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December 2017

# HEALTH *Talk*

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## Personal Training for the New Year

It's that time of year again. With the beginning of the upcoming new year come the resolutions: a new year and a new you.

That is usually accompanied by promises of changing your habits for the better. It could be eating right, doing less of something you enjoy (that you know isn't exactly good for you), or maybe taking more exercise into your life.

For the latter, why not make good on those promises and work on improving your fitness?

This can be easier said than done for many people. Exercise can be intimidating to a novice, leading some people to second guessing: *What do I do? How should I do it? Am I doing it right?* Many may think there are a thousand pairs of judgmental eyes watching them at the gym, waiting for the slightest slip-up. While that isn't usually the case, there may be some impediments to reaching this healthy step.

Trinity Health's Exercise Physiology Department, based at the Minot Family YMCA, can help. (Personal training services at the Y are available to members and non-members for an extra fee; it is not included with a Y membership.) With a staff of seven, including three whose primary focus is personal training, there is sure to be someone in Exercise Physiology that can help with your fitness goals.

Personal training is the opportunity to help those get the start they need, explained Nicole Myers, BS, ISSA-FT, CF-L1, a personal



Tanya Gillen, CPT, a personal trainer with Trinity Health's exercise physiology department, assists Karen Walz, left, during a workout.

trainer with the department. "A lot of times, people aren't really sure where to start, what to do, or if they are exercising right," Myers said, adding that personal training is a great way for people to get started and feel comfortable with what they are doing, with the one-on-one attention they need.

The process begins once an individual visits with a personal trainer for a free initial consultation, where the client describes what they want to achieve.

Are all personal training sessions the same? Absolutely not, Myers said. Following the consultation, a personal trainer creates an individualized plan tailored to the client's goals; those goals can vary, depending on the individual client. "I have clients coming to me wanting something different than their regular routine," she said. "They want something new; they want something different."

While not all sessions are the same, personal training tends to lead to the same goal: losing weight. "They want to get toned, they want to feel better," Myers said. For about 95 percent of them, "they want to lose weight but don't know where to start."

With light, steady breaths, Karen Walz lifts 45 pounds on the bench press before moving on to kettlebell exercises.

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### Exercise Helps Cancer Patients

Over 95 percent of cancer patients complain of fatigue while undergoing treatment for cancer.

According to the American Cancer Society, cancer and cancer treatment can change normal protein and hormone levels that are linked to inflammatory processes, which can cause or worsen fatigue. Also, treatments kill cancer cells, as well as normal cells, leading to a build-up of cell waste. The body uses extra energy to clean up and repair damaged tissue. Cancer can also cause fatigue indirectly by forming toxic substances in the body that change the way normal cells work.

Fatigue onset can vary from person to person, explained Russell Gust, MS, CSCS, ACSM-CET, manager of Trinity Health's Exercise Physiology department. "Some people have a great amount of fatigue even before treatment because of their cancer," he said. "Some people experience fatigue after the first treatment, and some never experience any fatigue."

Chemotherapy tends to cause fatigue more than other cancer treatments, and a combination of chemotherapy and radiation causes fatigue in a large percentage of patients, Gust added.

To combat this cancer-related fatigue, a Cancer Exercise Rehabilitation Program, offered through the Trinity Health Exercise Physiology department, is available.

Each year, approximately 50 cancer patients participate in the program, which is held through partnership at the Minot Family YMCA.

The primary goals during the program consist of helping individuals build muscle mass, muscle strength and endurance, cardio-respiratory capacity, flexibility, and functional ability. The program lasts for a maximum of 12 weeks, but can vary dependent upon each patient's individual abilities.

And thanks to the annual Y's Men's Rodeo's Tough Enough to Wear Pink campaign, as well as other fundraisers held during the latter part of the year, financial assistance is made available so patients can partake in the exercise program.

The Tough Enough to Wear Pink campaign includes sales of shirts, hats, and other items which go to support the program by paying YMCA memberships to cancer patients. In 2017, \$40,500 was raised through the TETWP campaign. Additionally, through the annual MarketPlace Project Pink cake auction held in October, another \$15,000 was raised.

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# Trinity Sports Medicine Enhances Service at Pepsi Rink

Trinity Sports Medicine is providing enhanced support for athletes at its Sports Medicine Center located at the Pepsi Rink in Maysa Arena.

A certified athletic trainer is on hand week days from 3 to 6 p.m. in the Center to offer free initial sports injury evaluations, explained Trinity Sports Medicine Manager Robyn Gust, MS/ATC. The assessments will be offered on a no-appointment basis to any athlete regardless of age, school, or sport.



*Jon Sandy*

“We’re excited about the opportunity to increase our support for our communities by offering this service at the Pepsi Rink,” Gust said. “Jon Sandy, a certified athletic trainer recently employed by us for this position, has over 20 years of experience providing athletic training services to the physically active population. He also has an extensive hockey background which makes this position the perfect fit to better expand our care to the youth hockey and skating programs in the area.”

The region’s leader in the diagnosis and treatment of sports injuries, Trinity Sports Medicine has served teams throughout Northwest North Dakota for over 30 years. Certified Athletic Trainers stay current with the latest protocols and practices, working in collaboration with Dawn Mattern, MD, board certified with a fellowship in Sports Medicine.

# Trinity Health Associates receive Eagle Award

Two Trinity Health associates recently received the Minot Area Chamber of Commerce’s Eagle Award for Excellent Customer Service.


**Desiree Herzig**, a nurse with Disa Awah, MD, Internal Medicine, was “a caring and wonderful nurse to have,” stated the nomination letter for her. “My husband had to go to Dr. Awah and it didn’t take Desiree long at all to get appointments and all his tests and heart doctor appointment made,” the letter said. “She does her job well.”

**Tricia Nechodom, AuD**, an audiologist with Trinity Health, was able to assist a patient, who had “had very poor results” with his first hearing aid.


“We tried, then she assured me they would keep on trying until they found hearing aids that would be more comfortable with my hearing loss,” the nomination letter stated. “She went above and beyond for helping me, and she has been true to her word.”

Receiving the Eagle Award is validation of the pursuit of the mission of Trinity Health, which values exceeding professional quality standards.

If there is a Trinity Health employee you would like to nominate, please visit: [www.minotchamber.org/about/chamberawards](http://www.minotchamber.org/about/chamberawards).



*Desiree Herzig*



*Tricia Nechodom, AuD*

## Trinity Health’s Speaker’s Bureau

Call our Community Education Department at 857-5099 to check for available dates and topics.



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# Personal Training

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“Keep the abs nice and solid,” advised Tanya Gillen, CPT, a personal trainer with Trinity Health’s Exercise Physiology, as Walz lifted 15-pound kettlebells. Walz almost loses her balance, but Tanya steadies her. “Two more.”

As Walz exercises, Gillen nods with silent approval. Walz began personal training with Gillen in January 2017, hoping to get back some strength.

“I was out of shape,” said Walz, of Minot, adding that she wanted to get back to working out with weights. And with health issues — lumbar fusion surgery, Type 2 diabetes, and an aneurysm — she wanted to make sure she didn’t do anything to exacerbate those problems. She said she wanted to work with a professional “to make sure she didn’t do the wrong things.”

After retiring three years ago, Walz would go to the Minot Family YMCA to work out often — about three to five times a week — and had lost 30 pounds and maintained her A1C below 6.0. But in 2016, when new health problems surfaced, her workout routine waned. “When I found out about the aneurysm, I kind of babied myself,” she said. The pounds came back and her A1C went up.

Now, she wants to get back to a regular training routine. “I know the stronger I get, the fewer issues I will have with my back,” Walz said. “And regular exercise will help me control my blood sugar levels.”

Personal trainers are willing to help with anything, Myers said, noting that they all possess different scopes of practice and knowledge — something that personal training clients should take advantage of.

Since Walz began personal training with Gillen, she has indeed gained the strength she hoped to recoup. In fact, Gillen noted that Walz is her fastest progressing client, even though she sees her once a week.

“I try to get here between sessions,” Walz said. She admitted that she needs to be more responsible when it comes to exercising. Having Gillen as a personal trainer helps keep her accountable, Walz said. “It’s harder to procrastinate when you have someone to answer to.”

The length and frequency of personal training sessions also varies: some participate for a half hour, others for 45 minutes. Some come for two days a week and others for three. “I fit it into their schedule because they have other things going on,” Myers said, noting that a lot of her clients are high school students involved in school sports. “I balance their training at school with my training.”

Myers noted that some clients see her for a total of 12 weeks — long enough for them to get started and more comfortable. “A lot of times, I think it turns into a routine, and once they start, they see us for something new and something different, to keep it interesting.”

As for Walz, who has been seeing Gillen for a year, she said she doesn’t “see an end in sight” to personal training.

“There’s always more that I can learn with Tanya,” she added.

Personal training is offered through the Trinity Health Exercise Physiology Department at the Minot Family YMCA. To set up an appointment for a free consultation, please call 857-2950.



# Winter Safety to Remember

It’s December. If winter weather isn’t already here, it will be soon. With the cheerful holiday atmosphere and placidity of freshly fallen snow, this time of year can also bring accidents and other incidents that could be harmful to a person’s health.

## Walking

Taking that first step outdoors can be a hazard if the weather conditions are slippery.

During the winter months, one of the most common causes of injury is related to falling after slipping on ice or snow, explained Laurie Ramsey, RN, BSN, lead trauma registrar and injury prevention coordinator with Trinity Health.

“Some injuries may be minimal and only result in a simple bump or bruise, but very serious injuries do occur,” Ramsey said, noting that from January to March 2017, over 80 percent of patients with snow- or ice-related falls seen at Trinity Health’s emergency department resulted in a broken bone or fracture.

As odd as it sounds, it helps to walk like a duck:

- Keep your feet flat and slightly spread apart.
- Point your toes slightly outward.
- Take slow, short steps. Keep your center of balance under you.
- Make wide turns at corners.
- Keep your arms at your sides. This gives additional balance and keeps your arms available for support if you fall.

It also helps to wear proper footwear in ice and snow conditions.

## Driving

In snowy or icy conditions, more “fender bender” types of collisions occur, simply from the inability to stop in time.

Although the injuries from fender benders tend to be less severe in nature, many do require medical attention, Ramsey said. Additionally, if you experience car trouble during travel, having a winter kit accessible could reduce the severity of weather-related injuries, like hypothermia and frostbite.

Here are some tips to help drivers in the snow:

- Check the weather before you go. If there is a storm approaching, try to wait to travel.
- If you do travel and become stranded, DO

NOT leave your car. Light flares outside your car and ensure the exhaust pipe is not blocked by snow to prevent carbon monoxide poisoning.

- Prepare your car for winter by checking your tires, brakes, battery, antifreeze levels, fuel, and all wires and hoses, to be sure everything is in proper working order.
- DO NOT use cruise control in wintery conditions.
- Accelerate and decelerate slowly.
- Keep your gas tank at least half full.
- Increase following distance as it may take longer to stop.
- Know if you have anti-lock brakes as that system will “pump” the brakes for you.
- Keep a winter kit in your vehicle at all times. This should include items like a shovel, jumper cables, tow strap, bag of salt or kitty litter (non-clumping style), flashlight and batteries, matches, ice scraper, and first aid kit; nonperishable, high-energy foods such as unsalted canned nuts, dried fruits, and hard candy; and blankets, mittens and socks.

## Carbon Monoxide

Carbon monoxide (CO) is a colorless, odorless gas that interferes with the delivery of oxygen in the blood to the rest of the body. It is produced by the incomplete combustion of fuels, which can be emitted by heaters, furnaces, wood stoves, gas stoves, or auto exhaust.

Problems occur when those things are not installed properly or there is inadequate ventilation. Health effects include fatigue, headache, weakness, dizziness, confusion, and even death. To prevent carbon monoxide poisoning, chimneys, fireplaces and other areas should be cleaned and inspected by a certified technician. Do not use ovens or gas ranges to heat your home. Do not leave your car running in an enclosed space, such as a garage. Have a carbon monoxide alarm in your house, and if it alarms, check for poisoning symptoms and clear out immediately if someone is experiencing symptoms. If not, thoroughly ventilate your home. If you or someone is experiencing symptoms, get to fresh air immediately. Open doors and windows, turn off combustion appliances, and leave the



house. Go to an emergency room and be sure to tell them you suspect carbon monoxide poisoning.

## Snow

The thought of moving hundreds of pounds of snow is not only emotionally straining, but it can put a big strain on your heart and body. The cold is also a factor, as it can increase your heart rate and blood pressure. The cold can also make blood clot more easily and constrict arteries, which can decrease blood supply. Pushing heavy snow or a snow blower can also cause strain to the back and other areas of the body. Here are some safety tips that can help to ease that strain:

- Do not shovel after eating or while smoking.
  - Take it slow and stretch out before you begin.
  - Shovel only the fresh powdery snow, as it is lighter.
  - Push snow rather than lifting it.
  - If you do have to lift it, use a small shovel and only partially fill the shovel to prevent injury.
  - Lift with your legs, not your back.
  - Do not work to the point of exhaustion.
  - If you have heart disease, make sure to talk to your doctor about shoveling.
  - Stop shoveling immediately if you have chest tightness, dizziness, or chest pain.
- If you are using a snow blower, please remember to follow these guidelines for safety:
- If the blower jams, turn it off prior to trying to reach in and unjam it.
  - Keep hands

away from all moving parts.

- Refuel the snow blower only when it is off.
- Do not drink alcohol and use the snow blower.
- Be aware of the carbon monoxide risk of running a snow blower in an enclosed space.

## Frostbite

When you are enjoying the winter weather, it is easy to forget about frostbite.

The wind chill – or the “real feel” temperature – plays a large role, Ramsey said. “The colder the ‘real feel’ temperature, the faster frostbite can occur. When temperatures drop below 0 degrees Fahrenheit, it is possible for frostbite to occur within five minutes to exposed skin. It is best to

be prepared. Cover exposed skin with winter gear, even when you’re not expecting to be outside long, such as when walking to the mailbox or across a parking lot. A fall on the ice could prevent your ability to get back indoors quickly.”

Remember that even covered skin can get frostbite. It is the most common injury resulting from exposure to severe cold and usually occurs in fingers, toes, nose, ears, cheeks and chin. If caught early, it is possible to prevent damage, but if not, frostbite can lead to amputation.

Superficial frostbite affects the skin surface, while the underlying tissue remains soft. The skin will appear white, waxy or grayish-yellow and is cold and numb. As it progresses to the underlying tissue, the skin may become completely numb, and blisters may form. Eventually, the skin tissue will die and turn black.

If you suspect frostbite, you should move indoors immediately. Remove constrictive clothing and jewelry that could impair circulation. You should also seek medical attention immediately.

## Snow Blower Safety

As winter approaches, serious snowfall can’t be too far away. That means an increase in emergency rooms visits for snow-blower-related injuries. According to the American Society for Surgery of the Hand, the most common of these injuries is amputation of the tips of the fingers. The best outcome is to avoid the injury all together.

Snow-blowing injuries are more likely to occur when snow is heavy, wet, or has accumulated several inches. The snow clogs the exit chute or blades and the person using the machine tries to clear the clog using her/his hand. The following safety tips are designed to keep you safe and intact throughout the upcoming winter months.

How to keep your snow blower from clogging:

- Work at a brisk pace. The faster the blades and the pace, the less likely snow will stick.
- If heavy, wet snow is anticipated, consider snow blowing several times during the snowfall.
- A spray-on lubricant – cooking spray or oil – applied to the blades may prevent clogs.

If your snow blower clogs:

- Turn it off!
- Disengage the clutch
- Wait 10 seconds after shutting the machine off to allow the impeller blades to stop rotating.
- ALWAYS use the provided tool or a stick to clear impacted snow.
- NEVER put your hand down the chute or around the blades.
- Keep all shields in place. DO NOT REMOVE the safety devices on the machine.
- Keep your hands and feet away from all moving parts.

Remember:

- Stay focused while blowing snow.
- Wear boots with traction to avoid slipping.
- Do not drink alcohol or use narcotics before using your snow blower.





# Having a Sensory-Friendly Holiday Season

The holiday season can be a stressful time for all families, but can be especially overwhelming for children with sensory processing issues. Here are some tips to make this holiday season a success for all children!

- Kids who struggle with changes in daily structure and routine do best when prepared well in advance. Discuss what will happen before, during, and after special occasions and what the expectations are for the child.
- During vacation from school, try to stick to as normal of a schedule as possible, with wake up and bedtimes the same.
- Provide a schedule of events to help with transitions.
- Make or use a large calendar to place significant events to help the child know when things are happening, such as Grandma and Grandpa visiting, school holiday party, Christmas Eve, etc.
- Holiday gatherings can be quite loud. If your child is sensitive to noise, provide them with ear plugs, head phones playing soft relaxing music, and/or opportunities for breaks.
- Wash new clothing before wearing. Let your child wear what is comfortable for them, even if it is a bit more casual. Also be



practice carrying baggage, going through security, fastening seat belts, etc. If possible, visit the airport ahead of time to do a practice run with security permission. Wear comfortable clothes, try to schedule flights around daily routines, provide visual schedules and social stories about air

- creative! Instead of a necktie, purchase a shirt that has one printed on it or find an inexpensive iron-on decal.
- If your child has food sensitivities or is a picky eater, bring the child’s favorite foods with you so he or she has something to eat during meal time. Holidays are a great time to explore new foods, but not a great time to force feeding issues.
  - If you attend an event where people are unfamiliar with your child, provide them information ahead of time about your child. For example: they don’t like to be hugged, but they love to give high fives; if they become too overwhelmed, they may go hide or find a place to be by themselves and this is okay; don’t pressure them to return to the group until they are ready, they are working with a

- therapist on tolerating new foods, one way we are working on this is to touch and play with food; please don’t discipline them for doing this, it is a part of their learning.
- If you plan to take your child to visit Santa, find a time where the event is less crowded such as a weekday, call ahead of time to see if there is a wait time, attend a smaller event rather than going to a busy mall. Follow your child’s lead and don’t force an interaction with Santa. If they don’t want to sit on his lap, maybe standing next to him would do. If the child doesn’t want to talk with Santa, maybe they could write him a letter or draw him a picture. Social stories prior to visiting Santa and for all holiday events may be helpful. For example: “I am going to visit Santa. Santa is a very happy man who smiles a lot

- and says ‘Ho, Ho, Ho.’ He wears a red suit and has a white beard. Many boys and girls want to visit with Santa, like me, to tell him what presents they want for Christmas. I will have to wait for my name to be called to visit Santa but I will patiently wait my turn and think about what I am going to tell Santa I want for Christmas. I can sit on Santa’s lap or stand next to him. I will look at the camera and smile really big so my mom and dad can have a photo of me with Santa. Santa may ask me what I want for Christmas, so I will tell him what I want. I will wave goodbye to Santa and say ‘Thank you’ and let the next boy or girl enjoy time with Santa!”
- Limit decorations placed in the home/child’s room to help them have a calmer place to come home to.
  - If traveling by plane,

- travel, and bring sensory calming toys on the plane and favorite snacks.
- If traveling by car, practice short trips ahead of time, plan travel around daily schedule, provide lots of opportunities for breaks, reward and praise good behavior (think stickers or M&Ms!), bring sensory calming toys, and buy lots of new, inexpensive toys to play with. Check Pinterest™ for lots of activity ideas. Hopefully these tips help you ease your stress during the holiday season, and help you and your family to enjoy this wonderful time of the year.
- For further information on sensory processing concerns or to ask questions, please feel free to contact Trinity Health’s Pediatric Occupational Therapists at 857-5286.

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# Program Helps You Look Good, Feel Better

The ladies walked into the room, one by one, most with scarves covering their heads. They were all cancer patients and, with radiation or chemotherapy treatments, their hair had either fallen out or it was beginning to thin.

As they walked in, they were greeted by Baelee Reiter and Myndi Johnson, licensed cosmetologists and volunteers with the Look Good Feel Better program.

“Are you a light or a medium?” Johnson asked, in regards to makeup tone, before she fetched a bag of makeup — free for participants — which includes several makeup items from top-name brands.

The women marveled over how much makeup the kits contained as they emptied what appeared to be a bottomless bag of cosmetic goodies. With the makeup, Reiter and Johnson — as well as licensed cosmetologist Laura Mihalick, who offers classes the first Thursday of the month; Reiter and Johnson’s classes are the second Monday of the month — gave tips on administering the basics: foundation, blush, and mascara, as well as the use of an eyebrow pencil to draw on eyebrows.

While hair loss can happen during chemotherapy, many believe that it’s just the hair on the top of your head that falls victim. This is false: eyelashes and eyebrows, as well as other body hair, can fall out.

That is the purpose of the program: to help make women feel better about themselves as cancer treatments can change a person’s appearance. That appearance could be hair, which falls out or thins, or skin, which can change color or texture, after radiation or chemotherapy treatment. According to the American Cancer Society, hair loss and skin changes are among the common side effects one will face while going through chemotherapy treatment. Hair loss is also common for patients undergoing radiation treatment, although hair is only lost in the area being treated.



Barbara Spooner, of Minot, serves as a demonstration model while cosmetologist and Look Good Feel Better volunteer Myndi Johnson shows how to draw on eyebrows.

Additionally, the Look Good Feel Better program offers assistance with wigs and head wraps, as well as giving the participants information on what to expect when it comes to skin changes and hair loss.

“I didn’t know what to expect,” said Barbara Spooner, a program participant. “I was wondering ‘Should I have come?’, but they made me feel at home and welcomed us real nice.”

After she got settled in and began to talk to the other participants, Spooner’s nervousness melted and she began to feel more comfortable.

The classes were previously offered at the Trinity CancerCare Center and instructed by a trainer from the American Cancer Society, but after the trainer stepped down, the program fell by the wayside. “The program wasn’t offered for a good year because they didn’t have anyone to run the class,” said Carol Mohagen, LSW, a social worker with the CancerCare Center.

But then, three volunteers came forward. Reiter became involved with the program after she heard about it and that there was nobody running it. “I thought it could be something I could do and a way to give back,” she said, noting that cancer has hit her personally through her friends and family members. Reiter, who manages Evolution Salon in Minot, told Johnson, the salon’s co-owner, and the two decided to volunteer.

The classes are a great way for women “to get together with others who may be at different stages of their treatment, and know they’re not in it alone,” said Mihalick, who speaks from experience as a cancer survivor.

Mohagen noted that the Trinity CancerCare Center is blessed to have volunteers who give their time to help so the Look Good Feel Better program can continue to help cancer patients in Minot.

If you are interested in the class, you can sign up at the front desk at the Trinity CancerCare Center, 831 South Broadway, Minot, or call Carol Mohagen at 857-2829.

## Donation to CancerCare Center

The Trinity CancerCare Center received a \$500 donation on November 13 from a local salon.

“We did a raffle in the salon; for five dollars, they received an entry to win a \$150 gift certificate,” explained Kamie Richardson, co-owner of Evolution, a Minot salon. While fundraising in the past during October, in honor of Breast Cancer Awareness Month, the salon decided “to just keep it local” this year and donate to the CancerCare Center.



Cody McManigal, donor relations coordinator, Trinity Health Foundation; Shane Jordan, director of the Trinity CancerCare Center; Myndi Johnson, Evolution; Carol Mohagen, social worker with the CancerCare Center; and Al Evon, director of the Trinity Health Foundation.

This was a way to support “friends and loved ones,” said Evolution co-owner Myndi Johnson, who presented the check to Shane Jordan, director, and Carol Mohagen, social worker, both with the Trinity CancerCare Center, and Al Evon, director, and Cody McManigal, donor relations coordinator, with the Trinity Health Foundation.

The salon’s clientele is mostly female, Richardson noted. “Cancer has touched so many of them. They sit in our chairs and tell us what they’re going through. We feel it is important to give back to the community.”

In addition to this recent donation, Evolution helps the community – especially those in the community affected by cancer – in other ways. Johnson, and Baelee Reiter, a cosmetologist with Evolution, volunteer with the American Cancer Society’s Look Good Feel Better program.

Jordan said the money donated will go into the CancerCare Center’s Patient Assistance Fund, which offers direct financial assistance or other projects that directly benefit patients at the CancerCare Center.



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# Apps for your Appetite

Italian meals need not be heavy, or starchy (yet, let’s admit it, delicious). They can be light, appetizing, and low in calories. Take the Caprese skewer, for example. Caprese skewers are an off-shoot of the Caprese salad, a simple Italian salad made of sliced fresh mozzarella, tomatoes, and sweet basil, and seasoned with salt and olive oil. In this case, it is a salad on a stick, so to speak.

These handy appetizers are not only tasty, but they are simple to make! All you need are grape tomatoes, basil, mozzarella, balsamic vinegar, and olive oil – and an appetite!

Preparation isn’t long, explained Kayla Cole, a clinical dietitian with Trinity Health. Between washing the tomatoes, pulling the basil leaves, and taking the mozzarella out of the plastic, it takes about “ten minutes, maybe” to prep, and then about 15 to 20 minutes to assemble, depending on how many batches you make.

Caprese skewers have a good flavor and low sodium and are indeed a healthy appetizer, Cole said. With these, “you get your vegetables.” Additionally, you can do what Cole does and add strawberries. Or you can add meat, such as salami or prosciutto.

The process of threading the ingredients onto the skewers can be repetitive, but the overall yield is worth it – especially when you bite into the soft cheese, the crisp basil, and the plump tomatoes mingled together in a harmonious collection of antipasto. (Also, the collection of red and green would make a welcome addition to your holiday platter!)

## Caprese Skewers

**Ingredients:**

- 2 pints of cherry or grape tomatoes
- 1 pound fresh mozzarella
- 1 bunch fresh basil
- Olive oil
- Balsamic vinegar
- Salt and pepper

**Directions:**

1. Thread ingredients onto skewers. You can opt for long shish-kabob style skewers, which can comfortably accommodate two series of tomatoes, basil, and cheese, or you can stick to toothpicks for a smaller offering.
2. Drizzle with a little olive oil and balsamic vinegar.
3. Sprinkle each skewer with salt and pepper.



Here is another quick and easy (and delicious) recipe to serve during the holidays. In fact, “you can’t even call it cooking,” Cole said, adding that preparation “is a snap,” provided the pistachios are already shelled.

## Cranberry and Pistachio Goat Cheese Log

**Ingredients:**

- Roasted pistachios, chopped
- Drained cranberries, chopped
- 8- to 10-ounce log of fresh goat cheese
- Crackers or bread, for serving

**Directions:**

1. On a large plate, combine the pistachios and cranberries
2. Roll the goat cheese in the fruit-and-nut mixture to coat.
3. Serve with the crackers or bread.
4. Enjoy!



## FirstCare Walk-In Clinic Now Open


### Health Center – Medical Arts • No Appointments Necessary

# KDU Patients can Benefit from Generosity

For many patients at the Trinity Kidney Dialysis Unit, traveling hundreds of miles a week for dialysis treatments is just another part of life for those with chronic kidney disease. It can also be expensive, and vital for survival.

To help aide these patients, the Trinity KDU is designing a program to help.

Like the Trinity CancerCare Center, the Trinity Kidney Dialysis Unit will begin to collect gas stamps from MarketPlace Foods, which will help those patients who must travel from out of town for dialysis treatments. Gas stamps can be dropped off at the KDU, located on the fourth floor in Trinity Hospital-St. Joseph’s, 407 3rd Street SE, Minot; or in drop boxes in the cafeterias at Trinity Hospital and Trinity Hospital – St. Joseph’s, as well as collection boxes around the facility. (Additionally, the Trinity Health Foundation has a designation where if you donate to the Foundation, you can opt that funds go to help the Trinity KDU, noted Kathy Larson, RDN, LRD, a clinical dietitian with the KDU.)



## 857-DR4U

Physician Referral Service

*Let our staff assist you in selecting a health care provider right for you.*

Please feel free to leave a message after hours and your call will be returned the next regular business day, or email us anytime at [DR4U@trinityhealth.org](mailto:DR4U@trinityhealth.org).



## Glasses • Contacts • Frames

# VISION

## Galleria

*Affiliated with Trinity Health*

Plaza 16  
2815 16th St. SW  
Minot, ND  
857-7440

Trinity Health – Western Dakota  
1321 West Dakota Parkway  
Williston, ND  
774-8785



# In Recognition and Thanks...

Trinity Health Foundation is proud to list the names of individuals, organizations, and businesses whose gifts were received from August 1 through October 31, 2017. These contributions illustrate a generous and caring community, striving to bring the highest quality care to those we serve. We want to thank these contributors for their generous support of Trinity Health’s mission, “to excel at meeting the needs of the whole person through the provision of quality healthcare and health related services.” For more information on honoring the memory of a loved one through philanthropic giving, contact Trinity Health Foundation at 857-5432.

<b>BIRTH CENTER</b> <i>Florence Nyberg</i>	<b>CANCERCARE PATIENT ASSISTANCE</b> <i>Aimee Muus</i> <i>Dr. Frank &amp; Pam Shipley</i> <i>Jill McLemore</i> <i>Loretta Porter</i> <i>Pamela Holwegner</i> <i>Samantha Wagner</i> <i>Sandra Harbort</i> <i>Stephanie Velimirovich</i> <i>Tires Plus Employees</i> <i>Xiaocheng Yang</i>	<i>Kristi Mousel</i> <i>Phil Leer</i> <i>Prohealth Home Care</i> <i>Stan &amp; Linda Bromley</i> <i>The Family of Ernie Selland</i>	<b>In memory of Jerome McFarlen</b> <i>Agnes Brandt</i>
<b>CANCER EXERCISE REHAB</b> <i>Florence Nyberg</i>		<b>In memory of Henry Anderson</b> <i>Claryce Erickson</i> <i>Dick &amp; Judy Winje</i> <i>Jim Welch</i>	<b>In memory of June Holmes</b> <i>Claryce Erickson</i> <i>The Irwin Family</i>
<b>In memory of Gloria Schmidt</b> <i>Harley Schmidt</i>		<b>In memory of Jack Hoeven</b> <i>Tom &amp; Cathy Henderson</i>	<b>In memory of Katie Isaacson</b> <i>Karen Krebsbach</i>
<b>CANCERCARE CENTER</b> <i>Bernice Galusha Estate</i> <i>Cornerstone Presbyterian Church</i> <i>Florence Nyberg</i> <i>Jim Grote</i> <i>Marlene Marquardt</i> <i>Souris Valley Care Center</i> <i>South Prairie School District</i>	<b>In memory of Missy Newbury</b> <i>James &amp; Leatha Campbell</i> <i>LeAnn &amp; Evan Hanson</i>	<b>In memory of Janelle Wheeling</b> <i>Dorothy Grace</i>	<b>In memory of Linda Ward</b> <i>Judith Deaver</i>
<b>In memory of Cheryl Lane</b> <i>Betty Lewis</i> <i>Clara Sue &amp; Gary Price</i> <i>Judy Ross</i> <i>Judy Teets</i> <i>Sandra Krueger</i>	<b>CARDIOPULMONARY</b> <i>Dale &amp; Mari Louise Opdahl</i> <i>Patricia Vannett</i> <i>Stewart Selid</i>	<b>In memory of Kathryn Papineau</b> <i>Leo Clark &amp; Lindsey Papineau</i>	<b>In memory of Regina Klein</b> <i>Mary Klein</i>
<b>In memory of Cindy Rubbelke</b> <i>Alan &amp; Cheryl Ekblad</i> <i>Celia &amp; Robert Johnson</i> <i>Garvin &amp; Cheryl Osteros</i> <i>Kathy &amp; Rodney Kallestad</i> <i>Larry Huizenga</i>	<b>In memory of Barb Koble</b> <i>Dr. Jeffrey &amp; Janelle Verhey</i>	<b>In memory of Linda Kaljot</b> <i>Louise Heidorn</i>	<b>In memory of</b> <b>Ruth Rauschenberger</b> <i>Mike &amp; Pam Uran</i>
<b>In memory of</b> <b>Clifford &amp; Marie Eggen</b> <i>Gary &amp; Jane Nutz</i>	<b>In memory of</b> <b>Gladys Cederstrom</b> <i>The Cederstrom Family</i>	<b>In memory of Linda Ward</b> <i>Judith Deaver</i>	<b>In memory of Scott Andes</b> <i>Mike &amp; Pam Uran</i>
<b>In memory of</b> <b>Fred &amp; Linda Nutz</b> <i>Gary &amp; Jane Nutz</i>	<b>In memory of Mike Hemphill</b> <i>Doug &amp; Carrie Francis</i> <i>Toni &amp; Allan Kremer</i>	<b>In memory of Lorraine Klein</b> <i>Janette Timmreck</i>	<b>In memory of Sula Bruins</b> <i>Mike &amp; Pam Uran</i>
<b>In memory of Gary Vicha</b> <i>Del &amp; Carol Lougheed</i>	<b>In memory of Ronald Dahlien</b> <i>Karen &amp; Hjalmer Carlson</i>	<b>In memory of Marilyn Selland</b> <i>Eunice Farstad</i>	<b>RUTH BODIEN ENDOWMENT</b> <i>Pamela Lambert</i>
<b>In memory of Gladys Anderson</b> <i>Del &amp; Carol Lougheed</i>	<b>CHILDREN'S FUND</b> <i>Allie's Friends Foundation</i> <i>Confection Connection</i> <i>Starlight Children's Foundation</i>	<b>In memory of Nita Kontos</b> <i>Dr. Jeffrey &amp; Janelle Verhey</i>	<b>TRINITY HEALTH FOUNDATION FUND</b> <i>Bernice Gould</i> <i>The Estate of Ernie Selland</i> <i>Gale &amp; Elaine Dahle</i> <i>Jim &amp; Diane Dignan</i> <i>Joanna Moncera</i> <i>John &amp; Nicole Kutch</i> <i>Joseph Senger</i> <i>Lloyd Johnson</i> <i>Lyle &amp; Esther Opland</i> <i>Mary Ann &amp; Marvin Michelson</i> <i>Neil Thorpe</i> <i>Rebecca Armstrong</i> <i>Samuel Onuigbo</i>
<b>In memory of Linda Ward</b> <i>Judith Deaver</i>	<b>EMERGENCY TRAUMA CENTER</b> <b>In memory of Eloise Monson</b> <i>Ruth Ann &amp; Butch Rexine</i>	<b>In memory of Sula Bruins</b> <i>Muriel Rostad</i>	<b>In memory of Ernie Selland</b> <i>David &amp; Cheryl Baker</i> <i>Gene &amp; Cathy Neal</i> <i>Xcel Energy</i>
<b>In memory of Loren Butgereit</b> <i>Karen &amp; Hjalmer Carlson</i>	<b>GENEROSITY CARD</b> <b>In memory of Ernie Selland</b> <i>Albert &amp; Helen Klein</i>	<b>In memory of Tammy Pinnow</b> <i>Danny &amp; Debora Seright</i>	<b>In memory of Jerold Olson</b> <i>Carol Olson</i>
<b>In memory of Missy Newbury</b> <i>Cleo Slaaen</i> <i>Lois &amp; Robert Ellis</i>	<b>GOLF FOR LIFE</b> <i>Buffalo Wild Wings</i> <i>Coca-Cola Bottling Company</i> <i>High Country</i> <i>Denny's</i> <i>Executive Air Taxi Corp.</i> <i>Financial Healthcare Resources, Inc.</i> <i>HighAir Ground Trampoline Park</i> <i>Longhorn Steakhouse</i> <i>Michael Eade</i> <i>Minot Junior Golf Association, Inc.</i> <i>Napa Auto Parts</i> <i>Northern Bottling Company</i> <i>Olive Garden</i> <i>Scheels</i> <i>W. G. Yates &amp; Sons Construction Co.</i>	<b>In memory of Warren Helstedt</b> <i>Avis Mathis</i> <i>Beverly Helstedt</i> <i>Colleen Sherven</i> <i>Deb Fauske</i> <i>Helen Zablotney</i> <i>Jeff &amp; Sandee Michalenko</i> <i>Katherine Ganje</i> <i>Lila &amp; Chet Reich</i> <i>Marlys Fandrich</i> <i>Rebecca &amp; Brian Schatz</i>	<b>In memory of Lyle Anderson</b> <i>Viola Anderson</i>
<b>In memory of Sula Bruins</b> <i>Deb &amp; Brian Boppre</i> <i>Lila &amp; Chet Reich</i> <i>Sharon &amp; Joe Crider</i>		<b>In memory of Wendell Hanson</b> <i>Lando &amp; June Vix</i>	<b>In memory of Marvy Mariner</b> <i>Marvin &amp; Arliss Godejohn</i>
<b>In memory of Sylvia Kickert</b> <i>Del &amp; Carol Lougheed</i>		<b>KENMARE COMMUNITY CLINIC &amp; HOSPITAL</b> <i>Computershare Trust Company of Canada</i> <i>Crescent Point Energy U.S. Corp</i> <i>Florence Nyberg</i> <i>Petro-Hunt, L.L.C.</i>	<b>TRINITY HOMES</b> <i>Applebee's</i> <i>Country Inn &amp; Suites</i> <i>David Pope</i> <i>Dr. Jeffrey &amp; Janelle Verhey</i> <i>Dr. Joe &amp; Shawn Smothers</i> <i>G &amp; P Commerical Sales Inc.</i> <i>Hampton Inn &amp; Suites</i> <i>I. Keating Furniture World</i> <i>Kathy &amp; Doug Larson</i> <i>Mowbray &amp; Son Plumbing &amp; Heating, Inc.</i> <i>Northern Bottling Company</i> <i>Paradiso Mexican Restaurant</i> <i>Thompson-Larson Funeral Home, Inc.</i> <i>Total Nutrition</i> <i>US Foods</i> <i>Valerie Quintoa</i>
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<b>In memory of Wendell Hanson</b> <i>Karen &amp; Hjalmer Carlson</i>	<b>GUEST HOUSE</b> <i>Stephanie Hovland</i>	<b>NEW TOWN COMMUNITY CLINIC</b> <i>Slawson Exploration Company, Inc.</i>	<b>In memory of</b> <b>Marilyn Luchsinger Butler</b> <i>The Family of Marilyn Luchsinger Butler</i>
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<b>In memory of Jerroll Erickson</b> <i>John &amp; Cheryl Wallen</i> <i>Lynn &amp; Judy Stevens</i>	<b>In memory of Duaine Fugere</b> <i>Diane Fugere</i>	<b>In memory of Gladys Anderson</b> <i>Mike &amp; Pam Uran</i>	
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<b>In memory of Robbie Conway</b> <i>Lynn &amp; Judy Stevens</i>			
<b>In memory of Ruth Hall</b> <i>John &amp; Cheryl Wallen</i> <i>Lynn &amp; Judy Stevens</i>			
<b>In memory of Sula Bruins</b> <i>The Water Lillies YMCA Water Aerobics Class</i>			



# Prepare for the Flu Season



As of mid-November, there was one case of flu reported in Ward County, although there were only 42 in the state of North Dakota.

Pam Remington, RN, a nurse with Trinity Health’s Infection Prevent and Control department, noted that it is good that there hasn’t been a lot of flu activity in Ward County. “We still encourage everyone to go in and get their flu shot before it hits.”

However, while that number doesn’t seem like much now, that number could grow, especially with projected figures that show the flu season could be big. The American Council on Science and Health has suggested that Australia’s recent number of reported influenza cases – about 2.5 times more than in 2016 – could be a precursor to what the United States may see. The Centers for Disease Control and Prevention reported that as of early-to-mid November, the majority of the nation – including North Dakota and the upper Midwest – had estimates of sporadic influenza activity, while states in the south and some in New England, had local and regional activity; at the same time last year, almost every state, except for a few,

reported sporadic activity. (Last year, the CDC states, influenza became more widespread in late December and through March.)

Should the influenza patterns repeat themselves this year, it would be important to get vaccinated as soon as possible. Terry Altringer, clinical coordinator of Trinity Health’s pharmacy department, noted that flu shots do have a “lag time” so if an outbreak hits, those who have not been vaccinated run a risk of contracting the flu. Getting vaccinated before an outbreak can decrease the likelihood of contracting the flu, or at best making it less severe, he said.

“Typically, the flu hits hardest between December and February, but can last into April and even May,” Altringer said. “That’s why we want people to get it by the end of October to obtain maximal protection.”

Flu vaccinations are available at the following Trinity Health clinics: FirstCare Walk-In Clinic, located at Health Center – Medical Arts; Trinity Health South Ridge; Health Center – Town & Country, Suite 104; pediatrics department, located at Health Center – Medical Arts; your primary care provider’s office; and Trinity Health’s rural clinics.

“I would say we are at least on par or even slightly ahead of previous years as far as the number of vaccines administered in the clinics,” noted Altringer. “We have had to order more vaccine in, so we are definitely moving it out of here, which is a good indication people are serious about protecting themselves against the flu.”

Flu vaccinations can help reduce flu illnesses and prevent flu-related hospitalizations. The North Dakota Department of Health urges everyone six months of age and older to get vaccinated against the flu. “Flu can be particularly severe for children, the elderly, pregnant

women, and people with a compromised immune system, but the flu can make anyone very sick,” the NDDoH stated in a press release from December 2016.

According to the Centers for Disease Control and Prevention, the flu can be quite serious for people 65 years of age and older. It is estimated that 71 to 85 percent of seasonal flu-related deaths have occurred in people 65 years and older, and between 54 to 70 percent of seasonal flu-related hospitalizations have occurred among that same age group.

A weakened immune system – something that happens as you age – is the culprit for severe cases among those 65 and older, said Dr. Casmiar Nwaigwe, an infectious disease provider with Trinity Health. “Also, they tend to have comorbid conditions, like COPD, respiratory issues, heart disease, or diabetes, that weaken the immune system,” he added. “Those diseases tend to get worse and difficult to control once they get the flu.”

Children under three years of age are advised to make an appointment with their pediatrician. Adults also may schedule an appointment with their provider’s office to receive a flu shot. Trinity Health will bill all verified insurances, and people are asked to bring a copy of their insurance cards.

The flu season tends to go through April, with flu activity peaking in Minot in “the late season,” or February or March, Dr. Nwaigwe said.

If a person has yet to be vaccinated, “they should make sure they do and not let the warmer temperatures give them false sense,” Altringer said.

For more information on the flu, as well as the availability of when and where flu shots are available at Trinity Health, visit [www.trinityhealth.org/influenza](http://www.trinityhealth.org/influenza).

# In Recognition and Thanks

*continued from page 7*

- Dr. Jeffrey & Janelle Verhey*  
*Dr. Thomas Carver*  
*Geraldine Stewart*  
*Jerry Ray*
- Jill & Jerry Aarseth*  
*John & Nicole Kutch*  
*Judy Gullickson*  
*Kara Gjerde*
- Karen & Jay Zimmerman*  
*Karen & Robert Holte*  
*Mark & Bonita Leier*  
*Robert Franca*
- Terri & Scott Tranby*  
*Thomas & Dana Warsocki*

C O M M U N I T Y

C A L E N D A R

For the latest updates, check online at [trinityhealth.org](http://trinityhealth.org)



## Mobile Mammogram Schedule

December 4 .....	Crosby Clinic, 965-6349
December 12.....	Tioga Clinic, 663-3368
December 13 ..	Mountrail County Medical Center, Stanley, 628-2505
December 20.....	Trinity Community Clinic – Mohall, 756-6841 Trinity Community Clinic – Kenmare, 385-4296
December 21 .....	Trinity Community Clinic – Velva, 338-2066

## Calendar of Events

**December 12 – Grocery Store Tour**

What does the food label tell me anyway? Navigate the aisles of the grocery store (the original MarketPlace Foods, located at 1930 South Broadway), on December 12, from 2 to 3 p.m., and learn the different parts of the food label and what they mean to you? This grocery store tour is free, but space is limited, so please RSVP by calling 857-5268.



*On behalf of*  
*Trinity Health’s*  
*Board of Directors, Providers,*  
*Employees and Volunteers,*  
*we wish you a very Merry Christmas*  
*and*  
*a Happy & Healthy New Year!*

## Prepared Childbirth Classes

Learn about exercise and breathing techniques, labor/delivery, newborn care, newborn feedings, etc. Enrollment is limited.

**SATURDAYS**  
**December 16, January 6, 2018, February 3, 2018**  
9 a.m.-4 p.m., in the Prepared Childbirth Classroom, Health Center – Riverside Education Center, 1900 8th Ave. SE.

## Breastfeeding Basics

**December 13, January 10, 2018, February 14, 2018**  
Offered by Laureen Klein, RN, BSN. Meets from 7-8 p.m., Health Center – Riverside Education Center, 1900 8th Ave. SE.

These classes are offered free of charge as part of Trinity’s community benefit mission, but registration is typically required. To sign up for classes go online at [http://trinityhealth.org/familybirth\\_registration](http://trinityhealth.org/familybirth_registration) or call 857-3607.

## Family Birth Center Tours

Expectant mothers are invited to attend a formal group tour/education/Q&A session at Trinity Hospital’s Family Birth Center. This opportunity allows every expectant mother to hear and see valuable information in a relaxed environment. We will also provide information on self-care, infant safety, and what to expect during your delivery. See [trinityhealth.org/familybirth\\_SVS](http://trinityhealth.org/familybirth_SVS) or call 857-5380 for a detailed schedule.