Cafeteria Services

There are three different areas within Altru Health System to purchase food; the hospital cafeteria, rehab dining room, and the Altru Express. For the daily menu call 780-1064.

Altru Hospital's cafeteria is located on the first floor. Signs are located outside visitor elevators with directions to the cafeteria. The hospital cafeteria is open from 6:30 a.m. to 7:00 p.m., seven days per week. Checks are accepted for the amount of purchase only. There is an instant cash machine outside the cafeteria entrance.

Hospital Cafeteria

**Hot food is available:**
- Breakfast 6:30 a.m. - 9:15 a.m.
- Lunch 11:00 a.m. - 1:15 p.m.
- Supper 4:30 p.m. - 7:00 p.m.

**Grill hours:**
- Weekdays 6:30 a.m. - 10:00 a.m., 11:00 a.m. - 1:30 p.m.
- Grill is closed on weekends and holidays

**Sandwich bar hours:**
- 11:00 a.m. - 7:00 p.m. daily  
  *Food is available in the vending area 24 hours daily.*

Altru Rehabilitation Center Cafeteria

The Altru Rehabilitation Center Cafeteria is located on the 2nd floor and open from 6:30 a.m. - 3:00 p.m. daily.

**Hot food is available:**
- Breakfast 6:30 a.m. - 9:30 a.m.
- Lunch 10:30 a.m. - 1:15 p.m.
- For supper - trays must be ordered in advance. Please inquire at 2nd floor nurses’ station.

Altru Express

The Altru Express is located on the 2nd floor of the hospital. Gourmet coffees, sodas, teas, smoothies, soup, salads, sandwiches and various snack items are available.

**Altru Express hours:**
- Monday-Friday 6:30 a.m. - 10:30 a.m., 11:00 a.m. - 6:30 p.m.
- Saturday & Sunday 6:30 a.m. - 12:30 p.m.
- Closed on holidays

**Other:**
- Coffee is available at no charge to family/visitors on each floor’s waiting area.
- Vending machines for pop, juice and various packaged snack items are located on each floor by the visitor elevators.
Communications

When dialing out of the building while at Altru Health System:

Dialing Instructions:

**Local Calls:**
- Dial 9
- Then dial the telephone number you wish to call

**Collect Calls:**
- Dial 9
- Dial 0
- Tell the operator you wish to place a collect call

**Credit Card Calls:**
- Dial 9
- Dial 0 + area code (if needed) + telephone number
- Wait for tone
- Enter your calling card number

If you need additional assistance dial “0”. An Altru Operator will be happy to assist you in placing your call.

**Dialing into patients rooms from outside the building:**
- Dial 780-4 (then the patient’s room number)
Concierge Services (WorkLife Center)
The following services are available to patient/families while at Altru Hospital through our Worklife Center:
• Limited postage services available
• River Cities Speedway tickets available to purchase
• Altru clothing available to purchase

Worklife Center Hours are:
Monday – Friday 8:00 a.m. - 4:00 p.m., closed on weekends and holidays

The Worklife Center is located in the concourse between the Hospital and the Rehabilitation Center.

Courtesy Shuttle
Altru provides courtesy shuttle service to patients, families and visitors within Altru main campus facilities, and back and forth to vehicles. The receptionist at the main lobby of the hospital can make these arrangements for you.

Shuttle Services are available from: Monday – Friday 7:30 a.m. - 4:00 p.m.
No shuttle service is available on weekends or holidays.

Latex Safe Environment
Altru Health System is a “latex safe environment”, therefore latex balloons and other latex items are not allowed on Altru campus.

Gift Shop
Whether children or adults, few things mean more to many hospital patients than knowing someone is thinking about them in their time of illness. Because we know how important the simplest gift can mean to patients, the Altru Hospital Gift Shop provides cards, flowers, candy, mylar balloons, stuffed animals and dozens of seasonal and general gift items every day. Also available are personal care items, magazines and phone cards.

Staffed by volunteers and maintained by the Altru Auxiliary, the Altru Hospital Gift Shop offers fast, friendly service and free delivery to patient rooms. They also do phone orders. The gift shop is located on the 2nd floor of Altru Hospital.

Phone number:  701- 780-5299
Hours: Monday through Friday - 9:00 a.m. to 8:00 p.m.
        Saturday - 11:00 a.m. to 6:00 p.m.
        Sunday - 12:00 p.m. to 5:00 p.m.
Closed on Holidays

Visa and MasterCard accepted.
Infection Control

For the protection of our patients, please do not visit them while in the hospital if you aren’t feeling well. We want to limit our patients’ exposure to colds, influenza, and other viruses while they are in our care.

One of the best ways to prevent infection is handwashing with either an alcohol hand antiseptic or soap and water. Please thoroughly wash your hands before visiting.

You may notice healthcare providers sanitizing their hands with an alcohol handrub. These handrubs are equally effective as soap and water.

Please note that special visiting rules are posted in intensive care units, surgery, and other departments because of infection control and/or other reasons. Patients are sometimes placed in isolation. A sign with instructions is placed on the patient’s room door. Please see a nurse for assistance.

Personal Items

Please limit the number of personal items brought into the hospital.

In accordance with the Safe Medical Devices Act, personally owned powered devices that may be approved for use while you are at Altru Health System are electric razors and hair grooming appliances.

Security

Security is provided at Altru to guard against fire, theft, vandalism and trespassing; to maintain a safe and secure environment for patients, families and employees both within the facility and on the premise.

A security guard is on call for escort services to the parking lot at any time. There is a regular scheduled “outside guard” from 8:00 p.m. to 4:00 a.m. to provide this service. To request security assistance, please contact your healthcare provider and arrangements will be made for a security escort.

Home Services Store

Adaptive equipment and other healthcare supplies can be purchased, while on the Altru Health System campus, either in the store on the 2nd floor of the hospital or the store as you enter the Rehabilitation Center.

Store hours: Monday-Friday  8:30 a.m. - 5:00 p.m.
- Saturdays  10:00 a.m. - 2:00 p.m.
- Store is not open on Sundays or holidays.

Tobacco Use

Altru Health System is dedicated to the concept of prevention of disease and promotion of good health. Tobacco will be prohibited in Altru Health System buildings and on all grounds. Physician orders for a patient to use tobacco will not be implemented or accepted. Tobacco Cessation information is available upon request. Ask your caregiver.
Reception Desk

Transportation and Lodging Information
The following information is available at the reception desk at Altru Hospital, 2nd floor:
• Bus schedules
• Motels/hotels that provide discounts for Altru patient’s family members
• Parkwood Place (see page 39 for information on Parkwood Place)
• Names and phone numbers of local cab service
• Various maps
The lobby is open 24 hours a day, 7 days a week.

Web Site
The Altru Web Site is www.altru.org.
Your doctor may order a prescription medication for you after your surgery. You will have the option of purchasing your medication at Altru’s Retail Pharmacy or taking your prescription to a pharmacy of your choice. Altru’s Retail Pharmacy accepts cash, checks or credit cards. Altru’s Retail Pharmacy is located on the main level of the hospital. Please bring your insurance card with you.

Phone: 701-780-3444

Hours of operation are:

Monday - Friday 9 a.m. to 6 p.m.
Saturday & Sunday 9 a.m. to 12 p.m. & 1 - 6 p.m.
Patient Services Philosophy

- We believe in providing patient care that is personalized and continuous.
- We provide care to patients admitted to the hospital, to outpatients, and to patients in their residence.
- We strive to enable patients and their significant others to take greater responsibility for their wellness.
- We support patients in making more knowledgeable decisions about their health and personal needs over their life span.
- We believe in involving patients and/or significant others in planning their care.
- We believe education of the patient and significant others is an integral part of care.

What you can expect during your stay in the hospital

During your stay with us you can expect us to focus on maintaining or regaining your health to the extent possible for you. Together we will develop a treatment plan. Our goal is to keep you as comfortable as possible while you are in the hospital and to prepare you for returning to your residence when you leave the hospital.

What you can expect during your stay at the Altru Rehabilitation Center

During your stay with us you can expect us to focus on what you can do, not what you cannot do. Our goal is to assist you in regaining your independence and enjoyment of life. As part of this process, you will be working with a team of medical professionals to set goals and treatment objectives together.
Advance Directives

The Patient Self-Determination Act is a federal law that requires health care providers to educate their patients and the community on issues related to advance directives (living wills and durable powers of attorney for health care).

It requires hospitals, nursing facilities, hospices, home health agencies and HMOs certified by Medicare and Medicaid to furnish timely information so that patients have the opportunity to express their wishes regarding the use or refusal of medical care, including life-prolonging treatment, nutrition and hydration.

The federal law takes no stand on what decisions persons should make. It does not require persons to execute either a living will or durable power of attorney, or other advance directive.

Advance Directive Policy

Altru Health System’s Advance Directive policy states that competent adults have the right and responsibility to control decisions relating to their medical care, including the decision to have medical or surgical treatment withheld or withdrawn. One way to control those decisions prior to becoming terminally ill and unable to make decisions is by completing a living will form. Living wills are honored at Altru Hospital, including those from residents of other states. Altru Hospital also provides a mechanism for you to execute a living will while a patient. (See below).

The Advance Directive Policy also states that competent adults have the right to designate another individual to make health care decisions on their behalf, by completing a durable power of attorney for health care form. Durable powers of attorney for health care are honored at Altru Hospital. A mechanism for you to execute a durable power of attorney for health care while a patient is provided. (See below).

Mechanism To Develop Advance Directives

Advance Directive forms are available at Altru Hospital in the Social Work Department, from Pastoral Services, from the Medical Records Department, from the Hospital Supervisor, or from Altru Home Services staff. A packet including the forms and the laws regarding advance directives for North Dakota and Minnesota can be obtained by calling the Pastoral Services office at 780-5300. The packet will be sent to you free of charge.

The Chaplains, Social Workers, Case Managers, Hospital Supervisors, or Altru Home Services are available to answer your questions about the forms, and help you with your concerns. They cannot provide legal advice; you would have to consult an attorney for answers to specific legal questions.
If you develop an advance directive, please bring it with you if you are admitted to the hospital. Give it to the person in the admitting department or to your nurse. If you have an advance directive, you may bring or send it (PREFERABLY AN ORIGINAL) to Altru Hospital at any time, even if you are not being admitted as a patient. Your advance directive will be kept on file in the Medical Records Department. If, at a later time, you are admitted to Altru Hospital, a copy of your advance directive will be sent to the area of the hospital where you are located and it will be placed on your chart. Your advance directive will be kept on file unless you have revoked it. You have the right to revoke your advance directive at any time. If you do so, please notify Altru Hospital if it is on file here.

You will be provided the same quality of medical/surgical care at Altru Hospital whether or not you have an advance directive.
Types of Advance Directives

The North Dakota statute regarding living wills is Chapter 23-06.4 of the North Dakota Century Code.

A living will permits you to decide whether you want life-prolonging treatment or nutrition and hydration (the giving of food and water) started or continued if you are unable to communicate your wishes to your doctor or health care provider. In North Dakota, a living will is called the LIVING WILL DECLARATION CONCERNING RIGHTS OF THE TERMINALLY ILL REGARDING LIFE-PROLONGING TREATMENT AND NUTRITION AND HYDRATION.

A living will becomes effective only when you give your physician a copy, when you have a terminal condition and death is imminent, and when you are unable to make or communicate health care decisions. You cannot be required to sign a living will. Your decision to complete a living will is personal and should be based upon your individual values and beliefs.
Health Care Directives

Minnesota
The Minnesota Health Care Directive Act can be found in Chapter 145C. A Health Care Directive is a written document that includes one or more health care instructions, a health care power of attorney, or both. The Health Care Directive permits you to make your health care wishes known and gives your health care agent the power and guidance to make health care decisions according to your wishes when you are unable to make or communicate your decisions. The document may include the type of treatment you want or do not want and under what circumstances you want these decisions to be made. You may state where you want or do not want to receive treatment.

In this document, you may name an agent who would make health care decisions for you if you are unable to make them for yourself. The agent has a duty to act consistently with your known wishes. If the agent does not know your wishes, the agent has the duty to act in your best interests. If you do not name an agent, your health care providers have a duty to act consistently with your instructions or tell you that they are unwilling to do so.

A Health Care Directive becomes effective when it meets the requirements of the law and when you are unable to make or communicate health care decisions. You cannot be required to sign a Health Care Directive. Your decision to complete a Health Care Directive is personal and should be based upon your individual values and beliefs.

North Dakota
The North Dakota law regarding durable power of attorney for health care is Chapter 23-06.5 of the North Dakota Century Code.

A durable power of attorney for health care is a legal document that permits you (the PRINCIPAL) to appoint someone else to make medical decisions for you if you become unable to make decisions for yourself. The person you designate to act as your representative is called your AGENT.

A durable power of attorney for health care only becomes effective when you are unable to make or communicate your health care decisions.

The words “FOR HEALTH CARE” distinguish a special durable power of attorney for health care from other durable powers of attorney used to permit agents to conduct your business affairs. If you signed a general durable power of attorney prior to July 17, 1991, your agent will not have authority to make your health care decisions unless your Durable Power of Attorney gives your agent specific authority to make health care decisions.
Decision Making In Health Care

Informed Consent Policy

Altru Hospital’s Informed Consent policy states that you, as a patient, have the right to make choices regarding your own health care, and further, that you have the right to the information you need in order to make informed choices.

Your Right To Make Your Medical Decisions

As a competent adult, you have the right to control decisions about your own health care. You have the right to accept or to refuse any treatment, service or procedure used to diagnose, treat or care for your physical or mental condition.

You have the right to make your own health care decisions as long as you have the ability to understand:

1. your medical condition and
2. the benefits, risks and burdens of a particular course of treatment and care and its alternatives.

Your right to decide also gives you the right to control the use of medical technology in regard to your health care. The concept of living longer by using medical technology is complex. Part of your right to make your own medical decisions is your right to decide, based upon your values, the extent to which medical technology should be used and under what circumstances.

Your right to decide also includes the right to make decisions regarding the artificial giving of food and water (nutrition and hydration).

To Exercise Your Right To Make Your Own Medical Decisions, You Should Do The Following:

1. Make certain you understand your medical treatment options. If you do not understand something or need more information, ask your health care providers. You have the right to an explanation in terms that you actually understand.

2. If you have ethical or moral concerns about your decisions, you should speak to your minister, rabbi, priest, or other advisor, or, perhaps, members of your family or a close friend. Assistance in making treatment decisions is available at Altru Hospital. The pastoral services staff, the social work staff and the nursing staff are ready to support you with the emotional, spiritual, moral, and ethical concerns that accompany such decisions. They can be contacted as follows:
   - Nurse ............................Press your call button
   - Pastoral Services ......................780-5300
   - Social Work ..........................780-5345

3. Discuss your desires with your physician or health care provider. Make sure that your health care provider understands what you want in the event you are unable to make your own medical decisions.

There may come a time when, due to your mental or physical condition, you may be unable to make your own health care decisions. Then your health care providers will look to any prior written advance directives or to family members to make decisions on your behalf. A determination that you are unable to make your own health care decisions must be made by a physician.
Two forms of advance directives have been approved by the North Dakota legislature: a Living Will and a Durable Power of Attorney for Health Care. In addition, North Dakota also has an Informed Health Care Consent Law which authorizes other persons to make health care decisions for you if you are either a minor or are unable to make your own medical decisions.

**Informed Health Care Consent Law**

This law can be found in Section 23-12-13 of the North Dakota Century Code. The Informed Health Care Consent Law authorizes certain persons to provide consent for minors or persons who are incapacitated and, therefore, unable to make or communicate their own medical decisions.

This law prohibits consent for sterilization, abortion, psychosurgery, or admission to a mental health facility for more than 45 days without a court order. The law establishes a priority list of persons who are authorized to provide informed consent to health care on behalf of a minor or an incapacitated person. The order of priority is as follows:

1. **The individual, if any, to whom the patient has given a** Durable Power of Attorney that encompasses the authority to make health care decisions, unless a court specifically authorizes a guardian to make medical decisions for the incapacitated person.

2. **The appointed guardian** or custodian of the patient, if any.

3. **The person’s spouse**, who has maintained significant contacts with the incapacitated person.

4. **Children** of the patient who are at least 18 years of age and who have maintained significant contacts with the incapacitated person.

5. **Parents** of the patient, including a step-parent who has maintained significant contacts with the incapacitated person.

6. **Adult brothers and sisters** of the patient who have maintained significant contacts with the incapacitated person.

7. **Grandparents** of the patient who have maintained significant contacts with the incapacitated person.

8. **Grandchildren** of the patient who are at least 18 years of age and who have maintained significant contacts with the incapacitated person.

9. **A close relative or friend** of the patient who is at least 18 years of age and who has maintained significant contacts with the incapacitated person.

   If you are an adult, the law requires that a physician determine that you are an incapacitated person before anyone is authorized to consent on your behalf.

This law requires that a person who is authorized to provide informed consent on your behalf must first determine that you would have consented to the proposed health care if you were able. If such a determination cannot be made, the authorized person may consent only after determining that the proposed health care is in your best interests.

If you have not signed a durable power of attorney for health care, this law determines who can consent to your medical treatment if you become incapacitated or if you are a minor.
Glossary Of Terms

ADVANCE DIRECTIVE - A document in which a person either states choices for medical treatment or designates who should make treatment choices if the person should lose decision-making capacity.

ARTIFICIAL NUTRITION AND HYDRATION - A method by which food and water is given to a person who is unable to eat or drink. The person may be fed through a tube inserted directly into the stomach, a tube put through the nose and throat into the stomach, or an intravenous tube.

CARDIAC ARREST - A condition in which a person’s heart stops beating.

CARDIOPULMONARY RESUSCITATION (CPR) - An emergency, short-term procedure in which artificial respiration and chest compressions are used to restore the breathing and/or heartbeat of a person at the time of a cardiac arrest. CPR sometimes includes giving drugs and electric shock, also.

CODE LEVEL - A way of classifying the amount of treatment efforts to be used when a person has an urgent situation, such as a cardiac or respiratory arrest.

DECISION MAKING CAPACITY - The ability to make choices that show an understanding and appreciation of the nature and consequences of one’s actions.

DECLARATION - Another term for an advance directive.

DURABLE POWER OF ATTORNEY FOR HEALTH CARE (DPOA/HC) - An advance directive in which an individual names someone else (the “agent”, “surrogate”, or “proxy”) to make health care decisions in the event the individual becomes unable to make them himself/herself. The DPOA/HC can also include instructions about specific possible choices to be made.

HOSPICE - Providing care for the terminally ill in the form of pain relief, counseling, and comfort care, either at home or in a facility.

INFORMED HEALTH CARE CONSENT - A law authorizing certain persons to provide consent for minors or persons who are incapacitated and, therefore, unable to make or communicate their own medical decisions.

LEGAL GUARDIAN - A person charged (usually by court appointment) with the power and duty of taking care of and managing the property and rights of another person who is considered incapable of administering his or her own affairs.
LIFE-SUSTAINING TREATMENT - A medical intervention administered to a patient that prolongs life and delays death.

LIVING WILL - An advance directive in which an individual states the kind of life-sustaining medical treatment he/she wants/does not want if he/she becomes terminally ill and unable to make decisions. This includes nutrition and hydration issues.

PALLIATIVE CARE - Medical treatments intended to help lessen suffering, discomfort and dysfunction, but not to cure.

PATIENT SELF-DETERMINATION ACT (PSDA) - A federal law that requires health care providers to educate their patients and the community on issues related to health care decision-making and advance directives, as well as to document whether patients they are serving have advance directives.

PERSISTENT VEGETATIVE STATE - As defined by the American Academy of Neurology, a form of eyes-open permanent unconsciousness in which the patient has periods of wakefulness and physiologic sleep/wake cycles but at no time is aware of himself or his environment.

PROXY/AGENT - A person appointed to make decisions for someone else, as in a durable power of attorney for health care (also called a “surrogate”).

RESPIRATORY ARREST - A condition in which a person stops breathing.

TERMINAL CONDITION - A status that is incurable or irreversible and in which death will occur within a short time. There is no precise, universally accepted definition of a “short time”, but in general it is considered to be less than one year.

VENTILATOR - A machine that moves air into the lungs for a patient who is unable to breathe naturally (also called a respirator).
Pastoral Services

Chaplains
Toni Betting, John Rieth, Bernie Schneider, Thanda Ngcobo, Larol Hursman (Valley Memorial Homes), Roger Brockmeyer (Valley Memorial Homes)

PASTORAL SERVICES 701-780-5300

*Hope is the theme reflected by the window in Altru Hospital’s chapel. The background colors are of the Christian liturgical cycle inviting celebration of the rhythms of living. A yellow-gold sunburst radiates light, warmth, and hope. A Christian cross is in the foreground.*

TO OUR PATIENTS

Welcome to Altru Hospital, a part of Altru Health System. We feel privileged to offer you our advanced medical services and pray that you will benefit from our professional care.

The hospital recognizes that spiritual care and religious resources are important dimensions of healing and health. To help provide these, Altru has chaplains to serve you and your family while you are here.

Chaplains are available in the hospital during normal working hours (Monday-Friday, 8 a.m. - 5 p.m.) and on-call 24 hours a day, 7 days a week for emergency care.

Our chaplains are professionals with extensive training and experience in pastoral care, beyond their formal and seminary education, who will minister to your spiritual needs and provide a variety of supportive services. They care about you and are qualified to counsel and assist you in your relationships with others and with God.

PASTORAL CARE

Each day the hospital chaplains call on as many patients as they can. If they have missed visiting with you, you should know that they are available to you and your family —

• if you need someone to listen
• if you have religious or spiritual concerns
• if you are critically ill
• if you are making decisions concerning your care
• if you wish your clergy to be contacted
• if you want any kind of pastoral counseling
• for information on infant bereavement when a baby dies through miscarriage or stillbirth.

SACRAMENTAL AND PRAYER MINISTRY

Chaplains are available to administer sacraments such as Baptism, Holy Communion, Confession, and Anointing of the Sick. If you wish to receive one of the sacraments, please notify them.
If the ministry of a Jewish Rabbi or other religious tradition is needed, please call the Pastoral Services office (dial 5300), and arrangements will be made.

TEACHING SERVICE
Our Pastoral Services Department is certified to teach Clinical Pastoral Education (ACPE-CPE) to ordained clergy, lay ministers, and seminary students. While you are a patient, you may be visited by a CPE student during the course of their training.

HOSPITAL CHAPEL
The chapel is available for private, quiet meditation and prayer. It is located off the hallway behind the main lobby information desk.

WORSHIP SERVICE
Regular Sunday religious services are not conducted in the hospital. However, you are invited to participate in TV worship. Channel 8 has a Roman Catholic Mass at 10:30 a.m. and a Lutheran Service at 11:00 a.m. There are also other network religious programs throughout most of Sunday morning on Channels 4, 8, and 11.

Several area churches broadcast their Sunday worship services on local radio stations. Consult the hospital program guide for available stations.

Family members of patients are welcome to participate in religious services at Valley Eldercare on Medical Park. Ecumenical Sunday worship is 9:45 a.m., and Catholic Mass is Tuesday at 10:30 a.m.

Catholic Mass is celebrated each Wednesday noon in the Altru Hospital Chapel. Worship services are celebrated during special seasons. Contact a hospital chaplain for more information.

For worship schedules in the area churches, please check the yellow pages in the phone book.

To call a chaplain, ask a nurse to contact the Pastoral Services Department, or dial 5300.
GOD’S WORD

Bibles have been placed in patient rooms. If you do not have one, please contact the housekeeper. Or dial 5300.

God is our refuge and strength, a very present help in trouble. Therefore we will not fear though the earth should change, though the mountains shake in the heart of the sea; though its waters roar and foam, though the mountains tremble with its tumult.

There is a river whose streams make glad the city of God, the holy habitation of the Most High. God is in the midst of her, she shall not be moved; God will help her right early. The nations rage, the kingdoms totter; he utters his voice, the earth melts. the Lord of hosts is with us; the God of Jacob is our refuge.

Come, behold the works of the Lord, how he has wrought desolation in the earth. He makes wars cease to end of the earth; he breaks the bow, and shatters the spear, he burns the chariots with fire!

Be still, and know that I am God. I am exalted among the nations, I am exalted in the earth The Lord of hosts is with us; the God of Jacob is our refuge.

Psalm 46

“By this we shall know that we are of the truth, and reassure our hearts before him whenever our hearts condemn us, for God is greater than our hearts, and he knows everything.”

1 John 3:19

“See what love the Father has given us, that we should be called children of God; and so we are.”

1 John 3:1

“Have no anxiety about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will keep your hearts and your minds in Christ Jesus.”

Philippians 4:6,7

“Come to Me, all who labor and are heavy-laden, and I will give you rest. Take My yoke upon you, and learn from Me; for I am gentle and lowly in heart, and you will find rest for your souls.”

Matthew 11:28, 29

“Ask, and it will be given you, seek and you will find; knock, and it will be opened to you. For everyone who asks receives, and he who seeks finds, and to him who knocks it will be opened.”

Matthew 7:7,8

The Lord is my shepherd, I shall not want; he makes me lie down in green pastures. He leads me beside still waters, he restores my soul. He leads me in paths of righteousness for his name’s sake.

Even though I walk through the valley of the shadow of death, I fear no evil; for thou art with me; thy rod and thy staff they comfort me.

Thou preparest a table before me in the presence of my enemies; thou anointest my head with oil, my cup overflows. Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the Lord forever.

Psalm 23
HOSPITAL PRAYER
Almighty God, I now find myself in unfamiliar surroundings, anxious for my welfare, uncertain about tomorrow, and absent from those I love. I ask you for strength and patience to face whatever lies ahead. Give guidance to all those who care for me during this hospital stay. May this experience teach me to be more sensitive to what is important in life. Amen.

BEFORE AN OPERATION
Soon I will be having surgery, God. Give me courage and strength to go through the experience. May your presence strengthen my family who waits until the surgery is over. I commit myself to your care. Amen.

THANKSGIVING AFTER RECOVERY
Almighty God, I thank You that I have come safely through my sickness. Help me to show my gratitude by serving you faithfully in daily living. Amen.

PRAYER FOR OTHERS
Lord, I pray for others who are ill. Give them comfort in suffering, courage when afraid, patience when anxious, and hope when discouraged. Amen.

AREA CHURCHES
Assembly of God........................3920 Cherry Street Grand Forks, ND 746-7327
Augustana Lutheran Church - ELCA.............520 University Avenue Grand Forks, ND 775-3187
Bethel Lutheran Brethren Church................1616 South 17th Street Grand Forks, ND 772-5790
Calvary Lutheran Church - ELCA..............1405 South 9th Street Grand Forks, ND 772-4897
Calvary Temple Church of God....1917 Washington St. S Grand Forks, ND 772-5108
Christus Rex Luth
Campus Ministry .........................3012 University Avenue Grand Forks, ND 775-5581
Church of God in Christ -
Gospel........................................321 Belmont Road Grand Forks, ND 775-3567
Cornerstone Baptist Church........P. O. Box 13935 Grand Forks, ND 746-5551
Faith Evangelical Free Church.....2315 Library Lane Grand Forks, ND 772-3452
Federated Church .........................2122 17th Avenue S Grand Forks, ND 775-9089
First Church of God......................P. O. Box 6145 Grand Forks, ND 772-5374
First Presbyterian Church ........5555 S Washington Grand Forks, ND 775-5545
Grace Baptist Church...............700 24th Avenue S Grand Forks, ND 775-0648
Holy Family Catholic Church......1018 18th Avenue S Grand Forks, ND 746-1454
Hope Evangelical Covenant Church .........................South Forks Plaza Mall Grand Forks, ND 772-1884
Immanuel Lutheran Church ........1720 Cherry Street Grand Forks, ND 775-7125
Living Word Family Church ..........5200 Gateway Drive Grand Forks, ND 746-6111
New Life Center Foursquare Church ...............1515 DeMers Ave. Grand Forks, ND 746-8154
Redeemer Lutheran Church - LCMS ..........815 20th Street North Grand Forks, ND 772-0706
Sharon Lutheran Church ...........1720 S 20th Street Grand Forks, ND 772-3122
St. Mark's Lutheran Church ..........715 24th Ave. South Grand Forks, ND 772-4807
St. Mary's Catholic Church ........216 Belmont Road Grand Forks, ND 775-9318
St. Michael's Catholic Church ......524 5th Avenue North Grand Forks, ND 772-2624
St. Paul's Episcopal Church .........319 5th Street South Grand Forks, ND 775-7955
Trinity Free Lutheran Church ......3426 Chestnut Street Grand Forks, ND 772-1218
St. Thomas Aquinas Center - UND ..........410 Cambridge Grand Forks, ND 777-6850
United Lutheran Church ..............324 Chestnut Street Grand Forks, ND 775-4279
University Lutheran Church ........2122 University Avenue Grand Forks, ND 775-4745
Wesley United Methodist .............1600 4th Avenue North Grand Forks, ND 772-1869
Wittenberg Lutheran Chapel ..........3120 5th Avenue North Grand Forks, ND 772-3992
Zion United Methodist ...............1001 24th Avenue South Grand Forks, ND 772-1893
Bethany Lutheran Church .................P. O. Box 360 East Grand Forks, MN 773-1501
Christ the King Free Lutheran Church .................P. O. Box 645 East Grand Forks, MN 773-2357
Family of God Lutheran Church ............327 5th Avenue S.E. East Grand Forks, MN 773-1433
First Lutheran Church ..............203 5th Street N.W. East Grand Forks, MN 773-0181
Harvest Assembly of God ............P. O. Box 434 East Grand Forks, MN 773-7133
Konsvinger Luth Church AALC .....2143 7th Ave. N.W. East Grand Forks, MN 773-2720
Mendenhall Presbyterian Church ..........528 N.W. 10th St. East Grand Forks, MN 773-2469
Our Savior's Lutheran Church ......1515 5th Ave. N.W. East Grand Forks, MN 773-8449
Sacred Heart Catholic Church ......200 3rd Street N.W. East Grand Forks, MN 773-0887