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The Communicator

— Your Community Connection —

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tiogandnews@gmail.com

www.tiogand.org



PO Box 93

Tioga ND 58852

701-664-8233



Community News

Tioga Area EDC wishes everyone a successful and prosperous New Year

Tioga Medical Center Announces New Hospital Business Office Manager

We are excited to announce the addition of Jordan Lalim to the Tioga Medical Center team as our new Hospital Business Office Manager. In this role, Jordan will oversee the hospital's business office operations, support revenue cycle processes, and work closely with staff to ensure a positive and efficient financial experience for patients.

Raised in Tioga, Jordan moved to Fargo in 2015 before returning home earlier this month. He spent the past decade working in Patient Access at Sanford Health, most recently serving as Patient Access Manager for three medical centers in Fargo. He looks forward to bringing his leadership experience and patient-focused approach back to the community that helped shape him.

"Family is incredibly important to me and played a major role in my decision to relocate back to western North Dakota," says Jordan. "I am eager to serve my hometown, support our patients, and be part of the continued growth and success of Tioga Medical Center."

"Jordan's extensive experience and leadership will be a tremendous asset to our organization," says Holly Bryant, Chief Financial Officer at Tioga Medical Center. "We are excited to welcome him back to Tioga and to our team."

Outside of work, Jordan enjoys spending time with friends and family, playing board games, and getting lost in a good book. He also loves to golf, even if — as he puts it — "my short game keeps me humble!"

About Tioga Medical Center

A nonprofit healthcare system, Tioga Medical Center proudly serves the communities of northwest North Dakota with clinics in Tioga, Ray and Powers Lake; a 25-bed critical access hospital; a Long-Term Care center; and Independent Living apartments.



Preparing for a Tough Flu Season: A Call to Protect Our Communities

Shelby Knox, PA-C, Tioga Medical Center



National data indicates we may be facing a challenging flu season this year. According to national surveillance, the dominant influenza strain circulating is more infectious than in recent years. It has a reproductive number of approximately 1.4, meaning each infected person spreads the virus to an average of 1.4 others. In a typical flu season, that number is closer to 1.2, signaling that transmission this year may be faster and more widespread.

While our region has not yet seen a significant surge in influenza cases, history tells us that infections increase dramatically after the holiday season. The good news is that there is still time to prepare.

The flu vaccine remains the best defense we have against influenza. The Centers for Disease Control and Prevention recommends annual vaccination for everyone six months of age and older, with rare exceptions. While the vaccine does not completely eliminate the risk of getting the flu, it significantly reduces the severity and duration of illness and lowers the risk of hospitalization and serious complications.

As a healthcare provider, I see firsthand the impact influenza can have on patients. As a mom, I also think about how easily illness spreads through households, daycares, and classrooms. Vaccinating my children is one of the most important steps I can take to protect them, keep them healthy, and reduce the chance of spreading illness to my vulnerable patients, family members, and friends.

Although anyone can get the flu, certain groups are at higher risk for severe illness, including young children, pregnant women, older adults, and individuals with chronic conditions such as asthma, diabetes, or heart disease.

When influenza outbreaks occur, the effects ripple throughout the entire community. Families may be unable to visit loved ones in long-term care facilities or the hospital. Classrooms can be emptied by widespread illness, and workplaces feel the strain as employees become sick or stay home to care for others.

As we prepare for the peak of flu season, now is the time to take action. Getting vaccinated helps protect not only ourselves and our families, but also our neighbors, coworkers, and the most vulnerable members of our community. Together, we can reduce the spread of influenza and help prevent serious illness, hospitalization, and even death. We truly are in this together.

To make an appointment at Tioga Medical Center, call 701-664-3368.

About Shelby Knox

Shelby Knox, a Certified Physician Assistant with Tioga Medical Center, graduated from the University of North Dakota in 2021 with a focus in family medicine. She has additional training in the fields of emergency medicine and women's health. Additionally, she serves as a Certified Emergency Medical Technician for Ray Ambulance.

Have News? Please share with us so that we can include in the Communicator. Enjoy writing? Submit an article that we can share with the community.

Articles, events, or suggestions can be submitted to tiogandnews@gmail.com

If you enjoy writing and are interested in working with the Communicator, please send an email of interest



Tioga Parts Supply

Hours:
Monday-Friday: 7am- 6pm
Saturday: 7am- 4pm
105 Main St N, Tioga, ND 58852
Phone #701-664-3394



Hours:
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Williston, ND 58801
Phone#: 1 (800) 279-2667



LPL Financial

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brianwayne.johnson@lpl.com



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Inspirational Quote	Tioga Trivia	Bible Verse of the Week
Wishing you love, peace and happiness in 2026	How old is the United States of America? Prev Edition Answer: Gold and Silver	The Lord make his face shine upon you and be gracious to you. Numbers 6:25
A Little Chuckle		Did you know?
One senior said to the other: My New Year fitness goal is standing up without making sound effects.		Lobster and chicken are both considered bad luck foods. According to superstition, it's because of a lobster's ability to move backward and a chicken's ability to scratch itself backward



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2025 was a great year in Tioga ND!

As we review some of the happenings that were shared in the Communicator the last year, we were reminded how blessed we are to live in this community. We’ve included a few of the 2025 hi-lites below.

- February:**
 - Brennen Johnson breaks THS BBB scoring record
 - Ava Wallin breaks THS GBB career 3-point record
- March:**
 - Helmsley trust grants \$324,201 to TMC for ultrasound Equipment
- April:**
 - Tioga Community Library receives The Star Award
- May:**
 - Tioga Dollars for Scholars awards over \$50,000 in scholarships to Tioga High School Seniors and Alumni
 - Tioga Medical Center named Top 20 Critical Access Hospital
- June:**
 - Ryan Davidson & Timothy Sundhagen elected to Tioga School Board
- July:**
 - Tioga hosts 23rd annual Freedom Fest Celebration

- August:**
 - TMC welcomes Jennifer Reynolds, FNP-C to their medical staff
 - Tioga Community Center expansion complete
- September:**
 - Tioga hosts 66th annual Farm Festival Celebration
 - Tioga EDC welcomes ED Director, Josh Vachal
- October:**
 - TMC welcomes Dr David Petrosian to serve as Medical Director
 - Tioga hosts 33rd annual community Halloween party
- November:**
 - Tioga Fire Dept hosts annual carnival
- December:**
 - Tioga High School expansion complete
 - EDC/TMC host 1st Annual Gala
 - TMC welcomes Kari Ely, FNP-C to medical staff



Hours:
Monday- Friday: 7am- 5pm
Saturday: 7am-12pm
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Looking to start the new year off on the right foot? Maybe the right job?
So many opportunities in Tioga for quality employment!
We’ve compiled just a short list of Tioga Area EDC members that are currently hiring: Apply Today!
****Scan the QR code with the camera on your phone to go directly to the company website or career page!**



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Phone: 701-664-3388



Phone: 605-375-3155



Phone: 701-664-6666



Stop in and grab an application!
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Prayers to the Family of:

Dennis D Larson: April 1, 1941 - November 3, 2025
Kent Erwin Hanson: September 8, 1969 - December 12, 2025
Dane Paul Martinson: October 29, 1962-December 8, 2025
Lily Ellyz Duisen: January 27, 2023 - December 27, 2025



“May there be comfort in knowing that someone so special will never be forgotten.”-
Julie Hebert

Mark your calendars

Jan 1: New Year's Day
Jan 5: Tioga City Commission Mtg 7PM City Hall
Jan 12: Planning & Zoning 5:30PM
Jan 13: Tioga Fund Advisory Board 6PM

Tioga School Calendar

Jan 2: GBB vs Velve 5:45
Jan 5: School resumes
Jan 5: BBB vs Berthold
Jan 6: GBB vs Trinity Christian
Jan 7: JH Science Fair

Jan 10: Tioga Wrestling Tournament
Jan 11: Robotics Burger Fest
Jan 12: JH/V GBB vs Alexander
Jan 13: BBB vs Trinity Christian
Jan 14: HS Science Fair





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Hours: Monday -Saturday
Bar Opens at 2pm
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This communication is produced by Tioga Area Economic Development Corporation