



Kittson County Enterprise

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Pictured Above, Olivia Kuzel, a kindergartener at Kittson Central, chooses props to use for a photo shoot during the school's K-6 Valentine's Day Carnival on Thursday, Feb. 14. See more photos of the carnival on page 6. (Enterprise photo by Anna Jauhola)

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Caregivers need a break, too



JERRY and JODY PETERSON, of Lancaster, laugh over a joke Jerry makes. Jerry has Alzheimer's and Jody is her husband's full-time caregiver. She says a volunteer respite care program would benefit caregivers in Kittson County.

(Enterprise Photo by Anna Jauhola)

Volunteers needed for LSS respite care program

By Anna Jauhola

For Jerry and Jody Peterson, nothing is normal and day-to-day life can be exhausting.

In 2013, the Lancaster couple's life changed when Jerry was diagnosed with early onset Alzheimer's. Jerry retired from his job as custodian at Lancaster School in 2014 and Jody retired from in-home day-care to care for her husband of 40-plus years.

"We'd never have been able to do it if I couldn't retire," Jody said of keeping Jerry at home. "We're blessed to live in a small town and our church family has been very helpful. I know if I need anything, they'd help."

Recently, the Petersons worked with Northwest Community Action in Greenbush to have respite care. However, the cost was mounting and they've taken a break from it until March.

Respite care provides a break for caregivers, whose lives typically become completely immersed in caring for their loved one, whether it be a spouse or drop-in care for a parent or other relative. Lutheran Social Services provides this type of non-medical care through volunteers and is searching for volunteers for Kittson County.

Respite volunteers provide company and safety for the client while the caregiver takes a few hours off to get their hair cut, go to the grocery store or just visit with friends and other family.

"To be a caregiver, some think it is full-time caregiving, but that's not true," said Monique Duray, Lutheran Social Services regional manager and respite care coordinator for Kittson, Roseau and Lake of the Woods counties. "We have people who go to work

during the day, stop by Mom's on the way home, help her throw in a load of laundry, or maybe stop by before bedtime and make sure she's settled."

No matter the situation, caregivers are always on call, 24 hours a day, seven days a week, Duray said. A caregiver can become isolated and exhausted when they do not get a break.

Duray has been working to incorporate volunteer respite care in Kittson County, but has not recruited any volunteers to date.

For the Petersons, laughter and humor is a daily asset. When asked how they keep busy each day, Jerry - ever the joker - responded, "Just layin' in the weeds." The couple often laugh and jest like this because keeping a sense of humor is important, Jody said.

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KATHY PHELPS, radiology manager at Kittson Healthcare, and X-ray technicians KELSEY STENMARK and JOELLE DAGEN review their training on the new Siemens Somatom Go ALL 64-slice CT scanner.

(Enterprise Photo by Anna Jauhola)

Kittson Healthcare implements state-of-the-art CT scanner

By Anna Jauhola

Since 2014, Kittson Healthcare has had the capability to provide CT scans for its patients when needed. As of early this year, the facility has drastically upgraded its service.

For five years, Kittson Healthcare leased a 2008 Phillips Brilliance 16-slice CT scanner. Although it did the job, it was a substandard machine, said Kathy Phelps, radiology manager.

CT stands for computerized tomography and the process is typically used when scanning a patient for trauma. The new machine, a Siemens Somatom Go ALL 64-slice, is state-of-the-art.

"We can literally scan the whole body in less than a minute," Phelps said. "Most places don't have this beautiful little gem."

Phelps said radiation exposure is drastically reduced, the crisp, clear images it takes provide amazing detail for medical

staff, and the software used allows technicians to adjust shading so they don't have to re-expose patients to radiation.

The machine is fast. A regular scan takes less than a minute. If a scan requires dye in a patient's system, the whole process still only takes about six minutes, and not all that time is spent in the scanner, Phelps said.

"It's slick, there's no two ways about it," she said. "We are so lucky to have this scanner."

When the scanner was installed earlier this year, it was one of 21 such scanners in facilities across the United States. Noelle Dagen, an X-ray technician and the radiation safety officer at Kittson Healthcare, said the facility is paying roughly half per month for the Siemens machine than it was for the Phillips CT scanner.

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'It's about the experience'

Adventure Race adds two days of activities

By Anna Jauhola

Buzz about the fifth annual Lake Bronson Adventure Race began over the last couple of months with discussions of making the one-day event into a three-day reason to hang out in Kittson County.

The Adventure Race began in 2015. Teams of three sign up to navigate a course through Lake Bronson State Park on bicycles, trekking on foot and paddling across portions of the lake. Teams navigate through the park using maps provided, they must bring a compass and can use their cell phones to input coordinates to find their way.

This year's race will be on Saturday, May 11 at the state park. But, organizers are giving participants and their friends and family a few incentives to come early and make a weekend of it.

On Thursday, May 9, they will host a geocaching class at Bean and Brush Creative Coffee in Hallock, said Frank Johnson, one of the event organizers.

He and others will hide a few geocaches around downtown and those who attend will use a geocaching app on their phones to input coordinates and find that location.

A portion of the Adventure Race includes optional geocaching. While this class is open to anyone, it can be beneficial for racers who need to brush up on their navigation and geocaching skills.

On Friday, May 10, they will host a 10K walk/run/bike between Revelation Ale Works in Hallock and Far North Spirits southwest of Hallock.

"This is a partnership with Rev Ale, they've wanted to host the run/bike for a long time," Johnson said.

The night before the race, teams can stop by Bean and Brush to grab a race map as well.

This is a new feature teams can take advantage of because in prior years, teams received their maps the morning of the race. Having this little bit of information can give teams the advantage of planning even a portion of their routes.

"It's not going to be all the maps and instructions they're going to get, but it'll be enough to make it worthwhile if people are here the day before," Johnson said. "Hopefully that adds a little intrigue for the night before."

Race Day

For the fifth annual Lake Bronson Adventure Race, a few things have changed.

Teams are no longer restricted to a solid three-hour time limit to finish the race. However, for every minute a team goes over that three-hour mark, the team loses a point, Johnson said.

"You'll still technically finish, but if you're 15 minutes over you basically lost every point you're going to be getting on the course," he said. "So there's some strategy involved, because you have to budget your time with the whole race."

The course is designed so it takes between two and three hours to finish, so teams need to decide which checkpoints they will complete or skip.

With a few exceptions based on safety or concern for nature, participants are not told how to get anywhere on the course. Johnson said they work together and follow their maps, which take them to required check-ins at transition areas. And in between transitions, they can stop at any or none of the checkpoints.

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Carlsons named Kittson Healthcare Valentine's Day king and queen



SHELDON and LORRAINE CARLSON were crowned Valentine's Day king and queen at Kittson Healthcare Nursing Home last Thursday. The Lancaster couple has been married nearly 65 years. The couple owned and operated a bulk fuel business for 30 years. Sheldon served in the U.S. Marine Corps and Lorraine was a nurse in Karlstad and Hallock hospitals. They were both active in the Lancaster community as both were members of the Lions Club while Sheldon was on church council and member of the American Legion, and Lorraine with Ladies Aid and American Legion Auxiliary.

(Enterprise Photo by Anna Jauhola)

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