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Winter Safety

The winter season is upon us. With the holidays approaching, your mind may be on holiday preparations or you may just be overcome with the feeling of the season. But this time of year also can bring accidents and other incidents that can be harmful to a person's health.

Last winter, more than 25 percent of fall-related injuries seen in Trinity Health's Emergency Room were "directly related to ice or snow," explained Laurie Ramsey, RN, BSN, Lead Trauma Registrar/Injury Prevention Specialist with Trinity Health's Trauma Services department. "Although only a little over 1 percent of injuries seen in Trinity's ER result from a fall off a ladder; the majority of them occur during the winter months."

Additionally, Ramsey said, almost 100 percent of winter cold exposure-related hospitalizations were the result of improper dressing for the weather.

Winter Awareness

- Take extra time for car travel. Pay attention to impending weather. If bad weather is approaching, wait to travel when conditions improve. Always keep a winter survival kit in your car.
- Dress appropriately for the weather. Be prepared in case you are forced to stay outdoors longer than anticipated.
- Watch for snow and ice when walking. Wear appropriate footwear. Walk with your feet angled slightly outward. Keep your arms at your sides, not tucked into pockets. Take slower, shorter steps.

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Colonoscopies Should Start Earlier

Earlier this year, the American Cancer Society announced their recommendation that screenings for colon and rectal cancers should start at age 45, rather than the previously recommended age of 50. The ACS stated that screening does not have to be a colonoscopy, specifically, but any of the other tests available, such as a home stool test, which can help detect signs of colorectal cancers.

50,000 deaths – from colon and rectal cancer occur in those over the age of 55; however, the cases involving younger adults have risen to 29 percent for rectal cancer and 17 percent for colon cancer, studies show.

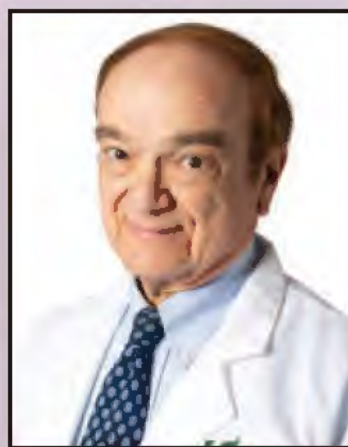
Additionally, the ACS estimated that in 2018, there would be 97,220 new cases of colon cancer and 43,030 new cases of rectal cancer. It is also estimated that there would be 50,630 deaths from



*Rukshana Cader, MD
Gastroenterology*



*Edmundo Justino, MD
Gastroenterology*



*Ira Paul Michaelson, MD
Gastroenterology*



*Kelly Dickinson, FNP-C
Gastroenterology*



*Bonnie Ler, FNP-C
Gastroenterology*

colorectal cancer in the United States, making it the third leading cause of cancer-related deaths in men and women in the country. The death rate from colorectal cancer has decreased over the past several decades; the ACS notes that screening methods have detected colorectal polyps which are either removed before the develop into cancers, or are discovered in an earlier stage when the disease is easier to treat.

Their recommendation comes from new information about the rise in colon and rectal cancer among younger adults.

"Over the past few years, nationwide, it turned out we were finding cancers in people of much younger age," explained Edmundo Justino, MD, a gastroenterologist with Trinity Health. "Fifty years was the age we would start colonoscopies for adults with the average risk."

By an average risk, that means someone who has no family history or polyps, he said. Patients who have a family history (a first-degree relative or two second-degree relatives) of colon cancer were encouraged to get screened before age 50.

Colon and rectal cancers increased 51 percent among adults under the age of 50 since 1994, the ACS stated. Most of the nation's 140,000 annual cases – and

As Ira Paul Michaelson, MD, a gastroenterologist with Trinity Health, said, any screening test is a good test.

Dr. Michaelson, who agrees with the new recommendation, said he has seen colon cancer strike in patients below the previously-recommended age. "I've certainly seen people below 50 – and as young as their twenties – with colon cancer," he said. "It's frightening."

With screening, "We're catching things and interrupting the progression. The total number of cases are down. The incidence is down. One segment of society is increasing in colon cancer: the under-50 population. That's why the ACS came out with those recommendations."

continued on page 2

Holiday Recipes

It was Nat King Cole who sang “Chestnuts Roasting on an Open Fire,” but instead of chestnuts, dietitian Kayla Cole, RDN, LRD, suggests you roast almonds.

In addition to being loaded with antioxidants such as Vitamin E, almonds lack sodium, have 6 grams of protein per ounce, can assist with blood sugar control, and can lower cholesterol levels – to name a few benefits.

With the holidays approaching, now would be a good time to lay out some almonds – perhaps cinnamon-roasted – on the snack platter for your holiday visitors.

Another easy appetizer make out for your guests are Caprese skewers. Not only are they tasty, but they are also festively colored – just right for the season!



Cinnamon Roasted Almonds


- 1 egg white
 - 1 tsp cold water
 - 4 cups whole almonds
 - ½ cup white sugar
 - ¼ tsp salt
 - ½ tsp ground cinnamon
- Preheat oven to 250 degrees F (120 degrees C). Lightly grease a 10 x 15-inch jellyroll pan. Lightly beat the egg white; add water and beat until frothy but not stiff. Add the nuts and stir until well coated. Mix the sugar, salt, and cinnamon, and sprinkle over the nuts. Toss to coat and spread evenly on the prepared pan. Bake for 1 hour in the preheated oven, stirring occasionally, until golden. Allow to cool, then store nuts in airtight containers.

Caprese Skewers

- 2 pints cherry or grape tomatoes
- 1-pound fresh mozzarella
- 1 bunch fresh basil

Thread ingredients onto skewers. Drizzle with olive oil. Sprinkle each skewer with sea salt and black pepper.





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Trinity Health Speaker’s Bureau

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

Colonoscopies continued from page 1

With the exceptions of things like genetic mutations, colon cancer is, for the majority, a preventable disease “if you do the things we recommend,” Dr. Justino said.

While the United States has a high rate of screening, there is no formally endorsed screening program, Dr. Michaelson said. “A lot of screening gets done because there are a lot of doctors who recommend it. The typical modes of screening are FIT testing, or fecal immunochemical test, which is a stool test for globin, and is a more sensitive test.”

Then there is the colonoscopy. “It’s not something that people think is as fun as going to the beach, but it does need to be done,” Dr. Michaelson noted.

Despite the notoriety of the colonoscopy, the procedure has reduced deaths from colorectal cancer by about 60 to 70 percent, the National Cancer Institute said. Additionally, polyps that are found during a colonoscopy can be removed almost immediately, while the FIT testing is used to detect the possibility of cancer. A positive FIT test would lead to a person getting a colonoscopy anyway.

Dr. Justino is also supportive of Cologuard, a noninvasive screening test that can be performed at home. “Cologuard is effective and recommended for people with no increased risk of colon cancer or polyps,” he said. “If you have a family history, you shouldn’t do Cologuard, but if you have no family history or polyps, get Cologuard.”

Cologuard screening also starts at age 45. Patients can get Cologuard from their primary care provider.

“Screening, by definition, is every 10 years, beginning at age 50 and going up to 75 or 80,” Dr. Michaelson said. “If the screening begins at 40, because of increased risk, then that is done every five years. If there is a situation of a family history of colorectal cancer, the exam is every five years, although at this point, it is technically not screening, but surveillance.”

For the average adult who has no family history or polyps and gets a clean bill of health from their first colonoscopy at age 45, another colonoscopy isn’t needed until they are 55 years of age.

“That is 10 years of peace of mind, not worrying about the possibility of colon cancer,” Dr. Justino said.

What can cause an increased risk of colorectal cancer? Being male, for one, Dr. Michaelson said, as well as having diabetes, smoking cigarettes, and being overweight (a body mass index over 30).

Colorectal cancer may not show any signs or symptoms. However, if symptoms do present, they can include: bleeding (“a very important symptom”), pain, or “a change in bowel habit,” which could mean an increase or decrease in bowel movements, Dr. Michaelson explained.

Blood can be seen in the stool or make it look darker, but often the stool looks normal, the ACS said. “Sometimes, the first sign of colorectal cancer is a blood test showing a low red blood cell count,” according to their website. This is because over time, the blood loss can build up and lead to low red blood cell counts, or anemia.

If you show signs of colon or rectal cancer, and/or would like to schedule a colonoscopy, contact your local gastroenterologist. Patients will need a referral and an order for a colonoscopy from their primary care provider. Patients should also check their insurance to see if colonoscopies are covered.

“But do something,” Dr. Justino said. “Because this is preventable, and it kills people.”

Trinity Health’s Gastroenterology department includes Rukshana Cader, MD; Edmundo Justino, MD; Ira Paul Michaelson, MD; Kelly Dickinson, FNP-C; and Bonnie Ler, FNP-C. Their offices are located at Health Center – Medical Arts, 400 Burdick Expressway E, Minot. For appointments or consultations, please call 857-7389.

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 times 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 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 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.
- Please 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 to see if there is a wait time, and 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 we 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 or the child’s room to give them a calmer place to come home to.

If traveling by plane, practice carrying baggage, going through security, fastening the seat belt, 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 travel, and bring sensory calming toys and favorite snacks on the plane.

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 enjoy this wonderful time of the year.

For further information on sensory processing concerns or to ask questions, please feel free to contact our Pediatric Occupational Therapy department at 857-5286.

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Winter Safety

continued from page 1

Winter Sports (snowmobiling, ice skating, sledding, skiing, etc.)

- The snow and cold can quickly increase the magnitude of an injury. Avoid going alone when it comes to winter outdoor activities. Remember to take breaks from the fun to warm up and rest. In addition to winter clothing, wear additional gear recommended/required for the activity. Know your route and the surrounding area and be sure to inform others of your location. If skating outdoors, be sure the ice is thick enough for the activity.
- Be responsible with alcohol. Alcoholic beverages reduce coordination, decrease awareness of surroundings, and lower your inhibitions, which increases your risk for injury.

Holiday Decorating

- Do not use electrical décor with frayed or damaged cords. Do not leave any electric or flame type decorations unattended.
- Keep walkways clear. Decorations or wrapped gifts that are in a walking path present a

tripping hazard. Clean up gift wrap, packaging, ribbons, and bows immediately after gift opening.

- Be aware of small decorations, especially tree ornaments, that are potential choking hazards for infants or toddlers.
- Use care with ladders. Be sure a ladder is placed on level, stable ground. Be aware ice and snow increase potential for injury when using a ladder. Have someone hold the ladder to help keep the ladder from slipping. Avoid excessive stretching which increases the risk of falling from a ladder. Pay particular attention while climbing ladder rungs and know that wet soles of footwear increase the risk of slipping and falling.
- Protect your back. Boxes filled with decorations or gifts and luggage for travel can be heavy and bulky. Pulling and tugging can result in back injury. Use your legs to lift or ask for assistance with these items.
- Avoid repetitive twisting and reaching movements.

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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, 2018 – October 31, 2018. 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.

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Maxine Christianson
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In memory of Robert Neuenfeld

Janelle & Jeffrey Verhey, MD

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Trinity Associates Receive Eagle Award

Maria Galindo, a phlebotomist with Trinity Health’s lab, and Diana Peterson, MD, a pediatrician with Trinity Health, received the Eagle Award for Customer Excellence from the Minot Area Chamber of Commerce on November 13.

“Maria is so friendly, nice, and welcoming as she draws my blood,” Galindo’s nomination letter said. “She always has a big smile.”

Dr. Peterson, along with Cris Williams (who also received an award), teaches the Silver Sneakers classes at the Minot Family YMCA. “Within the past year, they have prepared brunch/lunch meals,” the nomination said. “They do this all on their own. They serve them to all the seniors in the community room. We look forward to the delicious food and visiting with friends. Thank you both!”

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 minotchamber.org/about/chamberawards.



Maria Galindo
Phlebotomy



Diana Peterson, MD
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Dakota Square Tesoro Helps Fuel the Fight

The Fuel the Fight at the Dakota Square Tesoro on October 26 raised more than \$20,000, which will be used to offset transportation costs for patients at the Trinity CancerCare Center.

Through the process of Patient Navigation, one of the financial barriers disclosed by oncology patients is the cost of transportation to and from treatment. Given that more than 50 percent of the patients served at Trinity Health’s CancerCare Center commute 50 miles or more for treatment, it is easy to understand this potential burden.

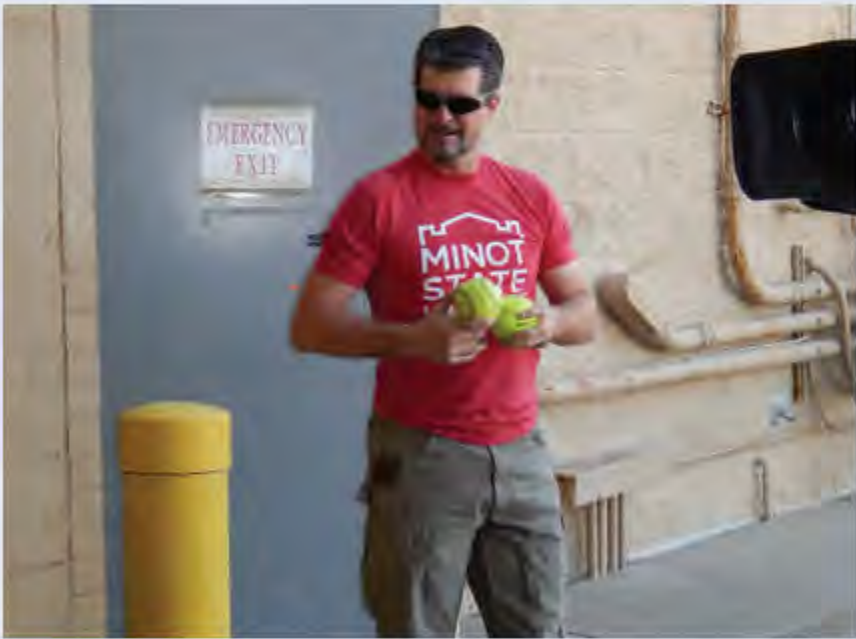
To assist patients who demonstrate a financial need, Trinity Health Foundation began a partnership with the CancerCare Center to provide fuel vouchers to patients. Patients are eligible to receive a \$50 fuel voucher up to four times in one year (if there are any extenuating circumstances, a patient may be given consideration for extra vouchers). During the current fiscal year, July 1 to October 31, 2018, Trinity Health Foundation has provided an average of \$1,000 per month to assist patients with fuel costs.

The Fuel the Fight initiative was conceived in the spring of 2018 by Michelle Phillips, Hess Corporation; Candace Brekke, Ackerman-Estvold; and Kaylee Bourquin,



Shown from left are Shane Jordan, director of the Trinity CancerCare Center; Todd Vangsness, Regional Market President for United Community Bank; Sara Abrahamson, prize winner; and Al Evon, director of Trinity Health Foundation

This first annual Fuel the Fight event included a dunk tank where people could pay to try and dunk various individuals (including the Mayor of Minot, Shaun Sipma); a bounce house and free carousel rides for children; free beverage sampling by Pepsi; the option to purchase lunch; a silent auction; a percentage of all of Dakota Square Tesoro sales for the day donated; various give away items; a live broadcast by KHRT AM and KHeart FM; and a prize of free gas for a year (\$50 in gas per week for 52 weeks, valued at \$2,610), donated by United Community Bank. The winner of the free gas for one year was Sara Abrahamson, Minot. Sara received her prize at United Community Bank on November 2, from Todd Vangsness, Regional Market President for United Community Bank.



Mayor Shaun Sipma, right, gets into the swing of things as he gets ready to try and dunk Joe Skurzewski, KFYZ.

First International Bank & Trust, to assist patients commuting long distances for their treatments. The concept originated as a group project the trio were completing as part of the Women’s Leadership Program through the Center for Technology and Business. After the success of the class project, this fall the Fuel the Fight concept was expanded into an event by the owner of the Dakota Square Tesoro in Minot.

While there are some donations still coming in, so far more than \$20,000 in cash and in-kind gifts have been given as a result of this event. Since its inception, Fuel the Fight has raised more than \$31,000 in cash and in-kind gifts to benefit CancerCare patients.

Fight the Flu: Get Vaccinated Today

According to the North Dakota Department of Health, there were 306 cases of influenza in the state, as of early November; of those, four were in Ward County. (Most counties reported between one and 10 cases. Only two – Benson and Ramsey – reported 50 or more cases.)

The number of cases in Ward County are consistent with what we are seeing around the state, explained Terry Altringer, Clinical Services Supervisor of Trinity Health’s Pharmacy department. “When influenza hits an area, it’ll begin to circulate through normal means,” he said. “Clearly, we are seeing higher case numbers reported in a couple of counties in North Dakota, so it’s likely influenza will only continue to increase elsewhere too. Even though Ward County might be low now, I think what it does do is alert us that it’s out there and if people haven’t been vaccinated, they should come in as soon as they can. If you’re susceptible to complications of the flu, you definitely want to come in and get vaccinated.”

“It’s only a matter of time before we start seeing more cases locally,” said Casmiar Nwaigwe, MD, Infectious Disease Specialist with Trinity Health. “We all travel and bring microorganisms back with us.”

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.

As the flu shot takes about two weeks to go into full effect, it is important to get vaccinated now, Altringer said, adding that those who are at a high risk – such as those with certain high risk medical conditions, elderly, or immune compromised – should get the vaccination. “I’m hopeful that most of these folks have already been vaccinated this season.”

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; the Pediatrics department, also located at Health Center – Medical Arts; your primary care provider’s office; and Trinity Health’s rural clinics.

Thus far, vaccinations at Trinity Health have been plentiful. “We’ve utilized a high number of the vaccine and have actually had to order more,” Altringer said. “We’ve had employee flu clinics and some public clinics, and they have been well received. For the first time, we did a pediatric flu clinic and it was so successful a second clinic was held.”

Altringer added that pneumococcal vaccinations, a vaccine that protects against various strains of pneumococcal

bacteria should also be up-to-date. Altringer also noted that if you are someone who doesn’t like needles the nasal mist (FluMist™) is available this year.

The flu season has only just begun, as December through February are generally the peak months. “It can circulate well into spring,” Altringer said. “It is not uncommon for it to go into March or April.”

For more information, please visit: trinityhealth.org/influenza/.

Spared the Separation

Since the day he was born, Jeff Dick of Bismarck has had a congenital deformity where the smaller (pinky) toe overlaps the toe next to it.

“A lot of people are born like that,” he said. While some people can have it on one or both feet, “for me, it happened to be on the left foot, while the right foot is normal.”

While he was growing up, he didn’t feel any pain from the deformity, just “mostly embarrassment,” he said. However, as he grew older, the physical pain arose.

Ten years ago, he first sought to have the problem corrected with surgery; it was unsuccessful. The only other option – at least from what he heard from other physicians – was amputation, an option that did not interest Dick.

“Nobody thought it would be fixed,” he said, adding that he started to look for a physician who would fix it without having to remove the toe.

After calling the Podiatry department at Trinity Health, Dick spoke with a nurse who recommended that he speak with Tyson Williams, DPM, a reconstructive foot and ankle doctor with Trinity’s Podiatry department.

“When I first met Dr. Williams, the minute he saw it, he smiled and said, ‘I can fix this for you,’” Dick said. “He seemed very confident when he mentioned that this was one of his favorite toe deformities to surgically correct.”

On February 5, 2018, Dick arrived at the Trinity Hospital – St. Joseph’s Same Day Surgery department, where Dr. Williams



This little piggy may have went the wrong way, but it found the right way, thanks to surgical assistance from Tyson Williams, DPM, a podiatrist with Trinity Health. Dr. Williams performed surgery to correct a congenital deformity on Jeff Dick’s pinky toe.

straightened the toe. Technically speaking, Dr. Williams performed a joint release, a tendon lengthening, and a skin plasty. These combined surgical techniques are used to correct the toe cosmetically and functionally. “I have done this corrective surgery many times,” said Dr. Williams. “It can be a challenge, but it is always enjoyable to do. The patients seem to be well pleased with the results and they are particularly happy with the big change in appearance of their toe.”

“Everyone in Bismarck said, ‘no way could that toe be fixed,’” Dick said. However, Dr. Williams proved them wrong. “I finally have 10 normal toes, something I wanted all my life. And he made it happen.”

The staff who worked with Dr. Williams also helped make the procedure a success, Dick said. “His nurses, Kathy and Carolyn – I’ve never met such nice people. Dr. Williams is



down-to-earth and really caring, not afraid to spend some time with his patients. I would highly recommend that whole department.”

“My clinic nurses are exceptional, and I also work with an excellent surgical team of nurses and scrub techs,” added Dr. Williams. “They deserve a lot of credit for the overall success and experience of every patient.

“The congenital overlapping toe deformity that Dick had is by far not the most common type of toe problem we treat,” Dr. Williams said. “However, they seem to be very rewarding. About 50 percent of the time, these toes will become painful and they are difficult to fit into many shoes. Conservative care should be attempted, but usually it is ineffective. Often times, this deformity is treated as a child or adolescent to prevent future pain and arthritic ‘setting in’ with the deformity, as well as avoiding embarrassment and shoe restrictions.

As with most foot and ankle conditions in which there is a strange deformity or pain, it should be evaluated, Dr. Williams explained. “In many cases, a deformity may be a normal variation. Sometimes it may require nonsurgical or surgical intervention to prevent or surgically correct the problem. I recommend for people to come in and get it checked out, so they know what options are out there. After all, good feet and ankles help us maintain a productive and healthy lifestyle.”

Trinity Health’s Podiatry department – which includes Aaron Albers, DPM; Ashley Evanoff, DPM; Roger Racz, DPM; and Tyson Williams, DPM – is located at Health Center – Medical Arts, 400 Burdick Expressway E, Minot. For appointments or consultations, please call 857-3584.

Veterans Honored

The Minot Veterans of Foreign Wars Post 753 and its Auxiliary hosted a Veterans Day program at Trinity Homes on November 11, to honor veterans who live there.

According to Lois Zahn, Volunteer Services Coordinator at Trinity Homes, there are currently 31 veterans living at Trinity Homes including six World War II veterans. Those veterans are Earl Allen, Arvel Mettler, William Larson, Andrew Eshenko, Eldred Ames, and Donald Theisen. The United States Department of Veterans Affairs stated that in 2018, 496,777 – of the 16 million Americans – who served in World War II are still living.

November 11 not only marked Veterans Day; it also marked the centenary of the end of World War I. As noted during the program, the holiday was originally called Armistice Day, and it was observed to honor those who served in World War I. However, in the 1950s, it was extended to honor World War II veterans. Now, it has grown to honor veterans from all wars.

The VFW, in addition to the American Legion and Disabled American Veterans (DAV), ensure that military-related occasions are properly observed, as well as visit with veterans, at Trinity Homes, Zahn said.



William Larson, a World War II veteran and resident at Trinity Homes, addresses the audience at the Veterans Day program.



Andrew Eshenko, a World War II veteran and resident at Trinity Homes, receives an award for his service from the Minot VFW.



The Missing Man table, which represents fallen, missing, or imprisoned military service members, was set up at Trinity Homes (as pictured here), as well as in the Trinity Hospital cafeteria and Trinity Hospital – St. Joseph’s lobby, during the Veterans Day weekend.

Pediatric Therapists Participate in Treat Trail



Trinity Health Pediatric Therapy participated in the Downtown Holiday Treat Trail on Wednesday, October 31. Therapists greeted more than 300 trick-or-treaters and provided them with a fun toy thanks to a donation from Trinity Health Foundation.

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New Providers Join Trinity Health



Sally Eberle, FNP-C
Family Medicine



Nicole Robinson, FNP-C
Family Medicine
Kenmare



Abbey Ruland, PA-C
Family Medicine
New Town



Annie Steen, FNP-C
Radiation Oncology



Kayla Thomas, FNP-C
Family Medicine

Trinity Health is pleased to announce the addition of five new providers to our team.

Sally Eberle, FNP-C, has returned to Trinity Health as part of our family care team at Trinity Health East Ridge. She provides comprehensive primary care for families of all ages with an emphasis on health promotion, diagnosis and treatment of illnesses and injuries, and management of chronic conditions. She also performs various in-office procedures such as skin biopsies and lesion removals. Sally earned her Bachelor of Science in Nursing from Medcenter One College of Nursing and practiced four years at Garrison Memorial Hospital before earning her Master of Science in Family Nurse Practice from the University of Mary. She provided primary care services to patients Trinity Health’s convenience clinic for seven years and has spent the past three years serving patients at CHI St. Alexius Health. She’s certified by the American Academy of Nurse Practitioners and is a member of the North Dakota Nurse Practitioners Association. She’s an avid reader and lake-goer.

Her office is located at Trinity Health East Ridge, 1250-21st Avenue SE, Minot. For appointments or consultations, please call 857-7470.

A board-certified nurse practitioner, **Nicole (Niki) Robinson, FNP-C**, is a member of our primary care team at Trinity Community Clinic – Kenmare. She is dedicated to serving the health needs of people of all ages through annual health checks, treatment of common illnesses, management of acute and chronic health conditions, women’s health, and mental health care. Originally from Morehead, KY, Niki received her Bachelor of Science in Nursing from Morehead State University, graduating magna cum laude. She practiced nearly 18 years as an RN, focusing on labor/delivery and high-risk obstetrics through most of that period, later expanding her skills to include emergency, pediatric, hospice, and mental health/addiction care. She earned her Master of Science degree in Rural Health Family Nurse Practice from Eastern Kentucky University, Richmond, in 2018. Prior to

joining Trinity Health, she worked with psychiatric and substance abuse patients in association with Pinnacle Treatment Centers. A member of the American Association of Nurse Practitioners, Niki is certified in medication-assisted treatment (MAT) for substance abuse. She and her husband, Doug, enjoy University of Kentucky sports, caring for all types of animals, and staying in touch with their four grown children.

Her office is located at Trinity Community Clinic – Kenmare, 307-1st Avenue NW, Kenmare. For appointments or consultations, please call 701-385-4283.

A member of our family care team at Trinity Community Clinic – New Town, **Abbey Ruland, PA-C**, offers comprehensive primary care services to people of all ages, including annual checkups, diagnosis and treatment for a wide range of illnesses and injuries, and management of chronic conditions. She has a special interest in dermatology and is trained in a variety of in-office procedures, including skin biopsy and cryotherapy. Abbey grew up on a ranch north of Bismarck and earned her undergraduate degree from the University of Montana, where she competed in track and field. She earned her Master of Physician Assistant Studies from the University of Nebraska Medical Center, Omaha. She has served the health needs of patients at T.H. Reiarson Rural Health Clinic in Stanley for the past six years. A member of the American Academy of Physician Assistants, Abbey and her husband, Matt, ranch south of Ross. They have two daughters and enjoy sports and travel.

Her office is located at Trinity Community Clinic – New Town, 604-1st Street N, New Town. For appointments or consultations, please call 701-627-2990.

Annie Steen, FNP-C, is an experienced nurse practitioner and a member of our radiation oncology team. Working in collaboration with other providers, she offers care and support to patients undergoing radiation therapy, with services ranging from patient education to follow-up care and symptom management.

A Minot native, Annie earned her Bachelor of Science in Nursing from North Dakota State University. She practiced rehabilitation and ortho-neuro nursing at Sanford Health in Fargo, later returning to Minot to work in the area of rheumatology at Trinity Health. She completed her Master of Science in Family Nurse Practice at the University of North Dakota and provided primary care services to patients at CHI St. Alexius Health in Minot for six years. A member of the American Association of Nurse Practitioners, Annie is married with a son and a daughter.

Her office is located at the Trinity CancerCare Center, 831 S. Broadway, Ste. 113, in Minot.

Kayla Thomas, FNP-C, is a member of our family care team at Trinity Health East Ridge. She offers comprehensive primary care for individuals and families through all life’s stages, with an emphasis on health promotion, diagnosis and treatment of illnesses and injuries, and management of chronic conditions. She has a special interest in dermatology procedures such as mole checks and removals. Originally from Powers Lake, Kayla earned her Bachelor of Science in Nursing from Minot State University. She worked nine years at Trinity Health, where she served as a staff nurse and assistant nurse manager in Labor & Delivery and Obstetrics. Later she became a hospital supervisor. She earned her Master of Science in Family Nurse Practice from the University of North Dakota and spent years serving the primary care needs of patients at CHI St. Alexius Health in Minot. She is certified by the American Academy of Nurse Practitioners and a member of the American Association of Nurse Practitioners. She participates in several sports and enjoys music and relaxing at the lake, as well as spending time with her husband, Shawn, and two boys, Oliver and Oscar.

Her office is located at Trinity Health East Ridge, 1250-21st Avenue SE, Minot. For appointments, please call 857-7470.



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Baby-Sized Christmas Stocking is a Treasured Memento

If you searched the trunks and attics of households across northwestern North Dakota, you would probably find quite a few. But you don’t have to look hard to find a special memento belonging to Mr. and Mrs. Gary Ganske of Minot.

Hanging on the wall amid the photos, artwork, and other décor is a framed, over-sized Christmas stocking. “This is the stocking that our son, Dale, came home in from Trinity Hospital in 1964,” Gary said.

For many years, the Trinity Hospital Nurseries with the help of Trinity Health Auxiliary carried on a charming tradition. Every baby born at the hospital during the holidays received a special gift – a handmade Christmas stocking large enough to hold a newborn.

“We don’t have an exact date, but our best estimate is that the tradition of the Christmas stockings was started over 50 years ago by the wife of Howard Semingson, who was CEO at the time,” said Candice

Starr, Nurse Manager of the Transitional and Newborn Intensive Care Nursery. “The nurses would put the infant’s name on the stocking with glitter glue or paint. Then the infants would be placed in the stocking and have their first picture taken in it, and the stocking would be sent home with the patient.”

The Auxiliary, which has a long tradition of creating unique items for sale in the hospital gift shop, continued to make the stockings

up until two years ago. The tradition had run its course. The Auxiliary still provides a hat to every newborn and donates a generous gift basket of items for the New Year’s baby.

Gary says he always assumed the tradition applied only to babies born on Christmas Day. His son was born on December 25, 1964. But Candice says the tradition would last the whole month of December or just the week of Christmas, depending on the number of stockings donated and the census in the NICU at the time.

Ganske wasn’t able to witness his newborn son’s homecoming. As a Great Northern employee for 37 years, he was working a shift on the railroad at the time. But the stocking has meaning for him nonetheless. “It was our son’s; he came home in it.”



Still in good condition after 54 years, the Christmas stocking Gary Ganske’s son came home in from Trinity Hospital is now a collector’s item.

Merry Christmas and Best Wishes
for a Healthy New Year!



C O M M U N I T Y

CALENDAR

For the latest updates, check online at trinityhealth.org

Mobile Mammogram Schedule

- December 5Crosby Clinic, 965-6349
- December 10Trinity Community Clinic-Mohall, 756-6841
- December 11Tioga Clinic, 664-3368
- December 13Tioga Clinic, 664-3368
- December 17Trinity Community Clinic – Mohall, 756-6841
- December 17Kenmare Hospital, 385-4296
- December 19.....Trinity Community Clinic – Velva , 338-2066

Events

- December 5** — Becky Schneider, FNP-C, with Trinity Health Addiction Service, will give a presentation about Digital Detox at the Safe Communities meeting, at the Minot Municipal Auditorium, at 11:30 a.m.
- December 5** — 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.
- December 11** — Heidi Bender, DNP, FNP-C, with Trinity Health’s Pulmonology department, will discuss Low Dose Lung Cancer screenings during Healthy Hour at The View, at 10 a.m.
- December 13** — Dietitian Kristy Hokenson will present “Healthy Holiday Bites” in the Trinity Health Community Conference Room, located at Town & Country Center, 1015 South Broadway, from 2 to 3 p.m.

Prepared Childbirth Classes

- Learn about exercise and breathing techniques, labor/delivery, newborn care, newborn feedings, etc. Enrollment is limited.
- SATURDAYS**
December 1, 2018, January 5, 2019, and February 2, 2019
9 a.m. to 4 p.m., in the Prepared Childbirth Classroom, Health Center – Riverside Education Center, 1900 8th Avenue SE, Minot.

Breastfeeding Basics

- December 12, 2018, January 10, 2019, and February 14, 2019**
Offered by Laureen Klein, RN, BSN. Meets from 7 to 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 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.