

PROUD TO BE A MEMBER OF THE MAYO CLINIC CARE NETWORK

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Jim and Analene Torgerson pose at their business, Lund’s Landing Resort, south of Ray. This summer, Analene felt signs of a heart attack and acted accordingly by going to the hospital, where doctors recommended intervention to address narrowing in her coronary arteries.

Heeding Warning Signs Crucial to Avoid a Heart Attack

Ray woman recognizes signs

Analene Torgerson had every reason to ignore the discomfort in her chest. As co-owner of Lund’s Landing Resort, she and her husband, Jim, were focused on getting ready for the busy summer season at their marina and lodge south of Ray. But something told her the sensation in her chest shouldn’t be ignored.

“It was a feeling of discomfort – like pressure in my chest,” Analene said. “We decided I’d better go to the ER to have it checked out.”

Analene was wise not to dismiss a common warning sign of a potential heart attack. The American Heart Association (AHA) lists a number of signs and symptoms and cautions that catching these symptoms, and addressing them early is one of the best ways to avoid a heart attack. The AHA also notes that heart attack symptoms in women can differ from those in men; they can be subtler and more confusing.

Common symptoms are:

1. Chest discomfort that can feel like uncomfortable pressure, squeezing, fullness, or pain in the center of the chest that lasts more than a few minutes, or goes away and then returns
2. Discomfort in other areas of the upper body, such as one or both arms, the back, neck, jaw, or stomach
3. Shortness of breath that occurs with or without chest discomfort
4. Other signs, such as breaking out in a cold sweat, nausea, or lightheadedness

The Torgersons drove to CHI St. Alexius in Williston. Subsequently, she was referred to Trinity Hospital in Minot, where doctors recommended intervention to address narrowing in her coronary arteries.

“Because of where the blockages were located, I wasn’t a candidate for stents,” Analene explained. “They scheduled me for open heart surgery.”

Analane underwent bypass surgery at Trinity Hospital, and after her surgery, she was taken to the Intensive Care Unit where she was closely monitored. After her surgery, Analene was taken to the Intensive Care Unit where she was closely monitored. As her condition improved, she was moved out of the ICU into post-surgical nursing units to continue her recovery.

“Everybody at Trinity Health was outstanding,” she declared. “I had such good care from the nurses; they were all so supportive and understanding. My husband thought so, too. I would say nothing but good things about everybody. The whole team of doctors and nurses couldn’t have been more helpful.”

Since her discharge, Analene has been doing well in her recovery. She has completed her final physical therapy session and is making progress regaining her strength.

Nowadays, she and Jim are operating at full speed as proprietors of Lund’s Landing, described by North Dakota’s Tourism Department as a place “known for its hospitality, delicious homemade food, Juneberry pie, and pan-fried walleye.” With a marina, lodge, cabins, boats, and a restaurant – all of which the couple built themselves – the Torgersons have plenty to keep them busy. One thing has changed, however – their perspective.

“It’s been a growing experience,” said Jim. “We’ve always been active, but we’re walking more and trying to be as smart as we can about everything we do.”



Level II Trauma Reverified with Zero Deficiencies


The Committee on Trauma of the American College of Surgeons has verified Trinity Hospital as a Level II Trauma Center, following an onsite survey that found zero deficiencies.

The hospital was visited for two days in June by an experienced team of site reviewers, who used the current American College of Surgeons’ Resources for Optimal Care of the Injured Patient as a guide in conducting the survey.

In addition to identifying zero deficiencies, the verification committee highlighted several strengths of Trinity Health’s trauma program, citing the dedication and commitment on the part of trauma team members; the use of evidence-based



Gary Wease, MD, FACS
Trauma Director



Diabetes Prevention Program

Weigh 2 Change

Diabetes can be prevented but not cured.
Take control of your health and start making positive lifestyle changes with the help of a trained lifestyle coach and fun, engaging support groups.


Session Zero
August 6 or August 27
4:00 p.m.
Trinity Health Community Conference Room
Town & Country Center

Eligibility for Participation

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

For more information, call
Center for Diabetes Education
701-857-5268

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



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

Visit our website at trinityhealth.org

Athletic Trainer Begins in Bottineau

Trinity Health Sports Medicine is pleased to announce the addition of Carolyn Rygg, ATC to its team of certified athletic trainers, at the Dakota College at Bottineau.

Originally from Mayville, Rygg attended the University of Mary, majoring in athletic training and was also a graduate assistant in athletics for the Marauders for the 2018-19 school year after earning her ATC credentials.

“During my undergraduate career, I enjoyed working with collegiate athletes, but always missed my small-town roots,” Rygg said. “My career plan was to work as an athletic trainer at a college in a smaller town in North Dakota, and possibly teach a class. Dakota College gave me all of these opportunities.”

Rygg noted she is excited about the experiences she will gain working with the Lumberjacks, as well as the opportunity to help out athletes who have been without an athletic trainer for the past year. “I’m very thankful to be able to stay in North Dakota near my family and join an already very welcoming team at Trinity Health and the city of Bottineau.”

“Carolyn came highly recommended by a colleague in the Bismarck area,” said Robyn Gust, Sports Medicine Manager. “I feel her work ethic and positive attitude is a very good fit for the position at Dakota College at Bottineau and we are excited she has joined the Trinity Health Sports Medicine Team.”

For more information on Trinity Health’s Sports Medicine department, visit www.trinityhealth.org/sports-medicine/.



Carolyn Rygg, ATC

Level II continued from page 1

protocols to treat injured children, including those with head trauma; the existence of a highly developed trauma alert system; and the availability of inpatient rehabilitation.

“This recognition confirms our commitment to provide the highest quality of care for injured patients,” said Trauma Director Gary Wease, MD, FACS. “I extend my appreciation and congratulations for the hard work by physicians and hospital staff that resulted in this outcome.”

The approval extends Trinity Hospital’s verification as a Level II trauma center for the maximum period of three years.

Established by the American College of Surgeons in 1987, the Committee on Trauma’s verification program provides the development of trauma centers in which participants provide not only the hospital resources necessary for trauma care, but also the entire spectrum of care to address the needs of all injured patients.

EMT Training: Be the Best Part of Somebody’s Worst Day

Community Ambulance of Minot is accepting registrations for its fall emergency medical technician (EMT) course.

The course, led by experienced EMS professionals, runs August 13, 2019 to March 21, 2020, with classes scheduled each Tuesday from 6:00 to 10:00 p.m. in the Education Center Auditorium at Health Center – Riverside, 1900 8th Ave SE, Minot.

Students in the class learn what it takes to care for a patient in the back of an ambulance.

Space is limited. To register or for more information, call 701-852-9483 ext. 105, or you may register online at trinityhealth.org/services/emergency-services/emergency-transport/.

Trinity Health Speaker’s Bureau

Call Community Education at
701-857-5099
to check for available dates
and topics.



Let our staff help you select a health care provider right for you.

Please feel free to leave a message after hours and your call will be returned the next regular business day, or email us anytime at DR4U@trinityhealth.org.



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Back-to-School Hearing Checks

When going back to school, it is important for children to get their hearing checked. According to the Centers for Disease Control and Prevention, 14.9 percent of children between the ages of 6 and 19 have low- or high-frequency hearing loss of at least 16-decibel hearing levels in one or both ears.

Pediatric guidelines suggest that children should get their hearing checked at ages 4, 5, 6, 8, and 10, and then, due to an increased risk of hearing loss secondary to unprotected noise exposure, at ages 13 and 15. Since hearing screening may not be performed in all school districts, parents are encouraged to consider having hearing checks prior to the start of the new school year.

“We will assess the health of the ear canal and ear drum visually,” explained Jerrica Maxson, AuD, CCC-A, an audiologist with Trinity Health Audiology. “Then, we will assess the child’s ability to detect soft sounds at the pitches that are important for understanding speech.”

Through the audiologic testing, the audiologists at Trinity Health incorporate age-appropriate games, which helps keep their attention longer. “We have different methods for testing children, depending on their age,” Maxson said.

The appointment takes a half hour, with the first five minutes spent getting a hearing medical history of the patient, followed by 15 minutes of the actual testing. The remainder is used to counsel the patient and family on the results.

“It is well recognized that hearing is critical to speech and language development, communication, and learning,” the American Speech-Language-Hearing Association said on the website. “Children with listening difficulties due to a hearing loss or auditory processing problems continue to be at risk for developmental delays.”

The American Speech-Language-Hearing Association added that hearing loss can affect children in the following four major ways:

- It causes delay in the development of receptive and expressive communication skills (speech and language).
- The language deficit causes learning problems that result in reduced academic achievement.



Hearing Services for Area Students

Trinity Health’s Audiology department has taken over the audiological services for the Minot Public School District, as well as Souris Valley Special Services, which serves the surrounding area of Minot. Beginning in the fall, at the start of the 2019-2020 school year, the Audiology team will provide audiological care for students who have a diagnosed hearing loss and help manage assistive devices for those children in the school setting, explained Jerrica Maxson, AuD, CCC-A, an audiologist with Trinity Health.

- Communication difficulties often lead to social isolation and poor self-regard.
- It may have an impact on vocational choices.

Trinity Health Audiology includes Kylie Harris, AuD, CCC-A; Jerrica Maxson, AuD, CCC-A; and Tricia Nechodom, AuD. Their office is located in Health Center – West, 101 3rd Ave SW, Suite 203. For appointments or consultations, please call 701-857-5986. Some insurances may need a referral.



Kylie Harris, AuD, CCC-A



Jerrica Maxson, AuD, CCC-A



Tricia Nechodom, AuD

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701-857-7440

Trinity Health – Western Dakota
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MyChoice Health Checks are low-cost screenings that make earlier detection and timelier care possible. You can choose which screenings you want and schedule quickly and easily with our imaging experts.

- Abdominal Aortic Aneurysm (AAA).....\$35
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 - CT for Coronary Artery Calcium Scoring.....\$60
 - Electrocardiogram (EKG).....\$20
 - Peripheral Artery Disease (PAD).....\$35
- All screenings are performed by licensed technologists using advanced imaging technology. Board-certified radiologists and cardiologists read all tests.

Please call 701-857-3220 for an appointment
Monday-Friday. For more information:
trinityhealth.org/radiology_screening
Advanced Imaging Center
Town & Country Center, Minot

Screenings are not billed through insurance; please bring payment at time of service. Calcium Score testing may require provider approval.

Trinity Health Welcomes New Providers

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

A board-certified nurse practitioner, **Alycia Coutts, FNP-C**, cares for patients as a member of our Ear, Nose, & Throat team. She works with otolaryngology surgeons Mark Noel, DO, and Rob Thomas, MD, and other team members to manage the care of children and adults with acute and chronic ENT conditions such as ear infections, sinusitis, head and neck problems, and sleep issues.



Alycia Coutts, FNP-C
Ear, Nose & Throat

Alycia received her Master of Science degree in Family Nurse Practice from Simmons University, Boston. Prior to that, she earned an Associate of Science Degree in Nursing from Williston State College and worked as an RN at Trinity Health as a family practice nurse and a charge nurse in Labor & Delivery.

A member of Sigma Theta Tau International Honor Society of Nursing, the American Association of Nurse Practitioners, and the North Dakota Nurse Practitioner Association, Alycia enjoys spending time outside with her family and watching hockey.

Alycia is based at Health Center — West, 101 3rd Ave SW, Ste 203, Minot, and can be reached at 701-857-5986.

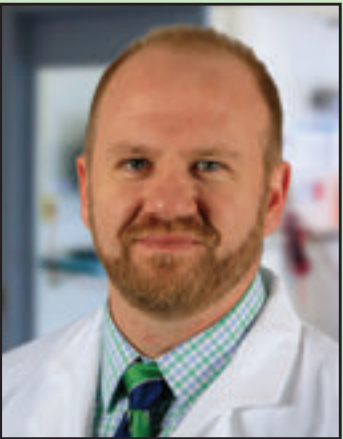
A board-certified nurse practitioner, **Ashlyn Deachin, MSN, APRN, AGACNP-BC**, is a member of our Hospital Medicine team. She works with physicians and other caregivers to manage the care of hospitalized patients based on changes in their medical condition.



Ashlyn Deachin,
MSN, APRN, AGACNP-BC
Hospital Medicine

Originally from Melbourne, FL, she earned her Bachelor of Science in Nursing from the University of Central Florida, graduating with honors. She completed her Master of Science in Nursing as an Adult-Gerontology Acute Care Nurse Practitioner through the University of South Alabama. Ashlyn’s clinical experience includes work as a charge nurse in a cardiac step-down unit and as an RN in cath lab and progressive care settings in Louisiana and Florida. Most recently she was a member of Trinity Health’s team of caregivers in the Progressive Care Unit. She is a member of the American Nurses Association and North Dakota Nurses Association.

Trinity Health is also pleased to welcome **Brent Knudson, DO**, to our team of orthopedic specialists. Dr. Knudson is an orthopedic surgeon who brings advanced expertise to the care of people with bone, joint, and muscle disorders. His areas of focus include joint replacement surgery of the knee, hip, and shoulder. He is also passionate about sports and taking care of sport-related injuries, as well as routine fracture care.



Brent Knudson, DO
Orthopedic Surgery

Originally from Mandan, he earned a bachelor’s degree in Biochemistry/Nutrition from the University of Minnesota, Twin Cities, and received his medical degree at Kansas City University of Medicine and Biosciences. His residency training was completed through Michigan State University at McLaren Oakland, known for its advanced orthopedic program. During his residency, Dr. Knudson trained in all aspects of orthopedic surgery, with special emphasis on joint replacement, direct anterior hip replacement, sports medicine, and trauma care.

His experience also includes five years as a flight surgeon with the US Air Force and Air Force National Guard, two and a half years of which were spent with the 5th Medical Group at Minot AFB. The remaining time was spent in Japan, Afghanistan, and Michigan.

Dr. Knudson and his wife, Kelly, have two children. Whether fishing or hunting, they enjoy spending their free time in the beautiful North Dakota outdoors.

Dr. Knudson is based at Health Center - West, 101 3rd Ave SW, Ste 101, Minot. For appointments or consultations, please call 701-857-5500.



Ali Vaudt, DNP, NP-C
Hospital Medicine

A board-certified Doctor of Nursing Practice, **Ali Vaudt, DNP, NP-C**, is a member of our Hospital Medicine team. She works in coordination with other hospital caregivers to provide general medical care to patients based on changes in a patient’s medical condition.

Ali earned her Bachelor of Science in Nursing from South Dakota State University and received her Doctorate in Nursing Practice from the University of Mary in Bismarck. She practiced nearly eight years with Trinity Health as an RN in the areas of orthopedics, same day surgery, and emergency medicine. She is a member of the American Association of Nurse Practitioners (AANP).



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- And more

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For more information call: 701-857-3103

**TRINITY**
HEALTH

DAISY Winner

Congratulations to **Laura Hellmuth, RN**, with Trinity Health’s Intensive Care Unit (ICU), who recently received the DAISY Award. The DAISY Award is an international program that rewards and celebrates the extraordinary clinical skill and compassionate care given by nurses every day. Trinity Health is proud to be a DAISY Award Partner, recognizing one of our nurses with this special honor each month. DAISY Award honorees personify Trinity Health’s remarkable patient experience. These nurses consistently demonstrate excellence through their clinical expertise and extraordinary compassionate care, and they are recognized as outstanding role models in our nursing community. If you would like to nominate a nurse for the DAISY Award, please visit: <https://www.trinity-health.org/patients-visitors/employee-award-programs>.



View our New Regional Healthcare Campus & Medical District Construction

Go to [trinityhealth.org](https://www.trinityhealth.org) and click on the link.



STUDENT ATHLETES: It’s time for your yearly exam.

Fall sports are approaching quickly, so now is the perfect time to schedule a complete physical with your child’s pediatrician.

A yearly exam is also a good time to address immunizations, medications, acne, BMI, and more. Our pediatricians are highly qualified to serve the full spectrum of health needs of young people.

Call **701-857-5413** today.



The North Dakota High School Activities Association requires athletes to have a pre-participation physical exam every year.

Is it Time to Renew your CDL?

If you need to obtain or renew your Commercial Drivers License (CDL), Trinity Health Occupational Medicine is your medical resource.

For your convenience, we have six providers across north central and northwest North Dakota certified to perform DOT physicals, allowing you to get on the road and back on the job as quickly as possible.

In addition to DOT physicals, Trinity Health offers an extensive range of services for employers, including injury and illness evaluation, treatment, and management; pre-employment physicals; fit-for-duty physicals; respiratory medical clearance (PFT, fit test, respiratory questionnaire); drug and alcohol screening; drug consortium; vision and hearing testing; physical, occupational, and hand therapy; worksite analysis; ergonomic and safety education; and sleep apnea screening.

For more information, visit www.trinityhealth.org/occmcd or call 701-857-7830.



Occupational Medicine Healthcare That Works!



Howard Reeve, MD
Health Center – Medical Arts
400 Burdick Expy E, Minot
701-857-7840



Lori Wolff, PA-C
Health Center – Medical Arts
400 Burdick Expy E, Minot
701-857-7383



Evonne Hickok, FNP-C
Trinity Community Clinic –
Western Dakota
1321 W Dakota Pkwy,
Williston
701-774-0820



Kendra Larsen, FNP-C
Trinity Community Clinic –
Velva
111 West 1st St, Velva
701-338-2066



Hedi Rime, FNP-C
Trinity Community Clinic –
Garrison
131 N Main, Garrison
701-463-2626



Abbey Ruland, PA-C
Trinity Community Clinic –
New Town
604 1st St N, New Town
701-627-2990



3D mammogram today. Enjoy more tomorrows.

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One woman in eight will be diagnosed with breast cancer in her lifetime. At Trinity Health, we’re making more possible to ensure more women are survivors. Our 3D mammography screenings are the very latest in detecting cancer earlier while delivering a more comfortable experience. Whether you have a family history or not, having a mammogram can save your life.

To schedule your 3D mammogram, call 701-857-2640.
Learn more at trinityhealth.org/screenings.



Let The Music Play

Music program designed to help patients available at Trinity Homes

A new program available at Trinity Homes can help patients improve their memory through music.

As a MUSIC & MEMORY® Certified Care Organization, Trinity Homes can help residents living with a wide range of cognitive and physical challenges find renewed joy in life through musical favorites.

The program is “mostly aimed toward residents with Alzheimer’s and dementia,” but it is geared to all patients who like music and who have cognitive issues, such as “depression, anxiety, pain issues, insomnia,” explained Monica Sorgen, RN, Clinical Nurse Educator at Trinity Homes.

Trinity Homes received the grant for the program in January 2019, with training beginning in March. “With the initial grant, Trinity Homes received education, training, certification, and 10 iPods with headphones, a laptop for our iTunes account, and iTunes gift cards to buy music for the residents,” Sorgen said.

A pilot group of 10 residents, all of whom have a diagnosis of dementia, will kick off the program, with two activities staff and two CNAs visiting the residents and their families to pick out individualized music for the program. (Sorgen noted that one program participant loves ABBA; another, Christian gospel music.) “We can get a variety of whatever they like and download it and put it on there for them,” she said. The music is then downloaded and loaded onto an iPod.

Studies published in the Journal of Prevention of Alzheimer’s Disease and The American Journal of Geriatric Psychiatry show that familiar music “may facilitate attention, reward, and motivation, which in turn makes it more possible to manage emotional distress in Alzheimer’s,” as well as increasing the rates of reduction in behavioral problems.

“Hopefully, once we get it moving, we’ll be able to get funding or donations, so we can buy more equipment, to get more residents involved,” Sorgen said. Donations could include used iPods, headphones, or iTunes gift cards.

If you would like to donate, drop the items at the front desk at Trinity Homes and specify that they are for the MUSIC & MEMORY program.



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Hair Loss from Chemotherapy? Maybe Not.

“Will I lose my hair?” It’s the first question many cancer patients ask when they learn that their recommended treatment regimen includes chemotherapy.

“It is a big stressor,” said Shane Jordan, Director of the Trinity CancerCare Center. “Many patients say it’s the most traumatic aspect of their treatment. I think part of the reason is that people associate hair loss with cancer, so when you’re in public it has a way of announcing that you have cancer.”

Now, thanks to funding from Trinity Health Foundation, the CancerCare Center has become the first center in North Dakota to acquire the Paxman Scalp Cooling System – an optional service for patients who wish to minimize alopecia, or hair loss, from chemotherapy.

Preventing hair loss as a side effect of chemotherapy treatment has long been a subject of research and development. It is estimated that 8 percent of patients refuse chemotherapy because of concerns about losing their hair.

“We kept up with the research and looked at different products, including some that utilize dry ice,” Jordan said. “The Paxman system struck me as the most appropriate for our needs, so with help from the Trinity Health Foundation, we put a plan together to add the system as an option for patients. Based on the initial results, we will continue to offer it.”

Approved by the U.S. Food and Drug Administration in 2018, the Paxman Scalp Cooling System is cleared by FDA for use during treatment of patients with solid tumors such as breast, ovarian, colorectal, and bowel cancer.



“Scalp cooling works by narrowing the blood vessels beneath the skin of the scalp and reducing cell division, which decreases the amount of chemotherapy that reaches and interacts with the hair follicles,” Jordan explained. “With less chemotherapy in the follicles, the hair may be less likely to fall out.” (Interestingly, chemotherapy works by targeting rapidly dividing cells, and hair cells happen to fall into that category.)

To begin the cooling process, a patient dons a two-layer cap that resembles a swim cap. The inner layer contains a cooling liquid and the outer layer acts as an insulator to keep the temperature sufficiently cold. The cap is attached to a small refrigeration unit, which circulates coolant to the cap.

The rate of hair retention varies from patient to patient. While Paxman can’t guarantee that patients won’t lose any, or all, of their hair, data show that its track record is fairly successful. Overall, about 50 percent of patients who used the Paxman system kept some or quite a bit of their hair and didn’t have to wear a wig to avoid looking bald. Anecdotal data also suggests it may facilitate hair growing back more naturally and more quickly.

Jordan emphasizes that scalp cooling isn’t for everyone. It extends the duration of a chemotherapy treatment, as patients must wear the cap before, during, and after treatment. Studies show that some people experience headaches or find the chill to be too uncomfortable. More importantly, “Because scalp cooling has the effect of dampening the medicinal effects of chemotherapy on the scalp, it isn’t recommended for head and neck cancers or systemic cancers such as leukemia,” he added.

Scalp cooling does involve expense to the patient. While the CancerCare Center pays for lease of the refrigeration unit, the Paxman Personal Cap Kit costs the patient \$500, including the cooling cap, cap cover, brush, special shampoo and other hair products, plus tokens to run the machine that delivers the coolant. Patients also pay an additional fee each time the system is used, based on Paxman’s pricing matrix. Fees are capped at a maximum of \$2,200, so patients never pay more than that.

Jordan said since the CancerCare Center acquired the scalp cooling device, a handful of patients have used it, and results have been mostly positive.

“We’re always on the lookout for ways to enhance our level of service, whether through new procedures, advanced technology, new treatment regimens, cancer exercise, yoga, or our survivorship program,” Jordan declared. “Our objective is always to improve the quality of life for our patients.”

Eighteen Graduate from Nurse Residency Program

The third cohort of nurse residents have graduated from Trinity Health’s Nurse Residency Program.

On June 26, 18 students graduated from the Vizent/AACN Nurse Residency Program, which is used by over 300 hospitals and health systems nationwide. Trinity Health was the first healthcare system in the midwestern United States to implement this program.

After graduation, these nurses will go on to take a more active role in the hospital, joining committees and councils throughout the healthcare system, explained Danica Schaefer, MSN, RN, Nurse Residency Coordinator with Trinity Health.

Through this program, the nurses work with fellow established nurses, as well as nurse educators. Accredited by the American Association of Colleges of Nursing, the residency program helps the nurses transition from an educational setting into a fast-paced work environment with ease.

“The nurses work the same, whether they are in the program or not, but it provides them a support system with other new nurses who are going through the same changes they are,” Schaefer said.

The residency classes, which are held once a month for one year, are built into the nurse residents’ regular work schedule. Each class



A group of 18 students recently graduated from the Trinity Health nurse residency program. The students are, from left to right: Jessica DeSautel, Ashley Peterson, Melissa Burnell, LeAnn Mesta, Veronica Wiens, Jill Forbes, Jordan Lewis, Haley Holtorf, Anna Edwards, Rose Monde Zver, Michael Yemane, Kayla Garing, Amanda Holtz, Kim Dao, Chad Geisinger, Jacy Geer, Kilee Radzwill, and Paige Brossart.

is facilitated by a team of nurse educators from Trinity Hospital, with topics including communication, managing the changing patient condition, the business of healthcare, cultural competence, ethical decision making, and end of life care.

Another piece of the program includes evidence-based practice initiatives, where nurse residents work to implement practice and policy changes that are supported by research, Schaefer said.

Schaefer explained support is provided to the newly licensed nurse using a variety of methods, including an evidence-based classroom curriculum, clinical coaching by experienced preceptors, hands-on skill practice, spending time outside their home unit to understand overall system processes, professional socialization, and participation in a support group of peers.

The program is important because it helps provide stability for nurses, especially at a time when nurse retention rates are at 82.5 percent, Schaefer said. “The goal of a nurse residency program is to help the newly licensed nurse make the transition into practice and remain in nursing practice. nurse residency programs have been shown to decrease the turnover rate of newly licensed nurses to less than 10 percent.”

The program’s fourth cohort is halfway through the program and will graduate in December 2019. There are 33 nurses in the fifth cohort, which will begin July 31. Schaefer noted this will be the largest cohort since the program began in July 2017.

Snack Smart

By Angela Phillips, RDN, LRD

Snacking is part of most everyone’s lifestyles, but it is important to be a “smart snacker.” It may be quick and easy to grab a processed, packaged snack item, but this is not beneficial to overall health. Smart snacking can help with weight control, keep your body fueled, and nourish your mind. Planning snacks ahead of time will help you snack smart. Choose snacks that provide the energy and nutrients your body needs such as fruits, vegetables, whole grains, nuts and seeds, and low-fat dairy.

Fruits and vegetables can reduce the risk of some chronic diseases and may protect against certain types of cancers. They are also naturally low in fat, sodium, and calories. They contain potassium, fiber, and vitamin C. Potassium helps maintain a healthy blood pressure. Fiber helps reduce cholesterol levels and can help with regularity of bowel habits. Vitamin C aids with growth and repair of body tissues. It is easy to grab a piece of fresh fruit for a snack. For more variety, try baked fruit chips, dried fruit, fruit leather, or a fruit popsicle. Vegetables are great for dipping in hummus, guacamole, or salsa.

Whole grains contain fiber, B vitamins, and minerals. Consuming fiber rich foods may help with weight management as fiber provides satiety, a feeling of fullness. B vitamins affect brain function, energy levels, and metabolism. Some whole-grain snacks are pretzels,

crackers, popcorn, or baked chips. Whole-grain crackers pair well with low-fat cheese or peanut butter. Peanut butter is tasty with fruit or celery. Nuts and seeds may also reduce the risk of heart disease. However, these are high in calories so it is important to be aware of serving size and consume small portions. You can snack on nuts and seeds by themselves, add as a topping to yogurt, or mix in trail mixes.

Dairy is vital for bone health, as dairy contains calcium, potassium, vitamin D, and protein. Consuming adequate dairy can reduce the risk for osteoporosis. It is recommended to choose low-fat or fat-free dairy to avoid consuming extra calories and fat, as this could increase risk for heart disease and may contribute to high cholesterol. Certain yogurts have live and active cultures, or probiotics, which can be beneficial to gut health as well. Try consuming Greek yogurt for a protein-rich snack and adding fruit to it for further benefits. Other easy dairy snacks are low-fat string cheese or cottage cheese; add some fresh fruit or veggies to the cottage cheese to mix it up.

Start fueling your body now and be a ‘smart snacker’ with some of these easy snack ideas that are rich in protein, fiber, healthy carbohydrates, vitamins, and minerals. Need some snack inspiration? Try some of these recipes!

Angela Phillips, RDN, LRD, is a clinical dietitian with Trinity Health.

Peanut Butter and Chocolate Chip Oatmeal Energy Balls

Ingredients:

- 1 cup dry oats
- 1/4 cup peanut butter
- 1/4 cup honey
- 1/2 cup mini chocolate chips
- dash of salt
- 1/2 teaspoon vanilla, optional

Instructions:

1. In a medium bowl, add all the ingredients and stir to combine well. The mixture should be a bit sticky. Refrigerate for at least 30 minutes.
2. Use a spoon to scoop about a tablespoon of the cookie ball mixture into your hand. Roll into a ball. Repeat with remaining mixture. This should make about 14 oatmeal energy balls.
3. Store the balls covered in the fridge for up to a week, or in the freezer for longer.

adapted from:
<https://www.blessthismessplease.com/8-no-bake-oatmeal-energy-balls/>

Healthy Trail Mix

Ingredients:

- 1 cup almonds
- 3/4 cup cashews
- 5 brazil nuts, rough chopped
- 2/3 cup pumpkin seeds
- 1/3 cup sunflower seeds
- 2/3 cup popcorn
- 2 tablespoons unsweetened dried cranberries, chopped
- 2 tablespoons dark chocolate chips

Instructions:

1. Chop any large ingredients if necessary to make everything about the same size.
2. Combine all ingredients in a bowl and enjoy! Store in an airtight container for up to 2 weeks.

adapted from:
<https://www.elizabethrider.com/delicious-healthy-trail-mix/>

PB&J Fruit Smoothie

Ingredients:

- 1 banana
- 1 cup frozen strawberries
- 1/4 cup peanut butter
- 1 cup milk

Instructions:

1. Combine frozen strawberries, banana, peanut butter, and milk in a blender and blend on high until smooth.
2. Pour into 2 glasses and garnish with peanut butter and fresh strawberries as desired.

adapted from delish.com



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For a physician referral, call **701- 857-5500**. Or visit trinityhealth.org/ortho.



Foundation Offers Matching Funds on Projects

The Trinity Health Foundation currently has matching gift opportunities for two projects: a new non-emergency transport vehicle for Community Ambulance Service and the nursing scholarship program.

Getting Around

The projected cost for the new non-emergency transport vehicle is \$42,500. The Foundation will double all gifts made toward this vehicle until a pool of \$20,000 in matching funds is exhausted, said Al Evon, Director of the Trinity Health Foundation, So far, \$11,485 has been donated for this project, leaving \$8,515 in matching funds available.

Community Ambulance Service (CAS) transports about 2,800 patients per year in non-emergency transports. When this is done, an ambulance and crew are unavailable for emergency situations. “In an emergency response situation, seconds matter,” Evon said. “They can mean life or death.”

CAS responds to nearly 10,000 calls per year in Minot, as well as to nearly 2,000 square miles to the surrounding region, providing direct support to the Minot Fire and Police departments, as well as the Ward County Sheriff’s Department, and additional first responder groups.

“The Trinity Health Foundation desires to assist patients who need both emergency and non-emergency transportation. By providing CAS with a new vehicle that will be used exclusively for non-emergency transport, ambulances and medical staff will be available for emergency responses,” Evon said.

Nursing Scholarship Program

According to the Bureau of Labor Statistics, the shortage of nurses will top 1 million by 2024.

The Trinity Health Foundation recognized the problem and revised and expanded its Nursing Scholarship Program to limit the adverse effects the nursing shortage would have on the quality of care patients receive in the region.

In the past three years, the Foundation has awarded 29 scholarships, totaling \$96,000, to deserving students. The Foundation was the recipient of a \$75,000 matching gift so the scholarship fund could grow; there is still \$9,200 in matching funds available.

Further, because the Nursing Scholarship Endowment Fund is a qualified endowment per the North Dakota Century Code, North Dakota residents, businesses, and financial institutions may qualify for a 40 percent tax credit on the value of their gift to this endowment (minimum gift of \$5,000 – at one time or aggregate in one year). Businesses – financial institutions excluded – may carry forward any unused credit for up to three taxable years. Individual donors may carry forward any excess credit for three years.

“Your donation to either of these projects will help save lives and all gifts for these initiatives will be doubled until the matching funds are exhausted,” Evon said.

If you are interested in making a gift you can:

- **Go online.** Visit the Trinity Health Foundation’s website (<https://foundation.trinityhealth.org/donate-online.php>) and use the drop-down menu to select which project you would like to support.
- **By phone.** Call the Trinity Health Foundation at 701-857-5432 or 701-857-2430.
- **By mail.** Send the gift to Trinity Health Foundation, P.O. Box 5020, Minot, ND 58702-5020, or drop it off at the Trinity Health Foundation on the second floor of Trinity Hospital – St. Joseph’s, 407 3rd St SE, Minot.

Eagle Award

Trinity Health is pleased to announce that three associates received the Minot Area Chamber of Commerce’s Eagle Award for Excellence in July. They include Jamie Hammer, RN, Director of Nursing at Trinity Homes; Carrie Stanfield, Community Ambulance Service; and Tawny Quist, RN, Trinity Homes.

If you would like to nominate a Trinity Health associate for an Eagle Award, please visit: minotchamber.org/about/chamberawards/.



Jamie Hammer, RN
Director of Nursing
Trinity Homes



Carrie Stanfield
Community Ambulance
Service



Tawny Quist, RN
Trinity Homes

C O M M U N I T Y

CALENDAR

For the latest updates, check online at trinityhealth.org

Events

- August 6** – Safe Kids Minot will have a display and NorthStar Criticair and their crew will be at National Night Out, held at Minot High School – Magic City Campus, from 5:30 to 8:00 p.m.
- August 9-10** – NorthStar Criticair’s fixed wing plane will be set up at the North Dakota Chokecherry Festival, in Williston. The Williston crew will also be selling homemade chokecherry BBQ sauce.
- August 12** – Jamie Swenson, with the Trinity Health Foundation, will be talking about the impact of the Foundation to the Sertoma Club, at noon at Grand Hotel.
- August 13** – Trinity Health will sponsor and have educational booths at Senior Safari, at the Roosevelt Park Zoo, from 10:00 a.m. to 2:00 p.m.
- August 14** – NorthStar Criticair and Community Ambulance will have a presence at Touch a Truck, at the Maysa Arena, from 5:00 to 8:00 p.m.
- August 15-17** – Various providers from Trinity Health will be at the Family Motor Coach Association annual convention, held on the North Dakota State Fairgrounds. Trinity Health Exercise Physiology will be leading exercises at 8:00 a.m. and free daily blood pressure checks will be provided at 9:00 a.m. daily; Amber Emerson, Safe Kids Minot, will be presenting on Falls Prevention, at 9:00 a.m., on August 15; and Mary Sather, Trinity Sleep Center, will present on “Drowsy Driving and the Basics of Sleep,” at 9:00 a.m., August 16.
- August 21** – The Stroke Support Group will meet at Health Center – Riverside, 1900 8th Ave SE, Minot, at 7:00 p.m. The support group, which meets the third Wednesday of each month, is for stroke patients and their caregivers. For more information, call Jerilyn Alexander, RN, Stroke/STEMI coordinator, at 701-857-2449.
- August 31** – Denise Roerick, LICSW, with Trinity Health’s Behavioral Health department, will have an educational booth at Pride in the Park, hosted by Magic City Equality, at Roosevelt Park, from 11:00 a.m. to 4:00 p.m.

Mobile Mammogram Schedule

- August 1Tioga Clinic, 664-3368
- August 5Kenmare Community Hospital, 385-4296
- August 6St. Luke’s Hospital – Crosby, 965-6349
- August 13Johnson Clinic – Maddock, 438-2555
- August 14CHI Clinic – Devils Lake, 662-8662

Prepared Childbirth Classes

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

SATURDAYS: August 10, September 14, and October 12
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

August 8, September 12, October 10, and November 14
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’s community benefit mission, but registration is typically required. To sign up for classes, go online at: trinityhealth.org/services/womens-health.

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. Tours of the Family Birth Center are also available every Sunday at 2:30 p.m. and Tuesdays at 7:30 p.m. If you are interested in taking a tour, come to the Family Birth Center on those days/times.