

# Heart to Heart

February, 2026 NEWSLETTER



HEART OF AMERICA  
MEDICAL CENTER



## *Welcome Monica*

Monica grew up on the farm in Berwick. She attended Minot State University to become a teacher. She moved to Sitka Alaska to teach. She retired and continued to live in Alaska until 2025 when moved back to North Dakota to live with her niece in Towner. Monica enjoys watching TV, visiting, looking at the beautiful ND sunsets and watching the birds.



## *Welcome Ilene*

Ilene joins us from the Rugby community. Ilene grew up on the family farm in Berwick until marriage and then lived in the Rugby area where she took care of her 4 boys and helped on the farm. Ilene enjoys quilting, playing cards, doing puzzles, visiting, being around people and being outside in the garden.

January came and went while we were having fun. We played some snowball toss, which led into a snowball fight with patients throwing them at staff; they laughed pretty hard. We brought out the nerf guns for shooting practice and again led to patients laughing as they got the staff. Many games of Bingo and 6-5-4 were played. We spent time visiting and sharing the news over coffee. Time was spent in the salon curling hair and doing nails. We celebrated Corinne's birthday with the help of the HAMC Auxiliary.



**Find us on Facebook**

**@Heart of America Living Center**



Activities Professionals Week was celebrated January 26th-30th. Thank you Raegan, Amanda, Amy, Stacey and Haley (not pictured) for caring for our patients and making them feel special.



**Happy Birthday**

**Dennis Pierson— 27th**

**Contact Us**

We are continually collecting e-mail addresses for our newsletter. If you would like to receive this newsletter via e-mail send a request to [slunde@hamc.com](mailto:slunde@hamc.com). Also log onto <https://www.hamc.com/livingcenter/activities/>

If you have questions about volunteering, activities, upcoming events, calendars, schedules etc. Contact Stacey Lunde at 701.776.5455 ext. 2315 or [slunde@hamc.com](mailto:slunde@hamc.com).



## Staff Spotlight

Terrie Heintz and Jim Hoffart are both CNA's and RA's in the Living Center.

Terrie has been a CNA for 32 years and a RA for 4 years. We love Terrie's bubbly spirit she brings everyday she works.

Jim has been a CNA for 6 years and a RA for 4 years. Jim brings a smile and loves to visit everyday he is here.

The patients are so very lucky to have both Jim and Terrie to walk with them, exercise with them and take them to the wellness center to ride the NuStep. HAMC is so glad you are here!



Thank you to the HAMC Auxiliary for sponsoring the January Birthday Party!

They served the favorite Angel food cake parfait and helped with Bingo.

If you are interested in sponsoring one of our monthly birthday parties please contact Stacey Lunde.



**HAMC Auxiliary**

# Dessert Bar

**HOMEMADE DESSERTS  
COFFEE & LEMONADE  
SERVED FOR \$5.00**

**TAKEOUT AVAILABLE**

**FEB  
12**

**HAMC'S MAIN  
EDUCATION  
ROOM  
(NEXT TO THE  
HAMC CAFE)**

**1:30-3:30  
PM**

*All Proceeds Will Go Towards  
The New Ambulance Garage*





Thank you to the HAMC Auxiliary for the purchase of the new blinds for the Living Center!

