During the holiday season, the Trinity Health Foundation will endeavor to raise money to purchase turkeys and other perishable and non-perishable food through December 6. The donation for one turkey is $15; a donation for a food and gift basket is $45. Last year, the Foundation was able to raise over $8,200. "The donations that were made were greatly appreciated and positively impact families in the region," explained Al Evon, Director of the Trinity Health Foundation. "Our partnership with KHRT and other providers, assisted in delivering the baskets, saw up close "the great need in our own community." Evon noted the volunteers who helped to assemble and disseminate the baskets saw "the great need" firsthand. Evon said. "We would encourage everyone to give if a former smoker, must have quit within the past 15 years. If you feel that you may be a candidate for LDCT, you must be seen by a provider in Trinity’s Pulmonology department or your primary care provider. A decision will be made between you and the provider if you are a candidate for LCS. The LDCT scan will then be completed and you will receive a letter in about two weeks with the results. Sixty-two percent of the general population believe that not enough is being done to raise awareness for lung cancer. Be part of the initiative, called Lung Force, led by the American Lung Association to unite everyone to stand together against lung cancer. Visit Lung.org/our-initiatives/lung-force/ for more information.

For more information regarding lung cancer screening at Trinity Health, please go to our website trinityhealth.org/services/lung-pulmonology/.

If you would like to schedule an appointment for lung cancer screening, please call the Pulmonary Department at 857-5741 or your primary care provider. Trinity’s Pulmonology team, which includes Jeffrey Verhey, MD; Heidi Bender, DNP, APRN, FNP-C; and Dwight Remington, DNP, FNP-C, is based at Health Center – East, Suite 203, 203 Burdick Expressway W, Minot.

For more information, please visit foundation.trinityhealth.org. Donations can be made through the Foundation website. Checks can also be sent to the Trinity Health Foundation, or dropped off at the Foundation office, which is located at Trinity Hospital – St. Joseph’s, 407 3rd Street SE, Minot.
Want to Become a Radiologic Technologist? Apply now to become an RRT.

Are you looking for an amazing and challenging medical career working with others who have the same passion to help people?

Do you already have, or are you working toward, an Associates or Baccalaureate Degree and are interested in an exciting career in the medical field? Or do you want to obtain a Bachelor of Science degree in a medical career?

If so, an exciting career as a registered radiologic technologist may be for you.

Radiologic technology combines advanced technology in medical imaging and your compassion and drive to help others, and offers a rewarding career working within the medical community, explained Jim Coffin, RT(R)CT, ARRT, Imaging Services Director for Trinity Health. “A registered radiologic technologist applies extensive knowledge of physics, human anatomy, and ever-advancing medical imaging technology, to create images that help diagnose disease. The technologist works under the supervision of a radiologist, a medical doctor who specializes in interpreting medical images and performing radiologic procedures.”

The Trinity Hospital School of Radiologic Technology, which is accredited by the Joint Review Committee on Education in Radiologic Technology (JRCERT), takes applications every January for up to six students to be enrolled in its 24-month program. “We are looking for dependable, highly motivated, caring people...”

—Jim Coffin, RT(R)CT, ARRT
Imaging Services Director

Treatment Available for COPD

Chronic obstructive pulmonary disease, usually referred to as COPD, is a common and treatable lung condition. It is a condition that is characterized by obstruction of the small airways in the lungs. COPD is the third leading cause of death in the United States. COPD is common in the general population. Approximately 30 million people in the United States or 5.8 percent of the population has COPD. COPD is also one of the leading causes of death in the US. COPD is characterized by obstructive lung disease, which is a condition that occurs when the airways are narrowed and the passage of air from the lungs is difficult. Patients with COPD may experience shortness of breath, coughing, wheezing, and chest tightness.

Smoking is the most modifiable risk factor and the number one cause of COPD. COPD can also be caused by exposure to noxious chemicals or gases in the environment. These exposures may be occupational as well. A genetic condition, such as alpha 1 antitrypsin deficiency, can also be a cause of COPD.

Testing such as pulmonary function tests can be valuable and necessary in establishing a diagnosis of COPD. The use of blood tests, chest radiographs and computed tomography studies of the lungs may also be used as an aid arriving at a diagnosis. While COPD is not a curable condition, there are many therapies that can be employed in its management.

Common treatments for COPD start with smoking cessation and include pharmacologic therapies. Patients diagnosed with COPD should receive the recommended routine vaccinations. Receiving their influenza and pneumonia vaccinations as recommended will help to limit the patient’s susceptibility to these conditions and decrease their risk for exacerbations related to COPD. Interpodlogia rehabilitation has also been shown to be a viable treatment for COPD patients. This type of therapy is useful for maintaining a patient’s functional level and encouraging them to become more active.

If you feel you have symptoms of COPD, talk to your primary care provider or contact Trinity Health’s Pulmonology Department. The Pulmonology Department is located at Health Center – East, Suite 203, 20 Burdick Expressway W, Minot. For appointments or consultations, please call 857-5741.

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

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

B&B Northwest Pharmacy
857-5437
Health Center – East, 20 Burdick Expwy W
Monday-Friday 8:00 a.m. - 6:00 p.m.
Saturday 9:00 a.m.-1:00 p.m.

KeyCare Pharmacy
857-7900
Health Center – Medical Arts, 400 Burdick Expwy E
Weekends and Holidays Noon-5:00 p.m.

Minot, ND • trinityhealth.org

Sunflower Winner
Lisa Jenner, 5th Floor, Medical Unit. “She has demonstrated to us on many occasions her self-motivation and drive. Every time I turn around I see her cleaning or taking care of everything I forget about. She’s so helpful and is very good at her job. With her around you don’t have to worry. Thank you!”

2 • NOVEMBER 2018 TRINITY HEALTH HEALTHTALK
Year End Appeal: Nursing Scholarships

During the 2016-2017 fiscal year, the Trinity Health Foundation expanded and enhanced its Nursing Scholarship Program. These changes were made to address the projected shortage of 800,000 nurses across the United States. The goal of the Nursing Scholarship Program is to build a vibrant and talented pool of nurses who will provide the best care possible and improve the health and wellness of our region.

Last year, more than 40 people applied to be considered for $3,000 scholarships.

“Pleas were made to address the projected shortage and make a positive difference in the healthcare of our region, please con-tact the Trinity Health Foundation.”

For more information, or to donate, call 857-5432 or 857-2430 and one of the Foundation staff members would be happy to assist you.

The opportunity given to these students would not have been possible without the many wonderful donations that have been given to the Nursing Scholarship Fund.

“We cannot thank the donors enough for not only making a difference in the lives of these students, but for also impacting the lives of the patients and families that these students will serve on a daily basis after their graduation,” said Al Evon, Director of the Trinity Health Foundation. “If you would like to partner with us by making donations to this fund so that we can overcome the nurs-}

ing shortage and make a positive difference in the healthcare of our region, please con-
tact the Trinity Health Foundation.”

This opens so many doors for me personally and professionally,” said Alexandra Hemingon, another recipient. “I am able to focus more on academics, extracurricular opportunities, and my family.”

“I promise to strive to do my best in nursing school and to soon be able to give back to my community.”

“I was excited to learn of my selection for this honor and I am very appreciative of your support,” said Kayla Camp, one of the applicants who received a scholarship, adding that the financial assistance provided helped her with her school expenses.

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Diabetes is a lifelong medical condition that prevents your body from using carbohydrate energy normally. Not all diabetes is the same. Type 1 diabetes is when your body no longer makes insulin. Type 2 diabetes occurs when the pancreas does not produce enough insulin or when the body cannot effectively use the insulin it produces. Gestational diabetes is high blood sugar that develops during pregnancy. Prediabetes is when your blood sugar levels are higher than normal, but not high enough to be diagnosed with Type 2 diabetes. You can take action to manage diabetes.

According to the most recent figures from the Centers for Disease Control and Prevention, 30.3 million people— or about 9.3 percent—in the United States have diabetes. This includes people who have received a diagnosis, as well as those living with diabetes, but they do not know it. (More specifically, between 7.4 and 8.9 percent of the North Dakota population has been diagnosed with diabetes, the North Dakota Diabetes Prevention and Control Program says.) In addition to these figures, a report from the CDC states that 84.1 million have prediabetes.

“More than a third of U.S. adults have prediabetes, and the majority don’t know it,” said Michelle Fundingsland, RD, LRD, a dietitian with Trinity Health Center for Diabetes Education.

Weigh 2 Change, which is based on the National Diabetes Prevention Program established by the Center for Disease Control and Prevention, focuses on how to adopt a lifestyle that includes healthy eating and physical activity. It helps participants develop lifelong skills for healthy living through step-by-step changes and support from the Lifestyle Coach and group.

This class is “for people who are at high risk for type 2 diabetes, overweight, have a parent or sibling that has type 2 diabetes, or those who are physically inactive,” said Michelle Fundingsland, RD, LRD, a dietitian with Trinity Health Center for Diabetes Education.

The lifestyle change program is “a year-long commitment, which may seem long,” Fundingsland said. She believes it because it gives participants the chance to see their lifestyles during North Dakota’s four distinct seasons. “For example, a person may eat more and become less active during the winter months.”

Through this class, weight, daily food intake, and activity are tracked, Fundingsland explained, noting these records “really help people understand what they are taking in.” The goal of the class is “for a seven percent weight loss and increase activity to 150 minutes per week. With this program, you can delay the onset of Type 2 diabetes in some cases, you can prevent it.”

“When we can prevent diabetes, we reduce the risk of complications immeasurably,” Sarah Rimatzki, RN BSN, Program Coordinator for the Center for Diabetes Education added.

To ensure the class is a good fit for a person, there is a ‘session zero,’ Fundingsland explained. “It’s an informational class to make sure the person is ready for the participant to understand their readiness to change and willingness to commit to the yearlong lifestyle change program.”

These meetings are held throughout the year; dates for future classes have not been set. (For more information on these, call the Center for Diabetes Education at 857-5268.)

The Center for Diabetes Education also offers several additional classes, Keys to Diabetes Success, for individuals with diabetes.

There will be four classes held in 2019: January 15, with the theme of “Mindful Eating”; March 19, “Mindful Movement”; May 21, “Caregiver Support”; and September 17, “Stress Management.” The meetings are held at 5:30 p.m., at the Trinity Health Community Conference Room, at Town & Country Medical Center, North Dakota, Minot.

For more information about the Trinity Health Center for Diabetes Education, or to take a diabetes risk assessment, visit: trinityhealth.nd/diabetes.

Mastectomy Bras
A mastectomy can be an emotional, difficult time for a person.

Mastectomy, the surgical removal of one or both breasts, either partially or completely, can be a positive event because it can treat- or, in some cases, prevent—breast cancer, but at the same time, it is an irreversible physical change that can leave one feeling self-conscious.

Those who feel that way can ally any self-consciousness using prostheses (or prostheses, for those who have had a double, or bilateral, mastectomy), which are available at KeyCare Medical.

Anyone can purchase a mastectomy bra, explained Roxcy Reiter, KeyCare Medical Manager. “It’s not just for mastectomy patients. We have ladies that come in with abnormalities and want the prosthetics and a bra for their own purposes.” We provide mastectomy bras to all mastectomy patients going through cancer and other abnormal situations.

Mastectomy bras are available in all cup sizes and circumferences, Reiter said. A mastectomy bra is different than a regular bra as it has pockets for the prosthesis to fit into, thus helping to keep the prosthesis in place.

“Women come in after receiving a prescription for a mastectomy bra or prosthesis from their doctor. Mastectomy bras are then fitted by a trained fitter during a scheduled appointment with us,” Reiter said, noting that walk-ins are not done, due to the availability of staff and the number of mastectomy patients with whom KeyCare Medical works. “At that time, we will set you up for an appointment on either the second or fourth Thursday of every month,” Reiter explained.

While they are waiting to heal from their mastectomy, the women can get a post-op camisole or post-op bra to wear right after surgery. Vacation wear, by order only, is another option available through KeyCare Medical.

“Most insurances allow once-a-year replacement,” Reiter said. “As for wear and tear, we also recommend once a year for replacement.”

Mastectomy bras, as well as prosthetics, can be found at KeyCare Medical, located at 530-20th Avenue SW, Minot. KeyCare Medical is open 8:30 a.m. to 5 p.m., Monday through Friday. For appointments, call 857-7370.
Employees Receive Eagle Award

Four Trinity Health employees recently were awarded the Eagle Award for Customer Excellence from the Minot Area Chamber of Commerce. Philip Acheampong, CNA, and Vanessa Pace, CNA, both with Trinity RehabCare, Center, Anne Sand, an optician at Vision Galleria; and Lucy Tempier, a physical therapist with Trinity Health’s Outpatient Physical Therapy, were presented with their awards on October 9 at the Minot Area Chamber of Commerce.

Philip Acheampong, CNA, RehabCare

“Philip was a breath of fresh air! He helped me while in rehab. But when I was discharged, he helped me get into the car and when I couldn’t do it on my own, he lifted me right into the car with a big smile on his face. He is a wonderful, kind person. Trinity is very lucky to have him!”

Vanessa Pace, CNA, RehabCare

“I was in Rehab for a broken hip/femur,” the nomination said. “Vanessa was always smiling and happy! She went above and beyond helping me with anything she could. She eased my mind a lot and did it in a wonderful, compassionate way!”

Anne Sand, optician at Vision Galleria

Anne Sand, at Vision Galleria “I recently went in to order myself new glasses. This was the first time I had been in the Vision Galleria. Anne was just so amazing and took time with me to explain how my insurances worked and helped me figure out what would be the best deal for me. She was so focused on me and was attentive to my needs. She truly offered me top-of-the-class customer service. She has a great personality and is such a good people person.”

Cake Care Center Receives $5,000 Donation for Patient Assistance Fund

The Trinity CancerCare Center received a donation of $5,000 for its patient assistance fund. Jill Duemeland, CEO of Duemelands Commercial, said that she knows how the Trinity CancerCare Center plays an important role in the community. Additionally, her grandmother is a breast cancer survivor, plus many employees have loved ones affected by cancer, thus the want to “put money toward this cause.”

The presentation was made at the former American Cancer Center, Minot, on October 10. “We just want to give this gift... in honor of them,” she said.

The donation will afford a “great opportunity for cancer survivors; supporting art therapy, yoga, and the garments; Level 1 and 2 financial assistance to patients affected by cancer, thus the want to “put money toward this cause.”

Cake Auction Nets more than $10,000 for Cancer Exercise Rehab Program

Cancer Exercise Rehabilitation patients benefited from the recent Power of Pink Cake Auction, held at the North Hill MarketPlace on October 10. Local businesses and organizations, including three teams from Trinity Health (Trinity’s pharmacy department, KeyCare Medical, and the Trinity CancerCare Center), decorated the 52 cakes. The cakes, which were then auctioned off by local auctioneer Darrell Sundsbak, fetched anywhere from $100 to $1,200. More than $10,000 was raised from the auction, which will help provide Minot Family YMCA memberships to patients in the Trinity Cancer Exercise Rehabilitation Program, which helps cancer patients fight the fatigue that often occurs during cancer treatment.

TETWP Check Presentation

Over $38,000 was raised for the Trinity Cancer Exercise Rehabilitation Program through this year’s Tough Enough to Wear Pink activities. In its 11th year, more than $680,700 has been raised. Proceeds from this event pay for cancer patients to go through the program, which is provided by Trinity’s Exercise Physiology Department.

Norsk Høstfest Volunteers

Every year, Trinity Health employees are at Norsk Høstfest, September 26-29, providing information, basic first aid, free earplugs, and first responders to the festival attendees. Trinity Health is a proud to sponsor of the largest Scandinavian festival in North America.
Trinity Health Welcomes New Providers

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

Renee Harju, FNP-C, has spent the past two decades caring for the primary healthcare needs of individuals and families in the Minot area. She provides comprehensive care throughout the lifespan with an emphasis on health promotion, diagnosis and treatment of illnesses and injuries, and management of chronic conditions. A 1981 graduate of the University of North Dakota School of Nursing, Renee earned her Bachelor of Science in Nursing from Minot State University and her Master of Science in Family Nurse Practice from the University of Mary, Bismarck. She is certified by the American Nurses Credentialing Center.

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

Rym Lamrad, MD, specializes in Palliative and Internal Medicine, with an equal focus on the healthcare needs of adults and the medical needs of people with serious or life-limiting illnesses. She’s an expert when it comes to managing the broad spectrum of health conditions affecting adults. As a palliative medicine specialist, she also works with patients’ families, and the patient’s care team to optimize quality of life for those who suffer from chronic, debilitating, or life-threatening conditions. She earned her medical doctorate from Saba University School of Medicine, the Netherlands-Antilles, and completed both her Internal Medicine medical degree from the University of South Dakota Sanford School of Medicine and Palliative Medicine at State University of New York at Buffalo.

Her office is located at Health Center – Medical Arts, 400 Burdick Expressway E, Minot. For appointments and consultations, please call 857-7385.

A member of our primary care team, Mary Maytan, MD, is board certified in Family Medicine with extensive experience caring for people of all ages. She enjoys working with patients to manage a broad range of health issues through comprehensive care management and preventive care strategies. She also has an interest in sports medicine. A member of the American Academy of Family Physicians, Dr. Maytan completed her medical degree from the University of Minnesota – Twin Cities and completed her Family Medicine residency at Sioux Falls Family Medicine Residency, an affiliate of the University of South Dakota Sanford School of Medicine. Prior to joining Trinity Health, she practiced 16 years in outpatient settings in several states, including the 5th Medical Group at Minot Air Force Base and most recently at the 35th Medical Group at Offutt AFB in Nebraska. A member of the American Academy of Family Physicians, Dr. Maytan and her husband, Col. Scott Maytan, have three daughters.

Her office is located at Health Center – Medical Arts, 400 Burdick Expressway E, Minot. For appointments and consultations, please call 857-7385.

Dan Saxon, FNP-C, is a board certified Family Nurse Practitioner and specializes in Palliative and Internal Medicine. A St. Cloud, MN, native, he earned his Bachelor of Science in Nursing. He practiced 16 years in outpatient settings in numerous states, including Texas, Nebraska, Missouri, New Hampshire, South Dakota, and North Dakota, where he worked briefly for Trinity Health. He earned his Medical degree from Family Medicine practice at Chamberlain College of Nursing, Doonerville, IL, where he practiced 10-month clinical rotation at Sanford Health in Sioux Falls. His experience includes service in the U.S. Navy Reserve as part of Operation Iraqi Freedom supporting the 3/23 Marines, 4th Marine Division. A member of the American Association of Nurse Practitioners, Dan enjoys outdoor exercise and reading. His office is located at Trinity Community Clinic – Kenmare, 811-12th Avenue NW, Kenmare. For appointments or consultations, please call 385-4283.

Alcia Cebulak, PMHNP-BC, is a psychiatric-mental health nurse practitioner dedicated to helping people address behavioral health issues as the key to promoting overall well-being. She’s well-equipped to provide diagnosis and treatment for the full range of behavioral disorders, including mental health issues affecting children and adults. Originally from Poland, Alcia graduated summa cum laude from Minot State University, where she earned a Bachelor of Science in Nursing. She practiced at Trinity Health, working as a charge and staff nurse in various settings, including outpatient psychiatric, geriatric, ICU, medical/surgical, and orthopedics. She completed her master’s degree in Psychiatric Nurse Practitioner at the University of North Dakota, graduating on top of her class with summa cum laude and earning the University’s Behavioral Health Workforce Education and Training grant. A member of the American Psychiatric Nurses Association, Alcia enjoys traveling, movies, and meeting new people.

Her office is located at Health Center – Riverside, 1903-8th Avenue SE, Minot. For appointments and consultations, please call 357-5999.

Foundation Fundraisers for Mohall Clinic

To provide better service and enhance the care of patients, the Trinity Health Foundation Mohall Clinic has funds to provide the X-ray room at Trinity Community Clinic - Mohall with a new diagnostic X-ray machine and table.

Pictured from left are Duane Foley, Farm Credit Services, Ruth Stanley, FNP-C, nurse practitioner at Trinity Community Clinic - Mohall; Brandie Case and Christi Keller, both nurse managers for Trinity Health Foundation and Mohall Fire Development Fund, which contributed $5,000; and Dan Saxon, FNP-C, nurse practitioner at Trinity Community Clinic - Mohall. Each image is very precise and with just a touch of a button, the settings needed for each image are correctly adjusted, Keller explained. “More precise imaging will result in better diagnosis and treatment. As a result, people’s health will improve.”

According to Trinity Health Radiology, 250 images is important to providing safer for patients and technologists. “The quality of the diagnostic images is important to providing patients with the best care possible,” added Christi Keller, nurse manager for Trinity Community Clinic - Mohall. Each image is very precise and just with a touch of a button, the settings needed for each image are correctly adjusted, Keller explained. “More precise imaging will result in better diagnosis and treatment. As a result, people’s health will improve.”

The new table also has an adjustable height mechanism, which will make it easier to position patients on the table and will be safer for patients and technologists.

According to Trinity Health Radiology, 250 patients x 25 images = 6,250 images performed at Trinity Community Clinic - Mohall in 2017. On the first day that the new machine was available there were five patients who needed X-rays.

Alicja Cebulak, PMHNP-BC, is a psychiatric-mental health nurse practitioner dedicated to helping people address behavioral health issues as the key to promoting overall well-being. She’s well-equipped to provide diagnosis and treatment for the full range of behavioral disorders, including mental health issues affecting children and adults. Originally from Poland, Alcia graduated summa cum laude from Minot State University, where she earned a Bachelor of Science in Nursing. She practiced at Trinity Health, working as a charge and staff nurse in various settings, including outpatient psychiatric, geriatric, ICU, medical/surgical, and orthopedics. She completed her master’s degree in Psychiatric Nurse Practitioner at the University of North Dakota, graduating on top of her class with summa cum laude and earning the University’s Behavioral Health Workforce Education and Training grant. A member of the American Psychiatric Nurses Association, Alcia enjoys traveling, movies, and meeting new people.

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Thanksgiving is coming - and we all know what that means, right? Food! And plenty of it, too. With an inevitable and hearty Thanksgiving meal, having healthy options available can benefit you and your family.

**Healthy Stuffing**

Thanksgiving meal, having healthy options available can benefit you and your family.

**Ingredients:**
- 1 tablespoon light butter
- 14 oz. stuffing bread (such as Pepperidge Farm™ or Mrs. Cubbison™)
- ½ cup diced onion
- ½ cup diced celery
- ½ cup diced carrots
- ½ cup diced mushroom
- 2-3 cloves of garlic
- 2-2½ cup chicken broth
- Peppercorn seasoning, to taste
- Pepper, to taste, around 1 teaspoon
- 1 tablespoon light butter
- 2 oz. white button or baby Bella mushrooms, thinly sliced
- 4 cloves garlic, minced
- 3 tablespoons all-purpose flour (or cornstarch, if gluten-free)
- ½ cup chicken or vegetable stock
- 1 cup milk
- ½ cup Parmesan cheese, grated (not packed)
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- 1 tablespoon olive oil or butter, divided
- ½ cup finely chopped Panko breadcrumbs
- ½ cup freshly grated Parmesan cheese
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper

**Directions:**

1. Preheat oven to 350 degrees.
2. Heat half of the butter in a large sauté pan over medium-high heat until melted. (Or if using olive oil, heat until it is shimmering.) Add the onions and sauté, stirring occasionally, for about 5 minutes or until they are soft and starting to brown around the edges. Use a slotted spoon to transfer the onions to a separate mixing bowl. Add the remaining half tablespoon of butter (or oil) to the pan and heat until melted. Add in the Panko breadcrumbs and stir until combined. Cook, stirring once every 30 seconds or so, for about 3 to 5 minutes until the Panko is toasted and lightly golden. Remove from heat and transfer the Panko to the bowl with the onions. Stir in the Parmesan and salt and toss the mixture until combined. Set aside.
3. Begin by preparing the onion topping. Then, make the mushroom sauce. While those are cooking, preheat oven to 350 degrees and bring a large stockpot of water to a boil. Add the green beans and boil for 3 to 5 minutes, or until they reach your desired level of doneness. Drain the green beans, then transfer them to the bowl of ice water and stir them in. This will stop them from cooking more.
4. Begin by preparing the onion topping. Then, make the mushroom sauce. While those are cooking, preheat oven to 350 degrees.

**Healthier Green Bean Casserole**

**Ingredients:**
- 2 pounds fresh green beans, trimmed and cut into bite-sized pieces
- 1 medium onion, peeled, quartered, and thinly sliced
- ¼ cup freshly-grated Parmesan cheese
- ½ cup Panko breadcrumbs
- ¼ cup freshly grated Parmesan cheese
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- 2-2½ cup chicken broth
- 2-3 cloves of garlic
- ½ cup diced mushroom
- 3 tablespoons all-purpose flour (or cornstarch, if gluten-free)
- 1 tablespoon olive oil or butter, divided
- 1 medium onion, peeled, quartered, and thinly sliced
- ½ cup finely chopped Panko breadcrumbs
- ½ cup freshly grated Parmesan cheese
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper

**Directions:**

1. Bring a large stockpot of water to a boil. Add the green beans and boil for 3 to 5 minutes, or until they reach your desired level of doneness. Drain the green beans, then transfer them to the bowl of ice water and stir them in. This will stop them from cooking more.
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3. Bring a large stockpot of water to a boil. Add the green beans and boil for 3 to 5 minutes, or until they reach your desired level of doneness. Drain the green beans, then transfer them to the bowl of ice water and stir them in. This will stop them from cooking more.

**For more information, please call 857-8740**
Exercise Rehab ‘Just Like Riding a Bike’

Wearing a pair of checkered pants and a quilted vest, Lorraine Thomas strolled into the Minot Family YMCA without the cane that she normally walked with. She was feeling better, with much more energy and strength; it wasn’t the kind of feeling someone with cancer would normally feel.

The fatigue was gone, and it was all thanks to Trinity Health’s Cancer Exercise Rehabilitation Program, which is geared toward patients currently fighting cancer – like Thomas – or for those who are in remission.

While exercising at the Minot Family YMCA, Thomas’ daughter-in-law, Sue Thomas, learned about the Cancer Exercise Rehabilitation Program. She passed on the information to Lorraine, who is currently fighting breast cancer. “By engaging in a regular exercise program, the fatigue was gone, and it was all thanks to this program,” Thomas said. “I’d say go, in a minute... I would recommend it highly. Minot is fortunate enough to have this program.”

The program is free for patients, thanks to fundraising efforts through the Minot Y’s Men’s Tough Enough to Wear Pink Program and Trinity Health Foundation that keep patients from paying out-of-pocket. The Power of PINK Cake Auction, held October 26, helped to raise more than $10,000, which funded the YMCA memberships for the participants. Additionally, the Y’s Men’s Health Center – Riverside raised an additional $38,361 for the program.

For more information on the Cancer Exercise Rehabilitation Program, contact Gust at 857-5626.

Mobile Mammogram Schedule

November 1 .............................. Trinity Community Clinic – Mohall, 756-6841
November 7 .............................. Tioga Clinic, 664-3368
November 8 .............................. Crosby Clinic, 965-6349
November 14 ............................ Minot Family YMCA, 3515-16th Street SW, Minot, from 2 to 6 p.m.
November 20 ............................ Kenmare Hospital, 385-4296 (Sherry/Kris)
November 28 and 29 .................... Johnson Clinic – Maddock, 438-2555
November 20 ............................ Trinity Community Clinic – New Town, 627-2990
November 7 .............................. Crosby Clinic, 965-6349
November 1 .............................. Trinity Community Clinic – Mohall, 756-6841
November 8 .............................. Crosby Clinic, 965-6349
November 14 ............................ Minot Family YMCA, 3515-16th Street SW, Minot, from 2 to 6 p.m.
November 20 ............................ Kenmare Hospital, 385-4296 (Sherry/Kris)
November 28 and 29 .................... Johnson Clinic – Maddock, 438-2555

Prepared Childbirth Classes

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

Saturdays

December 1, 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.

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.

Breastfeeding Basics

November 14, December 12 and January 10, 2019
Offered by Laurene Klein, RN, BSN. Meets from 7 to 9 p.m., Health Center – Riverside Education Center, 1900 8th Avenue SE, Minot.

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.

Events

November 1 – KeyCare Medical and RehabCare will have informational booths at the 10th annual Independent Living Fair, 1 to 4 p.m., at the Clarion Hotel, 2200 East Burdick Expressway. This event is an opportunity to share information on programs, services, products and resources available to people with disabilities.

November 5 – The Celiac Disease/Gluten Intolerance Support Group will meet at 5:30 p.m., in the Trinity Health Community Conference Room, Town & Country Center, 1015 South Broadway, Minot.

November 8 – Dietitian Kristy Hokenson will host a Grocery Store Tour, with the theme “Diabetes,” at the original MarketPlace Foods, 1930 South Broadway, from 5 to 7 p.m.

November 21 – The Stroke Support Group will meet at Health Center – Riverside, 1900 8th Avenue SE, Minot, 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.

November 28 – Trinity Health pediatric therapy and exercise physiology will have displays at the YMCA Recreation & Resource Fair, Minot.

November 29 – Trinity Health pediatric therapy and exercise physiology will have displays at the YMCA Recreation & Resource Fair, Minot.

Mobile Mammogram Schedule

November 1 .............................. Trinity Community Clinic – Mohall, 756-6841
November 7 .............................. Tioga Clinic, 664-3368
November 8 .............................. Crosby Clinic, 965-6349
November 14 ............................ Minot Family YMCA, 3515-16th Street SW, Minot, from 2 to 6 p.m.