

— CONNECT MEDICAL CLINIC —

For Sexual Health & Prevention

A Safe Place for  
Confident Decisions

# connect

## DOUBLE THE BLESSING, DOUBLE THE FUN! Connect's First Twins

Last spring, we shared the discovery of Connect's first TWINS on ultrasound during Tara Zettel's sonography training. Now, approximately 8 months later, Connect has walked with that family through our Earn While You Learn prenatal education program, and are anticipating welcoming those babies into the world any day now!

Alicia Paque came to Connect as an ultrasound model with her husband Miguel. When Tara told them she saw two gestational sacs, Alicia said she was a little shocked, but not too shocked.

"I had known there was a big possibility of having twins as they run in my family," said Alicia. "But I don't think any amount



of knowing can prepare you for finding out you are going to bring two babies home."

Alicia and Miguel have two older daughters, yet still found much value in Connect's Earn While You Learn educational program. "I was

Alicia and Miguel, a soon-to-be family of six.

refreshed on some topics, learned so much on other topics, and received the support I needed at this time in my life," said Alicia.

In the height of Covid in the summer of 2020, Connect transitioned to an online education format. This allows couples to watch the lessons and answer the homework questions together at home, then review the lesson with the RN and earn diapers and wipes.

"I felt like I learned something new with each lesson, something I never knew before watching them," said Alicia. "I appreciated that Deb (Bolin, RN) would take time to go over the lessons with me and share stories or helpful tips from her years of experience."

Deb recently retired from Connect in November of 2021 (see page 2.) During her time with the clinic, she truly became a mentor to many expectant moms like Alicia.

"Deb helped me understand and prepare for the differences I could expect having twins vs. a single pregnancy," said Alicia. "I have had a lot of worries with this pregnancy, but I felt able to share them with Deb and get validation. **She took the time to hear all my concerns and help me laugh through them.**"

*(Alicia's story continues inside)*



Image captured by Tara Zettel, RN during her ultrasound training of Baby B.

## Twins, cont.

Anticipating her January 11, 2022 delivery date, Alicia said the Connect staff will be among the first to see the babies. “I hope Deb will stay in touch so she can see them, too!” she said. “I feel so connected to them; we all need to see this pregnancy out together!”

Prior to serving as an ultrasound model, Alicia didn't know Connect existed in Dickinson. Now, she tells everyone she can about the clinic and services.

“They really took the time to get to know me,” she said. “I'm so thankful our paths crossed during this time in my life. I needed to have them all in my life.”

She added: **“There are so many people who will benefit from being surrounded by members of an entire clinic staff who so obviously care and want the best for their patients.** Not all clinics are like that, so if they are in a situation where maybe someone is scared or worried, I would say this is the best place for them to come and get the love and support they need during that time in their life.”



Deb Bolin, RN with Alicia at 32 weeks and her daughter receiving her “baby shower in a bag.”



## HONORING DEB BOLIN, RN

### Nurse Manager Position Changes Hands

By Mark Billings

Deb Bolin, RN, Connect's nurse manager for the past four years, retired from her position in November, capping off a 44-year nursing career while impacting thousands of expectant women and their families.

Having worked in only four hospitals and clinics the past four decades, Bolin said she was drawn to Connect by its strong faith-based mission and the chance to come alongside women and men from a wide variety of backgrounds.

**“It has been rewarding to help people, no matter what the lifestyle they had been living,”** said Bolin. **“I always thought I helped each person a little bit, and it's been great working with a small staff that wants to make a difference.”**

Tara Zettel, RN, Connect's Executive Director, said Bolin has made an incredible impact on the organization through her positive patient interactions. “Her patients always leave comments reporting that they have felt seen, heard, valued and respected,” said Zettel. “I've learned a lot from her as a nurse.”

A native of Starkweather, ND, Bolin graduated from the University of Mary in 1976 with a Bachelor of Science in Nursing, and quickly started her nursing career in Mandan. Helping to set the stage, a daytime position opened up in OB, and the position more or less stuck when she moved to Anchorage, Alaska for two years and then 2,700 miles back to Dickinson to the former St. Joseph's Hospital, where she held many titles over 37 years culminating in Director of Obstetrics through 2017.

Shortly thereafter, Connect's former Executive Director Deb Schweitzer called Bolin to ask her to consider becoming the agency's new nurse manager. “Deb and I had known each

other for years, and I was familiar with Connect,” she said. “Being there was a way for me to continue working part-time while using so much information on labor and delivery and women's health I had gleaned over the years.”

While investing her time as a nurse, Bolin also was an adjunct faculty member in the Nursing Department at Dickinson State University for 15 years – all while raising three children, including Eric, 43 of Fargo; Shanna, 36 of Grand Forks; and Ryan 33, of Germany.

Replacing Bolin is Chelsey Crone, a former labor and delivery nurse at CHI St. Alexius Hospital.

“I have a heart for people and I'm excited to serve women and men in our community,” said Crone. “I love that Connect offers a welcoming, confidential setting to connect with patients one-on-one in a less-rushed atmosphere where we can really listen, support and educate.”



“I'm excited to have Chelsey join the Connect team,” said Zettel. “I'm so grateful for everything Deb has given the mission and look forward to what is coming next.”

Chelsey Crone assumed the Nurse Manager role in December, 2021.



Bolin, at the beginning of an impactful nursing career.



## From the Desk of the (Very Excited) Executive Director



What do you do, when you finally get what you've been praying and hoping for, working and laboring towards?

You celebrate! You say Thank You! You do a happy dance in your office when no one is looking! (*Maybe that's just me!?*)

Adding a provider to the staff to provide well-woman services and Pap testing at Connect Medical Clinic has been a dream of the leadership and staff since before I was hired in 2018. The Board and then Executive Director Katie Vidmar were diligent in laying the groundwork, pursuing the funding and seeking the right time to take this step.

**Because of their diligence and the faithful support of our community and donors, we are seeing that dream become a reality now!** And I'm not the only one excited about this development!

"We are happy to announce that Rachael Marshall will be joining the Connect Clinic team as a family nurse practitioner," states Connect's Medical Director Dr. Thomas Arnold. "Rachael is

a well-trained, capable, engaging and amiable provider that will enhance the clinic's ability to provide for the needs of a wider spectrum of patients."

Rachael accepted a position at Connect in December. The vision for the FNP role includes cervical cancer screening, genital exams, plus women's cycle care: care for irregular periods, adverse cycle symptoms, infertility education and natural pregnancy avoidance education.

When your dream comes true, what do you do?

Please join me in celebrating Rachael's YES to the mission of Connect! Thank you for your support that has truly made This Dream Possible. And if you want to... do a little dance and thank God for bringing us here together!

In Joy,  
*Tara Zittel*

## Meet Rachael Marshall

My name is Rachael Marshall and am new to the Connect Medical Clinic team. I am a Dickinson native. I am a board-certified Family Nurse Practitioner who graduated from Walden University. I earned my bachelor degree in nursing from Dickinson State University in 2009 and worked as a registered nurse at the hospital for the past 10 years. In my free time, I enjoy staying active, spending time with my family, and traveling. I am excited to be able to extend on the services provided by the Connect Medical Clinic and am passionate about providing care for at-risk sexually active patients in Dickinson and the surrounding areas.



## JANUARY

### Cervical Cancer Awareness Month



Facts According to the American Cancer Society:

- Cervical cancer was once one of the most common causes of cancer death for American women.
- The cervical cancer death rate dropped significantly with the increased use of the Pap test. This screening procedure can find changes in the cervix before cancer develops. It can also find cervical cancer early – when it's small and easier to cure.
- Cervical cancer is most frequently diagnosed in women between the ages of 35 and 44, with the average diagnosis at 50. Many older women do not realize that the risk of developing cervical cancer is still present as they age.
- More than 20% of cases of cervical cancer are found in women over 65.
- **However, these cancers rarely occur in women who have been getting regular tests to screen for cervical cancer before they were 65.**

**FEBRUARY 10** Giving Hearts Day  
Help someone.  
**SAY YES TO THE TEST!**

For just \$45 you can help at-risk women of all ages get the cervical cancer screening PAP Test and well-woman care they need and deserve!

SCAN ME

# YES!

You. Embody. Significance.

2023 Connect Medical Clinic Three Day Event

- **Wednesday, April 6th:** Community Youth Event  
All Youth are Invited!
- **Thursday, April 7th:** Annual Fundraising Banquet  
Astoria Hotel and Event Center
- **Friday, April 8th:** All Men's Breakfast

**FEATURED SPEAKER:**

**JESS FORD**



*Not a no. Not a maybe. You have always been a YES!*



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You can access this on our website or text "Donor Rights" to 701.840.6280



@connectmedicalclinic

Our prayer team and family of support are invited to a January prayer gathering, **Monday, January 24th at 12:00 noon** at the old sanctuary of Hillside Baptist Church.

Contact Erika Daniels, volunteer prayer director, at [erika@connectmedicalclinic.com](mailto:erika@connectmedicalclinic.com) for more details.

## JANUARY: Sanctity of Human Life Month

*According to Wikipedia, the phrase Sanctity of Life refers to the idea that human life is sacred, holy, and precious.*

**According to Connect Medical Clinic Core Values:**

We believe that everyone deserves to be nurtured and cherished, no matter the circumstances, and uphold the inherent dignity and worth of all human life.

We believe every man and woman should have access to affordable, confidential, and compassionate sexual health services.

**With these principles in mind, we are offering well-woman exams and Pap testing starting in January. Please call (701) 483-9353 for more information or visit our website at [connectmedicalclinic.com](http://connectmedicalclinic.com)**

## Colleen Moenkedick, RN resigns her position on staff and joins the Board of Directors

Colleen Moenkedick lives in Dickinson with her husband Matt, daughters Adeline and Olivia, and son Joseph. She has been a RN since 2014, and works at CHI St. Alexius in Dickinson as a nurse in Labor and Delivery. Colleen worked as a staff nurse and FEMM (Fertility Education) Instructor for Connect from February 2017 to November 2021, and is very excited to be able to continue her involvement with Connect Medical Clinic as a member of the board! Colleen is passionate about providing education to young people regarding sexual health and supporting those facing a sexual health event. Her greatest joys are her faith, her family, and spending time at the lake in the summer.



Colleen and Matt and their children.