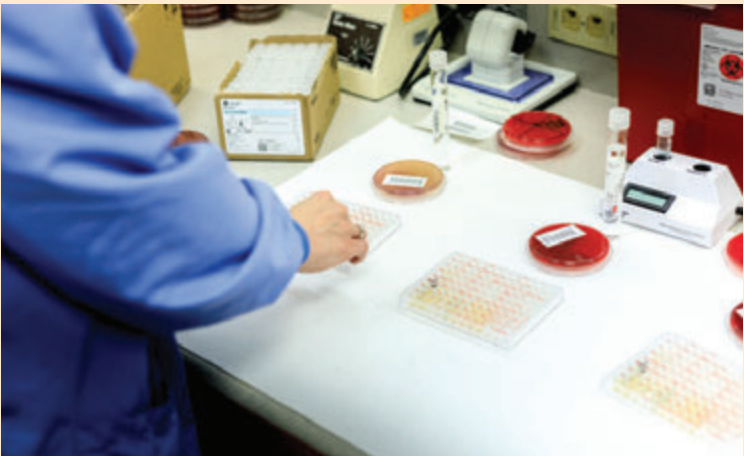


INSIDE THIS ISSUE

- Trinity Health East Ridge Holds Ribbon Cutting
- Trinity Health Associates Receive Eagle Award
- Dr. Sather Earns Business Degree
- Trinity Health Foundation Helping Hospice
- Celebrating Years of Service
- Healthy Hearts Club
- National Nutrition Month
- Homes Resident Keeps Them On Their Toes
- Workplace Eye Safety
- Community Calendar



Lab Awarded Accreditation

The College of American Pathologists (CAP) has awarded full, two-year accreditation to Trinity Hospital’s main laboratory. The approval follows an onsite survey by CAP inspectors.

CAP is recognized as the gold standard in lab accreditation, with requirements that meet or exceed the U.S. government’s own lab certification program. Laboratory Services Administrative Director Laura Lara said laboratories seek CAP approval on a voluntary basis as a means of enhancing the quality of laboratory testing.

“We believe that submitting ourselves to the CAP process demonstrates our willingness to undergo a more rigorous review and shows our commitment to provide a high level of service,” Lara said. “I’m very proud of our medical staff and laboratory professionals. This shows they are committed to serving patients with the best possible care.”

During the accreditation process, CAP inspectors examine the laboratory’s records and quality control procedures for the preceding two years. CAP inspectors also examine laboratory staff qualifications, equipment, facilities, safety program and records, and overall management.

The main laboratory at Trinity Hospital performs roughly 1 million tests yearly, according to Lara. As a CAP-accredited laboratory, Trinity joins a group of 8,000 laboratories worldwide that have met CAP’s high standards of excellence.



Varicose Veins

Healthy leg veins contain valves that open and close to assist the return of blood back to the heart. Varicose veins are veins that have become enlarged and twisted. According to the Society for Vascular Surgery, about 35 percent of the population in the United States can get varicose veins.

Venous reflux disease develops when the valves that keep blood flowing out of the legs and back to the heart become damaged or diseased. As a result, veins will not close properly, leading to symptoms of varicose veins, pain, swollen limbs, leg heaviness, and fatigue, skin changes, or ulcers.

They can be unsightly, but they can also be painful.

Varicose veins are genetic, said Jake Naidu, DO, an interventional radiologist with Trinity Health. Other factors include age, gender, pregnancy, obesity, and prolonged standing. For women, varicose veins can occur as early as their 20s, when a woman can be pregnant, Dr. Naidu added. “While they’re pregnant, the baby can put pressure on these veins.”

According to Mayo Clinic, visible signs of varicose veins include veins that are dark purple or blue in color, or veins that appear twisting and bulging, often like cords on the legs.

Additionally, painful signs and symptoms can occur, including:

- An achy or heavy feeling in the legs
- Burning, throbbing, muscle cramping, and swelling in the lower legs
- Worsened pain after sitting or standing for a long time
- Itching around one or more of the veins
- Bleeding from varicose veins
- A painful cord in the vein with red discoloration of the skin
- Color changes, hardening of the vein, inflammation of the skin, or skin ulcers near the ankle, which can signal a serious form of vascular disease that requires medical attention

Self-care, such as exercise, elevating the legs, or wearing compression

stockings, can help ease the pain of varicose veins and may prevent them from getting worse. However, if you are concerned about how the veins look and feel, and the self-care measures haven’t worked, see your provider, Mayo Clinic suggested.

Taking care of varicose veins is important, as these veins “can worsen and cause significant morbidity and can lead to ulceration in advanced cases,” Dr. Naidu said. “If they’re left untreated, they can form ulcers that can’t heal.”



Jake Naidu, DO



Heather Boyko, FNP-C



Lynette Vondal, FNP-C

For years, vein stripping was the treatment for varicose veins, although it was rough on the patient. The procedure included an incision made in the groin and calf; a hook is threaded through the diseased vein to pull the vein out of the leg.

With the radiofrequency ablation (RFA) procedure, the likelihood of pain and bruising associated with vein stripping surgery becomes a thing of the past.



Trinity Health East Ridge Holds Ribbon Cutting

Trinity Health East Ridge, Trinity Health’s newest clinic, held a ribbon-cutting ceremony on February 5, with members of the Minot Area Chamber of Commerce’s Ambassador Committee on hand. Tom Warsocki, vice president of physician services, noted that Trinity Health has worked on “changing our geography ... so we can be where the patients are.” The clinic opened in August.

Trinity Health East Ridge currently serves as base for Trinity’s Allergy/Immunology department, which includes Sean Stanga, MD, and Michael Reder, MD, and members of our Family Medicine department, including Sally Eberle, FNP-C; Renee Harju, FNP-C; and Kayla Thomas, FNP-C. During the ribbon-cutting ceremony, Warsocki noted plans to add a Family Medicine physician at the site, with “some room to grow” for future expansion.



Dr. Sather Earns Business Degree

Trinity Health Chief of Medical Staff Jeffrey Sather, MD, MBA, FACEP, recently earned a Master of Business Administration from Haslam College of Business at the University of Tennessee, Knoxville.

He participated in Haslam’s healthcare-based Physician Executive MBA program as part of a class of 40 physicians from three countries and 21 states. He says the program can accommodate practicing physicians, with live classes that are both onsite and online, plus individual and team assignments that are completed outside of class.

“What attracted me to Haslam’s program is that it emphasizes real-world problems,” Dr. Sather said. “Assignments focus on improving the process of healthcare for patients and applying business principles to situations that undermine efficiency and patient care.”

A board-certified emergency physician, Dr. Sather joined Trinity Health in 1992, becoming part of the medical staff in 2001. He has served in numerous leadership positions, including chair of the Department of Medicine and medical director of the Emergency Trauma Center.

On a state level, he was instrumental in implementing initiatives to improve trauma, stroke, and STEMI care for state residents. He currently co-chairs North Dakota’s stakeholder group for Mission Lifeline and is EMS medical director for the North Dakota Department of Health’s Emergency Preparedness and Response Section.



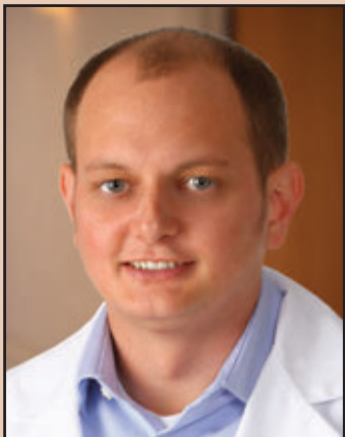
Jeffrey Sather, MD, MBA, FACEP

Trinity Health Associates Receive Eagle Award

Three associates with Trinity Health recently received the Minot Area Chamber of Commerce’s Eagle Award for Excellent Customer Excellence.

Aaron Albers, DPM, a podiatrist with Trinity Health’s Foot & Ankle Clinic, was lauded as “hands down amazing.”

“Dr. Albers and his two nurses at the clinic are hands down some of the most genuinely caring people I’ve ever met,” wrote the nominator. “I was admitted into Trinity ER and was admitted for emergency surgery. It was a very emotional experience.”



Aaron Albers, DPM

The nominator wrote that when seeing Dr. Albers while she was in the hospital during her two surgeries, as well as for her weekly appointments that followed for the next four months, “he never ever made me feel rushed.”

“He is amazing at communication and explaining everything,” she said. “His two nurses were hands down also amazing. What an amazing team they are!”



Kaari Burbach

Kaari Burbach, an outpatient physical therapist, “is smiling, courteous, and very outgoing,” every time the nominator sees her.

“She always treats me good and is a good conversationalist,” he adds. “She cares about her patients and does an excellent job. Kaari has a lot of energy, and it rubs off on others.”



Danya Brown, RN

Danya Brown, RN, with Trinity Health’s Labor & Delivery, cared for her nominator’s daughter while she was in the hospital.

“It was an extremely long stay, but Ms. Danya always made the days bearable,” the nominator wrote. “She was my daughter’s ‘go-to gal.’ She answered all questions honestly and never gave us a false sense of hope; however, she held on dearly to any hope with us all. She stayed past her scheduled shift in order to be there for us and mourned with us all during our great loss.”

If you would like to nominate a Trinity Health employee for an Eagle Award, you can visit: <http://www.minotchamber.org/about/chamberawards/>.

Visit our website at trinityhealth.org

facebook.com/TrinityHealth.ND

View our New Regional Healthcare Campus & Medical District Construction. Go to trinityhealth.org and click on the link.

Veins continued from page 1

Before the RFA procedure is done, Dr. Naidu or a nurse practitioner will evaluate to see whether the patient is a candidate based on symptoms. If the individual is a candidate, an ultrasound will be done to show damaged veins.

Until there is documentation that confirms the veins are damaged, “we put the patient on a three-month regimen of conservative therapy,” Dr. Naidu said. After three months, if nothing has improved through conservative therapy, “we schedule the patient for the procedure.”

RFA is performed on an outpatient basis. For the procedure, an incision is made in the skin. Using ultrasound, Dr. Naidu positions a catheter into the diseased vein through the small incision. The tiny catheter powered by radiofrequency energy delivers heat to the vein wall. As the thermal energy is delivered, the vein wall shrinks, and the vein is sealed closed. Once the diseased vein is closed, blood will reroute itself to healthy veins.

Most patients report feeling little, if any, pain during the procedure. (A local or regional anesthetic is used to numb the treatment area.) Following the procedure, a simple bandage is placed over the insertion site, and an additional compression may be provided to aid healing. Your doctor may encourage you to refrain from extending standing and strenuous activities for a period of time. The average patient typically resumes normal activities within a few days.

Most patients report a noticeable improvement in their symptoms within one to two weeks following the procedure. Patients treated with RFA may resume normal activities more quickly than patients who undergo surgical vein stripping or endovenous ablation.

Trinity Health’s Interventional Radiology department includes Jake Naidu, DO; Heather Boyko, FNP-C; and Lynette Vondal, FNP-C.



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

In Recognition and Thanks...

Trinity Health Foundation is proud to list the names of individuals, organizations, and businesses whose gifts were received from November 1, 2018, to January 31, 2019. These contributions illustrate a generous and caring community, striving to bring the highest quality care to those we serve. We want to thank those 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 serves.” For more information on honoring the memory of a loved one through philanthropic giving, contact the Trinity Health Foundation at 701-857-5432.

BIRTH CENTER <i>Dakota College at Bottineau – Minot Site Nursing Students North Plains Elementary School</i>	CANCERCARE CENTER ENDOWMENT <i>Glenburn Public School Greg & Cindy Wiest Lloyd & Sharon Hovland Rhonda Smith The Family of Anna Hennessy Westhope School District #17</i>	In memory of Elaine Benson <i>George Bakke</i>	<i>Dick & Judy Winje Douglas & Dawn Freeman Everett Olson James Maragos Janet Langseth Judith & Jerome Spitzer Judy Nelson Karen Jensen Karen Krebsbach Kyle & Celeste Hanson Linda Bonebrake Margaret & Wayne Schempp Marian Askim Marilyn Nehring Mark & Carol Schnabel Marlene & Thomas Jundt Marlys Aubol Paul & Patty Bretheim Peter & Roxanna Maragos Robert & Lindy Saunders Robert Schempp Ruth Larson Sharon Johnson Tom & Mary Probst Virginia Berg</i>
CANCER EXERCISE REHAB <i>Alley’s Repair and Align, Inc. Berthold Farmers Elevator LLC Circle Sanitation, Inc. Cole Monroe Consulting Darrell Williams, MD Donn Brown Construction Company, Inc. Farmers Union Oil Co., Berthold/Carpio Gooseneck Implement Hanson’s Excavating, Inc. Hartland Mutual Insurance Company James & Pamela Mostad Jay Hennessy Jerry Gooch Jost Construction, Inc. Kelly & Jessica Grotte Kyle Haugeberg Larson Law Firm, P.C. Laurene & Scott Hopwood Louser & Zent, P.C. MarketPlace Foods MarketPlace Foods North Hill Michael A. Lucy Agency, Inc. Minot Veterinary Clinic, Inc. Minot Y’s Men Indoor Rodeo North Prairie Rural Water District Northstar Steel, Inc. O&C Refrigeration, LLC Peak Electric, Inc. Richard & Diane Olthoff Richard & Jane Neneman Sydney Kalvick Thomas & Shelly Becker Todd & LeRae Vangsness United Agronomy, LLC Verendrye Electric Cooperative, Inc. West Oaks Animal Hospital, Inc. Western Builders, Inc. Westlie Motor Company</i>	In memory of Bernita Schwartz <i>Corrine & Dale Semmen</i>	In memory of Irene Wenstad <i>George Bakke</i>	
	In memory of Clarence Schlieman <i>Stanley & Rose Bjelland</i>	CAPITAL IMPROVEMENT ENDOWMENT <i>Judy and Mark Whitman, MD Steven & Kari Lysne</i>	
	In memory of Darrell Bernsdor <i>Kathy & Gayle Fimreite</i>	In memory of Jeff Tanberg <i>Paul & Paula Simonson</i>	
	In memory of JoAnn Ruud <i>Adeline & Roger Evans</i>	CARDIOPULMONARY In memory of Mary Bovee <i>Lila & Chet Reich</i>	
	CANCERCARE COTTAGE In memory of Anna Mae Paulson <i>Lynn & Judy Stevens Mary & Lyle Lavechek</i>	CHILDREN’S FUND <i>Allie’s Friends Foundation Ginger Quam Paradiso Mexican Restaurant Starlight Children’s Foundation</i>	
	In memory of Beulah Besemann <i>Karen & Hjalmer Carlson</i>	COMPASSIONATE FRIENDS <i>Betty Haskins</i>	
	In memory of Colleen Carlson <i>Lynn & Judy Stevens Mary & Lyle Lavachek</i>	In memory of Carlene Baglien <i>Eldon & Penny Erickson Jack & Hazel Rogers Lois Hamlin Loren Baglien Lowell Heskin Robert & Julie Ebert Roger & Mary Jo Best Warnie & LeAnn Cargo</i>	
	In memory of Curt Currie <i>Karen & Hjalmer Carlson</i>	In memory of Cathlyn Peterson <i>Darick & Melissa Rademacher</i>	
	In memory of Darlene Floberg <i>Patrick & Theresa Stieg</i>	In memory of Dennis Endresen <i>The Endresen Family</i>	
	In memory of Delores Routledge <i>Mary & Lyle Lavachek Steve & Phyllis Eldevik</i>	DIABETES PROGRAM <i>Zion Lutheran Women of the Church</i>	In memory of Caroline Cook <i>Gayle Stafford Roger & Kathy Brenna Tamera & David Brenna</i>
	In memory of Donald Farden <i>Lynn & Judy Stevens</i>	In memory of J. Dean Caldwell <i>Lora Bendickson Trappers Cove Homeowners Association</i>	In memory of Clarence Schlieman <i>Bruce & Deborah Peterson Gregory & Jill Schuer Ida Mae Smith Peggy & Everett Dobrinski Rebecca Westby Tamara Rodman</i>
	In memory of Donald Roen <i>Wesley & Marlene Tossett</i>	FAMILY BIRTH CENTER In memory of Wendy Bentz <i>Sherry & Gary Leslie</i>	In memory of Connie Moran <i>Randall & Diane Hysjulien</i>
In memory of Robert Whetter <i>Roger & Kay Haugen</i>	In memory of Ed Miller <i>Mary & Lyle Lavachek</i>	FUEL THE FIGHT CAMPAIGN <i>B & J Tesoro Bountiful Rei’s Dakota Square Tesoro Frito-Lay I. Keating Furniture World MarketPlace Foods North Hill McDonald’s Northern Bottling Company Optimist Club of Minot The Stereo Shop Timothy & Monica Wonnemberg Tires Plus United Community Bank Walmart</i>	In memory of Darrell Bernsdorf <i>Sharleen Larson</i>
CANCERCARE CENTER <i>Bethlehem E.L.C.A. Women Burckhard Orthodontics, PLLC Cleo Slaaen Jim Grote North Plains Elementary School South Prairie School District</i>	In memory of Elden Munson <i>Karen & Hjalmer Carlson</i>		In memory of Diane Dennis <i>Bonnie Fyllesvold Donna Kulstad Dustin & Stephanie Fournier Henry & Renae Lemar John & Connie Fjeldahl Judith Deaver Randall & Dianne Hysjulien</i>
In memory of Betty Renfandt <i>LaVonne & Al Erickson</i>	In memory of Evelyn Preskey <i>Mary & Lyle Lavachek</i>		In memory of Donald Grosche <i>Delraine Grosche Holly Winterberg</i>
In memory of Cindy Volk <i>Anna Salvey</i>	In memory of Garold Bradley <i>Mary & Lyle Lavachek</i>		In memory of Donald Roen <i>Wanda Bjordahl</i>
In memory of Clarence Schlieman <i>Wanda Bjordahl</i>	In memory of Gary Evenson <i>Roger & Colleen Holm</i>		In memory of Dona Maercklein <i>Kay McConnell</i>
In memory of Diane Dennis <i>Harley Halseth Hazel Iverson Jane Erber Joanne Markle Julie & Mike Nunziato Laurel Myers Margie Zietlow Nancy Schmidt Sandra & Rick Odegard</i>	In memory of James Kaylor <i>Lynn & Judy Stevens</i>		In memory of Duaine Fuguere <i>Diane Fugere</i>
	In memory of Joseph Kaylor <i>Lynn & Judy Stevens</i>		In memory of Eleanor Wise <i>Geri & Joe Olson</i>
	In memory of Ken Johnson <i>John & Cheryl Wallen Lynn & Judy Stevens Maxine Christianson</i>		In memory of Garnet Seiffert, MD <i>Gayle Stafford</i>
	In memory of Linda Krueger <i>Blake & Shelly Carlson</i>		In memory of James Lochthowe <i>Janice Johnson</i>
	In memory of Mike Gates <i>Lynn & Judy Stevens</i>		In memory of James Vetter <i>Larry Lee Grain & Livestock</i>
	In memory of Patricia Schumann <i>Lynn & Judy Stevens Mary & Lyle Lavachek</i>		In memory of JoAnn Ruud <i>Larry Lee Grain & Livestock Richard Ruud Shirley Svanes</i>
	CANCERCARE ENDOWMENT <i>American Cancer Society Cash Wise Dakota Square Tesoro Evolution Salon, LLC Holly Chrest Lami Otey Minot Police Department Minot State University Athletics TJ Maxx Ward County Sheriff’s Office Westlie Motor Company</i>		In memory of Joe Farhart <i>Adeline & Roger Evans</i>
In memory of Donald Roen <i>Claryce Erickson Roger & Kay Haugen Stanley & Rose Bjelland</i>	In memory of Sharon Anderson <i>Eloise & Jerome Burkhard</i>		In memory of Kitty Acker <i>Gregory & Diane Bryantt</i>
In memory of Ed Dostert <i>EAPC Fargo Office</i>	CANCERCARE PATIENT ASSISTANCE In memory of Arlin Oas <i>George Bakke</i>		In memory of Pauline Holwegner <i>Mary Ann Palda</i>
In memory of Georgia Larson <i>Jackie Braun Sharon Herzberg Sheryl DeBois</i>	In memory of Bernice Shae <i>George Bakke</i>		In memory of Robert Stafford <i>Ardis & Ronald Painter Brenda Cook Chad & Kirsten Wolsky Duane Andersn Jackie Seiffert Patrick & Mary Kay Jones Todd & Cindy Brown Winifred & Wally Hankla</i>
In memory of Heather Halverson <i>Vicki & Stephen Tschannen</i>			
In memory of Janet Washek <i>Roger & Kay Haugen</i>			
In memory of Sharon Anderson <i>James & Wanda Aspaas</i>			

**WESTERN DAKOTA
COMMUNITY CLINIC**
*Ancient Sunlight Resources
Oasis Petroleum North America
LLC*

Helping Hospice

An important part of hospice care, which provides medical care for people living with serious illness, are the volunteers, who fill the gap between loved ones and professional caregivers.

Volunteers can give caregivers a respite, so they can “go out and do things and have a shoulder to cry on,” explained Patsy Anderson, of Carpio, who has worked as a hospice volunteer for almost 30 years.

Anderson was motivated to become a hospice volunteer after serving in a similar capacity for her mother, and then her mother-in-law. In the fall of 1989, when she saw Trinity Health was starting a hospice volunteer program and having classes for it, “I decided I could do that after having my mother and mother-in-law.”

When she first started, the volunteers “did everything” — administering medicine, feeding the patient, taking them to the bathroom. “I did housework, everything,” she said. “Now it’s completely different. We don’t do as much as we used to be able to do.”

Now, personal care for hospice patients is no longer a volunteer’s duty.

“Sometimes, I have just sat and held their hand for two hours while I’m there,” Anderson said. “There was one patient who had a lot of anxiety and it calmed him down to have me sit there and hold his hand. You do whatever you can for them.”

She also brings food to patients if she finds out there is something they like.

Volunteers are matched with patients according to their comfort levels and are trained to meet the needs of patients and families. They visit on a schedule but are open to change as dictated by the patient’s health and interests.

Volunteering isn’t limited to working with hospice patients and their families in a home setting. There are also volunteers, like Elaine Kress and Lolly Rostad, both of Minot, who perform duties in the Home Health & Hospice office at Town & Country Center.

About 29 years ago, Kress learned about the hospice program while her mother was in a nursing home. Curious, Kress attended a seminar to gain knowledge that would come in handy with her mother. Kress was unsure about volunteering until she was asked about

performing office work; she jumped at it. At first, she would come in “once in a while, when they needed me, to do different things. Then, it got to be every week.”

Rostad, a retired nurse, began her volunteering career “going out to the homes and doing respite care.” However, after the death of her granddaughter, she came back and decided that she “couldn’t do it anymore.”



Elaine Kress and Lolly Rostad mail out bereavement cards.

After another volunteer who worked with Kress left a vacancy, she asked Rostad, her friend, if she was interested. “And I’ve been doing it ever since,” Rostad said.

Twenty-eight years later, the two friends write and mail out bereavement cards. For three to four hours every other Tuesday, they write the cards and pass them on to the social worker. They write “a lot” of letters, the number varying every time they sit down and put pen to paper. “We had enough to keep us busy.”

The cards are sent out one month, three months, six months, and one year after the passing of a hospice patient, Kress said.

From her work with volunteering, Anderson said she receives “more than I give.”

“We aren’t paid, per se, with money, but the thank you’s and getting to know all these wonderful people, it’s just so heartwarming,” she said. “I just receive so much from them.”

“I feel like I’m giving something back to the community,” Kress said. “I just feel good about this, that we can help.”

For as long as she can, Anderson said she will continue to volunteer “until they put me out to pasture.”

If you are interested in becoming a volunteer for Trinity Health’s Hospice, please call 701-857-5083 for more information.

NEED A PRESCRIPTION REFILL?

B&B Northwest Pharmacy 701-857-5437
KeyCare Pharmacy 701-857-7900

FirstCare Walk-In Clinic

Monday – Friday
8:00 a.m. – 8:00 p.m.

Weekends & Holidays
9:00 a.m. – 5:00 p.m.

No Appointments Necessary
Health Center – Medical Arts
Minot



TAPP into your health!

With the Trinity Health Mobile App, you can:

- Access the MyTrinity Health eConnect Patient Portal
- Find all Trinity Health locations
- Search for a medical provider by name or specialty
- View the BabyBytes online nursery
- Search for pharmacies

Simply download the app to your mobile device. It’s free!
trinityhealth.org/mobile

Android™ & iOS™ versions available



Healthy Hearts Club Fundraises for Building Fund



check for \$10,000 for new exercise equipment for Trinity’s Cardiopulmonary Rehabilitation department and \$15,000 to purchase specialized chairs for heart surgery patients in the Cardiology and Cardiothoracic departments, in 2017.

The Trinity Health Auxiliary Healthy Hearts Club would like to thank those who participated in its Denim and Diamonds gala on February 9.

The gala, which included live entertainment by Danny Elvis & The Legends, was to help raise money for the Building Fund for the cardiac care center at Trinity Health’s new medical park in southeast Minot. The Trinity Health Auxiliary conducts fundraising events throughout the year to advance the mission of Trinity Health; the Healthy Hearts Club is a program of the Auxiliary to benefit the region’s heart patients and the heart programs at Trinity Health.

Last year, \$25,000 was raised for the same cause and over the past three years, the Healthy Hearts Club has raised funds for cardiac-related purposes. In 2016, they presented a



Celebrating for Years of Service

Trinity Health celebrated the achievements of more than 100 of its staff at a celebration on February 19.

The Employee Service Awards Banquet, held at the Grand Hotel, honored members of the Trinity Health team who achieved noteworthy anniversaries, including those who have worked at Trinity Health for 20, 25, 30, 35, and 40 years. Mary Grossman, a lab referral testing coordinator, was honored for her 45th anniversary.

CELEBRATING 20 YEARS:

Terry Altringer, pharmacy clinical supervisor, Pharmacy; Kiley Andreas, clinical nurse specialist, Psychiatry; Tanya Burke, registered radiation therapist, Radiation Therapy; Jeanne Ellison, coder/abstractor II, Coding/Reimbursement; Shelley Ellsworth, licensed physical therapy assistant, Physical Therapy, Trinity Community Clinic – Kenmare; Melissa Espeseth, CT/MR technologist, MRI; Rhonda Feist, reimbursement specialist, Business Services – Trinity Medical Group; Barbara Frye, housekeeper I, Environmental Services; Brenda Gronos, RN, Ambulatory Surgery Center, Sandra Harbort, RN III patient navigator, Oncology; Tamera Harvey, RN, quality improvement, Clinical Excellence & Patient Safety (CEPS); Nicole Hesch, RN, Chemical Dependency unit; Lila Heskin, pharmacy clerk – Retail, Pharmacy; Tracy Hight, technical supervisor, Lab; Ginger Holzer, RN, Surgery, Trinity Hospital – St. Joseph’s; Mandie Hubbard, nuclear medicine technologist, Nuclear Medicine; Michaela Huber, LPN II, Neonatology; Jennifer Hunter, MD, Dermatology; Pamela Kolschefski, RN II, Neonatology; Amy Lashman, LPN II, Family Medicine; Renae Lenertz, director, Human Resources; Amy Lewis, RN, admissions case manager, Nursing Service Office, Trinity Homes; Brenda Logelin, cashier, Nutrition Services, Trinity Hospital – St. Joseph’s; Kim Lowe, housekeeping supervisor, Environmental Services; Kimberly Magandy, phlebotomist – Clinic, Lab; Donita Marquart, pharmacy clerk – Hospital, Pharmacy; Pamela McKay, unit manager, Post Anesthesia Recovery; Mark Olson, MD, Family Medicine; Julie Passaglia, director IT/tech services, Information Technology; Laurie Ramsey, RN, trauma/PI specialist, Trauma; Michelle Roerick, office assistant II, Trinity Regional Eyecare–Devils Lake; Scott Rupert, surgical technologist, Surgery; Vickie

Weathers, clinical nurse specialist, Rural Mental Health Consortium; Renae Weatherspoon, coder/abstractor II, Coding/Reimbursement.

CELEBRATING 25 YEARS:

Elizabeth Armstrong, supervisor, Oral Facial Surgery Center; Denise Billadeau, medical technologist, Trinity Community Clinic – New Town; Rita Blocker, clinic coordinator, Trinity Community Clinic – Mohall; LuAnn Cederstrom, CRNA, Anesthesiology; Lori Dockter, physician assistant, OB/GYN; Maren Fagerland, account representative, Business Services – Trinity Medical Group; Janine Hinsz-Focke, medical technologist, Laboratory Services; Becky Hoes, radiology supervisor; Pamela Holwegner, nurse practitioner, Hematology/Oncology; Kristi Iverson, data abstractor, CEPS; Deanne Johnson, social worker/BSW, Case Management; Traci Johnson, office assistant II, Trinity Community Clinic – Mohall; Jan Laudenschlager, RN, Trauma Registrar; Julie Marchus, radiology technologist, Radiology; Dr. Michael McMahon, Oral and Facial Surgery; Erin Morin, training and procedure specialist II, Business Office; Jane Mosher, RN, NICU/Transitional; Rhonda Moum, CNA, Kidney Dialysis; Dr. Shawn Nelson, Optometry; Dr. Margaret Nordell, OB/GYN; Scott Renfandt, IT tech support manager, IT; Kerri Ring, pre-certification specialist, Patient Financial Services; Valerie Roberts, coding supervisor, Coding/Reimbursement; Carol Schaffner, MD, OB/GYN; John Sheehan, MD, Internal Medicine; Sharon Stevick, CNA, Post Anesthesia Recovery; Colleen Tschaekofske, registered respiratory therapist, Respiratory Care; Marcel Young, MD, Family Medicine; Sheila Zuther, office assistant II, GI/Internal Medicine/Infectious Diseases.

CELEBRATING 30 YEARS:

Pamela Anderson, dietary aide, Nutrition Services, Trinity Homes; Susan Anderson, coder/abstractor II, Coding/Reimbursement; Jennifer Bartsch, harmony director, Harmony Center; Lynda Brandt, employee health nurse, Employee Health; Donna Chester, LPN II, OB/GYN; Diane Deschambault, RN, Same Day Surgery; Evelyn Eklund, LPN, OB/GYN Nursing; Allen Focke, application specialist-lab, Information Technology; Sharlene Grigsby, physician recruiter, Medical Staff Services; Joan Groves, registered respiratory

therapist, Respiratory Care; Candace Jensen, transcriptionist I, Health Information Management, Kenmare; David Kohlman, vice president, facilities, Facilities Management; Pamela Linnertz, LPN, Pre-Admission Testing; Kimberly Martin, pharmacist, Pharmacy; Cheryl Scarbrough, maintenance mechanic, Facilities Management; Betty Solwey, office coordinator, Radiology; Gary Trueblood, carpenter, Facilities Management; Tammy Uleberg, FNP-C, Psychiatry; Michael Uran, special projects director, Clinic Special Projects; Sheri Volkert, business services supervisor, Business Services - Trinity Medical Group; Brenda Wallace, CNA, NCF 4th West, Trinity Homes; Leslie Welke Jundt, special procedures technologist, Cath Lab.

CELEBRATING 35 YEARS:

Sandra Allen, certified occupational therapy assistant, Occupational Therapy, Trinity Homes; Elaine Bauer, lab technician, Laboratory Services, Kenmare; Tammi Berg, RN, Ambulatory Surgery Center; Lonna Browne, radiology information systems coordinator, Radiology; Patti Detlaff, nuclear medicine technologist, Nuclear Medicine; Rhonda Dunn, communications attendant, Communications; Patricia Kettel, radiology technologist, Breast Imaging; Mardel Mehlhoff, physical therapist, Physical Therapy; Barbara Pasquale, business office manager, Trinity Community Clinic-Western Dakota; Mark Petz, medical technologist, Laboratory Services; Becky Richards, medical technologist, Lab; Debora Seright, LPN, Rehab Nursing; Clorinda Stroh, RN, NCF 4th West, Trinity Homes; Theresia Swartout, regional director, TMC Eye Centers, TREC-Western Dakota; Jill Trulson, FNP-C, Trinity Community Clinic - New Town.

CELEBRATING 40 YEARS:

Marlys Fisher, RN, Cardiac Rehab; Renee Gilbertson, RN III, Orthopedics; Garnell "Dolly" Gowan, unit manager, Oncology; Dr. Michael Holland, Pediatrics; Cherri Larson, cardiopulmonary manager, Respiratory Care; Laurel Schlag, neurodiagnostics technologist II, EEG; Carmen Wheeling, LPN II, Family Medicine; Richard Wohl, physical therapist, Home Health, Physical Therapy.

CELEBRATING 45 YEARS:

Mary Grossman, lab referral testing coordinator, Laboratory Services.

At 109, She Hasn’t Lost Her Sense of Humor

Lillian Wilson has a marvelous way of keeping Trinity Homes staff on their toes. For example, Social Services Director Shelly Swearson spent time with her recently and shared this anecdote: “I said when I was leaving, that the staff would be in to check on her. She said, ‘How big is the check?’”

At 109, Lillian is thought to be the second oldest nursing home resident in North Dakota.

“We checked with the North Dakota Long Term Care Association,” Swearson said. “They told us there was a woman at a nursing home in Northwood who is 114, which makes Lillian the second oldest.”

A resident at Trinity Homes since 2008, Lillian has been an active member of the community, taking part in resident activities, church circles, and other groups.

She’s best known for her wry sense of humor. “She always likes to joke around,” Swearson said. “She’s full of one-liners.”

Asked how she has managed to live so long, Lillian displayed that humor. “I guess somebody needed me for something,” she said.

Ruth Puttre, Lillian’s niece, says one of her one-liners is, “My forgetter keeps getting better.” Her memory has served her well over the years, however. “Though her memory is fading, she always asks about the family and what we are doing,” Ruth said. “It’s important to her to remember to name us all. And how about all the students she encountered during her 42 years of teaching!”



Lillian with her brothers, Norris and Howard

Born in 1909 on farm north of Minot, she was the oldest of three siblings born to Adam and Anna Wilson. (She and her two brothers, now deceased, all attended college – an achievement in those days.)

The family moved to Aneta after the father died in 1918 during the flu epidemic. They moved back to Minot in 1925, and Lillian enrolled as a sophomore at Minot High School. After graduation, she obtained her teaching certificate and began teaching in rural schools in North Dakota. In 1936, she earned her Bachelor of Arts in Education.

A project by the Minot Commission on the Status of Women* documenting women’s experiences contains a 1985 interview with

Lillian, in which she shares memories of her early teaching days. Salaries ranged from 50 to 80 dollars per month, and the jobs were challenging. She recalls the years during World War II when students were impacted by “war nerves” and educators in her district were assigned the job of registering community members for rationing tickets.

In 1947, she began what would become her second career – enrolling in a library science program in Denver. Later, she earned her masters degree in library science. She was a librarian for 11 years at Minot High School and nine years at Minot State University. She also did library work at Valley City State University.

After her retirement, Lillian put her library training to work on a volunteer basis, setting up the library at Vincent United Methodist Church, where she’s been active for many years.

“Lillian has struggled with her sight over the years and would say she is a librarian who can’t read!” Ruth adds.

While it’s always impossible to pinpoint the reason for anyone’s longevity, in Lillian’s case there is a comment from her Commission on the Status of Women interview that may provide a clue.

“We grew up without an automobile,” she said. “My mother had sold the car when we left the farm, so we’ve all been walkers.”

*State Historical Society of North Dakota, collection title “Minot Commission on the Status of Women – Plum Valley Chapter,” Title #10605.

National Nutrition Month

By Sandra Horob, MEd., RDN, Director of Nutrition Services



Sandra Horob, MEd., RDN
Director
Nutrition Services

Each March, the Academy of Nutrition and Dietetics, the nation’s largest organization of nutrition professionals, highlights healthy eating for the country. As members of this community, dietitians strive to ensure that safe, ethical, and factual information is provided to the public. At Trinity Health, our staff of registered dietitian nutritionists are committed to keeping our communities informed by providing relevant articles, community events, and educational opportunities.

Food, Nutrition, and Health Tips from the Academy of Nutrition and Dietetics

1. Eat Breakfast

Start your morning with a healthy breakfast that includes lean protein, whole grains, fruits, and vegetables. Try making a breakfast burrito with scrambled eggs, low-fat cheese, salsa, and a whole wheat tortilla or a parfait with low-fat plain yogurt, fruit, and whole grain cereal.

2. Make Half Your Plate Fruits and Vegetables

Fruits and veggies add color, flavor, and texture plus vitamins, minerals, and fiber to your plate. Make 2 cups of fruit and 2-½ cups of vegetables your daily goal. Experiment with different types, including fresh, frozen, and canned.

3. Watch Portion Sizes

Get out the measuring cups and see how close your portions are to the recommended serving size. Use half your plate for fruits and vegetables and the other half for grains and lean protein foods. To complete the meal, add a serving of fat-free or low-fat milk or yogurt.

4. Be Active

Regular physical activity has many health benefits. Start by doing what exercise you can. Children and teens should get 60 or more minutes of physical activity per day, and adults at least two hours and 30 minutes per week. You don’t have to hit the gym—take a walk after dinner or play a game of catch or basketball.

5. Get to Know Food Labels

Reading the Nutrition Facts panel can help you shop and eat or drink smarter.

6. Fix Healthy Snacks

Healthy snacks can sustain your energy levels between meals, especially when they include a combination of foods. Choose from two or more of the MyPlate food groups: grains, fruits, vegetables, dairy, and protein. Try raw veggies with

low-fat cottage cheese, or a tablespoon of peanut butter with an apple or banana.

7. Consult an RDN

Whether you want to lose weight, lower your health-risks, or manage a chronic disease, consult the experts! Registered dietitian nutritionists can help you by providing sound, easy-to-follow personalized nutrition advice.

8. Follow Food Safety Guidelines

Reduce your chances of getting sick with proper food safety. This includes regular hand washing, separating raw foods from ready-to-eat foods, cooking foods to the appropriate temperature, and refrigerating food promptly. Learn more about home food safety at www.homefoodsafetyorg.

9. Drink More Water

Quench your thirst with water instead of drinks with added sugars. Stay hydrated and drink plenty of water, especially if you are active, are an older adult, or live or work in hot conditions.

10. Get Cooking

Preparing foods at home can be healthy, rewarding, and cost-effective. Master some kitchen basics, like dicing onions or cooking dried beans. The collection of “Planning and Prep” videos at www.eatright.org/videos will get you started.

11. Dine Out without Ditching Goals

You can eat out and stick to your healthy eating plan! The key is to plan ahead, ask questions, and choose foods carefully. Compare nutrition information, if available, and look for healthier options that are grilled, baked, broiled, or steamed.

12. Enact Family Meal Time

Plan to eat as a family at least a few times each week. Set a regular mealtime. Turn off the TV, phones, and other electronic devices to encourage mealtime talk. Get kids involved in meal planning and cooking and use this time to teach them about good nutrition.

13. Banish Brown Bag Boredom

Whether it’s for work or school, prevent brown bag boredom with easy-to-make, healthy lunch ideas. Try a whole-wheat pita pocket with veggies and hummus or a low sodium vegetable soup with whole grain crackers or a salad of mixed greens with low-fat dressing and a hard-boiled egg.

14. Reduce Added Sugars

Foods and drinks with added sugars can contribute empty calories and little or no nutrition. Review ingredients on the food label to help identify sources of added sugar. Visit

www.ChooseMyPlate.gov for more information.

15. Eat Seafood Twice a Week

Seafood—fish and shellfish—contains a range of nutrients including healthy omega-3 fats. Salmon, trout, oysters, and sardines are higher in omega-3s and lower in mercury.

16. Explore New Foods and Flavors

Add more nutrition and eating pleasure by expanding your range of food choices. When shopping, make a point of selecting a fruit, vegetable, or whole grain that’s new to you or your family.



17. Experiment with Plant-Based Meals

Expand variety in your menus with budget-friendly meatless meals. Many recipes that use meat and poultry can be made without. Eating a variety of plant foods can help. Vegetables, beans, and lentils are all great substitutes. Try including one meatless meal per week to start.

18. Make an Effort to Reduce Food Waste

Check out what foods you have on hand before stocking up at the grocery store. Plan meals based on leftovers and only buy what you will use or freeze within a couple of days. Managing these food resources at home can help save nutrients and money.

19. Slow Down at Mealtime

Instead of eating on the run, try sitting down and focusing on the food you’re about to eat. Dedicating time to enjoy the taste and textures of foods can have a positive effect on your food intake.



Spinning a Yarn for the CancerCare Center

The Trinity CancerCare Center was recently provided an assortment of 50 amazing hats that were hand-knitted by representatives from the Fiber Basket, a yarn store in Minot.

“One of the major side effects to chemotherapy can be hair loss and these caps provide a stylish and colorful means to fighting the temperatures we have this time of year,” explained Shane Jordan, director of the Trinity CancerCare Center. “In addition, many patients will wear these hats year-round as they are stylish and comfortable, since they are knitted and breathable. We are very fortunate to continue having such great support from Minot and our surrounding communities.”

Trinity Health Speaker’s Bureau

Call Trinity Health’s Community Education Department at 701-857-5099 to check for available dates and topics.

Keeping an Eye on Safety in the Workplace

The National Institute for Occupational Safety and Health (NIOSH) reports that about 2,000 workers in the United States sustain job-related eye injuries that require medical treatmentdaily. It is believed that 90 percent of these injuries could be either prevented, or steps could be taken to lessen the severity.

According to The American Academy of Ophthalmology (AAO), the most common causes for eye injuries include tools, particles, chemicals, flying objects, such as bits of metal or glass; or a combination of these or other hazards. These types of injuries, the AAO said, range from simple eye strain to severe trauma that can cause permanent damage, vision loss, and blindness.

Puneet Braich, MD, MPH, an ophthalmologist with Trinity Regional Eyecare–Western Dakota, in Williston, believes that bits of metal caught in the eye are the most common workplace eye-related injury – especially since that makes up the majority of those types of injuries he sees in his office.

“It’s probably a case we see on a daily basis,” he said. “We live in a region where there are those types of workers; we have



Puneet Braich, MD, MPH

people grinding certain materials and a chunk of metal will get on to their cornea. Once it’s lodged in there – it hasn’t penetrated the eye – it’s in a spot where someone’s nails can’t get it out.”

Dr. Braich noted that while these patients do wear safety glasses, “things can still come around the edge of the lenses. If they were wearing goggles, that would be a barrier. Something would have to shatter the goggle to get to their eye.”

However, even goggles can be “tricky,” Dr. Braich said. Patients removing the goggles sometimes get debris in the eye if the debris is on the top of the goggles. Dr. Braich recommends shaking the goggles before removing them from the face, as well as keeping eyes closed during the removal.

To treat these patients, a small needle is used to remove the metal from the eye.

“If the metal lands on the peripheral aspects of the cornea, it won’t be a big deal. You get it out with the needle and two days later, they should be feeling better and the tissue regenerates” Dr. Braich said. “If it gets into the visual axis, the pathway for creating optimal vision, it could cause a scar and

cause some permanent reduction in visual potential.” The procedure for removing the metal, with the right equipment “takes less than 30 seconds,” Dr. Braich said.

A referral is not needed for this procedure, as this would be considered an emergency, Dr. Braich said. “The majority of ER doctors will see this and say, ‘You need to see an ophthalmologist.’”

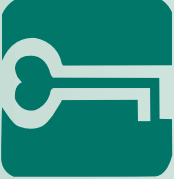
While ER doctors sometimes can remove the metal, many do not have the expertise to remove the rust ring as well, Dr. Braich said. “We have a microscope to look at their corneas. We have a magnified view and remove not only the metal, but the rust ring.”

Ophthalmologists with Trinity Health are available to help in such a situation.

David Jacobs, MD; Evelynne Kindy, MD; Darrell Williams, MD; and Chad Wolsky, MD, are based at Health Center–Plaza 16, 2815-16th St SW, Minot, and can be reached at 701-852-3937.

Puneet Braich, MD, MPH, and Mark Raymond, MD, are based at Trinity Regional Eyecare–Western Dakota, 1321 W Dakota Pkwy, Williston, and can be reached at 701-572-7641.

Robert A. Dicken, MD, is based at Trinity Regional Eyecare–Devils Lake, 404 Highway 2 E, Devils Lake, and can be reached at 701-662-4085.



701-857-7370

24-Hour-On-Call Respiratory Service

KeyCare Medical

800-598-1207

Main Showroom

530 20th Ave SW

Monday-Friday 8:30 a.m.-5:00 p.m.

Satellite Showroom

Health Center – Medical Arts

Monday-Friday 9:00 a.m.-8:00 p.m.

Durable Medical Equipment (DME)

Home Medical Equipment

Home Respiratory Care

Custom Orthotics/Prosthetics

Women’s Health Products

CPAP Sleep Apnea Aids

C O M M U N I T Y

CALENDAR

For the latest updates, check online at trinityhealth.org

Mobile Mammogram Schedule

- March 6Trinity Community Clinic-Velva, 338-2066
- March 14.....Tioga Clinic, 664-3368
- March 19.....Northland Community Health Center – Turtle Lake
448-9225
- March 20CHI Clinic – Devils Lake, 662-8662
- March 26.....Trinity Community Clinic – New Town, 627-2990
- March 28St. Luke’s Hospital – Crosby, 965-6349

Events

- March 2

— Trinity Health is sponsoring the Minot Minotauros hockey game versus the Minnesota Wilderness at 7:35 p.m. at the Maysa Arena (2501 Burdick Expy W, Minot).
- March 12

— Join a clinical dietitian as they host a Grocery Store Tour – the theme is “Diabetes” – at the original MarketPlace Foods (1930 S Broadway, Minot), from 6 to 7 p.m. Reserve your spot today by calling the Center for Diabetes Education at 701-857-5268.
- March 19

— Trinity Health will participate in the Real World Camp, which gives students an experience of what “the real world” is like.
- March 19

— Keys to Diabetes Success will meet at 5:30 p.m. in the Trinity Health Community Conference Room, at Town & Country Center (1015 S Broadway, Minot). The theme is Mindful Movement. For more information, call the Center for Diabetes Education at 701-857-5268.
- March 26

— Jason Anderson, LAC, with Trinity Health’s Behavioral Health, will have an educational display about Addiction Services at Recovery Empowered, Clarion Hotel (2200 Burdick Expy E, Minot), from 4 to 7 p.m.

Prepared Childbirth Classes

Learn about exercise and breathing techniques, labor/delivery, newborn care, newborn feedings, etc. Enrollment is limited.
SATURDAYS
March 9, April 13, May 11, June 8, July 13, and August 10
9:00 a.m. to 4:00 p.m., in the Prepared Childbirth Classroom, Health Center – Riverside Education Center, 1900 8th Ave SE, Minot.

Breastfeeding Basics

March 14, April, 11, May 9, June 13, July 11 and August 8
Offered by Laureen Klein, RN, BSN. Meets from 7:00 to 9:00 p.m., Health Center – Riverside Education Center, 1900 8th Ave SE, Minot.

These classes are offered free-of-charge as part of Trinity Health’s community benefit mission, but registration is typically required. To sign up for classes, go to trinityhealth.org/familybirth_registration or call 701-857-5640.

Family Birth Center Tours

Expectant mothers are invited to attend a formal group tour/education/Q&A session at Trinity Health’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 701-857-5380 for a detailed schedule.