

Health FOCUS

Health Care
Designed for You

Spring 2017

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Imagine better health.™

Williston Medical Center

Letter to the COMMUNITY



MATT GRIMSHAW

Health care is at the heart of every community. It is what keeps a community strong and its residents healthy. Everyone, no matter what age, gender, or race, deserves access to high quality, affordable health care. At CHI St. Alexis Health Williston, we are committed to expanding the services we offer so patients don't have to travel far for the services they need. In this issue of **Health Focus**, we introduce you to just a few of the

new services and providers that are now available to Williston and surrounding communities.

This issue also represents the many community members who have shown their heartfelt interest in supporting our community's health by continuously donating money and services to the CHI St. Alexis Health Williston Foundation.

As our hospital and clinic grow, we also continue to align our services throughout the region. In an effort to improve the quality and service delivered to the patients and communities we serve in western North Dakota, I have taken on an expanded role as West Region President of CHI St. Alexis Health. To make this possible, I will be slowly transitioning and plan to relocate to Bismarck this fall.

In my new role, I will continue as President of CHI St. Alexis Health Williston Medical Center as well as build on the strengths of our CHI St. Alexis Health facilities in Carrington, Devils Lake, Dickinson and Williston as we continue the journey toward an aligned health care delivery model for western North Dakota.

We are dedicated to continue to look for ways to better care for you and yours.

Matt Grimshaw
West Region President
CHI St. Alexis Health

Connect With Us

KEEP IN TOUCH

Visit CHISTAlexiusHealth.org for essential resources, such as:

- Find a Doctor
- Service Directory
- Plus information for patients and visitors about our foundation, news, events, employment, newborns and much more.



CHI St. Alexis Health's locations:

- ★ Bismarck
- ★ Carrington
- ★ Devils Lake
- ★ Dickinson
- ★ Garrison
- ★ Mandan
- ★ Minot
- ★ Turtle Lake
- ★ Washburn
- ★ Williston

Managed Hospitals:

- Ashley
- Elgin
- Linton
- Mobridge
- Wishek

CHI St. Alexis Health Williston Medical Center



Let the **Good Times** Unroll



When the weather isn't cooperating, kids can still have fun and be active indoors. All it takes is a roll of masking tape.

- **Make a maze.** Turn carpeted or hardwood floors into a maze. Use inexpensive masking tape to create wide passageways for kids to walk and narrow tracks for toy cars.

- **Build a "balance beam."** A long piece of masking tape on the floor can provide a fun physical challenge for young people. Once the challenge of walking on a thin strip of tape gets too easy, try hopping!
- **Paint pictures.** On a canvas or large poster board, place strips of masking tape at odd angles. Let kids color or paint all over the page. When the masking tape is removed, you'll have a beautiful piece of art to display.



Home Is Where the **Heart Care** Is

Driving elsewhere for noninvasive cardiology services is a thing of the past, thanks to Williston's first cardiologist.

Peerawut Deeprasertkul, MD, ("Dr. Dee" to his patients) became interested in the heart at a young age due to a family tragedy.

"My grandmother passed away following a heart attack," Dr. Deeprasertkul said. "That sparked my interest in cardiology."

After receiving his medical degree in Thailand, Dr. Deeprasertkul performed a residency at MetroWest Medical Center in Massachusetts and a fellowship at the University of Texas Medical Branch in Galveston. He joined CHI St. Alexius Health Williston Medical Center last August. His office is in the Craven-Hagan Building.

"I was intrigued by the community setting here," Dr. Deeprasertkul said. "The prospect of being the first to bring cardiology to the Williston area on a full-time basis was exciting."

KEEPING HEARTS HEALTHY

Dr. Deeprasertkul provides nonsurgical treatment for coronary artery disease (CAD), arrhythmias, heart failure and high blood pressure, among other cardiac conditions. He offers a variety of noninvasive tests to diagnose and assess the progression of heart disease, including:

- Electrocardiograms
- Exercise stress tests (with and without nuclear imaging)
- Implantable cardioverter defibrillator and pacemaker function evaluations and programming adjustments
- Pharmacologic stress tests
- Stress echocardiograms
- Transesophageal and transthoracic echocardiograms

With support from the CHI St. Alexius Health Williston Foundation, a magnetic resonance imaging and computed tomography (CT) technology were purchased, which allow Dr. Deeprasertkul to perform imaging studies of the heart, including coronary CT angiograms and calcium scoring.

"I provide education along with diagnostic, evaluation and management services," Dr. Deeprasertkul said. "CAD is difficult to control because it involves several risk factors, including risk factors you can't change such as family history. For each controllable risk factor, we have different goals for different patients. I find it fascinating and satisfying to help patients make the optimal lifestyle modifications that are right for them."

When not seeing patients, Dr. Deeprasertkul enjoys several of the activities he recommends to his patients.

"I like to work out," he said. "Being active, cooking and traveling are my favorite things."

To schedule an appointment with Dr. Deeprasertkul, call 701-572-7651.



Get to Know Dr. Deeprasertkul

Q: You're a new addition to the crayon box. What color would you be and why?

A: Navy blue. I like to be contemporary.

Q: If you had to sing one song on American Idol, what would it be?

A: "Just Once" by Quincy Jones.

Q: If you could be a superhero, who would you be?

A: Captain America.

Q: If you were a brand, what would be your motto?

A: You come first!



The Services You Need **Close to Home**

Same-day Appointments Available

Thanks to our additional providers and new centralized registration process, we're able to offer same-day appointments for acute care needs.

Call 701-572-7651 today!

CHI St. Alexis Health offers a wide range of health care services to better serve the Williston community.

CHI St. Alexis Health Williston Medical Center delivers kind, compassionate care and a broad selection of services.

"In Williston, we've grown a lot as a community, but we're still somewhat isolated in the very northwest corner of North Dakota," said Tim Olson, director of clinical operations – primary care clinics. "Due to our remote location, our ability to bring in providers with experience in various medical specialties and our offering so many primary care clinics is an excellent benefit for the 45,000 patients we serve annually."

The primary care clinics, located in the Craven-Hagan Building, currently include family practice, pediatrics, internal medicine, cardiology, podiatry, behavioral health, women's health services and others. All of our health care providers are highly trained professionals.

CARE NEAR YOU

CHI St. Alexis Health Williston Medical Center provides many services and specialty care options often not offered in a rural health care setting. The ability to have full-time specialists who now call Williston home is vital to meeting the needs of the community.

"With the help of all our specialists, we've been able to do things that we've never been able to do before as a hospital," Olson said. "This is especially true at our cardiology clinic. Our cardiologist is bringing in procedures and capabilities that are new to people in our area."

The Women's Health Clinic at CHI St. Alexis Health Williston Medical Center offers both OB/GYN and midwifery services to meet a growing demand in the Williston community.

"We wanted to provide more options for mothers-to-be in our area, and our midwife has been a huge success," Olson said. "She represents the hospital's desire to fulfill the needs of our community."

For a complete list of primary and specialty clinics offered at CHI St. Alexis Health Williston Medical Center, visit CHISTAlexiusHealth.org and click on Williston.



Our Commitment to Your Health

Quality means many things to many people. In a health care setting, quality means providing the right care to the right person at the right time. Our commitment to each patient is to make your health care needs our priority, whether you're healthy or sick.

Not satisfied to only meet the minimum standards for providing care, the staff and physicians at CHI St. Alexius Health Williston Medical Center take their efforts a step further.

"Although we are classified as a smaller facility, we choose to follow the standards of much larger facilities across the country," said Patti Stewart, BSN, RN, director of care management at CHI St. Alexius Health Williston Medical Center. "To us, going above and beyond to meet the standards of these larger facilities means providing our patients with the best care possible."

The hard work that results from setting these goals led to CHI St. Alexius Health Williston again being recognized by The Joint Commission Quality Check® with the Gold Seal of Approval, with accredited programs in home care and laboratory services and as a critical access hospital.

"Every three years, representatives from The Joint Commission make unannounced site visits to ask our patients and staff questions about sanitation, safety, communication and overall care," Stewart said. "We're proud to be recognized as one of the facilities that meets or exceeds The Joint Commission's stringent standards. It means our patients can feel confident when they come to us for their care."



We use the same safety techniques used by the airline industry to prevent errors. These include "Stop and Resolve" and "**STAR** (Stop, Think, Act, and Review)."

How do we reduce communication errors?

REPEAT BACK AND READ BACK!



Grilled Veggies on Pita Bread

Thick, grilled slices of jumbo Portobello mushrooms are the "meat" in this delicious Mediterranean-style sandwich made with sliced summer tomatoes and goat cheese on pita bread.

INGREDIENTS:

- 3 cloves of garlic, minced
- 1 tablespoon olive oil
- 4 (7-inch) whole-wheat pita rounds
- salt and pepper to taste
- 1 (6-ounce) package jumbo Portobello mushroom slices
- 2 medium tomatoes, thickly sliced
- 3 ounces goat cheese, crumbled
- fresh basil, chopped (for garnish)

DIRECTIONS:

- Preheat a stovetop grill pan over medium heat.
- Combine garlic and oil, and brush over pita rounds. Sprinkle with salt and pepper. Warm pita rounds on the grill 2 minutes per side.
- Sprinkle mushroom and tomato slices with salt and pepper. Grill mushrooms 3 minutes per side, then remove. Grill tomato slices 30 seconds per side.
- Spread the goat cheese over the pita rounds. Top with mushroom and tomato slices. Add chopped basil for garnish.

Makes 4 servings.

NUTRITIONAL INFORMATION (PER SERVING):

Calories: 221.8	Sodium: 197mg
Total fat: 8.1g	Fiber: 9.4g
Cholesterol: 9.4mg	Protein: 10.6g

A Giving LEGACY

The CHI St. Alexius Health Williston Foundation is community-driven. What this means to us at the Foundation is that without each of you, our very generous and compassionate donors supporting our mission, we would not be able to provide for the health care needs of the community.

During a time in health care where budgets are tight and capital dollars are minimal, the CHI St. Alexius Health Williston Foundation helps in more ways than you can imagine.

"All donations stay here in the community and are used directly for enhancing the health of those living in the Williston area," said Jen Bingeman, director at CHI St. Alexius Health Williston Foundation. "Community support goes a long way toward helping our hospital purchase much-needed, state-of-the-art equipment and technologies, as well as bringing new providers and specialties to our community."

ALL DONATIONS MAKE A DIFFERENCE

It's because of you that we are able to improve vital health services to the communities we care for. In 2016 alone, the Williston community successfully contributed **\$110,000** at the annual Golf Classic and Charity Ball and approximately **\$350,000** in individual donations. The funds from these events were used to upgrade the lights and scopes in the operating room, which were in need of new equipment.

"As our community continues to grow, our needs for technology and facility upgrades must keep up to pace so Williston residents can receive top-quality care right here at home," Bingeman said. "It's unusual to see a rural hospital grow the way we are, and the generosity of our donors help make it possible."

In addition to securing advanced surgical equipment, funds raised between July 2015 and June 2016 made possible the following:

- Dr. Grover, ENT scope
- Dr. Dee, Cardiologist, Ultrasound
- Radiation therapy treatment software

Yet, it is not about the dollars but the lives our donors have touched and the hope they have given people in need. Note our Charity Care provided in "Year at a Glance."

Want to make an impact on the health of our Williston community? Visit the Williston Foundation's webpage to give online or find out how to receive a 40 percent state tax credit by clicking on "Williston" at CHiStAlexiusHealth.org.

4 WAYS to Get Involved



Mail donations to CHI St. Alexius Health Williston Foundation, 1301 15th Ave. West, Williston, ND 58801.



Call 701-774-7466 to discuss giving options or to arrange a tour so you can see the impact of your gifts firsthand.



Make a donation at BuildingMercy.org.



Mark your calendar to attend a Williston Foundation fundraising event!

- **Golf Classic June 16, 2017**
- **Charity Ball November 10, 2017**
Returning Deuces Wild Dueling Pianos

Year at a Glance

TOTAL ADMISSIONS

2,723

ER VISITS

16,234

TOTAL SURGERIES

2,246

CHARITY CARE PROVIDED

\$1,265,000



CLINIC VISITS

53,439

DELIVERIES

843

ONCOLOGY VISITS

186

PATIENTS WHO BENEFITED FROM CHARITY CARE

251

TOTAL FREE CARE ► **\$9,987,000**

Pillars of Our Foundation

RURAL COMMUNITY GRANT, FUNDED BY AGRIBANK AND FARM CREDIT SERVICES
DONATED TO REPLACE PATIENT BEDS IN MED/SURG UNIT.

CHI St. Alexis Health Williston Foundation salutes all of the community members who have supported our efforts on behalf of the hospital. Following is a list of those who have made major donations since the foundation began in 1984. We also want to thank the hundreds of people who are not included on this list and all of those who wished to remain anonymous. Your generous gifts enable us to meet the healthcare needs of our families, friends and neighbors.



MILLENNIUM \$1,000,000 +

Estate of Ronald and Austrid Crighton
The Leona M. and Harry B. Helmsley
Charitable Trust
Leonard and Tillie Nelson

BENEFACTOR \$500,000 - \$999,999

LN Investment Partnerships
Jane Nelson

CENTURY \$100,000 - \$499,999

The Alice Lee Lund Charitable Trust
American State Bank & Trust
Glen and Jean Berg
City of Williston
Erling Manger Trust
Estate of Ernest and Elma Sylte
Estate of Joe and Lorraine Van Dyke
Halliburton - Corporate Affairs
Jerome and Patricia Hanson
Harold and Lola Hoehn
McAuley Fund
CHI St. Alexis Health Auxiliary
Dr. Robert and Eleanor Olson
Renaissance Charitable Foundation Inc.
Robert E. Herman Family Foundation
Jake and Marcia Stokke

PIONEER \$50,000 - \$99,999

Agribank
CHI St. Alexis Health Gift Shop
Estate of Roger Rien
First National Bank and Trust Co
Frank & Esther Wenstrom Trust
Dr. John and Roberta Herr
Montana Dakota Utilities
James and Gwendolyn Powers
Western Cooperative Credit Union

PATRON \$25,000 - \$49,999

American Petroleum Institute—Williston
Chapter
Rev. Stephen and Sandra Anderson
Raymond A. Ayd
Thomas Davidson
Davidson Cattle Company
Estate of Blenda Hagen
Everson Funeral Home
Frank J. Lewis Foundation
Genevieve Hagan
Jerry and Lori Hahn
Dr. John and Marian Hamilton
Richard and Carol Jensen
Dr. Robert and Debora Kemp
Agnes Larkin
Manger Insurance Inc.
John and Marilyn McGinley
MDU Resources Foundation
Mark and Sheila Neu
Craig and Kathryn Oksol
Raskob Foundation for
Catholic Activities Inc.
Ruth Christianson Estate
Dr. Salem Shahin
Patrick and Tammy Sogard
Arlene Valley

FOUNDER \$5,000 - 24,999

Dyer McCabe and Cyndy Aafedt
Dr. Chris and Helen Adducci
Dr. Joseph and MaryAnn Adducci
Advanced Diagnostic Radiology PC
American Legion Post #37
Dr. Wayne and Jennifer Anderson
Kenneth and Gida Anderson
Armand and Judy Barbot
Basin Brokers Inc.
David and Lori Belisle

Eugene and Ida Benson
Vernon and Mildred Benth
Edwin and Arlene Bjerke
Dr. Scott and Beverly Blonder
Boone's Bit Service
Dr. William Brunsman
Ken and JoAnn Callahan
Dr. Mariquita Cansino-Lim
Kurt Clemmensen
Coca-Cola Bottlers Foundation
Dr. William and Linda Code
Ethel Conlin
John and Barbara Cook
Dr. Joseph and Margaret Craven
Creation Carpets of ND LLC
Cross Country Courier
Crowley Fleck Attorneys PLLP
Roger and Paula Cymbaluk
Allen and Lavina Domagala
El Rancho Motel Hotel
Jon and Wendy Ellefson
Ruth E. Ellingson
Empire Oil Company



API \$2,500 SPONSORSHIP VARIOUS EVENTS

Estate of Thomas and Shirley Davidson
 FCI Constructors Inc.
 Harley and Sandi Fetzner
 First International Bank & Trust
 First Union Church Women's Fellowship
 Wayne and Arlene Fuhrman
 Fulkerson Funeral Home



ONEOK \$10,000 DONATED TO PURCHASE SURGICAL EQUIPMENT

Peter and Laurie Furuseth
 Gaffaney's of Williston Inc.
 Gladys Helping Hand Club
 Great Plains Women's Health Center
 Matthew and Dr. Annette Grimshaw
 Willis and Ruth Gunlikson
 Voni Halvorson
 Noel and Geraldine Hanson
 Willard and Edra Hanson
 Wenzel and Judith Hartl
 Nick and Marti Haugen
 Drs. Ryan and Theresa Hegge
 Arlo and Meredith Hendrickson
 Donn Hoffelt
 Harold and Evelyn Hoffelt
 Nancy Hoffelt
 Floyd and Dorothy Hokanson
 Holland America Line
 Jerry and Vivian Illerbrun
 David Inman
 J. E. Dunn Construction Company
 Duane and Bette Jerde
 JK Foods
 David and Roxanne Johnson
 Ray Johnson
 Dr. Fareed and Jayne Kadum
 Marv and Joyce Kaiser
 Robert and Judy Kemp
 Frank and Katie Keogh
 Trina Knibbs
 KUMV-TV
 Arline Larson
 Eugene Lautenschlager
 Rick and Lori Lee

Lynn and Shirlee Leininger
 Leonard and Evelyn Lindsley
 The Links of North Dakota
 Mach One Inc.
 A. D. and Neva MacMaster
 John and DaVee MacMaster
 Dr. Kevin and Sonja Maxwell
 Rex McCaughtry
 Dr. Frank McCoy Jr.
 McIntee and Whisenand
 McKennett, Stenehjelm, Reiersen,
 Forsberg, and Hermanson PC
 Denley and Mary Lois McKenzie
 Hazel McKenzie
 Dr. John McNulty
 Rick and Rosalie Medalen
 MedQuest
 Rodney and Kim Miller

**WITH YOUR GIFTS
 THE FOUNDATION
 CAN DO GREAT
 THINGS.**

Kerry Monson
 Murphy Motors
 National Medical Resources Inc.
 ND Pharmacy Inc.
 Nemont Telephone Cooperative
 Peter and Lynette Nygaard
 Olga P. Helstad Trust
 Larry O'Neill
 ONEOK Foundation Inc.
 Rob and Toby Osborn
 Ronald Oster
 Steve and Jolene Oyløe
 George Pasternak
 Veronica Pasternak

Nick and Ellamae Pasternak
 Pathology Services
 Wes and Kathy Pepple
 Arthur and Virginia Redfield
 Estate of Gladys Rodvold
 Ruth Rolfsen
 S K & S Oilfield Services Inc.
 Charles Scofield
 Select Ford
 Dr. Donald and Avis Skjei
 Dr. David and Carmelita Skurdal
 Skurdal Family Trust
 SM Energy
 Dr. Sara R. Solberg
 Tami Solberg
 Robert and Jackie Sorenson
 William and Melanie Stillwell
 Dr. Dean and Cathleen Strinden
 Gary and Leora Sukut
 Warren and Margaret Sundet
 Target Logistics Management LLC
 William Thomas
 Rod and Linda Tofte
 Jim and Barbara Tracy
 Ruth Treider
 Trinity Regional Eye Care
 Dr. M. C. Vaughan
 Voller, Lee, Suess & Associates CPAs, P.C.
 Ken and Ella Wagner
 Harold and April Wallner
 Wal-Mart
 Dr. Brock and Kathleen Whittenberger
 Williston Convention & Visitors Bureau
 Williston Daily Herald
 Williston Parks and Recreation
 Department
 Williston Radiology Consultants
 Williston RV & Marine
 Williston State College Foundation
 XTO Energy Inc.



CHI ST ALEXIUS HEALTH GIFT SHOP AUXILIARY DONATED \$18,094.00 FOR AN MRI TROLLEY AND A CO2 REGULATOR (IMAGING AND SURGICAL EQUIPMENT)

A Broad Selection of Services

SPECIALTY CLINICS EXPAND CARE

In addition to primary care clinics and services, CHI St. Alexius Health Williston Medical Center is home to several specialty clinics unique to the area.

The Specialty Clinics are located in the Craven-Hagan building and the 20/20 Professional Center, allowing patients the convenience of a "one-stop shop" experience.

Specialty clinics include:

- Orthopedics
- General surgery
- Neurology
- Otolaryngology (ENT)
- Interventional pain management
- Urology
- Plastic surgery

"We're here to serve our patients and meet their needs," said Dawn Birkeland, director of clinical operations – specialty clinics. "We listen to what our patients ask for and work hard to give them access to a level of specialty care rare at a rural hospital."



3 Uses for Essential Oils

Although essential oils are not a cure-all, they can benefit you and your family.

An essential oil is a product derived from roots, stems, leaves, flowers or fruits. Some of these very concentrated oils can have minor health benefits.

- **Lavender for relaxation.** Mix a few drops of lavender oil into your bath to reduce stress. If you have trouble falling asleep, spray some lavender oil in your bedroom.
- **Tea tree oil for skin conditions.** Use tea tree oil externally only. This essential oil acts as a natural remedy for acne, insect bites and athlete's foot.
- **Eucalyptus oil for respiratory problems.** Never ingest this oil or apply it to the skin. Add a few drops to boiled water and inhale the steam to ease respiratory problems.

"The FDA has recognized the use of aromatherapy to help reduce stress and anxiety and improve mind-body wellness," said John Clair, DO, internal medicine physician at CHI St. Alexius Health Williston Medical Center. "Because the sense of smell is one of the first to develop, it can evoke the strongest memories."

**Although essential oils are generally safe for most people, some individuals with sensitive skin may wish to test their reaction before using them in any quantity.*

MEET ASHLEY LEMERE, MD, GENERAL SURGEON

"I was born in Williston and was raised in Fairview, Montana. My current interests include hiking, camping, hunting, fishing, traveling and spending time with my husband and three wonderful stepchildren. I consider it a privilege to return home to practice medicine and be able to care for my family, friends and neighbors."

Q. What color would you be and why?

A: Green or blue. They're calming and relaxing.

Q: What superpower would you like to have?

A: I would love the ability to instantly heal mental and physical suffering.

Q: What is your motto?

A: Have courage and be kind.



ASHLEY LEMERE, MD

MEDICAL SCHOOL: University of North Dakota School of Medicine
RESIDENCY: Hennepin County Medical Center (Minneapolis, MN)

Imagine better health.™

Williston Medical Center

CHI St. Alexius Health Williston
1301 15th Ave. W
Williston, ND 58801-3821

NONPROFIT ORG.
U.S. POSTAGE
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CATHOLIC HEALTH
INITIATIVES

CHI St. Alexius Health Williston Medical Center complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. For more information, see link on our home page at Mercy-Williston.org.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-701-774-7025 (TTY: 1-800-366-6888 Voice: 1-800-366-6889).

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-701-774-7025 (TTY: 1-800-366-6888 Voice: 1-800-366-6889).

This publication in no way seeks to serve as a substitute for professional medical care. Consult your doctor before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.



Believe in something better.

Specialty Care at Home

We're here when and where you need us. Our providers practice close to home so you don't need to drive far for quality care.

- Behavioral Health
- Cardiology
- Diabetes Education
- Ear, Nose & Throat
- Family Medicine Residency Clinic
- General Surgery
- Internal Medicine
- Interventional Pain Management
- Leonard P. Nelson Cancer Center
- MedQuest Home Medical
- Neurology
- OB/GYN & Midwife Services
- Occupational Health
- Orthopedics
- Pediatric Clinic
- Plastic Surgery Clinic
- Podiatry
- Primary Care
- Rehab Services
- Sleep Lab
- Urology Clinic
- Women's Health Clinic

Call 701.572.7651 to make an appointment today.
Same-day appointments may be available.



Back in the Game

"When I started the program last fall, I had to quit after 10 minutes on the exercise machines. Today, I can go up to 30 minutes on each one. I can also walk to my seat at sporting events instead of needing to be pushed in a wheelchair. I'm able to do more things at home, too." – Donald Stewart, 77, patient in the new pulmonary rehabilitation program at CHI St. Alexius Health Williston Medical Center

Pulmonary Rehabilitation Services were added in September 2016. The department is headed by Dr. Bruce Pugatch, medical director, and Sue Treider, certified respiratory therapist at CHI St. Alexius Health Williston.