

FAIRMONT COMMUNITY HOSPITAL FOUNDATION

Consistency. It's a powerful thing.

LUCAS chest compression device for patients in cardiac arrest



The LUCAS Chest Compression System helps care teams do what they do best — save lives. With high-quality chest compressions and fewer interruptions than manual CPR, LUCAS is the device partner that will administer consistent, high-quality compressions until the job is done.

CPR quality

- Delivers Guidelines-consistent, high-quality chest compressions at recommended rate and depth while allowing for chest recoil
- Fewer interruptions, compared to manual CPR, leading to higher compression ratios and increased blood flow to the brain
- Higher EtCO values (the level of carbon dioxide that is released at the end of an exhaled breath), compared to manual CPR, indicative of higher chance of ROSC (return of spontaneous circulation).

Operational efficiencies

- Calms the event and reduces stress by eliminating the need to manage a compression rotation schedule
- Frees up care givers to focus on other tasks
- Utilizes data integration capabilities to enhance post event analysis and quality improvement efforts

Bridge to care

- Overcomes caregiver fatigue by providing consistent chest compressions for multiple hours if required
- Allows for hands-free, high-quality chest compressions during transport
- Extends reach of care and allows for treatment of underlying cause during CPR

Your power to improve CPR quality

With your help, we can provide a second LUCAS device for MCHS-Fairmont. Currently, one LUCAS device is being utilized in the Emergency Department. This second device will be utilized on the second floor of the Hospital; minimizing transfer time of the LUCAS system.

Support our mission of enhancing health care and help us provide life saving equipment! One device costs \$17,000. You can donate online at fchfoundation.com, scan the code and give via Venmo, or give by mail: PO Box 804



A STRONG FOUNDATION

Welcome to Fairmont Community Hospital Foundation, a 501(C) 3 non-profit, charitable organization, led by a volunteer board of directors and a full-time Foundation Director. Together, they work to promote and support Mayo Clinic Health System - Fairmont through fundraising, bequests and solicitations. FCH Foundation was formed as a non-profit charitable corporation in 1989, and today, decades later, because of generous supporters, we are stronger than ever.

Mission

The mission of Fairmont Community Hospital Foundation, a not-for-profit 501 (C) 3 corporation, is the development, management and distribution of philanthropic support to assist Mayo Clinic Health System – Fairmont, Minnesota (MCHS-Fairmont) in providing excellent health care for the local area.

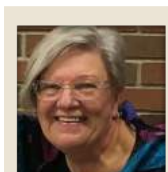
Vision

Fairmont Community Hospital Foundation believes much of the strength of rural life lies in having excellent health care close to home, with neighbors caring for neighbors. We will continue to be an active and dedicated fund development entity that supports a first-class community Medical Center. We will work together with the Medical Center to serve as one set of eyes and ears to identify community health and wellness needs.

Purpose

The Fairmont Community Hospital Foundation was created in 1989 with sole purpose of enhancing health care in our community through charitable support of our locally-owned medical center. Our efforts are focused on the priorities in this community and we are directed by members of our community. Over the decades, the FCH Foundation has funded projects and initiatives that matter to both our local residents and our local health care providers. We are here to serve the local need, big or small.

BOARD OF DIRECTORS



Marilyn Forstrom



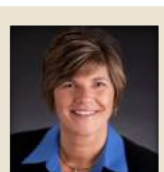
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fchfoundation.com



facebook.com/fairmontcommunityhospitalfoundation

Good News Gems You Made Possible



PEDIATRIC THERAPY

Check out the new space!

MCHS-Fairmont Pediatric Therapy Services moved from a small, single room to a multi-room area with enough space for a large play area, a kitchen and several individualized rooms.

FCHF granted the department with crash mats, slides, and a jump pit.

Nothing makes us happier then providing a safe and fun space for kids in our community to learn and grow!

BEDSIDE TABLE & CHAIR

Out with the old, in with the new!

Nuclear Medicine department at MCHS-Fairmont received a new bedside table and chair to help assist in starting IV's for patients.

A simple upgrade that makes a world of difference.



RESTRAINT CHAIR

The volume of behavioral patients continues to rise significantly for all patient ages. The restraint chair is intended to help control combative, self-destructive, or potentially violent patients in a manner that will reduce the risk of harm to staff and patients in these circumstances.

This device is fashioned in a manner that allows very quick access to security of limbs. In addition, having a mobile chair would allow the device to be taken to the patient versus trying to get a patient to be mobile in unfavorable scenarios.





2023 ERMA ROSEN NURSING SCHOLARSHIP RECIPIENTS

KYLEE STONER

"I chose nursing as a career because of the numerous opportunities for growth and learning that nurses have. As a nurse, there is a myriad of differing career paths you can choose from high-stakes critical care nursing in the ICU to slower more family-focused clinic nursing. Nursing allows for lifelong learning and the prevention of stagnation as new treatments emerge and new patients arrive. This flexibility was a crucial factor when choosing my career path along with the optimal merging of medicine while emphasizing patient care."



LOGAN KOSBAB

"As a teenager, I had the opportunity to go on two missions trips to Haiti. My faith grew because of the great things I witnessed, and I know in my heart that I made a difference for many people by serving their needs. The language barrier was a challenge, but I overcame this with caring and patience which allowed them to see my true intentions. This helped earn their trust so they would allow me to help them. This experience showed me that I am capable of being responsible for someone's life and wellbeing and made me realize that I have a passion for helping people to have a better life."

TESSA SCHIRMER

"I have always been a caregiver. My sister had a disability that affected her ability to walk and care for herself; once I became of age, I became one of her PCAs. Working with her helped me realize that working with children with disabilities would be my dream job. In 2022, my sister was admitted to the PICU. This experience sparked my interest in becoming a PICU care nurse. I want to use my experience and knowledge as a nurse to ensure the comfort of my patients and their loved ones."



ABBY FORS



"Although all my nursing experiences have been exceptional, I treasure two the most. The first experience was with a patient that did not speak English. I had to learn how to work with a translator to provide exceptional care. It taught me how to organize my assessment and the importance of speaking to the person, not the translator. Another experience that I had as when I had a patient struggling from a drug addiction; this showed me the mental health aspect. Understanding that addiction is an illness is key in providing compassionate care. Everybody deserves compassion, whether they speak another language or are battling an addiction."

KAITLIN JOHNSON

"This past semester, my OB clinical has sparked something in me. Prior to this clinical, I had little, if any interest in working in the labor and delivery or post-partum units. However, this clinical left a lasting impact on me that I could not explain. Every day I was able to be a part of one of these units, I felt like I was meant to be there. Being able to support families through one of the biggest experiences of their life left me feeling grateful and honored to help. Although I am not certain about what I will choose to do with my nursing career, I plan to continue following the path that feels right to me."



LEXI FOSBURGH

"After I graduate, I would love to work in an operating room setting and, eventually, an intensive care unit. This will provide me with vital experience in critical care that is needed for my long-term goal of becoming a Certified Registered Nurse Anesthetist. Even as a young child, I have always been enthralled by the operating room setting. A nurse anesthetist's work is exciting to me; this position offers the opportunity to work with anesthesia in an OR setting while also incorporating essential nursing duties. Regardless of where my nursing path takes me, I am passionate about my future in this profession and look forward to a fulfilling career."



MELISSA HAGEDORN

"It wasn't until I got first-hand experience at the bedside that I knew I wanted to become a nurse. I was with a cardiology patient who was experiencing stress and anxiety prior to undergoing a bone marrow biopsy. The biopsy was to confirm if they had cancer, the hardest words to hear. My patient kept asking about me, my value, and morals on life. They seemed shocked, but I wasn't sure if that was due to the anxiety they were facing or by my answers. None the least I continued to be present. Once we returned from their procedure, the patient took my hand, looked at me with tears in their eyes and genuinely thanked me. "



ANDREA WESCOT

"There are many reasons I decided to pursue a career in nursing. First and foremost, I want to make a difference in people's lives. I aim to improve not only the lives of the patients I care for, but also their families and other loved ones. My grandpa recently passed away. My entire family remained at his side, and someone stayed with him around the clock so that he would not be left alone when the time came for him to pass. Going through this gave me valuable advice on how to be a compassionate nurse. Even though I was aware of its significance, this gave me a better understanding. The nurses that cared for my grandpa reinforced my desire to make a difference in the lives of those going through the most difficult circumstances."



Next round of
Scholarships will open
for applicants
February of 2024.

Applications can be
found on our website
fchfoundation.com

A NOTE FROM FCHF BOARD PRESIDENT

Our medical facilities in Fairmont have been a vital part of our community for many years. Like health care throughout our country, our medical facilities and programs have gone through many changes. While some changes are exciting and welcomed, some are disappointing and difficult to accept.

When the Fairmont Community Hospital Foundation was started in 1989, the purpose was to support our local hospital/clinic by obtaining funds through charitable giving, to invest those funds and administer them to help enhance patient care, provide health-related education, purchase clinical equipment and fund nursing scholarships. **THAT PURPOSE HAS NOT CHANGED.**

At the 2023 Annual Meeting of the FCHF, we heard from the departments that had received grants in 2022. They shared how these grants help the dedicated staff do their best work to provide care for their patients. Their stories of how this money helped them and their deep appreciation of the Foundation were heartwarming, uplifting, encouraging and hopeful. When I left that meeting, I thought, "this is why I serve on the Board and why I donate!"

Thanks to our many donors, the purpose of the Fairmont Community Hospital Foundation continues to be fulfilled. We hope to see you in the spring at the 2024 Annual Meeting of the FCHF so we can thank you all in person.

Until then, if you have any questions, feel free to reach out to a Board member or our Foundation Director, Kayla Caven.

Marilyn Forstrom
Foundation President



2023 THERESA C SMITH RADIOLOGY SCHOLARSHIP RECIPIENT

MICHAELAH PETROWIAK

"My grandfather passed away, and at that time was said to have been a heart attack. Years later, my dad was diagnosed with a genetic heart condition that a few other family members have now also been diagnose with. This heart condition is called Noncompaction-Cardiomyopathy. Being this heart condition is a genetic mutation, my sisters and I had to undergo testing to see if we carried this gene as well. Throughout all this testing and even getting to see some images of my heart, I was extremely intrigued in the profession of radiology. Seeing the inside of the body and knowing how it function is just one of the most fascinating experiences. The experiences my family went through strengthened my vocation and geared me towards the profession of radiology and imaging."



DONOR RECOGNITION

It is with sincere appreciation that we acknowledge these gifts received by Fairmont Community Hospital Foundation from November 1, 2022 - September 30, 2023

In Memory

Brenna Ida Elizabeth Abel

Jane Kotewa

Vonnie Barke

Harry & Dr. Cherlynn Brumbaugh

Charles Bremer

Paul Peters

Cheri Clow

James & Betty Smith

Randy Cress

Jane Kotewa

Judi Davis

Karen Weihe

Kristin Anderson

Brian & Kaitlin Bormann

Robert & Dona Decker

Bob & Melissa Decker

Joann & Marlys Deterling

Harvery Deterling

Janice Gould

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Dorene Luhmann

James & Betty Smith

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Dr. Robert Zemke

Jane Kotewa

Jim & Rhonda Conde

Fred & Lorraine Carlson

James & Carol Dick

In Honor

Mr. & Mrs. Duane Petrowiak 65th Wedding Anniversary

Helen M. Mosloski

COMMITTED TO IMPROVING HEALTHCARE FOR OUR COMMUNITY

The FCH Foundation is committed to improving healthcare for our community, but we can't do it alone. Your support means everything to us, and we're grateful for every gift that helps us make a difference.



LOCAL COOKBOOK

*a unique gift filled with local flavors
that supports your community health care*

Purchase a cookbook and all proceeds will go back to your local community! Funds support the FCH Foundation Well-Being Garden which is located at MCHS-Fairmont, just outside the Lutz Cancer Center.

Patients, family, staff and community are welcome to care for the gardens in their own time. It's amazing what a short time-out and dirt on your hands can do for your soul. Produce from the gardens are shared within the community at no charge. Beautiful flowers can be seen by those receiving infusions at Lutz Cancer, bringing a sense of calmness.

Cookbooks are \$20 and can be purchased at Sterling Drug, at MCHS-Fairmont Administration Office or you can contact Kayla Caven to set up a delivery!

