did a great job."

Kittson Memorial Foundation

Kittson Memorial Foundation hosted our "Celebration of a Century of Care" on April 9th. It was a lovely evening with a dinner, dance, special games and activities.... a 100th Birthday Party for Kittson Healthcare! It was a very special time of celebration! Guests received a 100th Anniversary Commemorative book prepared by Debra Cederholm, our Foundation Vice President. It is truly a treasure of history, memories, and dedication. Thank you, Deb for your many hours of work on this project! (Additional copies of our history book are available for \$5.00 each at the Kittson Healthcare business office). Thanks to everyone who worked so hard to make our celebration such a success! And thanks also to those who attended, as well as all of our faithful donors.

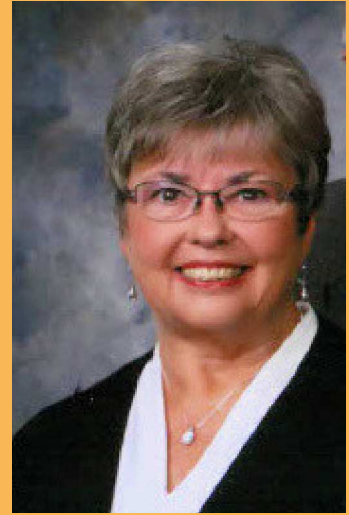
At our Celebration, we honored those who helped establish our hospital which opened in 1922, as well as all those who served to help provide quality healthcare for the past 100 years. We stand upon the shoulders of the physicians, nurses, staff, administrators, and board members whose leadership has kept us continually moving forward for the past century.

As medical advances have been made, Kittson Healthcare has stepped up to offer as many services as possible. Our small hospital provides a very impressive array of services for a rural area. Not all rural hospitals offer what we provide. We are richly blessed in many ways!

Over the years, through the generosity of our donors, our Foundation has helped purchase over one half million dollars of equipment and improvements for Kittson Healthcare! Thanks to all our faithful donors for your continued support!

Kittson Healthcare has maintained status as a Critical Access Hospital for many years, as well as having received numerous awards for exceptional care. We are so proud of our outstanding staff, and the high quality care they provide to our patients. THANK YOU to all of our staff! We do indeed have MUCH to celebrate! Happy 100th, Kittson Healthcare!

Sincerely,
Patti Swanson, RN, President and Kittson Memorial Foundation Board of Trustees



Above: Patricia Swanson, RN, Kittson Memorial Foundation President

Kittson Healthcare Auxiliary



Celebrating 70 years in 2022!



The Auxiliary lent a much needed hand during the 100 year celebration activities. Members baked and served bars for an afternoon treat to residents and employees after multiple rousing games of Bingo. They also provided monetary assistance with the purchase of resident and employee prizes, gift cards, and flowers.

The Auxiliary plans on hosting their annual Pie Social in August 2022 so watch for more information in the newspapers and on our Facebook page.

Announcement: We will not be hosting the Christmas Flea Market this November so please **DO NOT** bring any Christmas decorations to the facility.

We are looking for other fundraising activities to host in the upcoming year. Please let Pam know of any potential ideas. Contact Pam Taie, President at 218-843-3612 EXT135 or pam.taie@kmhc.net

SAVE THE DATE

Kittson Memorial Foundation's
16th Annual "Score Fore" Golf Tournament
Thursday, July 14th



**ROLL UP YOUR SLEEVES,
MINNESOTA**

STAY SAFE MN

Additional ways to financially contribute:

Venmo a donation to:
[@KittsonMemorialFoundation](https://www.venmo.com/KittsonMemorialFoundation)

Amazon Smile program - visit
<https://smile.amazon.com/>

Designate Thrivent Choice Dollars -
www.thrivent.com



Above: Layla Baugher,
Karlstad, MN

Right: Braxtyn Schmiedeberg,
Lake Bronson, MN

Bikes donated by CHS, Hallock

Easter Coloring Contest Bike Winners



Kittson Healthcare Board of Directors

Richard Mortenson, President
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Kittson
HEALTHCARE

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Rebekah Coffield, Executive Director



Meet our Providers



What are the differences between a "Welcome to Medicare" preventative visit and an "Annual Wellness Visit"?

There is a lot of confusion around what type of annual physical individuals can have under Medicare. We hope the following information helps patients to understand this topic a little better.



"Welcome to Medicare" preventative visit

Medicare covers a one-time preventative visit within the first 12 months that you have Medicare Part B (Medical Insurance). This visit is called the "Welcome to Medicare" preventative visit or the "Initial Preventative Physical Exam (IPPE)." The visit is a great way to get up-to-date on important screenings and shots and to talk with your doctor about your family history and how to stay healthy.

What happens during the visit?

During the visit, your doctor will:

- * Record your medical and social history (like alcohol or tobacco use, your diet, and your activity level).
- * Check your height, weight, and blood pressure.
- * Calculate your body mass index (BMI).
- * Give you a simple vision test.
- * Review your potential risk for depression and your level of safety.
- * Offer to talk with you about creating advance directives. Advance directives are legal documents that allow you to put in writing what kind of health care you would want if you were too ill to speak for yourself.

Depending on your general health and medical history, your doctor will review your medical and social history related to your health, and education and counseling about preventative services. Your doctor will also give you a written plan (like a checklist) letting you know what screenings, shots, and other preventative services you need.

This visit is only covered one time, and you must have the visit within the first 12 months you're enrolled in Part B.

"Annual Wellness Visit" or (AWV)

If you've had Medicare Part B (Medical Insurance) for longer than 12 months, you can get an "Annual Wellness Visit" to develop or update a personalized prevention plan based on your current health and risk factors. This includes:

- * Health risk assessment
- * Review of medical and family history
- * Develop or update a list of current providers and prescriptions
- * Height, weight, blood pressure, and other routine measurements
- * Detection of any cognitive impairment
- * Personalized health advice
- * A list of risk factors and treatment options for you
- * A screening schedule for appropriate preventive services

This visit is covered once every 12 months.

You don't need to have had a "Welcome to Medicare" preventative visit before getting an "Annual Wellness Visit." If you get the "Welcome to Medicare" preventative visit during your first year with Part B, you'll have to wait 12 months before you can get your first "Annual Wellness Visit."

A "Welcome to Medicare" preventative visit and an "Annual Wellness Visit" are not to be confused with a Routine Physical Examination (RPE). A Routine Physical Examination is an exam performed without relationship to treatment or diagnosis for a specific illness, symptom, complaints, or injury. A RPE is not covered by Medicare and a patient pays 100% out-of-pocket.

To schedule a Medicare or an AWV today contact:

Hallock Clinic: 843-2165
Karlstad Clinic: 436-2251



James Surdy-MD
Hallock Clinic



Amber Deere-PMHNP-BC
Hallock & Karlstad Clinics



Amanda Pinnock-FNP
Hallock & Karlstad Clinics



Julie Johnson-CFNP
Hallock Clinic/Limited Karlstad



Vanessa Cook-MD
Hallock Clinic



Karrah Oliver-PA-C
Karlstad Clinic



Karen Warner-PA-C
Hallock Clinic



Kittson
HEALTHCARE

Stomp on Stigma Walk/Run



Event & Health Fair



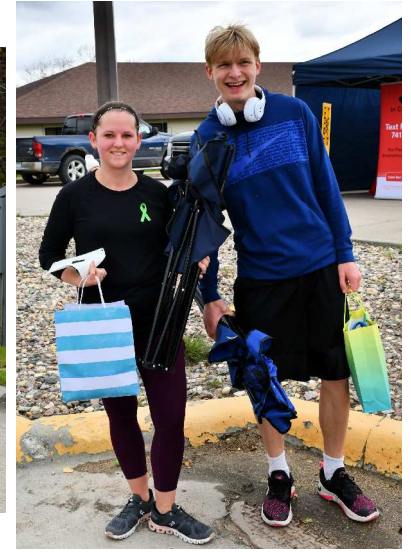
May 21, 2022



10K Runners: Naomi Younggren, Women's 1st Place, Hayden Olsonawski, Brandon Ristad, Men's 1st Place



Most Money Raised: Amelia Ganyo, \$550 with Winnie



5K Winners: Amanda Younggren, Women's and Connor Coffield, Men's

This event was sponsored by Kittson Healthcare, Kittson Public Health & Kittson Memorial Foundation and supplemental grant funds provided by the Hallock Community Fund and the Health Resources and Services Administration.

2022 Stomp on Stigma Donations

- David & Tiffany Hemmes
- Stefanie Dagen
- Terry & Mary Jo Schmitz
- Angela Younggren
- Naomi Younggren
- Lindsay Lindgren
- Roger & Ruth Quanbeck
- Amanda Younggren
- Brandon Ristad
- Alex & Sarah Rudnik
- Paul Blomquist
- Bob & Idha Jaszczak
- Dylan & Marcella Bowman
- Ryan & Amey Swenson
- Hayden Olsonawski
- Connie Lindstrom
- Jeanna Kujava
- Amelia Ganyo
- Rebekah Coffield
- Nicole Johnson
- Theresia Gillie
- Amber Deere
- Macyn Lofstrom
- Greg & Sandy Wilson
- Cara Peterson



Above: Violet Bowman enjoying the balloons



Above right: KCC NHS Volunteers, Tyler Hennen, Ethan Hanson, Ryan Cadieux, Aidra Johnson



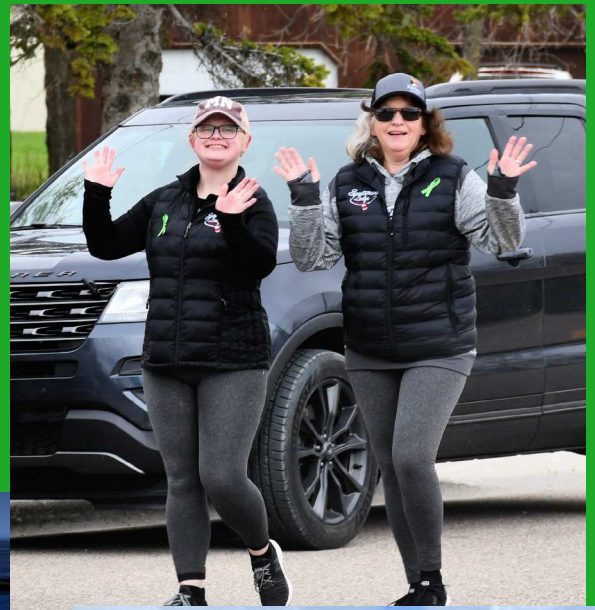
Above: Kathy Johnson manning the Adult Mental Health Local Advisory Council booth



Right: Jordan Vig, Xperience Health & Fitness

STAY SAFE MN

Fun pics taken throughout the morning



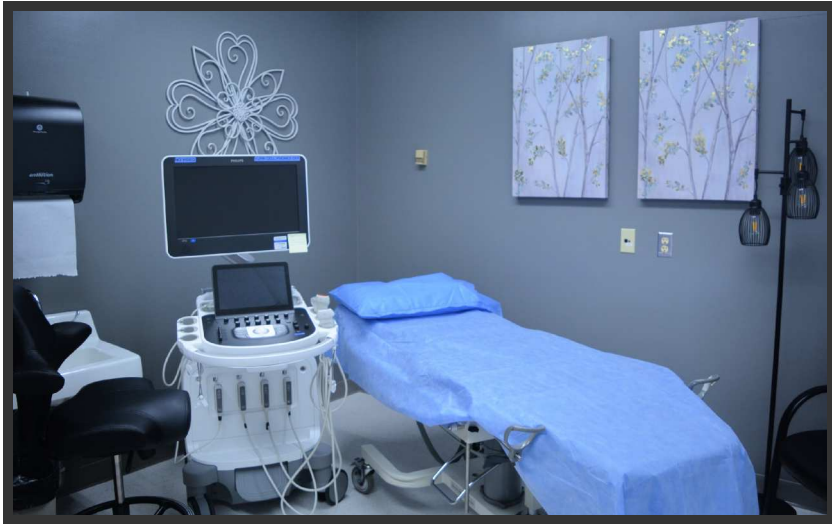
Contact the Hallock Clinic today at 218-843-2165 to schedule an appointment with a caring professional.



All ages came out to stomp on the stigma of mental health illnesses.



ULTRASOUND SPOTLIGHT



Above: New Ultrasound Space in the Lower Level of Kittson Healthcare in Hallock, MN

On February 9, 2022 Kittson Healthcare performed its first in-house ultrasound in the newly remodeled space located in the lower level.

Kittson Healthcare schedules ultrasounds one day a week. Call 218-843-3825 to schedule a scan today!

Having in-house ultrasound capabilities, offers an increased number and type of exams, faster make up scheduling when cancelled due to patient illness or inclement weather, decrease costs incurred to the patient and facility, and provides a closer option for those patients whose primary care provider may not be within our organization.

In addition, as our new ultrasound equipment is a mobile unit, we now have the capability of bringing it to our nursing home residents, hospital inpatients, swing bed patients, and ER patients, if patient mobility is an issue.

We currently perform general, vascular, and obstetric scans and in the future are looking to expand into echocardiography.



Call us if you

HAVE AN ORDER?

We can accommodate orders from providers out of our area.

Examples may include: laboratory work, ultrasound, general X-ray, CT, MRI, 3D mammography, nuclear medicine & DEXA orders.

Call the hospital reception desk at 218-843-3612 to schedule your test today.



Kittson
HEALTHCARE

Kittson Memorial Foundation announces Clare Hunt Memorial Scholarship Winners!

Congratulations to Jen Peterson and Jenna Davis!



Left: Jen Peterson, RN
Right: Jenna Davis,
Kittson Central graduate

The Clare Hunt Memorial Scholarship is given each year in memory of Clare's outstanding and dedicated 53 year career to the field of nursing. Clare was a very caring, calm, and compassionate nurse and greatly enjoyed helping people in need.

Jen Peterson received a \$1,000 post secondary scholarship to assist her while completing her Registered Nursing degree from Northland Community & Technical College in Thief River Falls, MN. Jen has worked at Kittson Healthcare in some capacity for over 25 years.

Jenna Davis received a \$500 scholarship given to a high school graduate pursuing a career in nursing. Jenna is attending North Dakota State University in Fargo, ND this fall. Jenna states she has "wanted to be a nurse for as long as I can remember, following the footsteps of my mother and sister."



TOP 20 AWARD for Patient Satisfaction

Kittson Healthcare was recently named one of the Top 20 critical access hospitals (CAHs) for best practice in patient satisfaction in the country.

The Top 20 CAHs, including Kittson Healthcare, scored best among CAHs as determined by the Chartis Center for Rural Health for patient satisfaction. The rankings were recently announced by the National Rural Health Association (NRHA). An awards ceremony will be held during NRHA's Critical Access Hospital Conference in September in Kansas City, Mo.

The Top 20 CAHs have achieved success in overall performance based on a composite rating from eight indices of strength: inpatient market share, outpatient market share, quality, outcomes, patient perspective, cost, charge, and finance. This group was selected from the Chartis Center for Rural Health's 2022 Top 100 CAH list, which was released earlier this year.

The Top 20 CAH best practice recipients have achieved success in one of two key areas of performance:
Quality index: A rating of hospital performance based on the percentile rank across rural-relevant process of care measures.
Patient perspective index: A rating of hospital performance based on the percentile rank across all 10 HCAHPS domains.

"Kittson Healthcare is proud of the efforts of the physicians and staff who have contributed to our hospital achieving this designation," says Gabe Mooney, CEO. Our results as a top performer in the category of patient satisfaction means our community can count on us to deliver the services they need now and in the future."

About NRHA

NRHA is a nonprofit organization working to improve the health and well-being of rural Americans and provide leadership on rural health issues through advocacy, communications, education, and research. NRHA's membership is made up of diverse individuals and organizations from across the country, all of whom share the common bond of an interest in rural health.

The Chartis Group provides comprehensive advisory services and analytics to the health care industry. With unparalleled depth of expertise in strategic planning, performance excellence, health analytics, informatics and technology, digital and emerging technologies, clinical quality and operations, and strategic communications, Chartis helps leading academic medical centers, integrated delivery networks, children's hospitals, and health care service organizations achieve transformative results and build a healthier world. For more information, visit www.chartis.com.





Super Supporters

Donors who have given from September 1, 2021 -May 31, 2022



Memorials/Honorary

Mark Ash in memory of Audrey Ash
Dorothy Cameron in memory of Robert P. Cameron
Diane Younggren in memory of Vi Bakken, Sid Lawrence
Ben & Stacy Diamond in memory of Tim Berg, Vi Bakken
Assumption Church Ladies in memory of Susan Kujava
Marshal & Lorna Hemmes in memory of Tim Berg, Maxine Sjostrand,
Audrey Ash, Vi Bakken, Joey Herron, Sharon Peterson, Dan Finney &
Brian Weleski
Paul & Janelle Craigmile in memory of Marge Larson, Geraldine Swanson,
Frances Anderson, Charles Anderson, Kenneth Waller, Lila Hennum,
Marjorie Johnson, Bob Cameron, & Janice Anderson
James & Virginia Johnson in memory of Lila Hennum
Joe & Susan Francis in memory of Lila Hennum

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Sjostrand
Bonnie Peterson in memory of Donafae Anderson
Charles & Patti Swanson in memory of Maxine Sjostrand
Meredith Wold in honor of Marlys Anderson
Joanne Quiner in memory of Lila Hennum
Jeni Schwenzfeier in memory of Lila Hennum, Gene Warner & Reba Cole
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2021 Holiday Newsletter

First Lutheran Church
Roger & Monica Seed
Robert Laude
Charlie Lindberg
Danelle Miller
Paul Oistad
Charles & Patti Swanson
Betty Mackay
Mark Wiese
Jim & Patricia Wallenberg
Dianne Rice
Harlynn Gustafson
Neil & Renae Wiese
Paul & JoAnn Gillie
Mary Carlson
Renee Wahl
Sandra McKinney
Darrell Lindgren
Tawnya Sorenson
David Hemmes
Irene Burton
Aaron Hughes
Valley Vision Clinic
David Kleven
Thomas Lancot
Laverne & Patricia Isaacson
Byron Danielson
Arne Sundem
Gerald Carlson
Ronald Fossell
Elizabeth Olson
Jodi Strege
Debra Cederholm
Deland Swanson
Terry Osowski
Ardell Larson

2021 Holiday Newsletter

Marilyn Gatheridge
Richard Lindgren
Thomas Miesner
United Valley Bank
Joe Olsonawski
Jay & Joni Friedt
John & Mary Thorkildson
Roger Malm
Pat Sugden
Blomquist Trucking
First Presbyterian Church Endowment
Jeanne Cooney
C & M Ford Sales Inc.
Vernon & Judy Bahr
Cynthia Maloney
Dennis Diamond
Curtis Bostad
David & Julie Lindegard
Mercedes Wiedmann
Michael Mattson
Gene & Marlyss LaDouceur
Ronald & Debra Petersen
Gerald Pietruszewski
Bruce & Diane Sandahl
Virginia Olson
Rita Wilwant
Anderson Bros Const, LLC
Clarice Craigmile
Helen Seed
Margaret Anderson
Pete Puskedra
Farmers Union Oil Co.
Dwight Undeberg
DeeAnn Westerberg
Kelly Turgeon
Rodney & Jean Erickson

2021 Holiday Newsletter

Robert Pearson
Brent Johnson
Gretchen Bjerken
Dan Blomquist
American Legion Post 445
John & Avis Sele
Cindy Clow
Ellie Means
Tammy Sele
Central Boiler, Inc.
Carol Dupre
Harvey & Goldie Johnson
Judy Olson
Colleen McGovern
Daniel Hoglin
Todd & Cindy Nelson
Daniel Carriere
Jerry Olsonawski
Bremer Bank
Marcy Johnson
Randy Swanberg
Shirley Sugden
Derry & Kim Jones
David Fertig
Brink Lawyers, P.A.
Lowell & Sherryl Briggs
Gloria Dziengel
Lori Bergh
Lamar & Shelby Jean Johnson
John Younggren
Charles & Jan Mortenson

2021 December Newspaper Drive

Janice Younggren
Kathryn Johnson

Change for Change Campaign

Rebekah Coffield X 2
Darcy Olson
Brooks & Noelle Dagen
Sander & Stefanie Dagen
Chris & Crisa Mortenson
Jeanna Kujava X 2
Jeni Schwenzfeier
Kris Wallenberg X 2
Joel & Jennifer Peterson

100 Year Celebration

Wikstrom Telephone Company
Dennis & Terri Brazier
Linda Boychuk
Last Chance Trading Post
Karlstad Family Chiropractic
Bully Brew
Farm Town Floral
Kathryn Phelps
Sobolik Financial
American Legion Post 445
Roger & Ruth Quanbeck
Jan Koskela
Kittson County Enterprise
Wayne Langen
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Greg & Crystal Peterson
Keith & Cindy Urbaniak
Lowell & Juli Younggren
Michael & Dawn Ganje

100 Year Celebration Cont.

Diane Younggren
Jane Sobolik Kelly
Vernon & Judy Bahr
Charles & Patricia Swanson
Justin & Donna Dagen
Joyce Wikstrom
Karen Warner
Crop Insurance Assoc.
Steven Sjostrand Agency
Gabriel & Katelyn Mooney
Mark & Sonja Hanson
Macyn Lofstrom
Lee & Peggy Pemberton

Tawnya Sorenson
Vanessa Cook & Steve Brunin
C & M Ford Sales Inc.
Cindy Adams
LaDonna Truedson
Matthew & Leah Steien
Britt Slusar
Angie Ayala
Brooks & Noelle Dagen
Denise Blomquist
Patti Langehaug
Paul & Janelle Craigmile
Laverne & Pat Isaacson
Ben & Stacy Diamond

Kathryn Wiese
Joseph & Kelsey Demester
James Sorenson
Mike & Heidi Johnson
United Valley Bank
Laurie Pietruszewski
Danelle Miller
Kayla Hanson
Hugh & Pam Hunt
Roger & Phyllis Schwenzfeier
Cody & Sarah Schmalz
Central Boiler, Inc.
Nicole Johnson
Pam Taie

Jean Sjostrand
Brent & Nadine McMillan
Carlene Cole
Lancaster Lumber, Inc.
David & Julie Lindegard
Elizabeth Anderson
Troy & Naomi Larson
J & S Foods
Bob & Idha Jaszczak
Steve & Michelle Blomquist
Mike & Jodee Sugan
Bruce & Marilyn Gustafson
Kirk & Barb Costin
LifeCare Medical Center

Chris & Andrea Swenson
Val Blomquist
Marilyn Gatheridge
Aimee Sugden
Jim & Betty Younggren
Todd & Kathy Johnson
Sue Horner
David & Linda Bergh
Mattracks, Inc.
Ron & Elwyn Ruud
Jay & Joni Friedt
Judy Remer



Letters From Home

Kittson Memorial Hospital Association
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Hallock, MN 56728

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Services Directory

- Hospital Inpatient Services/Swing Bed Services
- Outpatient infusions and injections
- 24/7 Emergency and Ambulance Services
- Primary Care Clinics in Hallock, MN and Karlstad, MN
- Laboratory and Imaging Services - X-Ray, CT, Bone Density, Nuclear Medicine, MRI, Mammography and Ultrasounds
- Nursing Home/Skilled Nursing Care and a separate Memory Care Unit
- Assisted Living facility with 24/7 Emergency care access
- Retail Pharmacy on site in Hallock, MN
- Cardiac Rehab
- Mental Health Services
- Home Health
- Public & School Health
- Sleep Studies
- Therapies - Physical, Occupational & Speech Services
- Outpatient services - Cardiology, Dermatology, Endoscopy, Orthopedics, Ophthalmology, Podiatry, Registered Dietitian, OB/GYN, AudioCare
- Kittson County Hospice Office



Hospital: 218-843-3612
Kittson Pharmacy: 218-843-3896
Hallock Clinic: 218-843-2165
1010 S Birch Ave., Hallock, MN 56728

Karlstad Clinic: 218-436-2251
205 Roosevelt Ave., Karlstad, MN 56732



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