Digital X-Ray in Western Dakota

The Radiology department at Trinity Community Clinic – Western Dakota recently updated its x-ray services through the addition of a wireless digital plate, which will shave time off x-ray procedures in the Williston clinic.

Heather Riely, BSRT(R)(M), RDMS, radiology supervisor, noted that the wireless digital plate, which replaced the previous phosphorus plate, makes it faster for all involved – the doctor, the radiology staff, and most importantly, the patient – as it provides a quick turnaround and an excellent image quality for x-rays. Now, x-ray images are ready “within seconds,” whereas before, the film would need to be processed. It would take anywhere from 30 to 45 seconds to process the plate; now, with the digital plate, it only takes two to three seconds.

While that doesn’t sound like much of a difference, time-wise, it can add up. “If I’m doing a lumbar x-ray, and you’re doing five x-rays, it can take about five minutes,” Riely said. “It’s faster by at least half the time, if not more.”

Migraine: More Than a Headache

A migraine is more than just a headache. The Migraine Research Foundation categorizes migraine as a neurological disease “with extremely incapacitating neurological symptoms.”

Migraines can get severe to the point where light or noise bothers a person and they begin to feel nauseous, explained Mary Sadler, FNP-C, with Trinity Health Neurology. “They can’t participate in activities they enjoy and work can become difficult. They usually have to shut out the world by going into a dark room and in the quiet, away from everything.”

According to the Migraine Research Foundation, migraine affects 39 million men, women, and children in the United States, and one billion worldwide.

“People let it go so long that it gets out of control by the time I see them,” Sadler said. “Many tell me they think it is normal to always have a headache or frequent yawning may be noticed. “They can’t go to work. They can’t function. It isn’t until then that they seek treatment, sometimes after years and years of having them.”

Diagnosis

Migraines can progress through four stages: prodrome, aura, headache, and post-drome, Mayo Clinic said on their website.

During prodrome, which can happen one or two days before a migraine, subtle changes, such as constipation, mood changes, food cravings, neck stiffness, increased thirst and urination, or frequent yawning may be noticed.

“Usually, people don’t always recognize it,” Sadler said. “You have a prodrome, where you might not feel so well. Your mind doesn’t think as clearly. Then, it will progress to ‘the headache is coming.’”

Next is aura, which are symptoms of the nervous system. “Sometimes, auras can also be touching sensations (sensory), movement (motor), or speech (verbal) disturbances,” the Mayo Clinic website said. (Sadler noted that sometimes migraines do not have aura.)

Examples of migraine aura include: visual phenomena, such as seeing various shapes, bright spots, or flashes of light; vision loss; pins and needles sensations in an arm or leg; weakness or numbness in the face or one side of the body; difficulty speaking; hearing noises or music; uncontrollable jerking; or other movements.

Then there is the actual headache, which could last anywhere from four to 72 hours, if untreated.

During a migraine, a person may experience pain on one or both sides of the head; pain that feels throbbing or pulsing; sensitivity to light, sounds, and sometimes smells and touch; nausea.
Trinity Health Volunteers Recognized

On May 7, the Trinity Health Auxiliary held a volunteer recognition luncheon for the many volunteers who helped make more possible for our patients and communities. Volunteers at Trinity Hospital clocked in with a little over 16,000 hours in 2018, with many volunteering for hundreds, if not thousands, of hours.

The following received years of service pins:

100 hours
Christopher Dunlock, Kaylee Schell, Ahh Shergill, Jessica Shergill, Glenna Thomas, Ul Mag Safwan, Athi Shergill, Jessica Shergill, Christopher Dunlock, Kaylee Schell, Ardy Painter

500 hours
Evelyn Hildebrand

1,000 hours
Elaine Kress, Lolly Rostad, Gorianne Scherr, and Carol Treckman

2,000 hours
Edwina Wallin

2,000 hours
Dorothy Mattson, and Helen Wald

3,000 hours

4,000 hours

5,000 hours

7,000 hours

8,000 hours

11,000 hours

20,000 hours

24,000 hours

3,000 hours

5,000 hours

7,000 hours

8,000 hours

8,000 hours

9,000 hours

10,000 hours

15,000 hours

20,000 hours

Heidi Grondahl, RN, BSN, MS, WHNP-BC

Trinity Health Welcomes Family Medicine Provider in Williston

A board-certified women’s health nurse practitioner, Heidi Grondahl, RN, BSN, MS, WHNP-BC, is a member of our family care team at Trinity Community Clinic – Western Dakota. She provides primary care services to adolescent and adult males and females, including annual physicals, acute care visits, treatment of many chronic health conditions, prescribing appropriate medications, and educating patients in self-care skills to prevent disease. She specializes in the care of many conditions specific to women, including reproductive and sexual health.

Heidi was raised in Williston and earned a Bachelor of Science in Nursing from Medcenter One College of Nursing in Bismarck. She worked as an RN in New Mexico before moving back home to Williston, where she practiced at CHI St. Alexius Health and served as an adjunct-clinical instructor at Williston State College. In 2010, Heidi completed her Master of Science in the Women’s Health Nurse Practitioner program at the University of Minnesota, Minneapolis. She subsequently practiced in Willmar and Alexandria, MN. Most recently she served patients at CHI St. Alexius Health in Williston for seven years as a nurse practitioner.

Heidi is a member of the National Association of Nurse Practitioners in Women’s Health. She and her family enjoy many interests including travel, cooking, spending time with friends and family, and as many outdoor activities as North Dakota weather will allow.

Heidi is based at Trinity Community Clinic – Western Dakota, 1321 West Dakota Parkway, Williston. For appointments or consultations, please call 701-572-7711.

Heidi Grondahl RN, BSN, MS, WHNP-BC

Migraines continued from page 1

and vomiting, blurred vision, or light-headedness, sometimes followed by fainting.

After the headache, a person would be in the final, postdrome stage. For about 24 hours following the headache, a person may feel confusion, moodiness, dizziness, weakness, or sensitivity to light and sound.

Treatment

Initially, if a person suspects they have migraine rather than a headache, they should see their primary care provider. Depending on how often the headaches are, the primary care provider may be able to treat migraine. “Some are very confident on how to treat it,” Sadler said. “If they feel overwhelmed by the symptoms, they would refer.

“Prevention medicines, ranging from blood pressure medications to seizure medications to anti-depressants, work on the chemicals of our brain, the nerves, inflammation, and many other factors,” Sadler said. “These medications are taken regularly to prevent getting a migraine, and there are medications to treat at the onset to make it go away.”

According to Sadler, the basics, such as exercise and a proper diet, can also help with migraines.

“I know we preach it all the time, but prevention is the key to most medical problems, including migraine,” she said. “You want to prevent bad things.”

It is important to work on managing what triggers migraines. Reducing stress, which is hard, can also help, as stress can be a trigger for about 80 percent of migraines. Addressing anxiety, depression, and not sleeping well can also help.

Trinity Health Neurology includes Mary Sadler, FNP-C; Rosina Medel, MD; and Bahram Nico, MD. Their office is located at Health Center – East, 20 Burdick Ewy W, Suite 303. For appointments or consultations, please call 701-857-5421.

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On Pins and Needles

Dry Needling Can Get Down to the Issue

If you’re on pins and needles dealing with pain, needles can actually help alleviate that pain.

Dry needling is a form of therapy in which fine needles are inserted into myofascial trigger points, tendons, ligaments, or near nerves to stimulate a healing response in painful musculoskeletal conditions, explained Sondra Hahn, PT, DPT, a physical therapist with Trinity Community Clinic – Velva.

This procedure is different than acupuncture, a practice of Eastern medicine. Dry needling is scientifically based, while acupuncture is a pseudoscience, Hahn said. “It does not have the purpose of altering the flow of energy, or Qi, along traditional Chinese meridians for the treatment of diseases,” she added, noting that dry needling is “a modern, science-based intervention for the treatment of pain and dysfunction in the musculoskeletal conditions such as neck pain, shoulder impingement, tennis elbow, headaches, and more.”

“The specifics are tendons, muscle strains, temporomandibular joint dysfunction (TMJ), headaches, shoulder pain, knee pain, leg pain, neck pain, back pain, carpal tunnel, tennis elbow, and golfers elbow,” Hahn said. “The target population is anyone with acute or chronic pain, headaches, and muscle tightness, or any of the other injuries just mentioned.”

Dry needling has become more common in the nation, with physical therapists becoming certified in the procedure, Hahn noted. She was certified in dry needling in October 2018 and began performing the procedures this past February. She estimates that she does the procedure once a week.

A dry needling session can last anywhere from eight to 30 minutes, depending on what problem the patient is dealing with. Dry needling is a self-pay procedure, meaning insurance does not cover it. A referral is not necessary unless dry needling is done along with other forms of therapy.

Trinity Community Clinic – Velva is located at 111 1st St W, Velva. For appointments or consultations, please call 701-338-2066.

Western Dakota

continued from page 1

The amount of radiation produced using the wireless digital plate is generally 70 to 90 percent less than when done with film, she said. Additionally, Riely pointed out, the digital images allow the radiologist to manipulate the image, whether zooming in, magnifying, or reverting. “That helps them do their jobs better,” she said.

This technology works on all x-rays performed at Trinity Community Clinic – Western Dakota. Riely noted that chest and orthopedic (joints, knees, and back) x-rays make up the majority performed in the clinic.

Trinity Community Clinic – Western Dakota is considered one of the higher volume clinics within the Trinity Health system when it comes to x-rays. Over the past 12 months, 2,424 x-rays have been performed there, Riely said. In addition to performing x-rays for the providers at the clinic, they are also done for the Veterans Affairs and outside providers. “That’s why we stay pretty busy,” Riely said.

Car Seat Checkups

Did you know that four out of five car seats are not installed correctly? Trinity Health Pediatrics has nurses who are certified to perform car seat checkups. The checkups make sure car seats are installed correctly so babies and children are kept as safe as possible in vehicles, said Tiffany Smith, LPN, a pediatric nurse with Trinity Health and a licensed car seat technician.

There are several factors that play an important part in car seat safety, including installation. Sometimes, “they are not in as tight as they should be,” Smith said, noting that car seats should move “an inch or less” when installed properly. Parents might also use the wrong type of car seat; the correct car seat depends on the height and weight of the child. “A lot of times the seat belt is too loose,” Smith says.

During the checkup, the nurses make sure:

• The seat has not been recalled and that it has not expired. “Car seats expire six years after the date of manufacture,” Smith said. This date is on a label underneath the seat.

• The right seat is used. This depends on the height and weight of the child. An infant seat is generally for those between 4 and 25 pounds. It should be rear-facing and used until age 2. A booster seat, either high-back or regular, should be used for children who weigh 40 pounds or more.

• The seat is installed correctly. Nurses will assist caregivers with installing the car seat correctly, checking for recline, making sure the seat is installed as tightly as it should be, and making sure that the child fits in the car seat correctly.

Monthly car seat checkups will be held at Health Center – Medical Arts, 400 Burdick Expy E, Minot, throughout the summer and autumn, weather permitting, in the underground parking lot from noon to 3:00 p.m. on the following dates: Saturday, June 22; Saturday, July 13; Saturday, August 17; and Saturday, September 14.

No appointments are necessary for these checkups.

Car seat checks are also performed in the Pediatric clinic, located at Health Center – Medical Arts, Monday through Thursday. To set up an appointment, call 701-857-5413. The process takes 20 to 30 minutes. In addition to the car seat, parents should bring the vehicle manual and car seat manual.

Jim Hill Students Give Back

The pasta lunch was supposed to be their reward. Jim Hill students raised $845.65 to fund blood cancer research as part of the Leukemia & Lymphoma Society’s Pennies for Patients. That prompted a reward for the top fundraising classroom at Jill Hill – a lunch donated by the Minot Olive Garden. But instead of collecting their reward, the class chose to give their celebration party to Trinity CancerCare Center staff, which accepted it wholeheartedly on May 6. Pictured, left to right, are Kennady Dewitz, Zana Klein, Kaden Kraft, Jaycene Keith, and Chaz Primeau, who helped set up the pasta, sauce, and salad. All are 6th graders at Jim Hill.
Occupational Therapist Assists Parkinson’s Patients with Program

The National Institute on Aging described Parkinson’s disease as a brain disorder “that leads to shaking, stiffness, and difficulty with walking, balance, and coordination.”

“From a therapy standpoint and what we see with patients, Parkinson’s is a neurological disease that can cause motor dysfunction,” explained Samantha Mead, OTR/L, an occupational therapist with Trinity Home Health.

Parkinson’s disease occurs when nerve cells in the area of the brain that controls movement become impaired or die. (The cause for this is still a mystery to scientists.) These cells normally produce dopamine; less dopamine causes the movement problems of Parkinson’s.

“With Parkinson’s disease, the main treatment right now is medication to raise the dopamine levels to change the movement,” Mead said.

According to the Michael J. Fox Foundation for Parkinson’s Research, Parkinson’s disease affects one in 100 people over the age of 60. “While the average age at onset is 60, some people are diagnosed at 40 or younger,” the foundation wrote on its website. (Michael J. Fox was diagnosed with Parkinson’s in 1990, at the age of 29, but did not disclose his condition to the public until 1998.)

“The majority of patients I have seen do fall within that 60 and above age range, but certainly it can happen earlier,” Mead said.

Signs and symptoms for Parkinson’s disease vary by the person, with early signs being mild or unnoticed, Mayo Clinic said. Symptoms, which often begin on one side of the body, include:

- Tremor in hands, arms, legs, jaw, or head.
- Rigid muscles.
- Impaired posture and balance.
- Slowed movement (bradykinesia).
- Loss of automatic movements.
- Posture may become stooped, or you may have a decreased ability to perform unconscious movements, including blinking, smiling, or swinging your arms when you walk.
- Speech changes. You may speak softly, quickly, slurred, or hesitate before talking. Your speech may be more of a monotone than with the usual inflections.
- Writing changes. It may become hard to write, and your writing may appear small.
- Impaired posture and balance. Your posture may become stooped, or you may have balance problems as a result of Parkinson’s disease.

Parkinson’s disease, can help patients use their body to regain functional movements.

Through the program, patients learn to make large exaggerated movements so that when that message goes from the brain to the feet or hands, the movement comes out a little bit more like before they were diagnosed with Parkinson’s, Mead said.

“It evens it out.”

The therapy is “an intense exercise program designed with functional movements that you do repetitively. It encourages large, but controlled movement. An occupational or physical therapist has hour-long sessions with a patient in their home.”

A “nice big stretch.” Daniel Depute, of Minot, does stretches with occupational therapist Samantha Mead in his southwest Minot home on May 9. Depute, who was diagnosed with Parkinson’s disease 10 years ago, recently completed LSVT BIG, a therapy program designed to help patients with Parkinson’s disease improve their functional movements.

Due to the high demand for this class, the course fee of $50 must be paid in advance. Please register by calling Trinity Health Community Education at 701-857-5099 and 701-857-5082.

During this one-day course, students listen, practice, role-play — and learn an array of topics including:

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

2019 Summer Class Schedule

- June 4
- June 19
- June 21
- July 9
- July 10
- July 16
- July 17
- July 30
- August 6
- August 7

Please call 701-857-5099 for more information. All classes are held 8:30 a.m.-3:30 p.m.

Health Center – Riverside, Education Center, 1900 8th Ave SE, Minot

Due to the high demand for this course, the course fee of $50 must be paid in advance. Please register by calling Trinity Health Community Education at 701-857-5099 and mail your check (payable to Trinity Health) to Trinity Health Community Education, P.O. Box 5020, Minot, ND 58702. Payment must be received in advance to confirm your participation in the course.

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

SAFE SITTER®

SAFE SITTER® teaches adolescents babysitters how to handle crises, how to keep their charges secure, and how to nurture and guide a young child. SAFE SITTER® babysitters help children stay safe and sound while their parents are away. In the process, these students 11 years old and older emerge as more confident, responsible, and compassionate teens and adults.
Trinity Health is pleased to announce the addition of Michael Gooden, MD, to Trinity Health Surgical Associates. Dr. Gooden is a board-certified vascular/endovascular surgeon with over 20 years of clinical experience. As a vascular surgeon, he is uniquely qualified to treat, by either open surgical or endovascular means, all aspects of peripheral vascular disease, including carotid stenosis, aortic aneurysms, lower or upper extremity peripheral artery disease, renal and mesenteric stenosis, nonhealing diabetic foot wounds, or dialysis access. This includes the most up-to-date techniques of carotid endarterectomy/stenting, open AAA repair/EVAR/TEVAR, peripheral artery bypass, or stenting/angioplasty. Originally from Iowa, Dr. Gooden grew up in Tucson, AZ. He served six years in the US Navy as a Hospital Corpsman, and was recalled for Desert Storm. He received both his Bachelor of Sciences in Molecular and Cellular Biology and MD degree at the University of Arizona. Following General Surgery residency at the University of New Mexico, Dr. Gooden completed a two-year Vascular Surgery Fellowship at Cleveland Clinic in 2004. He is a member of the American Medical Association and a fellow in the prestigious Society for Vascular Surgery. He has worked in a variety of settings over the years, including private practice, academic surgery, and with the VA health care system. “I enjoy working closely with patients and their primary care doctors, treating vascular disease to improve people’s daily lives, preventing stroke and limb loss,” he said, adding that when not working, “I am spending all the time I can with my wife, Erin, and our son Colin, doing outdoor or school activities.” Trinity Health’s Surgical Associates is located in Health Center – West, 101 3rd Ave SW, Suite 201, Minot. To make an appointment, call 701-857-5764.

Michael Gooden, MD

Trinity Health Activities

Hands on Health
Students from area schools visited Trinity Health during the first week in May for the annual Hands on Health, where elementary school students learned about healthcare careers.

Doc Walk
Dr. Dawn Mattern leads the way as a group assembled at Oak Park for the annual Doc Walk on May 8.

DAISY and BEE Awards
Two associates were recently honored with awards for their customer service skills and dedication to their jobs.

Judy Hammer, an LPN with Family Practice at Health Center - Medical Arts, was recognized with the DAISY Award because she “has always been professional and makes sure as a patient that I am comfortable.” The nomination added: “She knows her stuff and surpasses many nurses in her abilities. She always follows through and often stays late just to make sure any issues we have are addressed. She has an awesome bedside manner. I would say she’s one of the best nurses I have ever encountered. One word describes her - amazing! I am thankful that she is my doctor’s main nurse. She helps calm me when my health is failing and makes sure I get in if I’m in really rough shape. I think Judy deserves all the accolades you can give her. Please give her a pat on the back on the from me.”

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.

Robbin Gardner, an office assistant for Family Medicine at Health Center – Medical Arts, was recognized with the BEE Award, as she is “an excellent office assistant who always greets patients with a smile and kind words.”

The nomination added: “She never lets anything bother her. What is especially noteworthy is her ability to remember people. It is always a pleasure to see her and know that she remembers who I am. She is truly deserving of the BEE award.”

To nominate a Trinity Health associate for the DAISY or BEE Award, visit: trinityhealth.org/patients-visitors/employee-award-programs.
The Trinity Health Foundation is proud to list the names of individuals, organizations, and businesses whose gifts were received from January 1, 2019, to April 30, 2020. These contributions illustrate a generous and growing community, striving to support the highest quality care to those we serve. We want to thank these contributors for their generous support of Trinity Health’s mission: “To excel at meeting the needs of the whole person through the provision of quality healthcare and health related services.” For more information on honoring on the following page, a link is provided through philanthropy giving. Contact Trinity Health Foundation at 701.857.6433.

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In memory of Steven Blake Pagon DeAnna Johnson

BUILDING HOPE TOURNAMENT
4 Bears Casino & Lodge
Alyce & George Killmer
In memory of Apple Klein
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In memory of Sheralee Estovld
DeAnn & Carol Lougheed

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Bonita & Terry
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June & Jim Hager
Robert & Pauline Bachmeier
In memory of Donna Berland
Robert & Paula Bachmeier

CANCER CARE COTTAGE
in memory of Allen Barnett
John & Cheryl Wallen
In memory of Don Johnstone
Steve & Phyllis Edsall

CANCER RESEARCH
In memory of Doris Nelson
Lynn & Judy Stevens
In memory of Jackie Stevens
Lynn & Judy Stevens

CARDIOPULMONARY
in memory of Donald Straitz
Anna Salvey
In memory of Donna Grilley
Richard Parrish

CHILDREN’S FUND
in memory of Helen Schon
Anna Salvey

COMMUNITY AMBULANCE SERVICE
in memory of Kathleen Erickson
Adeline & Roger Evans

COMPASSIONATE FRIENDS
in memory of Camdyn Traeger
Nedra Sluke
in memory of Tyler Jacob Steele
Shelby Steele

CANCER EXERCISE REHAB
Penny & Tim Chole

CANCELLOR CENTER
in memory of Rogerufe
Alyce Ann Lunde
In memory of Sharleen Knuth
De & Carol Lougheed

CANCER CENTRE PATIENT ASSISTANCE
Blue Cross Blue Shield – North Dakota State University Public Library Dakota Square Tesoro Prairie Property Management St. John’s Lutheran Church Community Health Foundation
In memory of Donna Fay Burt
Marshann Donahue
In memory of Pauline Holwegner
Dolly & Dowaon

COMMUNITY AMBULANCE SERVICE
in memory of John Dacterial
Alyce George
In memory of Larry Baumann
Allan & Shirley Klein

HOME HEALTH & HOSPICE
Darryl & Sharon Strube
St. John’s Lutheran Church
In memory of Arlene Hanson
George Hanson
In memory of Bernt Sontum
Faye Sharp

IN memory of Darrell Berndson
Clarence Berndson

in memory of David Larson
Larry Lee Gra & Louise Larson

in memory of Del Bangen
Archie & Elaine Kness
In memory of Donald Toegimson
Paul & Patty Brethusm

in memory of Donna Grilley
Arden & Carolyn Tandberg
Harlan Speklyt
Leoy & Yvonne Bursall
Oliene Hall

in memory of Doris Therese Girstrom
in memory of Duane Fugere
Diane Fugere

in memory of Elvin Kabanuk
Loss & Robert Ellis
in memory of Geraldine Frazier
Lorraine Thomas

in memory of Gerrie Olesen
Alyce & George Killmer
Verna Bowles
in memory of Gloria Heizelman
Gary Heizelman
Wanda Bjordahl

in memory of Irene Krunwade
Cathy & Kristian Knuston
The Family Irene Krunwade
in memory of Judith Kinsella
Judith Deweim

in memory of Ken Gorze
Nyla & Svend Sorensen
In memory of Loren Feener
Nyla & Svend Sorensen

in memory of Lydia Schneibel
Sharon Rollman

in memory of Marie Levadney
Joyce Luck
Olan & Mary Rovig

in memory of Mertie Kurtti
Karin Will

in memory of Peggy Keller
Sharon Johnson

in memory of Virgil Rude
Tim & Rita Axtman

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Landi Funk
Nathan & Buxie Rine
Michelle & David Phillips

in memory of Barbara Hayes
Kraeber Haverluck

MENTAL/BEHAVIORAL HEALTH
Friday Osuala, MD, &
Ifosea Ouma

NURSING SCHOLARSHIP ENDOWMENT
Alyce & George Killmer

Estelle Jelleberg
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Kenneth Hangan
Lilly Peterson
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Merle & Ethel Peterson
Patrick Raffey
Shelley & Shaye Semrau
Stanley & Lucille Rice, Jr.

in memory of Bernice Hawkins
Agnds Brandt
in memory of Cheryl Eshenf
terry Eshenf

in memory of Daniel Sluke
Nedra Sluke

in memory of Didmark Bohm
Dorothy Bohm

in memory of Geneveive Busktha
Brenda Knoss

in memory of gerrie Olesen
Brenda Loken
Carol & Rodney Walth

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Nicola & Dale Roed

in memory of Jeanette Johanson
Judith Deever

in memory of Kermit Westman
Ruby Westman

in memory of Marcella Schoch
Gregory Schoch

in memory of Zona Vick
Judith Deever

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in memory of Donald Scellan
Joann Tanberg

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in memory of Glenda Gilstad
Chuck Gilstad

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TRINITY HEALTH FOUNDATION FUND
Gregg Reagon, MD
Ruby Westman
Whaling Oil & Gas

in memory of Cheryl Eshenf
Terry Eshenf

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In Recognition and Thanks

Four associates from Trinity Health were recently honored with the Minot Area Chamber of Commerce’s Eagle Award for Excellence on May 14.

Kasey Ball, LPN, a nurse with the office of David Amsbury, DO in OGDYN, is being recognized for the excellent care she provided a patient in March. “I am currently 23 weeks pregnant and dealing with severe nausea and have been fighting off every virus my kindergarten-aged son has brought home – due to being run down and immune compromised,” the nominator wrote. After catching “the most recent virus,” she felt extremely dehydrated and miserable, even after a trip to the ER where I received IV fluids. Keri “…took me down to the Family Medicine clinic herself and found a nurse that had previously worked Labor and Delivery to monitor the baby with a doppler while they placed an IV and got another liter of fluids into me. She continued calling OB offices until she reached an OB to consult and determine what the best treatment would be.”

“I felt like she truly cared about my well-being, as well as my baby’s, and was not going to give up until I was cared for and feeling better,” she wrote. “She even called me at home that evening and the next day to check on me and make sure I was feeling well enough to stay hydrated and to make sure I was feeling fetal movement and didn’t have any other concerns.”

“I feel like she went above and beyond in her care for me and I think she needs some sort of recognition for her efforts.”

If you would like to nominate a Trinity Health associate for an Eagle Award, you can visit minotchamber.org/aboutchamberawards/.

In memory of Donald Tegrimson
Blanche & Leonard Schaan
Cynthia Tegrimson
Laurel & Gary Gilmartin
In memory of Gerrie Olsen
Rhonda & Joel Walter
In honor of Healthcare in all fields
Rodney Ingersoll
In memory of Ken Gorze
Rhonda & Joel Walter
In memory of Kermit Westman
Ruby Westman
In memory of Leo Juergens
Karla & Michael Paurus
Mary Juergens
Patricia & Maynard Anderson

TRINITY HOMES
In memory of Jeff Tanberg
Clara Sue & Gary Price
Rhonda & Joel Walter

VERHEY CRITICAL CARE ENDOWMENT
John & Nicole Kutch
In memory of Ella Bertsch
Jeffrey Verhey, MD, & Janelle Verhey

In memory of Gerrie Olsen
Jeffrey Verhey, MD, & Janelle Verhey
In honor of Jeffrey Verhey, MD, & Janelle Verhey
Heidi & Jamie Binder
In memory of Lydia Schnebel
Jeffrey Verhey, MD, & Janelle Verhey
In memory of Nadine Sukut Bloomquist
Tammy & Jeffrey Zola
In memory of Ruth Bryan
Jeffrey Verhey, MD, & Janelle Verhey
In memory of Walter Mertz
Jeffrey Verhey, MD, & Janelle Verhey

Free Varicose Vein Screening

Varicose veins are not always a cosmetic issue. The underlying cause of varicose veins and their symptoms – heavy, painful legs – can be treated with the Venefit procedure. This procedure is offered by members of Trinity Health’s network and is minimally invasive, with a fast and mild recovery, and is covered by most insurance plans.

A free varicose vein screening clinic will be held on July 2, from 12:30 to 4:30 p.m., at the Advanced Imaging Center, Town & Country Center, Minot. Heather Boyko, FNP-C, will be performing the screening. Call 701-857-3220 for an appointment. You can also visit trinityhealth.org/screenings for more information on our other health screenings.

Dorothy Hoff, LPN
Keri Weick, PA-C
Michael Holland, MD
Kasey Ball, LPN
Dorothy Hoff, LPN
Healthy Steak on the Grill

by Michelle Fundingsland, RD, LRD, outpatient dietitian

America’s favorite past time, healthy grilling, gets you out of the house, provides a social outlet and lets you cook without adding extra fat. You can grill anything from steak to vegetables to tofu. It’s not that hard, when weather starts to warm up you don’t have to heat up the house with the oven.

Steaks

Steakhouse steaks are higher quality steaks you might find in a restaurant. If you want to pick leaner cuts, choose tenderloin, top sirloin, porterhouse or T-bone, and a smaller size – as close to a 3-ounce cooked portion as possible. When cooking budget-friendly steaks at home, everyday steaks that are leaner choices include round or loin cuts such as the top round, eye of round, round tip, or tri-tip. These cuts may not be as tender as those from the rib or loin, but they can be grilled. They are better prepared with a marinade rather than a rub.

Rubs

Rubs can be applied to the surface of the beef cut just before cooking, or you can rub them in. Rubs are generally dry seasonings, such as garlic, onion, cumin, yellow squash, bell peppers, and new potatoes, are great for skewers. Mushrooms, onions, and cherry tomatoes are also popular. Grilling baskets are available at most retailers if you don’t want to bother with pointy sticks. Other ideas are cauliflower steaks, pineapple rings, and peach halves.

Marinades

A marinade is a seasoned liquid used to add flavor to the steak before cooking. It tenderizes, depending on its ingredients. Tenderizing marinades need a food acid, enzyme breaks down the muscle fiber and connective tissue of the steak. Flavor marinades only add flavor and do not tenderize. Most marinades only penetrate the meat about a quarter inch, so it’s best to use marinate with thinner cuts. Use a heavy plastic bag or glass dish to marinate in. Aluminum pans can react to the salt and acids. Allow about 1/4 cup of liquid for each pound of beef. If you use a marinade for the meat, dry. Meat includes herbs, spices, and other dry seasonings. Paste-type rubs contain small amounts of wet ingredients. But remove a cup of marinade before you add the meat or your cooked food! You can remove a cup of bacteria from the used marinade to get on your cooked food. Don’t reuse marinades. You don’t want the bacteria from one food to get on your cooked food! You can remove a cup of the marinade before you add the meat or just make a new batch of marinade or sauce.

To minimize carcinogens, clean your grill, don’t let your meat char, use leaner meats (which means less flare-up), and use a marinade. Marinades don’t drip like barbecue sauces, usually they contain lots of herbs, which can offer more antioxidants.

Safety

Don’t forget about grilling safety; check your owner’s manual regarding the safety instructions. Never light a grill indoors, not even in the garage. Once you light up, do not leave your grill. Food safety is also important; keep your meat and cut vegetables under 40°F until you are ready to cook to prevent bacteria from growing. Keep plenty of ice in your ice chest or keep your meat in the refrigerator until you’re ready to grill. Cook everything fully. If you enjoy a rare steak, for beef steaks need to reach at least 145°F in the center, which is medium-rare doneness. Ground meats need to be cooked all the way through to 160°F, to kill any bacteria that may have been inside. When cooking, poke your thermometer into the thickest part of the steak. The interior color of the burger is not a 100 percent accurate indicator of doneness. It is suggested to cook until the pink color is gone, but some ground beef can reach 160°F and still have a slight pink tint. Using a thermometer will ensure not only safety, but also better eating quality as you don’t have to overcook the burger. Don’t reuse marinades or sauces. You don’t want the bacteria from one food to get in your cooked food! You can remove a cup of the marinade before you add the meat or just make a new batch of marinade or sauce.

Prepared Childbirth Classes

Learn about exercise and breathing techniques, labor/delivery, newborn care, newborn feedings, etc. Enrollment is limited. SATURDAYS: June 8, July 13, August 10, and September 14 from 9:00 to 4:30 p.m., in the Prepared Childbirth Classroom, Health Center – Riverside Education Center, 1900-8th Ave SE, Minot.

Mobile Mammogram Schedule

June 12.............................Trinity Community Clinic – Mohall, 756-6841
June 18..............................St. Luke’s Hospital – Crosby, 965-6349
June 25..............................Kenmare Community Hospital, 385-4296
June 26..............................Tioga Clinic, 664-3368

Breastfeeding Basics

Expectant mothers are invited to attend a formal group tour/Q&A session at Trinity Hospital’s Family Birth center. Enrollment is limited.

Family Birth Center Tours

Expectant mothers are invited to attend a formal tour group/education/Q&A session at Trinity Hospital’s Family Birth Center. This tour also3 allows every expectant mother to hear and use 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.

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