



# NETWORK NEWSLETTER



Volume 2, Issue 1

January 01, 2019

## Special points of interest:

- 46 Communities
- 16 Businesses

For a current listing visit:

[ndcares.org/  
communityprograms](http://ndcares.org/communityprograms)

## Inside this issue:

Whole Health  
Program Expands  
at Fargo VA 1

Paying it Forward  
Upcoming Events 2

## Whole Health Program Expands at Fargo VA Medical Center

In 2018, the Fargo VA Medical Center was named a Design Site by the VA's Office of Patient Centered Care and Cultural Transformation.

As a result, the Fargo VA received special grant monies to expand the vision and services of Whole Health and provide more opportunities for Veterans to drive their healthcare plan with access to complimentary and integrative modalities.

Whole Health is also known as "Patient Centered Care". All employees under the Whole Health model practice personalized, proactive, patient-driven care which is developed around each patient's mission, aspiration, and purpose. Care providers ask patients what matters most to them instead of focusing on a diagnosis or illness. When providers understand the patients' goals, the team will be the patients' partner in reaching those goals.

The current healthcare system in the United States attempts to heal patients after a problem has occurred, such as in treating chronic diseases like diabetes and high blood pressure. In most cases, diseases can be prevented by healthy lifestyle choices. Whole Health provides the educational resources and clinical services that can help prevent certain chronic diseases from ever occurring.



Front line from Left to Right—Sidney Johnk, RN Coach, Kim Sklebar, RN, Danielle Olauson, RN Program Coordinator, Courtney Carlson, Partner, Loni Larson, Coach. Back Line: Linda Bjordahl, MSA, Dr. Mike Mortenson, Chiropractor, Anna Montgomery, PSA, Nancy Ruud, RN Coach, and Tasha Boehland, Acupuncturist

The 2018 Design Site grant funds provided the Fargo VA with nine new specially trained employees to Whole Health services, to include a program coordinator, Whole Health partner, program support assistant, medical support assistant, three health coaches, a chiropractor, and an acupuncturist. A massage therapist will join to the team in 2019.

Services available at the Fargo VA Medical Center for enrolled Veterans include: battlefield acupuncture, traditional acupuncture, chiropractic care, yoga, tai chi, nutrition classes, mindfulness classes, reiki, and health coaching (individual or group). The program will welcome massage therapy before the end of FY19.

## How to get started

Introduction to Whole Health class – Offered the second Friday and third Tuesday of every month at the Fargo VA Medical Center – Provides overall information of the program and services available. Create short-term health goals using the Personal Health Inventory during class to share with your primary care team. Family members are also welcome to attend. If you're unable to attend this class, contact Linda at 701-239-3700 ext. 9-3990 with any questions or to join and begin your wellness journey.

### Factoid

#### Military Facts:

The Army is older than the country; led by George Washington, was passed by the Second Continental Congress on June 14, 1775.

The Air Force was part of the Army until 1946; the National Security Act of 1947 made it its own branch.

**Upcoming  
2019  
Tele-Conference**

**Who: Steering Committee Members  
All POC's  
(Community & Business)**

**What: Teleconferences**

**When: March 7th @ 11am**

**Where: Via Phone  
Dial in information  
will be published**

**Why: Exchange ideas  
Address issues**

**Coalition  
Meeting  
January  
24th**

**We're on the web:  
NDCARES.ORG**

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Bismarck, ND 58506-5511

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**PAYING IT FORWARD**

On December 13, 2018 the Minot ND Cares Steering Committee partnered with Fortis Energy Services and conducted TURKEY BINGO at the VFW Post 753, Minot. Those who attended had the opportunity to win one of the 15 turkeys. All ages were welcome to attend. A couple of the winners that were members of the VFW planned to use the turkey's they won to feed their members a Christmas meal. Another couple in attendance stated they were donating the turkey won to their churches food pantry. From this event, over \$500.00 was given to the Minot Vet Center to support their efforts in providing services to the local Veterans. Minot's VFW donated the space and Fortis Energy Services donated the turkey's. What a great example of a community paying it forward to help others!

**Upcoming  
Events:**



**North Dakota Cares  
Legislative Day**

January 25<sup>th</sup>, 2019  
8:00 am to 1:00 pm

Memorial Hall – State Capitol

**Booths**

- |  |                          |
|--|--------------------------|
| ND Cares                               | Military Outreach        |
| Suicide Prevention                     | Fargo VA                 |
| Survivor Outreach Services             | Military Funeral Honors  |
| Vet Center – Bismarck                  | Behavior Health Division |
| Job Service ND                         | ESGR                     |
| ACOVA                                  | ND DVA                   |
| Military Service Center                | Service Dogs for America |
| ND Traumatic Brain Injury              | Patriot Guard            |
| ND County/Tribal VSO Assoc             | Team Red White & Blue    |
| Military Personal Financial Consultant | Military One Source      |

**Veterans  
CREATIVE ARTS  
FESTIVAL**  
FEBRUARY 13, 2019  
11 a.m. to 2 p.m.  
Fargo VA Medical Center  
3rd floor auditorium

Artwork submission deadline: Feb. 1, 2019  
New addition to this year's festival - Creative Writing!

To submit artwork or for more information,  
call the Fargo VA at (701) 239-3700 extension 2094.

All Veterans enrolled in the Fargo VA Health Care System may participate!  
The event is free and open to the public to attend.



**Save The Date**  
*North Dakota  
Governor's  
Military Ball*

Saturday, March 23, 2019  
Radisson Hotel, Bismarck, ND  
Cocktails start at 6 o'clock in the evening  
followed by dinner & dance

Event in conjunction with the NGAND & NDNGEA Roughrider Conference

Meal Choices Include:  
Filet Mignon, Chicken Oscar or Sicilian Pease Pasta  
(includes wine, salad, garlic mashed potatoes,  
bruschetta and dessert)

Registration opens January 1, 2019

Register at:  
<http://www.ngand.org/ngand/ndnguanevents>

Registration required for attendance.  
LIMITED seating - 150 seats available.

Attire:  
Military: Army Service Uniform (bow tie optional)  
Mess Dress, Service Dress Uniform  
Civilian: Suit/Tuxedo, Cocktail or Evening Gown

Tickets:  
\$40 per person for  
Roughrider Conference  
attendees and guest  
\$50 per person for  
non-conference attendees