ANNUAL REPORT
2019

Lake Region HEALTHCARE
2019 HIGHLIGHTS

• Phatty Nattie’s Group Fitness Center, a Lake Region Healthcare (LRH) wellness program, celebrates 10 years of changing lives through classes designed to be social and to promote friendship and motivation along with fitness for combined stronger and more confident people.

• Appleton Area Health Services AAH5 and LRH announce their Boards approved formal agreement to collaborate in expanding healthcare services to the region.

• The Lake Region Run celebrates 10-years of raising money for the Cancer Care & Research Center through the community Half Marathon, 5K and 1 mile race.

• Staliker Lake Golf Course Donates $32,527 to Lake Region Cancer Center. Funds were raised throughout one week in July when the golf course, assisted by the Underwood Lions, hosted a ladies, mens and couples tournament, raffles, silent auction, live music, and contributed food and beverage sales.

• LRH and Otter Tail County partner for a new Community Service Program called YARD - Youth Actively Restoring Debt, which sentences at-risk youth who harm their bodies through chemical use to sessions in the LRH CrossFit gym to promote healthy behaviors, develop a sense of pro-social community and allow for a supportive environment to make better decisions.

• LRH is awarded an ‘A’ from The Leapfrog Group’s Hospital Safety Grade in both the Spring and the Fall rating periods. The designation recognizes LRH’s efforts in protecting patients from harm and providing safer health care.

• Our Medical Group expands its medical staff to improve access to care and grow our service offerings to the community welcoming a total of 17 new providers to the Lake Region Medical Group during 2019: Matthew Hintz - PA (Emergency Medicine), Ashley Hunstiger - PA (Emergency Medicine), Carmen Schnurer - MD (Pediatrics), William Nyman - MD (Radiology), Mohammad Alsumrain – MD (Pulmonary), Robert Keller – MD (Radiology), Milton Ropes - MD (Urology), Keon Griffie – NP (Orthopedics), Shelaine Mabanta – MD (Oncology), Sunnah Doesken – MD (Family Medicine, Barnesville), Kelley Mikkelson – NP (Family Medicine - Morris), Terrence Keller – PA (Family Medicine - Walk-In Clinic), Behnan Sahin – MD (Oncology) and Dr. James Ragland - MD (Neurology).

2019 was another year of growth and change for Lake Region Healthcare and our supporting Foundation. While compiling an annual report is a useful exercise in looking back, in celebrating accomplishments and in marking a point in time, it’s also useful in setting the stage for the future and we are excited about the opportunities that lie ahead as we strive to be a community resource for improving health & wellness throughout our nine-county region.

As we look ahead to 2020, I want to extend appreciation to the many Corporate and Foundation Board Members who give so generously of their time and talent by providing wise governance oversight and unmatched support to the organization. These leaders are helping set the vision for the person-centered, independent and autonomous health care organization we aspire to be.

With the partnership of Lake Region Medical Group and its 85+ physicians and advanced practiced the providers, the dedication of our 1,000+ employees, the help of generous donors, and the support of our community, we look forward to 2020 with great hope and purpose. I’m humbled to be leading the efforts at this exciting time in our history.

KENT MATTSON
Interim CEO, Lake Region Healthcare

LOOKING BACK, PLANNING AHEAD.
AWARDS OF EXCELLENCE

The Lake Region Healthcare (LRH) Foundation honored Jamie Nordick and Gary Spies with the organization’s inaugural Award of Excellence at their spring gala “Steppin’ Out With My Baby” on Friday, April 12th, 2019.

Nordick, who is the LRH Cancer Center Director, received the “Spirit of Excellence Award” in recognition of the outstanding efforts of an LRH staff member, while Spies was the recipient of the “Distinguished Community Service Award” for his dedication to community service and his impact on the well-being of our community.

The Foundation received several outstanding nominations for these awards according to LRH Foundation Coordinator, Laura Gervais.

“It was heart-warming to read so many stories about staff and community members who are making a difference through their contributions and their extraordinary commitment to improving the lives of people in our organization and our communities,” she said. “We were so excited to highlight them and their efforts at the Gala. They are both so humble and both so deserving of this special honor,” she added.

STEPPIN’ OUT GALA RAISES $30K FOR WOMEN’S & CHILDREN’S HEALTH SERVICES

Friends of the LRH Foundation gathered at M State’s Legacy Hall in Fergus Falls on April 12th to enjoy an evening of celebrating the impact of LRH in our community, recognizing the Awards of Excellence winners, and fundraising for the Women’s & Children’s Birth Center. In total, over $30,000 was raised through a silent and live auction, raffles, and direct sponsorship of items for the birth center such as high-end robes for delivering mothers, fridges & furniture for family use in patient rooms, and supportive healing amenities such as massage therapy. These services emphasize not only exceptional patient and family experience, but also improving health outcomes, overall well-being and quality of life.

This is just one example of the Foundation’s effort to partner with donors to support LRH in elevating the care experience and standing out as an independent health care provider of choice.

Auction & Drawing Donations

Hauck Jewellery
Andme & Katie Yraga
Kyle and Tammy Richards
Paul and Crystal Adams
A Center for the Arts & Delfosse Perignon
W Sports
Pelican Lake Golf Course
Victor Lunckern Co.
The Power Mill
Cafe 115
Women’s and Children’s Health Center Staff
Shooting Star Casino
Jerry and Karen News
Shenandoah
The Health & Wellness Hub at LRH
Liborines Dental
The First National Bank of Inverness and Lake of the Woods
Fargo Frost
AMP Insurance
Lightning Broadcasting

Jamie Nordick - Spirit of Excellence Award
Gary Spies - Distinguished Community Service Award
December 2019 marked the 10-year anniversary date since the first cancer patient walked through the doors of our Cancer Care & Research Center. Thanks to the generous support of this community to build this state-of-the-art facility, over 6,000 men and women have received world class cancer care right here in Fergus Falls since the Cancer Center’s inception in 2009.

To celebrate this important milestone staff, families and donors gathered at the Cancer Center on December 4th to look back at where we’ve been, how we’ve grown, and where we’re going. Dr. Wade Swenson and Tessa Martinson were featured speakers who highlighted the extraordinary things happening every day inside the walls of the Cancer Center.

Following the speakers a Christmas tree lighting ceremony “Lights of Love and Hope” was held. The event featured a tree donated in memory of patient Theodore Waskosky and adorned with ornaments hand-painted by local art students to reflect the spirit of love and hope that lives on each day at the Cancer Center.

Tessa Martinson and her husband Jon began their cancer journey in 2018 when Jon was diagnosed with melanoma cancer. Jon bravely battled cancer and passed away in October 2018. Tessa shared her journey and experience through their time at the Cancer Center as part of the 10-year celebration. She also donated the artwork pictured above, “Wings of Hope.”
MEDICAL PROFESSIONS SCHOLARSHIPS

In June, Lake Region Healthcare (LRH) Foundation announced the recipients of their 2019 Healthcare Professions Scholarships. Madeline Iversen, Megan Aasness, Cristina Masten and Anna Kotton have each been selected by the Foundation to receive a five thousand dollar scholarship. This was the fourth year of the LRH Foundation Healthcare Professions Scholarship program.

About the Recipients

Madeline Iversen is in nursing program at North Dakota State University. Megan Aasness is in the nursing program at the University of Northwestern. Cristina Masten earned her Doctor of Osteopathic Medicine last spring. Anna Kotton is in the occupational therapy program at St. Catherine University.

The 2020 scholarship applications will be available in March on the Lake Region Healthcare’s website under Foundation. Past applicants who have not received scholarship awards are encouraged to re-apply.

The mission of the Lake Region Healthcare Foundation is to

gather, steward and distribute resources

needed to support and advance the

mission of Lake Region Healthcare

and its affiliates.

GRANTS & AWARDS

Over 25 programs were given gifts totaling more than $120,000 in grants awarded by the LRH Foundation in 2019.

Program supported by the Foundation help ensure LRH is able to meet its mission of helping people in the region improve their health.

- LRH Cancer Center
- LRH Education Pgm
- LRH Rehab Therapies
- LRH Specialty Care
- LRH Birth Center
- LRH Wellness

Recipient & Project

- Supportive Care Programming
- CPR Training Equipment
- Blood Flow Restriction Rehab
- Brain Injury Support Group
- Driver Rehabilitation
- Sports Medicine AED
- Sleep Sacks
- Period of Purple Crying
- Rock Steady Boxing
- Childhood Obesity Wellness class
- Community Resilience Project
- Community Health Challenge & Expo
- Bike rack for clinic
- Community Adult Playground
- Consumer Take Back program
- Emergency Medical Supplies
- 2018 Home Build
- Supplies for Nursing Assistant program
- Playground grant
- Marketing healthy foods in school
- Otter Tail Nordic Ski program funding
- A Place to Belong program funding
- Furnishings for Child Care Center
- Program Funding
- Sponsorship for LRH/STS fundraising event
- Enhance Fitness Program
The generous donors to Lake Region Healthcare’s Cancer Care & Research Center Capital Campaign are recognized in a new donor recognition display in the cancer center’s main hallway. Along with the Capital Campaign donors, a touch screen electronic display allows donors to search for gifts and memorials given to the cancer center since it opened in 2010.

Donors to Lake Region Healthcare Foundation are now recognized in a display in the lobby of the new clinic building. Near the Thrifty White Pharmacy and laboratory area, the donor display includes giving levels of Legacy, Founder, Pillar, Leadership, Humanitarian, Steward, and Friend. Additionally, a touch screen monitor offers a searchable donor and memorial listing.

Donations continue to play an essential part in the care we provide. Gifts and donations help contribute to the quality of healthcare for the people of this area by helping pay for renovations, special projects, and new equipment. These improvements mean better healthcare for you and your loved ones.

HOW TO SUPPORT THE FOUNDATION

“In helping others, we shall help ourselves, for whatever good we give out completes the circle and comes back to us.” — Flora Edwards

WHERE YOU CAN DESIGNATE YOUR GIFT

- LRH Capital Campaign
- Cancer Center Survivorship Fund
- Endowment Fund
- Area of greatest need

Donate online at lrhc.org/foundation or by calling Laura Gervais at 218.736.8498.

THANK YOU 2019 DONORS

Over 600 gifts were received in 2019 and the following benchmark gifts were made to the Foundation. For a full list of benchmark donors, please see our Donor Recognition Wall in the Fergus Falls Main Clinic.

- Humanitarian ($50,000 - $99,999)
  - Estate of Jane Elaine Andrews
  - Donald & Marie Roberts Charitable Foundation
  - Stalker Lake Golf Course Bar and Grill
  - Gary and Sharon Spies
  - James and Arlene Palmer

- Steward ($10,000 - $50,000)
  - The Lake Region Run
  - Lundeen Foundation
  - Pebble Lake Golf Course
  - Henry Saeugling
  - Circle of Hope

Thank you to our 2019 donors! The generosity of your contributions helps support the ongoing mission of Lake Region Healthcare to provide exceptional healthcare services to the communities we serve.
LAKE REGION HOSPITAL
712 S Cascade St, Fergus Falls

WALK-IN CLINIC
2311 W Lincoln Ave, Fergus Falls

ASHBY CLINIC
110 Co Rd 82 E, Ashby

MAIN FERGUS FALLS CLINIC
111 W Vernon Ave, Fergus Falls

BATTLE LAKE CLINIC
410 Lake Ave S, Battle Lake

BARNESVILLE CLINIC
209 Second St SE, Barnesville

Also Serving Elbow Lake, Morris, Evansville and Hoffman in Partnership with Prairie Ridge Hospital & Health Services.