TRINITY HEALTH

APRIL 2018

trinityhealth.org

# HEALTH talk

KEEPING OUR NEIGHBORS INFORMED

PROUD TO BE A MEMBER OF THE MAYO CLINIC CARE NETWORK

RECIPIENT OF THE AHA'S STROKE GOLD PLUS QUALITY ACHIEVEMENT AWARD

# April is Autism Awareness Month

Autism is a general term for a group of complex disorders of brain development. These disorders are characterized by difficulties in social interaction, verbal and nonverbal communication, and repetitive behaviors. According to the Centers for Disease Control and Prevention (CDC), an estimated 1 out of 68 children are diagnosed with autism in the United States and the prevalence figures are growing. Red flags that your child may be at risk for an Autism Spectrum Disorder include:

- No big smiles or other warm, joyful expressions by six months or thereafter
- No back-and-forth sharing of sounds, smiles, or other facial expressions by nine months
- No babbling by 12 months
- No back-and-forth gestures such as pointing, showing, reaching, or waving by 12 months
- No words by 16 months
- No meaningful, two-word phrases (not including imitating or repeating) by 24 months
- Any loss of speech, babbling, or social skills at any age

(autismspeaks.org)

There is no medical cure for autism. However, there are many valuable treatment options that are effective for treating some of the symptoms of autism, and are more effective the earlier in the child's life they are implemented. Early intervention is a child's best hope for the future by improving the core behavioral symptoms of autism to achieve their maximum potential.

Trinity Health's Pediatric Therapy Team offers pediatric speech therapy, occupational therapy, and physical therapy services to address challenge areas often displayed by children with autism. Trinity Health's pediatric therapy team has advanced specialized training in evidenced based intervention strategies including: Hanen-More Than Words Program, the Early Start Denver Model, Picky Eaters vs. Problem Feeders: The SOS Approach to Feeding, and the Zones of Regulation: A Framework to Foster Emotional Regulation and Self-Control. Through the use of play, therapists aid in the development of the skills children need to be kids!

Trinity Health's Pediatric Therapy Team is dedicated to promoting solutions and accelerating life skills through therapy.

Contact 857-5286 for more information regarding pediatric therapy services provided through Trinity Health.

# Occupational Therapy: Empowering Independence

Occupational therapy is the only profession that helps people across the lifespan to do the things they want and need to do through the therapeutic use of daily activities (occupations). Occupational therapy practitioners enable people of all ages to live life to its fullest by helping them promote health, and prevent — or live better with — injury, illness, or disability.

Common occupational therapy interventions include helping children with disabilities to participate fully in school and social situations, helping people recovering from injury to regain skills, and providing supports for older adults experiencing physical and cognitive changes.

Occupational therapy services typically include:

- An individualized evaluation, during which the client/family and occupational therapist determine the person's goals;
- Customized intervention to improve the person's ability to perform daily activities and reach the goals;
- An outcomes evaluation to ensure that the goals are met and/or changes are made to the intervention plan

Occupational therapy practitioners have a holistic perspective, in which the focus is

*continued on page 2*

INSIDE

2 Pediatric Therapy Opportunities for Children

Avoid Foot and Ankle Issues this Spring

3

4 Healthy Hearts Day Brunch & Golf May 21

April is National Donate Life Month

5

6 Guest House Celebrates 10th Anniversary

Going Further with Food

7

8 Watch for our new Magazine: *Health Sense*

# Pediatric Therapy offers Opportunities for Children

Trinity Health's Pediatric Occupational and Speech Therapists will be providing various opportunities for children to participate in this summer. We work with children on their individual goals, while engaging in a group setting. Groups can be very beneficial for kids, allowing them to:

- Practice the skills learned during individual treatments in a group setting with other kids their age.
- Interact socially in a fun atmosphere.
- Model the skills from their peers, knowing they have peers that are working on very similar things.

**Learning in Action Group**
**Tuesdays, June 5-August 7**
This is a group designed for children ages 4-6 to gain skills necessary to be successful in their daily lives. Children will enjoy play in a peer setting within a sensory rich environment focused on building social/language, fine motor, visual motor, and visual perceptual skills. This group offers an exciting curriculum where children will engage with their peers through various activities. The group therapy setting provides children with the opportunity to generalize skills learned in individual therapy and practice skills in a social setting.

**Self-Regulation/Zones of Regulation Group**
**Thursdays, June 7-August 9**
Designed for children ages 6-9, this program uses a cognitive behavior approach used to teach self-regulation by categorizing different ways we feel and state of alertness we experience into concrete zones. The group helps children gain the skills necessary to improve emotional self-understanding, self-awareness, and self-regulation. It also provides opportunities for children to enjoy play and learning in a peer setting within a sensory rich environment focused on building the skills necessary to increase emotional vocabulary, improve independence in controlling their emotions and impulses, and improve ability to manage their sensory needs.

*Krystal Butgereit, MOT,OTR/L Pediatric Occupational Therapist*

**Superflex: A Super Hero Social Thinking Skills Group**
**Wednesdays, June 6-July 25**
Designed for children ages 7-11, this group uses an evidenced based curriculum that provides an engaging tool to help children learn more about their own social behavior and strategies on how to regulate it. Participants will learn how to be a part of a group, monitor and adapt their behavior in social settings, understand and think of others, and use effective and appropriate conversation skills. Participants will learn social skills such as understanding empathy, managing anger, dealing with bullies, conflict resolution, teamwork skills, and making/maintaining friendships.

**Toddler Time (Therapeutic Play Group)**
**Day/Time to be Determined**
This group is designed for children from 18 months to 2.5 years of age who are experiencing delays in language acquisition, play, and/or socialization skills. The child's caregiver also participates. This play-based, fun-filled group focuses on communication, play, and social interactions, and allows children and their caregivers to learn, play, and grow together.

Group sizes are limited to maximize therapeutic intervention for those involved. A referral for occupational and/or speech-language therapy from the child's pediatrician, and an evaluation to determine appropriateness for group therapy, are required for participation in the groups above. For more information, please call Trinity Pediatric Therapy at 857-5286.

**All Kids Swim**
**June 4-June 8**
Trinity Health Pediatric Therapy and the Minot Family YMCA have collaborated to create a swimming lesson program for children with physical disabilities and/or motor delays. This program will focus on teaching children swimming skills, water safety, and confidence building. The program will be in a group setting for ages 4-18, with individualized instruction as needed.

For more information regarding All Kids Swim, please call the YMCA at 852-0141.

# Occupational Therapy

*continued from page 1*

on adapting the environment and/or task to fit the person. The person and/or family is the important part of the therapy team. Occupational therapy is an evidence-based practice deeply rooted in science. Trinity Health's occupational therapy department utilizes techniques and tools to maximize the individual's desired functional level to live life doing the tasks that are important to them.

At Trinity Health, a compassionate team of occupational therapists and occupational therapy assistants work across the lifespan from the littlest patients in Neonatal Intensive Care Unit to our residents at Trinity Homes, explained Lisa Burke, OTR/L, occupational therapy manager for Trinity Hospital, Outpatient Adult/Pediatrics, Hand Therapy, and Inpatient Rehab. "Our therapists provide services for our hospital patients, outpatient clinic clientele, home health individuals, Child Adolescent Partial Hospitalization program, Ergonomic Initiative customers, and Trinity employees needing ergonomic assessments."

Along with the direct patient contact, they provide education to individuals attending Trinity's stroke group to provide ideas and information on living with a stroke. Therapists assist with Autism Swims (swimming lessons for individuals with autism) and All Kids Swim (for individuals with other disabilities) at the Minot Family YMCA. Trinity's partnership with the YMCA has also allowed pediatric therapists (along with speech therapy) provide summer child/adolescent group therapy at the outdoor play area.

"Our team has organized several community events such as sensory friendly movie times, trunk or treat events, zoo visits, and Discovery Center events for children with disabilities and their families to attend," Burke said. "With a focus on living life to the fullest, OTs use all avenues to engage individuals in everyday events. Our group has been able to provide many of the events with the assistance from the Trinity Health Foundation."

To participate in Occupational Therapy with Trinity Health, a referral from your provider is needed.

TRINITY HEALTH HealthTalk

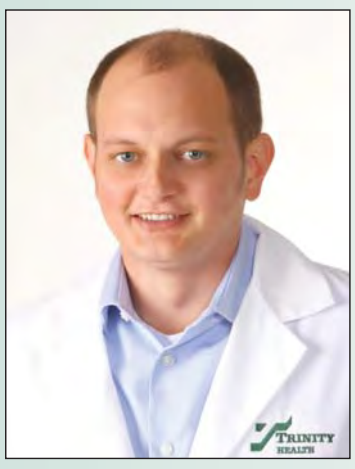
Marketing Department
Trinity Hospital – St. Joseph's
407 3rd Street SE
Minot, ND 58701
Toll free in ND: (800) 247-1316

**Visit our website:**
trinityhealth.org
**Join us on Facebook:**
facebook.com/TrinityHealth.ND

# Having a Spring in Your Step

## *Avoid foot and ankle issues this springtime*

In late February, Ashley Evanoff, DPM, a podiatrist with Trinity Health's Foot and Ankle Clinic, saw "several foot and ankle fractures" in the Emergency Trauma Center. These injuries were due to patients slipping on ice and falls. While the weather looked good with the naked eye, walking surfaces were still icy.



*Aaron Albers, DPM*
*Podiatrist*

*Ashley Evanoff, DPM*
*Podiatrist*

*Roger Racz, DPM*
*Podiatrist*

*Tyson Williams, DPM*
*Podiatrist*

Now, as spring weather approaches, Evanoff believes that the foot and ankle fractures may continue, as well as other injuries – ice or no ice. Everyone is anxious to be outside enjoying the fresh air, and in their haste, they don't take the proper precautions to avoid foot and ankle issues, Evanoff said. When the weather gets nice, people tend to "go zero to sixty."

"Going from more sedentary to extremely active is not a good thing," Evanoff said. "Like anything else, your body is not ready for that; it needs time to adjust."

She noted that if a person doesn't slowly start a new routine, overuse injuries can be a result. Plantar fasciitis (heel pain), stress fractures, and tendonitis are "the big three" for overuse injuries.

These types of injuries can be prevented.

- **Wear supportive, well-fitting (or activity-specific) shoes.** "Shoes shouldn't be super flexible," Evanoff said. "The only movement in the shoe should be at the toes. Shoes should also conform to the arch, and there should be room in the toe box so it isn't too tight or confining.
- **Gradually introduce increased in activity.** Depending on a person's fitness level, you should not go "from doing nothing to walking 10 miles," she said. Start slow and allow your body to adapt and your fitness level to increase.
- **Stretch.** "The adage of 'the foot bone is connected to the leg bone' is true," she added. "A calf stretch has benefits for your foot." Stretching after a gentle warm up is always wise. Evanoff noted that strengthening the ankle is a good way to give good internal support. "If you strengthen the muscle groups around your ankle, your joint is better supported and less susceptible for sprains," Evanoff said.

The first line of treatment for minor soft tissue injuries or overuse is RICE – rest, ice, compression, and elevation. Also, if a patient is able, anti-inflammatory medication, such as Advil, Motrin, etc., can be used, Evanoff said. If there is no relief, see a podiatrist. From there, an X-ray or MRI would be performed to check for damage. Treatment ranges from conservative means, such as a boot, to surgery, if conservative measures fail.

Self-referrals, if insurance allows, can be made.

Trinity Health's podiatry department includes Aaron Albers, DPM, Ashley Evanoff, DPM, Roger Racz, DPM, and Tyson Williams, DPM. Trinity Health's Foot and Ankle Clinic is located at Health Center – Medical Arts, 400 Burdick Expressway West, Minot. For appointments or consultations, call 857-3584.

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


## Trinity Health's Speaker's Bureau

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

Even when you can't visit your friend in the hospital, you CAN send a greeting and let them know you're thinking about them.

**Simply 'click' on trinityhealth.org**

Send a gift or some flowers with your message – call the **Gift Shop at 857-5205** and have a special package delivered to the patient room with your **eGreeting!**

trinityhealth.org

# Three Associates Receive Eagle Award

Carolyn Steen, RN, Jennifer Hunter, MD, and Sue Wilson, RN were recent recipients of the Minot Area Chamber of Commerce's Eagle Award.

*Carolyn Steen, RN*

*Jennifer Hunter, MD*

*Sue Wilson, RN*

**Carolyn Steen, RN**

Steen, a nurse with Tyson Williams, DPM, a podiatrist with Trinity Health's Foot and Ankle Clinic, was "such a caring person and has been so good to me during the past three months while I was going through foot surgery," the nomination form read. "She treats you like you are her only patient and explains everything so clearly to you." The form adds that Dr. Williams is "a wonderful doctor, too!"

**Jennifer Hunter, MD**

"After my last appointment, Dr. Hunter pulled her chair up to me and asked 'What's going on?'" the nomination letter said. "She sensed things aren't the best for me. A very beautiful, caring conversation took place. During our conversation, Dr. Hunter shared with me her compassion, love, and knowledge of life. She is truly a caring doctor to her patients."

**Sue Wilson, RN**

Wilson, a nurse with Dr. Hunter, is "very professional in performing her duties. She is also a kind and caring person," the nomination stated. "I hope you know what wonderful and caring employees they are."

Receiving the Eagle Award is validation of the pursuit of the mission of Trinity Health, which values exceeding professional quality standards. If you would like to nominate a Trinity Health employee for an Eagle Award, you can do so by visiting: http://www.minotchamber.org/about/chamberawards/

Durable Medical Equipment (DME)
Home Medical Equipment
Home Respiratory Care
Custom Orthotics/Prosthetics
Women's Health Products
CPAP Sleep Apnea Aids

KeyCare Medical
(701) 857-7370
(800) 598-1207

Main Showroom
530 20th Ave SW
Mon-Fri 8:30 a.m.-5:00 p.m.

Satellite Showroom
Health Center – Medical Arts
Mon-Fri 9:00 a.m.-8:00 p.m.

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.

Visit our website at trinityhealth.org

facebook.com/TrinityHealth.ND

Healthy Hearts Day

BRUNCH SYMPOSIUM & GOLF SCRAMBLE

May 21, 2018

Brunch Symposium

Trinity Health
Board Room
Health Center – East
9 a.m.

*Featuring:*
*Cardiothoracic Surgery*
*Cardiopulmonary Rehab*

Tickets: $10
Space is limited!

Golf Scramble

Vardon Golf Club
Registration: 12 p.m.
Tee-Time: 1 p.m.

$450/team of 4
and 2 golf carts

Shoot a Hole-in-One & Win!

- *$25,000 Cash*
- *RT Domestic Airline Tickets for 2*
- *Callaway Irons*
- *Flat Screen TV*

Call Today for Brunch Tickets and Golf Team Registration
Sherry – 857-5221

TEG ARCHITECTS

A Fundraiser "*fore*" the Heart

SRT
FIRST INTERNATIONAL BANK & TRUST Member FDIC live first
KMOT-TV
Coors Light
Trinity Health Auxiliary Healthy Hearts Club
Verendrye Electric Cooperative
Western Partners LLP

# Community Resource Coordinator Named

*Shanda Cool*

Shanda Cool, a Minot businesswoman with extensive experience in patient relations, marketing, insurance, and banking, has joined Trinity Health as Community Resource Coordinator.

Shanda works with families and individuals who are patients of Trinity Health, assisting them in accessing public and private programs that can help cover the cost of medical care, prescription drugs, and other health related services.

A graduate of Minnesota State University Moorhead with a bachelor's degree in Health Services Administration, she joined the Fargo-based North Dakota Chapter of the Muscular Dystrophy Association, serving as program coordinator before being promoted to district director. She moved back to her hometown of Minot and served four years in the Ag Lending and Insurance departments for First International Bank & Trust. In 2010, she pursued a culinary passion, working briefly as a pastry chef before opening her own business, Sweet & Flour Patisserie, Inc., which earned numerous awards and accolades before it closed in 2015.

Shanda says she is now eager to put her expertise to work for patients. "I love working with a diverse patient population. Whether it's matching them with various programs or helping utilize their insurance properly, my goal is to help people live the healthiest life possible."

Shanda resides in Minot with her husband and daughter.

# Organ Donation Up in Region

Organ donation has been proven to save or heal lives and last year, it helped more patients.

LifeSource, the non-profit organization dedicated to saving lives through organ, eye, and tissue donation in North Dakota, Minnesota, South Dakota, and parts of western Wisconsin, reported that 2017 was a record-breaking year.

In fact, Jody Fischer, hospital liaison with LifeSource said, "Of the 184 organ donors in the region, 586 organs were transplanted."

Through Trinity Health, two organ donors saved 13 lives. "Additionally, from Trinity, there were multiple lives healed from five tissue donors and 19 eye donors," Fischer added.

Currently, there are over 123,000 people on the waiting list nationally; of those, approximately 3,500 are from the LifeSource Region of Minnesota, North Dakota, and South Dakota.

April is National Donate Life Month, an important time set aside to honor those who have given the gift of life through organ and tissue donation, to celebrate the successes of transplantation, and to encourage more people to register as organ and tissue donors.

At Trinity Health, there is a strategic plan and guidelines followed to meet as many organ and tissue donations as possible.

"When a patient meets criteria for organ/tissue donation, we call our state's organ procurement service, LifeSource, and relay information regarding the patient's condition prior to death," said Lorrie Antos, RN, BSN, director of Trinity Health's Critical Care and Women's and Children's Services. "LifeSource personnel then determines if the patient may or may not be a potential donor." If the patient does meet criteria for donation, LifeSource will reach out to the family to discuss the donation process.

If the patient has requested to be a donor or the family wishes to offer donation, LifeSource will then come into the hospital and start the donation process, Antos added.

Making your intentions known is as easy as a notation on your driver's license – the commonly accepted legal expression of your wish to donate. However, it is wise to share your decision with family members to ensure that they will support and honor your choice.

Antos noted the importance of registering yourself on the donor list if you have the overall intention of donating your organs after death.

"Often times, one of our biggest challenges is when a patient has stated they want to be a donor, but hasn't officially registered," Antos said.

## *April is National Donate Life Month*

Having "Organ Donor" on your driver's license is the most recognized form, nationally, of being on the organ donor registry, Antos added, noting that taking this simple step makes it easier for your family to make the decision.

"In North Dakota, 66 percent of adults – well above the national average of 54 percent – are registered donors. One organ and tissue donor can help save or heal up to 75 lives," Fischer said, noting that recent innovations in the use of tissue grafts has increased the number of patients who can be saved or healed through tissue donation.

If you are considering organ donation, perhaps you've wondered about ethical or religious viewpoints. Most major religions support organ donation as a noble and compassionate act. Other religions view donations as a matter of personal choice. (The viewpoints of many religious organizations are available at www.organdonation.org.)

Every person waiting for an organ transplant is registered with the United Network for Organ Sharing (UNOS). When a family gives its permission for organ donation, UNOS runs a computerized list of potential recipients in order to find a match. Organs are distributed based on factors such as medical urgency, compatible blood and tissue type, body size, and the length of time on the waiting list. All of the expenses related to organ donation are covered by LifeSource and passed on to the recipient and their insurer. Organ donation is a gift that saves and enhances the lives of many. Make a commitment to be a donor and share those wishes with your family.

If you are interested in learning more about organ donation, call the LifeSource central office at 1-888-5DONATE, or go online: www.lifesource.org.

# Brown "an Amazing and Caring Nurse"

Congratulations to Nancy Brown, RN, who recently won the DAISY award. Brown works in the Surgical Unit, located on the fourth floor at Trinity Hospital.

*"I came into Trinity with a lot of face pain," the nomination said. "She made sure right away to make me comfortable and made sure I had what I asked for. She made sure that my pain didn't get worse. I want to thank her for being so nice and so caring, absolutely amazing."*

The nominator wants to thank Brown for being "such an amazing and caring nurse," as well as always making the patient feel so important.

# MarketPlace Foods and Trinity Health Dietitians Team Up

# It's Sweet Chili Pineapple Chicken!

Student Dietitian Brittany Rosin stopped by the original MarketPlace Foods store March 13 to chat with media and check out one of the healthy recipes displayed during National Nutrition Month. Trinity Health's nutrition services department is partnering with Minot's four MarketPlace Foods stores to highlight a healthy recipe per week throughout the month of March. The above display features colorful peppers, pineapple, chicken, and vegetables – all the ingredients needed to make Sweet Chili Pineapple Chicken, one of four recipes featured during the month.

# Guest House Celebrates 10th Anniversary

The Trinity Health Guest House is not just a place to stay, it is a home. And it has been a home-away-from-home for more than 19,000 individuals since it opened 10 years ago. The Guest House is a place to find refuge after a long day of tending to hospitalized family members, a place where people know what you are going through and can help you cope, a place…like home.

Most of the guests are from rural areas of North Dakota but the House has hosted family members from 46 states, four Canadian provinces, Puerto Rico, Guatemala, and Mexico. Guests often share a special camaraderie since they are coping with similar circumstances. The biggest comforts for our guests who reside at the House are the friendships they make.

The Trinity Guest House originated from a generous donation from a family. Now, through the Trinity Health Foundation, as well as funds collected at the time of stay and other donations made to the Guest House, repairs and replacement costs are paid for to keep the Guest House in operation; additionally, funds can offset the costs for families who can't afford to pay for their stay.

Judy Gullickson, Foundation Facilities Manager, has managed the House since opening day; prior to managing the House she worked as a housekeeper at Trinity Hospital for more than 30 years.

Guests can stay at the Trinity Health Guest House while a loved one is receiving treatment at any of the Trinity Health facilities.

"This place was our safe haven as we waited for our newborn to get better," an entry in the Guest House's guest book read. "Thank you for checking on us every day, giving us a smile that calmed us."

"This is such a wonderful place to have available for families of patients," a guest book entry said. "It takes a lot of stress out of the situation when you can be close to your hospitalized loved ones."

Prior to the establishment of the Guest House, family members of patients would need to find hotel rooms. In years past, this could be an arduous task. The fact that the Guest House is located directly across the street from the hospital makes it a comfortable and convenient form of accommodation for patients' family members.

***Guest House Open House***
***Monday, April 16***
***4:00-6:00 p.m.***
***Refreshments will be provided***
***Tours of Guest House***

# Kwanza Devlin, MD, speaker at Keys to Diabetes Success Event

*Kwanza Devlin, MD, Trinity Health Family Medicine, spoke at Keys to Diabetes Success on March 6. Among the topics she discussed during her presentation, "Risks and Management of Hypertension with Diabetes," was blood pressure medicine and which one to take with diabetes. The next Keys to Diabetes Success class, "Nutrition Tips for Social Situations like Graduations and Weddings," will be held May 1 at the Trinity Health Community Conference Room, Town & Country Center. For more information, call 857-5268.*

# Going Further with Food

*By Brittany Rosin, Student Dietitian, Trinity Health*

This year's theme for national nutrition month is "Going Further with Food." The Academy of Nutrition and Dietetics is teaming up with "Further with Food: Center for Food Loss and Waste Solutions," an online hub for the exchange of information and solutions to cut food waste in half by 2030. It's estimated that 90 billion pounds, or $107 billion worth, of food goes uneaten each year, costing an average of $1,700 for a family of four. At a consumer level, many fresh fruits and vegetables are never actually eaten, such as tangerines (52 percent), cherries (51 percent), cantaloupe (43 percent), peaches (42 percent), sweet potatoes (44 percent), bell peppers (39 percent), kale (38 percent), and carrots (34 percent). Wasted food means wasted nutrients. Whether you're having a mid-day snack or fueling yourself to run a marathon, the foods you choose can make a real difference!

Here are five tips to go further with food:
1. Consider the foods you have on hand before buying more at the store.
2. Buy only the amount that can be eaten or frozen within a few days and plan ways to use leftovers later in the week.
3. Order smaller sizes of foods and drinks when eating away from home.
4. Be mindful of portion sizes. Eat and drink the amount that's right for you, as MyPlate encourages us to do.
5. Get creative with leftovers, and transform meals into soups, salads, or sandwiches!

**Make one meal into two by using these recipes!**

## Night 1
### Lemon-and-Sage Roasted Chicken

**Ingredients:**

2 lemons, thinly sliced

6 fresh sage leaves

1 (6-pound) chicken

3 teaspoons olive oil, divided

¾ pound parsnips, peeled and trimmed

¾ pound carrots, peeled and trimmed

½ pound turnips, peeled and trimmed

1-pound fingerling potatoes, halved

2 tablespoons chopped fresh thyme

**How to make it:**

**Step 1:** Preheat oven to 425°. Place six lemon slices and sage leaves under skin of chicken. Put remaining lemon into cavity. Tie legs together with twine, and tuck wings under. Brush one teaspoon oil over chicken. Place chicken in roasting pan; roast in lower third of oven for 1 hour 15 minutes or until an instant-read thermometer registers 165°. Transfer chicken to a cutting board; let rest for 15 minutes.

**Step 2:** Meanwhile, cut root vegetables into matchsticks. Toss with potatoes in a baking pan with remaining oil and thyme. Roast, stirring occasionally, for 45 minutes or until tender.

**Step 3:** Remove skin from chicken. Discard lemons from cavity. Slice enough chicken to serve 4 (such as breasts), and serve with half of vegetables.

## Night 2
### Mini Chicken Pot Pies

**Ingredients:**

1 sheet frozen puff pastry dough, thawed

2 teaspoons unsalted butter

2 teaspoons olive oil

3 tablespoons all-purpose flour

2 cups 2% reduced-fat milk

2 tablespoons lemon juice

2 cups shredded leftover chicken

2 cups leftover roasted root vegetables, coarsely chopped

¼ cup coarsely chopped fresh basil

½ teaspoon salt

¼ teaspoon pepper

4 fresh sage leaves

1 large egg white, beaten

**How to make it:**

**Step 1:** Preheat oven to 425°. Roll out puff pastry to 1/4-inch thick, and cut into 4 (6-inch) rounds to fit over 1-cup ovenproof bowls. Keep pastry covered and chilled.

**Step 2:** Heat butter and oil in a medium saucepan over moderate heat; add flour, and cook, whisking constantly, for 1 minute. Add the milk in a slow stream while whisking constantly; bring the mixture to a simmer. Simmer for about 5 minutes or until thickened. Stir in next six ingredients (through pepper). Spoon mixture into ovenproof bowls. Top bowls with pastry, pressing against the outside edge of the bowls to seal. Place a sage leaf on top of pastry, and brush with egg white.

**Step 3:** Bake pot pies on a baking sheet in middle of oven for 17 minutes or until pastry is golden brown. Serve hot.

*Sources: Recipes:*
*http://www.health.com/health/recipe/0,,10000001949720,00.html*
*https://furtherwithfood.org/*
*www.eatrightpro.org*

**FirstCare Walk-In Clinic**
**Health Center – Medical Arts • No Appointments Necessary**

# Having a *Health Sense*

Trinity Health's quarterly magazine will have a new look, a new name, and a new direction.

Starting with the Summer 2018 issue, which should be reaching mailboxes by mid-to-late April, *Health Sense* will replace *Vim & Vigor* as a way to inform you about useful news, events, and resources to ensure you enjoy the best health possible.

It's been our pleasure to offer the stories and information in *Vim & Vigor,* and we hope the fresh approach of *Health Sense* brings you an enjoyable, sensible read each quarter. We wish you a happy spring and good health always.

# COMMUNITY CALENDAR

***For the latest updates, check online at trinityhealth.org***

## Calendar of Events

**April 10**
Tanya Gillen, with Trinity Health's Exercise Physiology department, will talk about resistance training and exercises to do at home during Healthy Hour at The View (2905 Elk Drive), at 10 a.m.

**April 10**
Wanda Sprenger, PMH, NP-BC, Trinity Health Behavioral Health, will give a presentation on Breaking Down the Barriers at the Minot Community Wellness Fair: Live Dimensional from 4 to 8 p.m. in the Minot State University Wellness Center. Trinity also will have an educational booth.

**April 10**
Clinical dietitians Kayla Cole and Kristy Hokanson will present "Cooking with Greek Yogurt" at the Trinity Hospital Community Conference Room, Town & Country Center (831 South Broadway), from 5:30 to 6:30 p.m. The cost of the class is $10. To RSVP, please call 857-5268.

**April 11**
Steve Hall, NorthStar Criticair paramedic, will give a presentation on the air ambulance service at a Homemakers Club meeting.

**April 12-14**
NorthStar Criticair and Community Ambulance Service will have educational booths at the North Dakota EMS Rendezvous in Bismarck.

**April 16**
The Trinity Health Guest House (415 South Main Street) will celebrate its 10th anniversary with an open house from 4-6 p.m.

**April 18**
The Stroke Support Group will meet at Health Center – Riverside (1900-8th Avenue SE) at 7 p.m. The support group meets the third Wednesday of each month. For more information, call Jerilyn Alexander, MD, Stroke/STEMI coordinator, at 857-2449.

**April 25**
The annual Character Counts! Banquet will be held at 6 p.m. at the Grand Hotel (1505 North Broadway). Trinity Health is a proud sponsor of the Character Counts! program with the Minot area schools.

## Want to make a difference? Become a volunteer.

As a Trinity Health volunteer, you are a vital link in the chain of service and caring. Not only will you have a positive impact on our patients and/or residents, you will be part of a dedicated team that is known for delivering the best healthcare available. For more information, call our Volunteer Services office at Trinity Hospital at 857-5221 or 857-5959 at Trinity Homes.

## Mobile Mammogram Schedule

April 3 .....Premier HealthCare-Devils Lake, 662-8662
April 4 ..Northland Community Health Center-Rolla, 477-3111
April 5 .....Trinity Community Clinic-Mohall, 756-6841
April 17 .....Tioga Clinic, 664-3368
April 19 .....Mountrail County Hospital-Stanley, 628-2505
April 23 .....St. Luke's Hospital-Crosby, 965-6349
April 24 .....Kenmare Community Hospital, 385-4296
April 25 .....Northland Community Health Center-Turtle Lake, 448-9225
Trinity Community Clinic-Velva, 338-2066
April 26 .....Drake Clinic, 720-8421

## Prepared Childbirth Classes

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

**SATURDAYS**
**April 7, May 5, June 2, July 14, August 4, and September 8**
9 a.m.-4 p.m., in the Prepared Childbirth Classroom, Health Center – Riverside Education Center, 1900 8th Avenue SE, Minot.

## Breastfeeding Basics

**April 11, May 9, June 13, July 11, August 8, and September 12**
Offered by Laureen Klein, RN, BSN. Meets from 7-9 p.m., Health Center – Riverside Education Center, 1900 8th Avenue SE, Minot

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 or call 857-5640.

## 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 or call 857-5380 for a detailed schedule.