

# Living Well

A Community Newsletter



Livingston  
HealthCare  
Billings Clinic Affiliate

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Nurse Midwife

Physical therapy patient  
Shawmarie Hanson and her  
horse, Scarlet, will be back to  
barrel racing soon.





It's a new year—a time for new beginnings, as well as the continuation of journeys which have already begun. As 2019 unfolds, it seems fitting to reflect on patient stories that illustrate positive outcomes resulting from hard work, commitment and collaboration.

I hope you are inspired and encouraged by the stories of resilience in this edition of *Living Well*. Read about a Livingston family's journey towards a diagnosis for their young son's inexplicable seizures, and discover the reason for a 26-year-old woman's unwavering dedication to recovery following hip surgery.

No matter where you are on your path to optimal wellness, please know that *we're here for you.*

Best,

DEB ANCZAK  
Chief Executive Officer  
Livingston HealthCare



# A Year in Review: 2018 at LHC

LHC contributions to community causes:

## \$60k



## 8,423

Physical Therapy visits

## TOP 20

out of over 1,300  
Critical Access Hospitals  
*nationwide*

2016, 2017, 2018



## 105

BABIES BORN

  
Livingston  
HealthCare  
Billings Clinic Affiliate

*We're here for you.*

Number of  
**3D**  
mammos performed:



## 1,400

## Mindful Minute

Find balance amid the busyness of life with three simple mindfulness exercises, recommended by Sara Bandstra, LHC's Home Health and Hospice medical social worker.

### Self-Acceptance

Notice and acknowledge any negative self-talk, take a moment and practice talking to yourself as you would a good friend or someone you love.

### Mindful Listening

Be intentional with how you are listening to others. Work to hear what someone is saying. Listen with your whole body. Listen with the hope of learning something new!

### Focus on Breath

When feelings of overwhelm come, take a minute to focus on the breath coming in and out of your body. Feel your belly fill, hold for a moment and then blow it out through your mouth. Repeat as necessary.



Home Health ranked in the  
top  
**25%**  
nationwide

## 2,180

Flu  
Shots  
Given



**1 of 7**  
designated  
Baby-Friendly®  
hospitals in MT

# Back in the Saddle

## LHC physical therapy patient eager to race again after hip surgery

Shawmarie Hanson—or Shamie for short—says that it's going fast that drives her passion for barrel racing.

The 26-year-old Choteau, Montana native has been competitively barrel racing for eight years. Her relationship with horses dates back to before she was born, when Shamie's mother bought a horse for her unborn child. Growing up, she spent countless hours riding through pastures, enjoying time spent with her equine friends.

Shamie has competed in barrel racing events, mostly jackpots, all around Montana and beyond. She fondly recalls a day in 2016 when she won \$2,000 at a rodeo in Silesia, Montana.

"It [barrel racing] kind of feels like why I live," Shamie says. "It's a big factor, like everything revolves around it for me."

Barrel racing is a sport that can take a physical toll on both the horses and the riders, as Shamie knows firsthand. In April 2018, she started to feel some discomfort in her left hip. Over time, it got worse—eventually reaching the point where she couldn't walk or sit without pain, much less ride a horse.

Shamie was diagnosed with a hip impingement: she had ten millimeters of extra bone on her femur that was pinching



the labrum in her left hip. After going over options with her doctor, Shamie decided to have the hip impingement surgically repaired at Livingston HealthCare.

Dr. Michael Ferrell, MD, a Bridger Orthopedic physician, performed the operation at Livingston HealthCare in mid-October 2018.

The next step in Shamie's recovery was physical therapy. Since her operation, she has been seeing LHC physical therapist Miles Schneeman, DPT, twice per week. She says it wasn't long before she felt monumental changes in the way her hip felt, largely thanks to the care she received from Miles.

As for Miles, he enjoys the opportunity to work with patients who live active lifestyles—including athletes like Shamie. A competitive swimmer growing up, he enjoys putting the power in the hands of the patient and using exercise as medicine.

"As someone who is personally so active, it's really rewarding to be able to help people get back to their sport—whatever it is," Miles says. "If I can get someone else back to that [their sport], and they can have that outlet, there's nothing better."

Each time Shamie sees Miles in LHC's state-of-the-art physical therapy gym, she goes through a routine of exercises. Her rehabilitation process is something she takes extremely seriously, and she says she isn't the only one.

"I make sure to always do my exercises at home, because it's important to me to get back to barrel racing as soon as I can," Shamie says. "It's nice to know that Miles and the people here [at LHC] make it a priority, too."

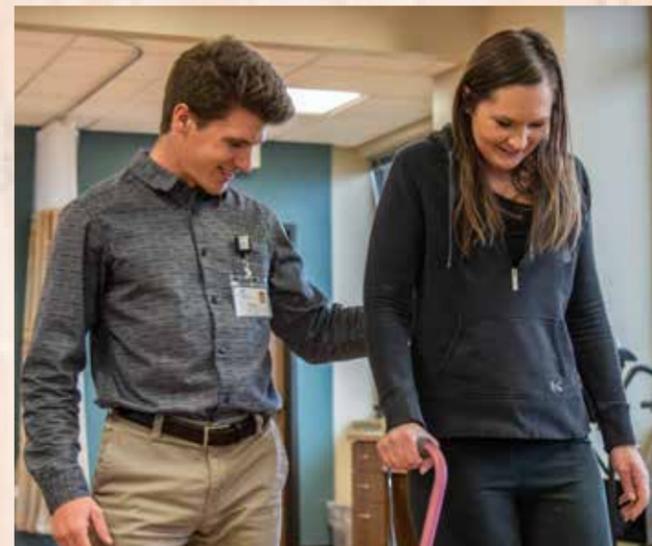
Just a few weeks post-surgery, Shamie has progressed from walking with crutches to walking unaided comfortably for the first time in months.

*"It [barrel racing] kind of feels like why I live."*

—Shawmarie Hanson

Before she knows it, she'll be back on one of her horses, be it Scarlet, Hillary or Josey—and she can't wait.

"You can tell they [LHC staff] do really care about the patients and that it's more than a job to them," Shamie says. "I can't thank them enough."



**TOP** Shamie Hanson races around the barrels during a March 2018 competition. **ABOVE** LHC physical therapist Miles Schneeman, DPT, and Shamie work diligently to get Shamie back into riding shape. **OPPOSITE** Scarlet—one of Shamie's three barrel racing horses—stands outside the barn with Shamie as snowflakes fall this winter.

She says she's extremely grateful to Miles and the LHC team for helping her get back to doing what she loves most.

# Piecing the Puzzle Together

*LHC pediatrician Heather DiCross, MD, and local family work together to diagnose a rare disorder*

At first glance, the Ungaretti family looks about the same as any other Livingston family.

Mike and his wife, Abby, live and work in Livingston. They have two nine-year-old sons—twins Garrison and Hayden. Garrison loves to play Minecraft on his Kindle, while Hayden spends most of his free time reading books like *Harry Potter* or *The Hunger Games*.

The twins have seen providers at Livingston HealthCare since they were born. When Dr. Heather DiCross joined the LHC team as a pediatrician in 2014, Garrison and Hayden began seeing her regularly. At the time, the twins were close to turning four. It was also around this time that Abby and Mike started noticing something different with their son, Garrison.

He would start staring off into the distance—unable to recognize anyone around him, or to know where he was. These episodes developed into seizures that Garrison would have every so often. The condition continued as he got older.

By 2017, Abby says that Garrison was admitted to the hospital after visiting LHC's emergency room about fifteen times.

*“Without Dr. DiCross, we would still be . . . coming into the ER once or twice a week.”*

—Mike Ungaretti

“One night, he was having an episode and I asked him what was wrong,” Mike says. “He said there were zombies after him. He had no idea what he was saying—it was all part of it.”

Now, six years after first noticing Garrison's symptoms, he is leading a life typical of a nine-year-old boy. This is something that Abby and Mike contribute largely to how Dr. DiCross helped their family.

DiCross frequently spent nights alongside Garrison when he entered the LHC emergency room with an episode, even on days where she wasn't working or even on call.

“Dr. DiCross sat and held his [Garrison's] hand and looked in his eyes and made us really feel like he was important to her, not just another kid,” Abby says. “That was that key moment for me that was like, ‘she really cares. She really wants to know how he feels.’”

DiCross spent countless hours observing Garrison and trying to learn exactly what was happening. She understood that what he was going through was beyond something she could treat, and wanted to ensure that he got the proper treatment as soon as possible.

Dr. DiCross reached out to find the right specialist in order to hopefully figure out what was happening

with Garrison. She found specialists in Nashville and Denver and connected the Ungaretti family with them.

Garrison and his family visited the medical center in Denver for the first time in November 2017, where it was eventually established that Garrison suffered from psychogenic nonepileptic seizures (PNES).

PNES are similar to epileptic seizures in many ways, but are of a psychological origin, whereas epileptic seizures are of a neurological nature.

After a follow up in January 2018, Garrison says he's feeling all better. Dr. DiCross continues to see Garrison and Hayden regularly. Both twins say they love how kind she is when they see

her. It's clear she's left a lasting impact on the Ungaretti family, not only with her care, but also with her ability to go above and beyond for her patients.

“Without Dr. DiCross, we would still be where we were at—coming into the ER once or twice a week,” Mike says.



*The Ungaretti family has developed a close relationship with Dr. DiCross thanks to her dedication to helping find a diagnosis for their son, Garrison's, rare seizure disorder. Pictured in the main photo above (left to right, starting with back row) Abby Ungaretti, Dr. Heather DiCross, Mike Ungaretti and Hayden and Garrison Ungaretti.*

INTRODUCING:

# Bonnie Roll

Certified Nurse Midwife &  
Women's Health Nurse Practitioner



Bonnie Roll is LHC's new Certified Nurse Midwife and Women's Health Nurse Practitioner. Years of diverse experiences have led her to honor the normalcy of each woman's life cycle, with the appropriate use of interventions or technology when necessary. Bonnie promotes team collaboration to provide the best care for each individual patient.

*"I believe every woman needs a compassionate partnership in health care; a partnership that acknowledges her life experiences for individual methods of healing, and is guided by the best evidence available," she says.*

To schedule an appointment with Bonnie or learn more about our women's health services call 406.222.3541 or visit [LivingstonHealthCare.org](http://LivingstonHealthCare.org)

# A New Year Addition

*Livingston HealthCare Welcomes First Baby of 2019*

January 11 was a day filled with emotions unlike any David and Nora Melius had ever felt before.

The couple spent almost the entire day in a state of joy and amazement due to the fact that they had just welcomed their first child into the world. Not once did it occur to them that their baby, just hours old, was the very first baby born in 2019 at Livingston HealthCare's Shane G. Lalani Family Birth Center.

Nora gave birth to a baby girl, Anja Melius, at 12:28 AM. Anja weighed seven pounds, 10 ounces at birth and was 20.5 inches long. She was delivered by Bonnie Roll, LHC's new Certified Nurse Midwife and Women's Health Nurse Practitioner.

"We took the prenatal class here at LHC, and there were a bunch of women who were pregnant and due in January, so we didn't think it [first baby of 2019] would be us," David says.

The Melius family lives about 18 miles north of Ryegate, Montana, and about a two-hour-drive from Livingston HealthCare. With David's parents living in Livingston, they chose to go through their first pregnancy and childbirth experience with the team at Livingston HealthCare.

"I don't really like hospitals. This [LHC] doesn't feel like a hospital," David says. "They treat you like a friend and not like a customer."

Nora adds, "We knew we could always call Bonnie—even if she wasn't there at the hospital, we could get ahold of her and she would take care of us."

As for Bonnie, she says, "Being part of such a special moment in David and Nora's life was an honor for me. Not to mention, being new to the team at LHC, getting to deliver the first baby of the year. Overall, it was an amazing experience."

The new parents can't wait to see their baby grow, and experience all the firsts that will come in the near future.

As Nora puts it: "We can't wait to get to know her."

*"They [LHC team] treat you like a friend and not like a customer."*

—David Melius



LHC's Bonnie Roll, CNM, WHNP, holds Anja Melius on her birthday, with dad, David, and mom, Nora, sitting on each side.

Empowering our community to:



LHC Emergency Department Manager, Stacy Kohler, RN (left), and ER nurse Shannon Vincent, RN (right), instruct a local Girl Scout on how to control bleeding in an emergency situation.

Since June 2018, LHC Emergency Department Manager, Stacy Kohler—and several other LHC Emergency Department staff, including Shannon Vincent, RN, Holly Tomscheck, RN, Emma Priddy, RN, and Dr. Rae Stevenson, MD—have volunteered their time to teach one-hour, life-saving Stop the Bleed® courses to groups across Park County, including Girl Scout troops and Sky Federal Credit Union employees.

“The goal of the program is to turn bystanders into immediate responders,” Kohler says. “Especially in a rural community where it might take time for emergency responders to reach you, bleeding control could be a life-saving skill.”

With the help of the Livingston HealthCare Foundation and the generosity of our Park County neighbors who donated to LHC’s Stop the Bleed® Campaign, Kohler and her team have been able to purchase 75 bleeding-control kits to distribute in our community.

Bleeding-control kits were provided to 16 city police and sheriff’s deputies to carry in their vehicles after completing the course. “The next goal is to train teachers and get a kit into every classroom,” Kohler says.

Stop the Bleed® is a national awareness campaign and call-to-action that encourages bystanders to become trained, equipped, and empowered to help in a bleeding emergency before professional help arrives.



## Donor Spotlight: Stewart Parker

Stewart Parker first visited Livingston in 1990. “I fell in love with the beauty, the quirkiness, the wind, the bars, the proximity to the Park, the talent,” she says. “I bought my place in the valley in 1994.”

Parker is a biotech consultant and was previously the CEO of the Infectious Disease Research Institute in Seattle. She co-founded Seattle-based Targeted Genetics and worked there as president and CEO until November 2008. She serves on the board of directors and executive committee of BIO, the primary trade organization for the biotechnology industry. She is also the director of several companies and non-profit organizations.

Although she loves Livingston and its people, Parker notes that it would be unlikely she would stick around if there wasn’t access to quality health care. “I decided to support Livingston HealthCare because towns, particularly rural towns, require a thriving healthcare infrastructure in order to survive and thrive—and that’s Livingston HealthCare.”



# The Extra Mile

*Livingston HealthCare nurse shows out-of-state patient and his wife care that extends beyond the hallways of the hospital*

Late in the summer of 2018, a couple was brought to Livingston HealthCare after being in an automobile accident near Gardiner. Bill and Laura\* were visiting the area from New Jersey.

Bill needed to be admitted to the hospital. While there, Lark von Tempsky, RN, oversaw his treatment.

Lark noticed how distraught Bill’s wife, Laura, was. She had nowhere to stay in Livingston, all of her belongings were still in her car which had just been totaled in Gardiner, and she had no way to get anything back.

Lark stepped in. She made a few phone calls to local dispatchers, eventually reaching a sheriff’s deputy who drove to Gardiner and went through Bill and Laura’s vehicle, collecting everything the visiting couple needed and bringing it back to the hospital.

Lark organized a hotel room near the hospital for Laura. She also arranged for LHC to pay for Laura to take a Lyft to Bozeman, where she could rent a car for the rest of the couple’s time in the Livingston area.

Bill fully recovered at Livingston HealthCare and was released soon after. While Bill and Laura’s time in Livingston may have been due to unfortunate circumstances, Lark says she hopes she made things as easy as possible for them.

**“It was just another day in the sense that we [LHC team] really try to make sure that every patient and their family knows that we care about everything that they’re going through.”**

*\*The names of the couple have been changed to protect their privacy.*



Lark von Tempsky, RN (pictured), helped a patient and his wife when they were in a difficult situation, far from their home in New Jersey.

## Individual care for women of all ages.

- Midwife Services
- GYN Laparoscopies
- Contraception
- Pelvic Floor Therapies
- Family-Centered Births
- 3D Digital Mammography