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August 2018

# HEALTH *Talk*

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## Back to School Wellness

### Now Hear This!

More than seven million children between the ages of 6 and 19 have an identifiable permanent hearing loss in one or both ears. Does your child fall into this category – or could they?

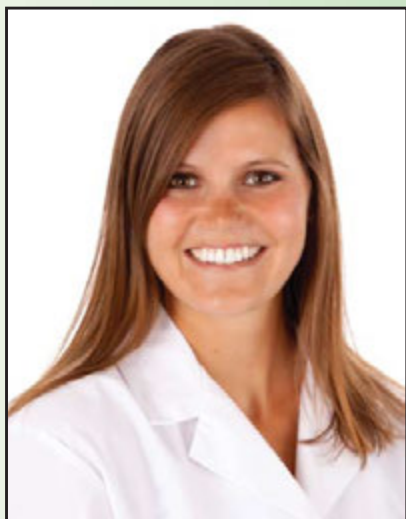
“Due to injury, illness, or genetics, children who pass hearing screening at birth can still be at risk for hearing loss that is progressive or acquired after newborn hearing screening occurs,” warned Tricia Nechodom, Au.D., an audiologist with Trinity Health.

Nechodom recommended that children undergo hearing screening at ages 4, 5, 6, 8, and 10, according to pediatric guidelines for hearing screening. “Due to increased risk of hearing loss secondary to unprotected noise exposure, hearing screening should also be performed at ages 13 and 15,” she added.

Hearing screening may not be performed in all school districts and parents are encouraged to consider having hearing checks prior to the start of the new school year. Hearing loss can contribute to difficulties with attention, learning, and social function.

Hearing evaluations can be performed on children of any age. “We test infants through adults at our clinic,” Nechodom said. “There are different methods to test infants and younger children that don’t require their participation. We can train children between six months and 5 years to play various types of listening games while we are testing their hearing. Children older than 5 years are typically ready for more standard, adult-like hearing tests.”

For appointments with audiologists Laura Greer, Au.D., Tricia Nechodom, Au.D., or Jerrica Maxson, Au.D., call Trinity Health’s Audiology Department at 857-5986. Their office is located in Health Center – West, 101 3rd Avenue SW, Minot.



Laura Greer, Au.D.  
Audiology



Jerrica Maxson, Au.D.  
Audiology



Tricia Nechodom, Au.D.  
Audiology



### It’s Immunization Time

Immunizations are something that children of all ages face.

The medical standards for ongoing care for children strongly encourage an annual examination for every child from age 1 to age 18, stated Melissa Messerly, MD, a pediatrician with Trinity Health.

Pediatricians at Trinity Health agree that children should come in early for exams and get all their vaccines. Vaccinations for kindergarten students include measles, mumps, rubella, diphtheria, tetanus, pertussis, and polio.

“Any time after the child is 4 years old, we can give them their pre-kindergarten shots,” Messerly said.

For students entering the sixth grade, the following vaccinations are required: menactra (for meningococcal meningitis), tetanus, diphtheria, and pertussis.

Documentation of having chicken pox or of receiving two shots of the varicella vaccine, a chicken pox vaccine, is required as well.

After the age of 16 and before college entry, a second booster shot for meningococcal meningitis is required.

“We are thrilled to offer an additional anti-meningitis vaccine for type B meningococcal infections,” Messerly added, noting that this type of infection has been responsible for all U.S. college outbreaks between 2011 and 2016. “It requires an initial shot and then one booster shot, starting at age 16.” This shot is added to the other meningitis vaccine, which has types A, C, Y, and W.

“Gardasil, the HPV vaccine series, is recommended to start after age 11 and to be completed by high school graduation,” Messerly said. “Vaccines are covered under insurance or provided by the state under the Vaccines for Children Program (VFC). The main cost is the vaccine itself, which is provided, with a minimal cost for nursing time and supplies.”

To schedule an appointment for vaccinations, or anything pediatric-related, contact a Trinity Health pediatrician at 857-5413 or 857-7380. Trinity’s pediatrics department is located in Health Center – Medical Arts, 400 Burdick Expressway East, in Minot.

Trinity Health’s team of pediatricians includes: Katharyn Burgardt, FNP-C; Ann Cadwalader, MD; Thomas Carver, DO; Heather Davis, MD; Michael Holland, MD; Frederick Jones, MD; Allison Lesmann, FNP-C; Steve Mattson, MD; Melissa Messerly, MD; Kathryn Obregon, MD; Friday Osuala, MD; Diana Peterson, MD; and Anthony Udekwe, MD.



Melissa Messerly, MD  
Pediatrics

HAVE A  
GREAT SCHOOL  
YEAR

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# Legislation Would Give Seniors Direct Access to Hearing Care

As a Medicare recipient, have you ever wondered why you're allowed to make an appointment at will with an optometrist, podiatrist, or chiropractor, but before you can seek care from an audiologist you first must obtain a referral from a doctor or other primary care provider?

It's an inconsistency that has existed in Medicare's rules and regulations, but it's one that would be eliminated if Congress passes the Audiology Patient Choice Act.

Similar versions of the bill are making their way through the U.S. House and Senate. Trinity Health audiologist Tricia Nechodom, Au.D., and other members of the Academy of Doctors of Audiology recently visited Washington, D.C., urging support of the bipartisan legislation on behalf of patients.

"Only 5 to 10 percent of hearing loss is medically treatable, which means 90 percent of the time a referral is an unnecessary step," Nechodom said. "Medicare's referral requirements should be reformed to give seniors direct access to audiology services. The important thing is that patients be allowed to seek treatment quickly and not have to delay hearing care."

Audiologists are doctoral level specialists who are experts in providing audiological evaluation and treatment to patients of all



ages. Other federal health benefit programs, such as Veterans Affairs, already allow direct access to audiologists, as do many private health insurance plans. "These bills would bring Medicare in line with best practices and give audiologists the same status as optometrists, podiatrists, dentists, and chiropractors," Nechodom added.

The Audiology Patient Choice Act has two key provisions which would:

1. Improve access to qualified licensed Medicare providers by allowing seniors with a suspected hearing or balance disorder to seek treatment directly from audiologists, eliminating medical doctor referral requirements.
2. Allow patients to choose among qualified providers for Medicare-covered audiology services by authorizing Medicare to reimburse audiologists for the services that they are licensed to provide.

While in Washington, Nechodom had the opportunity to visit with North Dakota Senator Heidi Heitkamp, as well as aides for Senator John Hoeven and Representative Kevin Cramer.

"I'm cautiously optimistic," she said. "Congress is looking for ways to reduce medical spending. This bipartisan bill offers a common-sense approach. Medicare patients should have the same choice and ease of access to audiology services as do most Americans."

To learn more about Senate Bill 2575 and House Resolution 2276, visit [18x18.org](http://18x18.org).

*Nationally approved, medically accurate training program designed for 11 years old and older.*



Safe Sitter® teaches adolescent babysitters how to handle crises, how to keep their charges secure, and how to nurture and guide a young child. Safe Sitter® babysitters help children stay safe and sound while their parents are away. In the process, these students 11 years old and older emerge as more confident, responsible, and compassionate teens and adults.

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- Choking and rescue breathing
- Safety for the sitter
- The business of babysitting
- Accident management
- Child development
- CPR

**2018 Summer Class Schedule**

**August 2 • August 9**

**Please call 857-5099 to register.**

**All classes are held 8:30 am-3:30 pm**

**Health Center – Riverside, Education Center, 1900 8th Avenue SE**

Due to the high demand for this class, the course fee of \$50 must be paid in advance. Please register by calling the Trinity Health Community Education Department at 857-5099 and then mail your check (payable to Trinity Health) to Trinity Health Community Education, P.O. Box 5020, Minot, ND 58702. Payment must be received in advance to confirm your participation in the course.

# Community Ambulance Receives Award

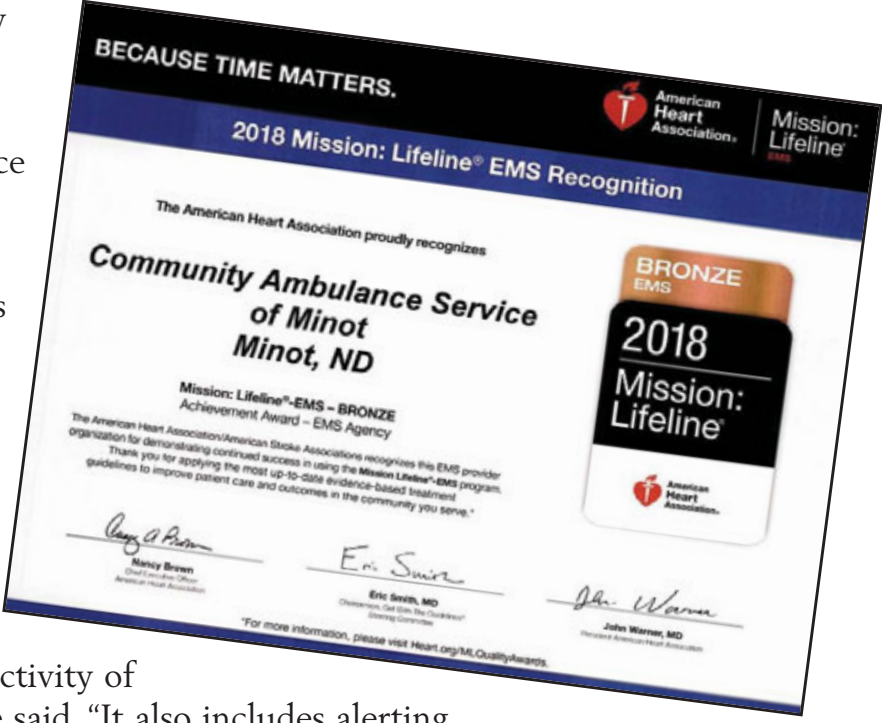
Community Ambulance Service has been awarded the EMS-Bronze award by the American Heart Association and American Stroke Association for demonstrating success in using the Mission Lifeline-EMS program.

The American Heart Association's Mission: Lifeline program's goal is to reduce system barriers to prompt treatment for heart attacks, beginning with the 9-1-1 call and continuing through hospital treatment.

Pre-hospital personnel, such as EMS, are the first providers of care to patients suffering from cardiac emergencies. The role of EMS in the system-of-care for these patients is crucial and often sets the course for the patient's outcome.

"The Bronze Award is an award from the American Heart Association/Mission Lifeline to EMS for meeting early recognition and activation criteria as outlined by the Mission Lifeline," explained Marcy Kuhnhehn, a clinical specialist with Community Ambulance Service.

Award criteria include obtaining a 12-lead EKG – a tracing of the electrical activity of the heart – and transmitting it to the receiving facility within 10 minutes, she said. "It also includes alerting the receiving facility of a STEMI within 10 minutes of obtaining a 12-lead that shows STEMI criteria."





# Golf for Life to be held August 20

The Trinity Health Foundation will host its 6th annual Golf for Life Men’s Golf Tournament on August 20, at the Souris Valley Golf Course.

This event, as well as the Building Hope Women’s Golf Tournament, that was held June 18, are the Foundation’s annual golf tournaments to help generate funds to improve the lives of Trinity CancerCare Center patients.

In 2017, the total income generated by the tournaments was more than \$74,000. In addition to providing direct financial support to those battling cancer, the CancerCare Patient Assistance Fund also has provided patients with in-kind gifts such as gas cards, wigs, and compression garments. Whether its participating as a golfer, becoming a sponsor, donating to the CancerCare Patient Assistance Fund, or providing a prize that can be used at the event, we invite you to be a part of this annual tradition to help us aid our local cancer patients. Whichever way you choose to help, you make a definite and immediate impact and the Foundation looks forward to your support with these events.

For more information, or if you have any questions, feel free to contact the Foundation office at 857-5432 or 857-2430, or e-mail at [albert.evon@trinity-health.org](mailto:albert.evon@trinity-health.org) or [cody.mcmanigal@trinity-health.org](mailto:cody.mcmanigal@trinity-health.org).

Sponsorships still available	
T-shirt	\$3,750
Hat	\$3,250
Water Bottle	<b>SOLD</b> \$2,750
Towel	<b>SOLD</b> \$2,750
Range Ball	<b>SOLD</b> \$2,250
Bag Tag	<b>SOLD</b> \$1,750
Golf Tee	<b>SOLD</b> \$1,750
Green & Tee	\$1,500
Fairway	\$1,000
Birdie	\$750

TRINITY HEALTH FOUNDATION



# Dr. Sather Elected Chief of Medical Staff

Jeffrey Sather, MD, medical director of Trinity Health’s Emergency Trauma Center, has been elected to a two-year term as chief of medical staff. The election was by his peers with approval from the Trinity Health Board of Directors.

Also elected were Casmiar Nwaigwe, MD, as vice chief of staff, and Alexandre Kindy, MD, and Daniel Williams, MD, both as members-at-large. Scott Knutson, MD, will continue to serve on the Medical Staff Executive Committee as immediate past chief of staff.

The chief of staff assumes the leadership role for the medical staff in efforts to ensure quality medical care. The chief of staff also takes the lead in reviewing care processes and advising the health system on ways to improve clinical programs and services.

“It’s an honor to be elected chief of staff,” Dr. Sather said. “This is a great opportunity and comes at an exciting time when we’re preparing to break ground on a new hospital that will help us strive toward new levels of performance and quality.”

A board-certified emergency physician, Dr. Sather began his medical career as an EMT/paramedic. He earned his medical degree in 1998 from the University of North Dakota and completed his Emergency Medicine residency at St. Vincent Mercy Medical Center, Toledo, Ohio. Since joining Trinity Health in 2001, he has served in numerous leadership positions, including chair of the Department of Medicine and physician liaison for Trinity’s electronic health record. On a state level, he serves as medical director for the Emergency Preparedness and Response section of the North Dakota Department of Health and co-chairs North Dakota’s Mission: Lifeline initiative, which oversees statewide efforts to improve stroke and STEMI care.



Jeffrey Sather, MD  
Chief of Medical Staff

# New Provider Joins Williston Clinic

Trinity Health is pleased to announce the addition of Parul Tangri, MD, to our Family Medicine team at Trinity Community Clinic – Western Dakota.

Dr. Tangri is dedicated to providing comprehensive, patient-centered care to people of all ages, with services that include annual physicals and health screenings, as well as diagnosis and treatment of a wide range of health problems, from common illnesses to complex and chronic health conditions.

Originally from India, Dr. Tangri grew up in Toronto, Canada. She earned her medical doctorate at Windsor University School of Medicine, St. Kitts, West Indies, and completed her Family Medicine residency at the University of North Dakota’s Center for Family Medicine in Minot where she was elected Chief Resident her final year. A member of the American Academy of Family Physicians and the American Board of Family Medicine, she enjoys volleyball, tennis, soccer, cooking, and baking.

Dr. Tangri’s office is located in Trinity Community Clinic – Western Dakota, 1321 West Dakota Parkway, in Williston. For an appointment or consultation, call 572-7711.



Parul Tangri, MD  
Family Medicine



857-DR4U

Physician Referral Service

Let our staff help you  
select 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).



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Williston, ND  
774-8785



# First Cohort of Nurse Residents Graduates

Trinity Health graduated its first cohort of nurse residents on June 27.

According to Danica Schaefer, MSN, RN, nurse residency coordinator with Trinity Health, the 23 nurse residents from this first cohort will continue working in their specific nursing units, as they have been doing throughout the program. “Some may be offered opportunities such as learning the charge nurse role, or possibly even precepting (or training) other new nurses,” she said.

In the residency program, nurses work with fellow established nurses and nurse educators. Accredited by the American Association of Colleges of Nursing, the residency program helps the nurses transition from an educational setting into a fast-paced work environment with ease. “That first year for new graduate nurses is a tough year,” Schaefer said. “They’re learning how to be a nurse.”

The Vizent/AACN Nurse Residency Program is used by over 300 hospitals and health systems nationwide, with Trinity Health being the only healthcare system in North Dakota to implement the program. The residency classes, which are held once a month for one year, are built into the nurse residents’ regular work schedule. Each class is facilitated by a team of nurse educators from Trinity Hospital.

“The nurse educators have expressed a positive response to the program and recognized the benefit of allowing these



new nurses time together to develop relationships and learn from each other.”

Every six months, a year-long cohort begins. This allows the nurses to “learn alongside the same cohort of peers throughout the program, so they’ll all benefit from the collaboration and teamwork that emerge over the course of their residency,” said Karen Zimmerman, RN, BSN, Chief Nursing Officer and Vice President of Patient Care Services with Trinity Health.

The second cohort, which includes nine nurse residents, began in January 2018, is about half-way through the year-long program. The third cohort began on July 25.

Throughout the program, the participants meet with educators from all different departments of the hospital, which helps to make the nurses more well-rounded. “I love that aspect of it,” said Abigail Knudson, RN, a nurse resident who works in Trinity Hospital’s Labor and Delivery department.

Support is provided to the newly licensed nurse using a variety of methods, including an evidence-based classroom curriculum, clinical coaching by experienced preceptors, hands-on skill practice,

spending time outside their home unit to understand overall system processes, professional socialization, and participation in a support group of peers.

The program offers “such a huge level of support,” Schaefer said, adding that there isn’t just support from staff, but from the other participants in the cohort “who are going through the exact same thing.”

“It’s nice to have the extra support with the other nurses and other departments, to have the educators also there to answer questions,” noted Andrea Brown, RN, a nurse resident with the first cohort.

Feeling supported is a plus for nurses looking at prospective jobs, Schaefer adds. And as the program boasts a 95 percent first-year nurse retention rate, it can be a plus for employers in the healthcare field.

“Currently, there is a nationwide nursing shortage, and North Dakota is not immune to this issue,” Schaefer said, explaining that the issue is due to a variety of conditions, “such as a significant segment of the nursing workforce nearing retirement age, an aging population leading to increased need for geriatric care or care of people with chronic or multiple disease conditions, and

fewer nursing faculty which restricts nursing program enrollments.”

The national average turnover of RNs in hospital settings is over 17 percent, although the turnover rate for newly licensed registered nurses has been reported to be between 27 and 60 percent, Schaefer explains. “The goal of a Nurse Residency Program is to help the newly licensed nurse make the transition into practice and remain in nursing practice. Nurse Residency Programs have been shown to decrease the turnover rate of newly licensed nurses to less than 10 percent.”

The program at Trinity is in its infancy, but Schaefer says she has seen “real engagement” from the nurse residents.

“They actively participate in each class period and have been open and honest when discussing their successes, as well as their fears, in their new positions in the hospital,” Schaefer said. “By sharing these experiences, and guiding them in their practice, we aim to help new nurses develop their professional role and solidify a passion for providing exceptional care that will last throughout their career.”

# Support for K-9 Unit Continues

In 2012, when the Minot Police Department needed a second K-9 Unit, Trinity Health stepped up to fund the initiative. Now that the canine officer has retired, Trinity has announced that the partnership will continue.

President and CEO John M. Kutch recently presented a \$7,000 check to Police Chief Jason Olson to replace the second unit.

“On behalf of Trinity Health’s Board and entire organization, we’re proud to carry on this partnership as part of our deep appreciation for the service Minot’s police perform for our community each and every day,” Kutch said. “This supports not just the police but all of us. We all have a stake in promoting a safe and healthy community.”

Olson said his department will acquire the new K-9 unit this fall after the dog has undergone several weeks of training. Its mission will be varied, including search and rescue, drug-fighting, and providing a presence at larger public events to enhance safety and peace of mind.



Trinity Health CEO John M. Kutch (center) presents a check for \$7,000 to Police Chief Jason Olson (right), Shaun Sipma, mayor of Minot, is on the left.

## FirstCare Walk-In Clinic

Health Center – Medical Arts, Minot

No Appointments Necessary

## Trinity Health Speaker’s Bureau

Call Trinity Health’s Community Education Department at 857-5099 to check for available dates and topics.



# Gillen, Gust Earn Eagle Award

Two members of Trinity Health’s Exercise Physiology department were presented with the Minot Area Chamber of Commerce’s Eagle Award on July 10.

Tanya Gillen, a personal trainer with Trinity Health Exercise Physiology, “goes above and beyond of what she is trained in,” her nomination letter read. “She has worked with my husband, who has had multiple strokes and has difficulty walking, but she has worked to keep him going and active. If there are any problems, she works to get them fixed, even if it’s outside of the YMCA. She is the most friendly and caring person ever and she so deserves this award.”



Tanya Gillen  
Personal Trainer



Russell Gust  
Manager of Exercise Physiology

Another associate who goes above and beyond is Russell Gust, MS, CSCS, ACSM-CET, manager of the Exercise Physiology department. According to his nomination letter, he “goes above and beyond for the cancer exercise 12-week exercise program, bringing back strength and much more. He is a delight to work with.” Gust’s nomination letter read that he “is the right person for this position,” adding that he has a lot of patience. “Without Russ and the cancer program, I wouldn’t have the strength I have today.”

# Nursing School Reunion to Be Held September 30

The Trinity Health Foundation will host a 50<sup>th</sup> class reunion for the 1968 graduating class of the Trinity Hospital School of Nursing.

The reunion will begin on September 30, with registration and lunch at the Trinity CancerCare Center, including a reflection on the year 1968 and a tour of the CancerCare Center. The following day, October 1, the class will take a tour of Trinity Hospital, followed by lunch and a bus tour of Minot.

The class of 1968 includes Peggy (Behrens) Austin, Sweet Home, Oregon; Connie (Bancroft) Tollefson, New Town; Bonnie (Derr) Parks, Westminster, Colorado; Mary (Edinger) Zentner, Norma (Johnston) Dooley, both of Bismarck; Noel (Gorseth) Nehseim, Palermo; Joanne Hansen, Jamestown; Jan (Johansen) Bleeker, Victoria, Texas; Jean (Johnson) Larson, Minot; Linda (Lagerquist) Heppner, Plentywood, Montana; Elaine (Lee) Lemmer, Portage, Michigan; Susan (Manning) Seaman, Bellevue, Nebraska; Sherry (McCarty) Clark, Okatie, South Carolina; Bonnie (Ness) Sprinkle, Kure Beach, North Carolina; Lois Niewoehner, Fargo; Melodie (Olson) Voeltz, Tampa, Florida; Sandy (Rohrer) Brown, Sumner, Washington; Mary Ellen (Sinclair) Barnett, Jefferson City, Missouri; Linda (Snyder) Klimpel, Michigan, North Dakota; Joyce (Pedersen) Swenson, Bottineau; Verna (Tagestad) Hederman, Hobe Sound, Florida; Elaine Hanna, Dianne (Hill) Wilfred, Linda (Peterson) Homan, and Lyla Puckett, address unknown; and Diane (Hoppe) Iannerrelli and Karen Lee, both deceased.

The School of Nursing operated for 65 years – from 1922 to 1988 – training thousands of nurses who have practiced all over the nation and the world.

To register for the reunion, contact Cody McManigal at 857-2430.

# Daisy Winner

Congratulations to our recent DAISY Award winner, Cassandra Carlin, who works on the Mom/Baby Unit.

*“She was incredibly kind and compassionate. She kept close tabs on our needs and progress. She provided great support during a difficult labor. She was friendly and personable and related to us on a personal level.”*



Visit our website at [trinityhealth.org](http://trinityhealth.org)

[facebook.com/TrinityHealth.ND](https://facebook.com/TrinityHealth.ND)

# Student Radiologic Technologists Graduate


The Trinity Health School of Radiologic Technology recently graduated a class of four radiologic technologist students, qualifying them to take the American Registry of Radiologic Technologists certification exam. They all passed the registry exam on first attempt, allowing them to add the professional credential RT(R), ARRT, after their name, and be recognized as a registered technologist in radiography.

While Mitch Roerick went to begin his radiologic technology career at the Towner County Medical Center in Cando (so he could be closer to home), Aliya Moon, Alexis Mescia, and Shelby Hass are now on staff at Trinity Health as radiologic technologists.

The Trinity Hospital School of Radiologic Technology provides quality education in the art and science of radiologic technology. The program is designed to prepare knowledgeable entry-level radiographers and graduate competent professionals who are ready to demonstrate high clinical and technical competence in serving their patients, the healthcare community, and the profession. The school has the capacity to accept four to six students annually.

On June 11, a class of five – Caley Nelson, of Towner; Syndey Hall, of Billings, Montana; Emily Overby, of Thompson; Paige Brodehl, of Upham; and Kristy Andrysiak, of South Bend, Indiana – began their two-year journey toward becoming radiologic technologists. They will graduate in 2020.

For more information, please visit [trinityhealth.org/radiology\\_school](http://trinityhealth.org/radiology_school), or contact Amy Hofmann, program director for the school, at 857-5620 or [Amy.Hofmann@trinityhealth.org](mailto:Amy.Hofmann@trinityhealth.org).



Four students from the Trinity Hospital School of Radiologic Technology graduated, with a ceremony held at Trinity Homes. Those students were (from left): Aliya Moon, Alexis Mescia, Shelby Hass, and Mitch Roerick.



# Building Hope Recap

Trinity Health Foundation held its 21st Annual Building Hope Women’s Golf Tournament on June 18 to support Trinity Health CancerCare patients.

Thirty-six teams registered to participate in the event held at the Souris Valley Golf Course. The tournament was very competitive as the top three teams finished with scores of 62, 63, and 63, respectively. Following dinner, catered by Dickey’s Barbecue Pit, the golfers were treated to a keynote address from Dee Dee Kraft, a fellow golfer and cancer survivor. The evening wrapped up with individual and team prizes for the event, as well as the drawing for the raffle items.

### Individual Prizes were awarded for:

- Straightest Drive – Kara Kline
- Closest to the Pin – Lauri Hynek
- Longest Putt – Jamie Kok and Tracy Borud
- Chip or Get Off the Pot – Tina Langhans
- Happy Gilmore Putting Contest – Jodi Peterson
- Special Chipping Recognition – Gayle Bohl

### Team Prizes were awarded for:

- First Place – Edward Jones - Mark Kohlman (Carla Vigested, Aarika Young, Marie Sanders, and Kasha Diehl)
- Second Place – Sammy Herslip Realtor (Courtenay Burckhard, Jade Teske, Sammy Herslip, and Alyx Pederson)
- Third Place – Bremer Bank (Kathy Kragh, Eileen Kraft, Mickayla Titus, and Jill Allex)
- Last Place – Clifton Larson Allen (Pamela Holwegner, Nancy Scofield, Aimee Muus, and Rachel Gruenberg)
- Cart Decorating Contest – Dee Dee Kraft, Amber Kraft, Michelle Warren, and LeAnn Grondahl

### The raffle prizes were won by the following individuals:

1. 8 Disney World 1 Day Park Hopper Passes (\$1,360) – Michelle Peterson
2. 1-Year YMCA Family Membership (\$950) – Tony Alef
3. Mini Minneapolis Getaway (\$615) – Heidi Bender
4. Modern Baltimore Quilt (\$500) – Sandra Harbort

5. Glosco Wine Cabinet (\$398) – Andrea Boschert
6. 4 Bears Stay & Play Package (\$255) – Bonnie Rolle
7. Easy Street Tabletop Electric Grill (\$150) – Faye Borud
8. NDSU Autographed Football (\$150) – Rick Selk
9. Bennington Golf Bag (\$150) – Andrea Roedocker
10. Calloway Golf Bag – Renae Murphy
11. Sterling Silver Beaded Yellow Bangle (\$135) – Kathy Hoaglund
12. 2 Norsk Hostfest Great Hall Concert Tickets (\$134) – Connie Teets
13. Autographed UND Hockey Jersey (\$125) – Connie Pease
14. Radio Flyer Wagon (\$100) – Kammie Anderson

Trinity Health Foundation would like to thank and recognize the following sponsors of the Building Hope Women’s Golf Tournament:

- T-SHIRT - \$3,750**  
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- TOWEL - \$2,750**  
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Edward Jones – Mark Kohlman  
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Pringle & Herigstad, P.C.  
Town & Country Credit Union  
United Community Bank of ND  
First International Bank & Trust

Trinity Health Foundation would like to thank and recognize the following companies who supported the event through financial donations:

Blue Cross Blue Shield - Noridian  
PROCollect Services  
Ritter Family Dentistry

Trinity Health Foundation would like to thank and recognize the following individuals and companies for donating the raffle items and door prizes:

4 Bears Casino & Lodge  
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ArtMain  
Badlands Restaurant & Bar  
Broadway Liquors

Buffalo Wild Wings  
Crayola Experience  
Dakota Chappy  
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Don Bessette Motors  
FlyOver America  
Gourmet Chef  
Hampton Inn & Suites  
Hint of Whimsy  
I. Keating Furniture World  
Jennifer McCall  
Karma Convenience Store  
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Ruby Tuesday  
Sammy’s Pizza & Restaurant  
Scheels  
SRT Communications  
Starving Rooster  
Swanston Equipment Corporation  
Synergy Medical Massage & Reflexology  
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Walt Disney World

The total income generated by the Building Hope Women’s Golf Tournament was more than \$40,000. All proceeds from the event will be used to assist CancerCare patients. Many patients will benefit from this event as lives will be saved, people will be healed, and families will have hope.

The Trinity Health Foundation appreciates everyone who participated in and supported this event, especially MIDCO, for the time, effort, and energy their staff members contributed to help make the event such a success. MIDCO also provided the beer carts, lunch and snacks, and the beer tent for the event.

We thank Steve Kottsick and all the staff at Souris Valley Golf Course for their efforts to make this event a success.

Thanks also goes to the celebrity golfers for their contribution to the event – Darin Scherr, Ray Cook, Dave Buen, and Marty Murray. We also wish to thank Duffy’s Hockey and Sports and Custom Quality Builders for donating supplies for the special games.

We would also like to recognize Classic Rock Coffee for supplying the breakfast and coffee, as well as Flower Central for assisting us with beautiful arrangements.

The foundation also wishes to thank Rhonda Johnson, Simonne Paul, Shane Jordan, RaNelle O’Keeffe, Renae Lenertz, Andrea Roedocker, Kaylee Schell, Jeff Beck, Jami DeCent, Dennis Ness, Elizabeth Bricker, Dalton Ramirez, Kyle Fuller, Pablo Hernandez, Greg Rhone-Mootry, Ryan Kruger, Jacob Lafoille, Drew Bell, Faith Davis, and Kathleen White, who volunteered during the event.

All photography for the event was by Pete Ladendorf.





# Three-Year-Old Scarlett Defies Odds in Rare Case of Lupus

Sixteen-thousand new cases of lupus are reported each year in the U.S., the vast majority among people 15 to 44 years of age.

So when Sheldon and Becky Schneider brought their ailing 3-year-old daughter Scarlett to Trinity Health last February, lupus was far down the list of suspected issues.

“Our whole family had been sick with a respiratory infection, which we later found out was a common virus, the coronavirus,” Becky said. “All of us got better; she got worse.”

Scarlett’s pediatrician, Anthony Udekwe, MD, admitted Scarlett to Trinity Hospital. Her blood oxygen levels were low, and she was getting weaker.

“At first, we thought she had a viral infection that turned into pneumonia,” Becky said.

Tests showed that Scarlett had a high white blood cell count, which can indicate an infection or leukemia.

In another turn for the worse, she began to experience pulmonary hemorrhages, a serious development that results in blood entering the lungs. In the early morning of February 21, she went into cardiac arrest from the pulmonary hemorrhage and was flown to Sanford Children’s in Fargo by Trinity’s NorthStar Criticair Fixed Wing, where she was intubated and placed on an advanced breathing machine called an oscillator. She was also heavily sedated to facilitate her recovery.

After two weeks of treatment for what was thought to be leukemia, Scarlett’s tests came back indicating she had lupus. “Once we knew it was lupus

we were more hopeful,” Becky said. “But she was still very sick. We were told she had a less than 1 in 10 chance of survival.”

Lupus is a chronic autoimmune disease that arises when something happens to the immune system that makes it unable to tell the difference between normal healthy tissue and the type of pathogens that cause disease, such as bacteria, viruses, and other microorganisms. Consequently, the system’s antibodies begin attacking healthy tissue and organs. In Scarlett’s case, the lupus attacked her lungs.

“About 90 percent of lupus cases occur in adult females,” Becky explained. “People usually develop it in their teens and 20s. It is extremely rare in a 3-year-old. Patients who present with pulmonary hemorrhage in lupus are also very rare – less than 5 percent. The team at Sanford could find no documented cases in someone as young as Scarlett. She was kind of a first.”

Thankfully, lupus can be treated with medications, but they take time to work. It took a few weeks to reach effectiveness in Scarlett’s case.

“It was a rollercoaster – up and down,” Becky said. “The (pulmonary) bleeds continued for weeks, and she would have to be placed back on the oscillator to keep her lungs functioning. On multiple nights a crash cart was outside her room all night. There were



Home at last, a chirpy and playful Scarlett Schneider listens while her mom, Becky, recounts her daughter's harrowing journey back to health from a rare case of pediatric lupus.

several times when we thought we might lose her. All those recurring bleeds – any one of them could have killed her.”

While Scarlett spent four months in intensive care and 100 days on ventilator support, her family remained by her side. Becky slept in her daughter’s room, returning to Minot just three weekends, once to attend a “Guns and Hoses” benefit hockey game by the Minot Fire and Police departments to help ease the family’s financial burden. Becky gave birth to her fourth child in Fargo while tending to Scarlett.

Eventually Scarlett’s condition improved, but concern naturally arose – would her thought processes be affected? The Schneider’s prayers were answered when she came out of her induced coma and shook off her grogginess. “When she woke up, her cognition was amazing to us,” Becky said. “We went for a walk and it was clear she remembered everything.

She was the same as she always was.”

Becky and Scarlett flew home on June 18 – another ride courtesy of NorthStar Criticair. Becky, a behavioral health nurse practitioner at Trinity Health, is back at work, serving patients beside her many colleagues who supported her throughout and contributed personal paid time off so Becky could be with her daughter.

Meanwhile, Scarlett is receiving therapy and seeing her doctors, who continue to monitor her progress. If she remains healthy, she may be able to start pre-school in a year or so.

“She’s a fighter,” Becky said. “I think she survived more than any adult would have. When you think about how far we’ve come, it puts things into perspective. The most important thing in life is your family and friends. And nothing else really matters if you don’t have your health.”

TRINITY HEALTH CENTER FOR DIABETES EDUCATION

# WEIGH<sup>2</sup>CHANGE

DIABETES PREVENTION PROGRAM

*Diabetes can be prevented but not cured.*

*Take control of your health and start making positive lifestyle changes with the help of a trained lifestyle coach and fun, engaging support groups.*

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**Eligibility for Participation**

- ☐ At risk for or have prediabetes
- ☐ At least 18 years of age
- ☐ Overweight
- ☐ Do not currently have diabetes
- ☐ Not pregnant

**Session Zero**

**August 1, 8 or 15, 12-1 p.m.**

**Trinity Health Community Conference Room in Town & Country**

You will learn about the yearlong program and its goals, complete a "Readiness to Change Questionnaire", and you can ask questions to see if this program is right for you.

**Cost:** People who decide to commit to the program and are not covered by Medicare will be charged a fee of \$220, which covers educational sessions and materials for the entire year.

## NEED A PRESCRIPTION REFILL?

B&B Northwest Pharmacy 857-5437

KeyCare Pharmacy 857-7900

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For more information call: (701) 857-3471



# Nurse Practitioner Joins Pulmonary/Critical Care Team



Dwight Remington, DNP, FNP-C, a board-certified family nurse practitioner, has joined Trinity Health’s team of pulmonary/critical care providers. A Minot native, he received both his bachelor’s and doctorate degrees in Nursing from the University of Mary in Bismarck. Prior to becoming a nurse practitioner, he worked as an RN at Trinity Hospital for 19 years, practicing in various critical care departments, including the adult and newborn intensive care units, the cardiac catheterization lab, and as a flight nurse with NorthStar Criticair. Dwight looks forward to providing treatment and support to patients in all stages of pulmonary disease, as well as caring for critically ill patients in the ICU. He is a member of the American Association of Nurse Practitioners.

Remington joins pulmonologists Jeffrey Verhey, MD, and Heidi Bender, FNP-C. Their office is located in Health Center - East, Suite 203, 20 Burdick Expressway West. For appointments or consultations, please call 857-5741.

*Dwight Remington,  
DNP, FNP-C*



**POLICE • COMMUNITY PARTNERSHIPS**

Parking available in the student and teacher parking lots of the school.

**Tuesday, August 7**  
**5:30-8 p.m.**  
**Minot High School**  
**Magic City Campus, northside**

Trinity Health is teaming up with the Minot Police Department, Target, and area businesses and organizations to promote public safety and recognize those who keep our community safe.

*Free games, food, music, face painting, inflatables, prizes, educational booths, NorthStar Criticair, law enforcement special equipment displays, and MAFB K9 demonstrations*

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)

### Calendar of Events

**August 7** — National Night Out will be held from 5:30 to 8:00 p.m., on the north side of Minot High School-Magic City Campus. The NorthStar Criticair helicopter, as well as an informational booth about playground safety, will be included among the information available to help educate the public on services available to them in the community. Trinity Health is a proud sponsor of this community-wide event.

**August 13** — The Celiac Disease/Gluten Intolerance Support Group will meet in the Trinity Health Community Conference Room, located at Town & Country Center, starting at 5:30 p.m.

**August 15** — Trinity Health will sponsor Senior Safari at the Roosevelt Park Zoo, 1219 Burdick Expressway East. Trinity will have educational booths on site.

**August 15** — 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, Stroke/STEMI coordinator, at 857-2449.

**August 18** — A car seat checkup will be held in the underground parking lot at Health Center-Medical Arts, 400 Burdick Expressway East, from 12 to 3 p.m., weather permitting.

**August 20** — The Trinity Health Foundation will host its sixth annual Golf for Life Men’s Golf Tournament at the Souris Valley Golf Course. For more information, contact the Trinity Health Foundation office at 857-5432 or 857-2430, or e-mail [albert.evon@trinityhealth.org](mailto:albert.evon@trinityhealth.org) or [cody.mcmanigal@trinityhealth.org](mailto:cody.mcmanigal@trinityhealth.org).

### Mobile Mammogram Schedule

August 1	.....Tioga Clinic, 664-3368
August 2	.....Kenmare Community Hospital, 385-4296
August 7	.....Mountrail Country Medical Center-Stanley, 628-2505
August 8	.....St. Luke’s Hospital-Crosby, 965-6349
August 14	.....Johnson Clinic-Maddock, 438-2555
August 22	.....Premier HealthCare-Devils Lake, 662-8662

### Prepared Childbirth Classes

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

**SATURDAYS**  
**August 4, September 8, October 6, and December 1**  
9 a.m.-4 p.m., in the Prepared Childbirth Classroom, Health Center – Riverside Education Center, 1900 8th Avenue SE, Minot.

### Breastfeeding Basics

**August 8, September 12, October 10, and November 14**  
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](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](http://trinityhealth.org/familybirth_SVS) or call 857-5380 for a detailed schedule.

### 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.