

# MERCY NEWS

## Keith's Corner



As we look back on Nurses Week and then Hospital Week, to celebrate every worker who supports the hospital mission, I want to take a final moment to thank each of you and express my admiration for what you do. I know it has been a challenge to find the deep reason you serve your community like you do with the COVID distraction. But each of you has a very special purpose in our overall ministry here and I hope you are all very proud of what you do and what your coworkers do. There is not one of you who does not directly impact the success of our hospital and every day I count my blessings allowing me to work alongside you.

In this issue we also are celebrating our graduates. Regardless of what they are graduating from and to, each major step in the education process is an important one. I know that all of you parents are working hard with your kids to ensure that they are getting the right education and keeping that learning mindset while they are learning at home. And whether graduating this year or one to come, your students are demonstrating a commitment to developing technical abilities, skills, or knowledge that will launch them into the next step that our culture is making. I believe that the COVID epidemic will change our Science Technology Engineering and Math needs in ways we cannot imagine. Your kids are the ones that will get us where we need to be to beat the next one. Congratulations to each of you parents, grandparents or other family members on your graduate. And to the rest of you, your time is coming!

Finally, I want to thank each of you for the sacrifices you are making to ensure the success of our hospital and mission. I am fully aware that we have "tightened the reins" far more than we ever have and every person working here has felt the pinch in one way or another. Your efforts are paying off and we are not having anywhere near the difficulties many of our peers across the state and country are having. Assuming no big surge this fall we are in very good shape and that is attributable to your sacrifices. Thank you, and we will be stronger and better able to cope with significant health issues in our community when this has normalized. Stick with us and keep doing what you are doing. We will be a better organization when we have worked through it!

With my deepest appreciation and respect,

Keith



# MERCY NEWS





# MERCY NEWS

Welcome



**Kayla**  
**Materials Supervisor**

Welcome



**Kiara, CNA**  
**PCU**

Welcome



**Leann**  
**Dietary Aide/ Cook**  
**Nutrition Services**

Welcome



**Cody, ES Tech**  
**Environmental Services**

Welcome



**Ashley**  
**Patient Access**

Welcome



**Kaley, CNA**  
**PCU**

Welcome



**Halle, CNA**  
**PCU**



**WELCOME**  
**TO THE**  
**TEAM**  
**Look**  
**Who**  
**Joined**  
**Our**  
**Team!**

# MERCY NEWS

## June Safety Rounding Topic Be Sun Savvy!



### BE SUN SAVVY!

#### What is skin cancer?

- Skin cancer begins in cells. When the orderly process goes wrong, cells develop when the skin doesn't need them forming a mass of tissue or tumor.
- Skin cancer is the number one cancer in the US. The 3 most common types include: squamous cell, basal cell, and melanoma.

#### Risk Factors

- Lighter natural skin color.
- Family/personal history of skin cancer.
- Excessive sun exposure (UV rays) through work and play.
- A history of sunburns early in life.
- Multiple or atypical moles.

#### Melanoma

- Dangerous—Melanoma is much less common than other skin cancers, but is far more serious. It is likely to spread to other parts of the body.
- Color—Melanoma tumors are often different shades of tan, brown, or black.
- Curable—If detected in early stages, melanoma is almost always curable.

#### Choose Your Cover

- Seek shade from UV rays especially during midday.
- Cover up to protect exposed skin.
- Wear a hat with a wide brim.
- Grab shades that block both UVA and UVB rays.
- Remember not all sun protection comes in a bottle.

#### Signs and Symptoms

- Skin—Any change in the skin, especially in the size or color of a mole.
- Appearance—Scaliness, oozing, or change in the appearance of a bump or nodule.
- Color—Spread of pigmentation such as past the edge of a mole or mark.
- Change in sensation, itchiness or pain.



Information obtained from Centers for Disease Control and Prevention, Nation Cancer Institute, and American Cancer Society.



# MERCY NEWS

Happy Birthday



***Happy Birthday***

Sending you best wishes for  
success, health, and good fortune  
today and in the year to come.  
Enjoy your special day.

## *May Birthdays*

*Rachel Jacob— May 1*

*Samantha Carlson—May 4*

*Donna Smith—May 4*

*Alana McClellan—May 29*

*Janie Larson— May 31*

## *June Birthdays*

*Martha King—June 1*

*Natalie Spitzer—June 2*

*LaRissa Schlecht—June 4*

*Kristi Schneider—June 6*

*Jonathan Sales— June 14*

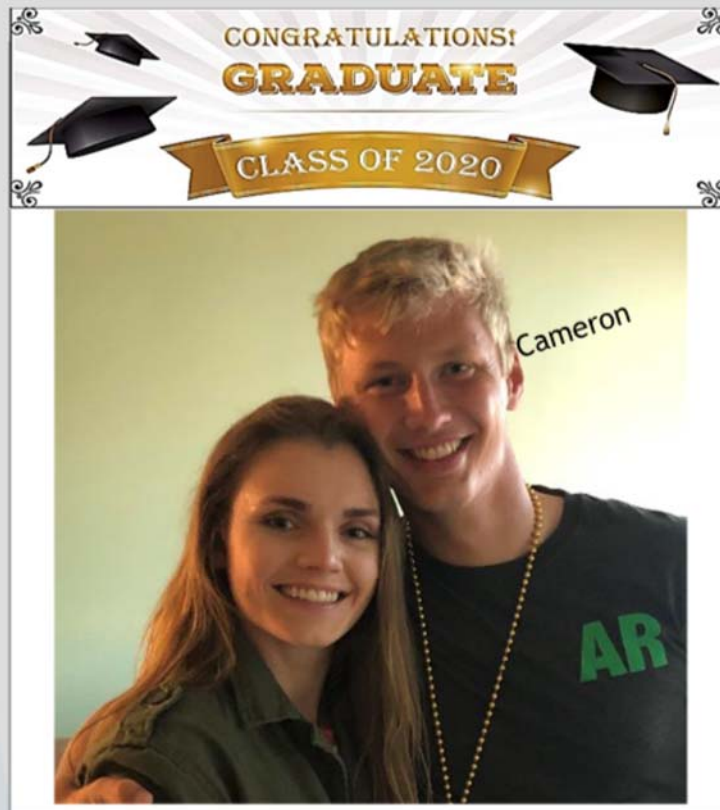
*Hamish Toe— June 22*

*Andrea Rall—June 29*



# MERCY NEWS

## Congratulations Graduates 2020



**Cameron Rall**  
Graduating from  
Valley City State College  
with a BS in  
Sports Management

**Son of  
Andrea and Joel  
Rall**

*Brother of  
Joshua, Alexander and  
Jonah Rall  
Grandson of  
Linda Westby and  
Ruth & Ellery Rall*



**Nichole  
Dumlao**



**Graduate  
Valley City  
High School**

**Daughter of  
Sherwin and  
Jocelyn Dumlao**



# MERCY NEWS

## Congratulations Graduates 2020



**Kaylee  
Smith  
VCHS**

*Daughter of  
Jeremy Smith  
Katie Smith*

*Granddaughter of  
Dave & Carol  
Smith  
Melvin & Kristi  
Schneider*



**Lyndsey  
Noeske**

**VCHS Senior**  
*Attending NDSU  
this fall for  
Early Education /  
FACS Education*

*Daughter of  
Jerry and Amy  
Noeske*

# MERCY NEWS

## Congratulations Graduates 2020



**Joseph  
Bata**

Kindergarten  
Graduation  
Maple Valley  
Public School

Son of  
Joey and Carla  
Bata



**Colin  
Hoff**

6<sup>th</sup> Grade  
Graduate  
St. Catherine  
School

Son of  
Garret and  
Linda Hoff



# MERCY NEWS

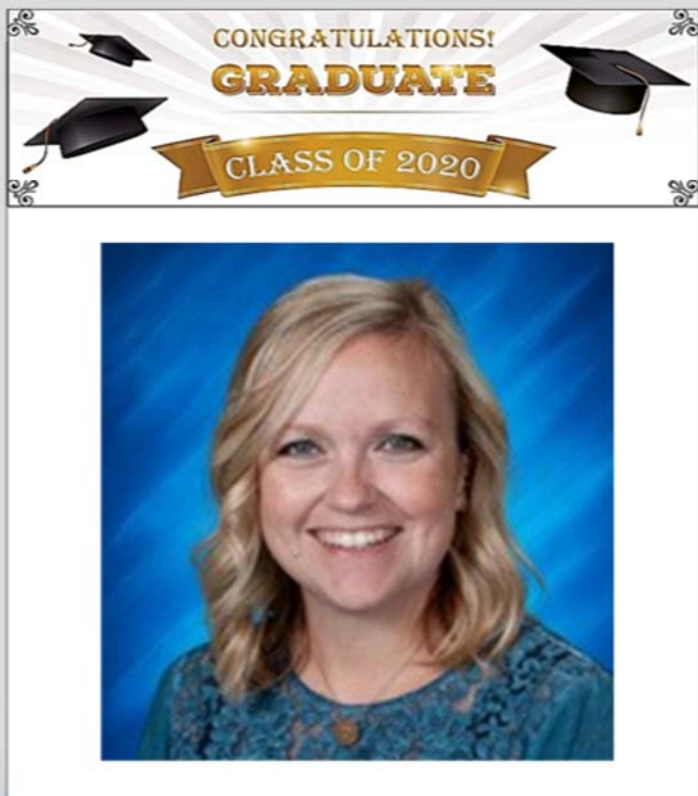
## Congratulations Graduates 2020



**Rosalyn  
Alexis Ray**

*Graduating  
Dakota Adventist  
Academy  
Bismarck, ND*

*Daughter of  
Richard and  
Betsy Ray*



**Courtney  
Jorrison**

*University of  
Jamestown  
Master of Education  
in Curriculum and  
Instruction*

*Daughter of  
Mark and Paula  
Thomsen*

# MERCY NEWS

## Congratulations Graduates 2020



**Maia  
Wendel**

**Associates  
Degree  
Rasmussen  
College**

**Daughter of  
Alana and Alan  
McClellan**



**Charlotte  
Mae Sather**  
*Pre School Graduation*

**Daughter of  
Andy and Katie  
Sather**

**Granddaughter of  
Andy and Patty  
Sather  
Brian and Lorrie  
Heath**



# MERCY NEWS

**Mercy Hospital Infection Connection: May 2020**

**Susan Kringlie, Infection Preventionist**

## Gloved Hands May Spread Germs

People are wearing gloves (made from materials like vinyl, latex or nitril) when they head out in public during the pandemic. While individuals think they are being safe and protecting themselves and others from the SARS-CoV-2 virus that causes COVID-19, they may actually be spreading germs in the community. Vinyl, latex and nitril gloves protect the skin from body fluids and certain harmful chemicals. The surface of gloves can support germs just like skin. But, unlike skin, washing gloves is not an option. Even healthcare workers are instructed to wash their hands before they put on gloves and after taking off gloves. **Gloves are not a substitute for hand washing.**



### How Gloves Can Spread Germs

When gloves are put on they are presumably clean.

- Germs collect on the gloves when a person wearing them starts touching surfaces (elevator buttons, grocery carts, gas station pumps).
- Germs are spread when the person touches other objects.

People may think they are protected by the gloves, but they are not.

- Difference: you can clean your bare hands with hand sanitizers or soap and water. This stops the spread of the germs.



### Gloves Are Not a Complete Barrier

Gloves may have very tiny (micro-sized) pin holes not visible to the naked eye.

- Thousands of germs pass through these holes onto the skin in a short amount of time.
- The germs may be on the outside of the glove and may seep inside too.
- Gloves can be damaged with holes made by fingernails, jewelry or wear and tear.
- Vinyl, latex and nitril gloves can be damaged by moisture, heat and chemicals.



### Don't Touch Your Face

This is a habit that is hard to break.

- Keep hands away from your eyes, nose and mouth because it is one way germs enter the body and cause infections.
- When people wear gloves, it may give them a false sense of security. Since the outside of gloves are not clean; gloves may be more contaminated than bare hands.
- Be sure to wash your hands frequently with hand sanitizer or soap and water often and keep hands away from the face.



The Association for Professionals in Infection Control and Epidemiology (APIC) is creating a safer world through the prevention of infection. APIC's nearly 16,000 members develop and direct infection prevention and control programs that save lives and improve the bottom line for healthcare facilities. APIC advances its mission through patient safety education, implementation science, compliance and certification, advocacy, and data standardization. Visit us at [apic.org](http://apic.org).

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[www.apic.org](http://www.apic.org)



# MERCY NEWS

*On Monday, May 25th  
Americans  
across the country will  
remember the brave  
men and women who gave  
their life for our country.*

*Whether you plan to  
observe the holiday with a  
parade, a service, or a  
moment of silence,  
remember those who have  
sacrificed themselves for  
our freedom.*

*As we express our  
gratitude, we must never  
forget that the highest  
appreciation is not to utter  
the words but to live by  
them.*

