



PROUD TO BE A MEMBER OF THE MAYO CLINIC CARE NETWORK

RECIPIENT OF THE AHA'S STROKE GOLD PLUS QUALITY ACHIEVEMENT AWARD

## INSIDE THIS ISSUE

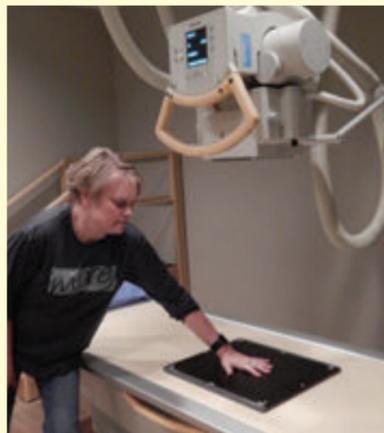
- Trinity Health Volunteers Recognized Hogs for the Heart Poker Run
- Trinity Health Welcomes Family Medicine Provider in Williston
- On Pins and Needles
- Car Seat Checkups
- Jim Hill Students Give Back
- Occupational Therapist assists Parkinson's Patients
- Safe Sitter
- Trinity Health Welcomes Vascular and Endovascular Surgeon
- Trinity Health Foundation Recognition and Thanks
- Trinity Health Associates Receive Eagle Awards
- Free Varicose Vein Screening
- Steak Grilling Tips
- Community Calendar

## 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.”



Heather Riely, BSRT(R)(M), RDMS, radiology supervisor with Trinity Community Clinic–Western Dakota, demonstrates how a hand x-ray would be taken with the wireless digital plate.

continued on page 3



## 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 others tell me they have been told they have sinus infections for years, but when you look at the imaging of the sinuses, there is not any disease. It starts debilitating their life. 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.

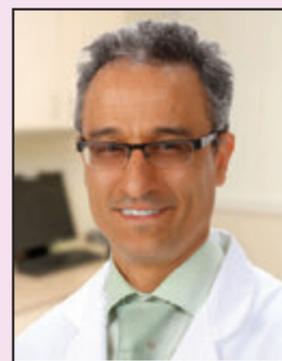
“Usually, people don't always recognize it,” Sadler said. “You have a prodrome, where you might not feel so well. Your mind doesn't think as clearly. Then, it will progress to ‘the headache is coming.’”

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



Bahram Nico, MD



Rosina Medel, MD



Mary Sadler, FNP-C

continued on page 2

## Trinity Health Volunteers Recognized



Volunteers with Trinity Hospital gathered at Health Center – Riverside on May 7 for a volunteer luncheon.

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, Athi Shergill, Jessica Shergill, Glenna Thomas, Ul Mag Safwan, and Helen Wald

**500 hours**  
David Bradley

**1,000 hours**  
Dorothy Mattson

**2,000 hours**  
Margaret Lafontaine

**3,000 hours**  
Edwinna Wallin

**4,000 hours**  
Elaine Kress, Lolly Rostad, Gorianne Scherr, and Carol Treckman

**5,000 hours**  
Evelyn Hildebrand

**7,000 hours**  
Ardy Painter

**8,000 hours**  
Brenda Beyer

**11,000 hours**  
Pearl Guinn

**20,000 hours**  
Margaret Hellebust and Bonnie Lillemon

At Trinity Health, volunteers can make a difference in many ways, whether it is through work done at Trinity Hospital, the CancerCare Center, or Trinity Hospice.

If you are interested in becoming a volunteer, call 701-857-5221.



## HOGS for the HEART POKER RUN

All Motor Vehicles Welcome

June 1, 2019

**Registration 9:00 a.m.**

**Helmets on 11:00 a.m.**

**Moose Lodge**

**\$10 per person**

**Prizes and BBQ at the Moose following the Ride**

**For more information call Sherry at 701-857-5221**

All proceeds go to support the Cardiac Program at Trinity Health.

**New Horizons  
Motorcycle Club**

Trinity Health Auxiliary  
**Healthy Hearts Club**

## Trinity Health Speaker's Bureau

Call Community Education at  
**701-857-5099**

to check for available dates and topics.

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

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 Pkwy, Williston. For appointments or consultations, please call 701-572-7711.

## Migraines

continued from page 1

and vomiting; blurred vision; or lightheadedness, 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 Expy W, Suite 303. For appointments or consultations, please call 701-857-5421.

## PRESCRIPTION REFILL

**B&B Northwest Pharmacy 701-838-2213**

**KeyCare Pharmacy 701-857-7900**



**HealthTalk**

Marketing Department  
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407 3rd Street SE  
Minot, ND 58701  
Toll free in ND: 800-247-1316

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trinityhealth.org  
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facebook.com/TrinityHealth.ND

## 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 tendonitis, 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 having. 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.



Sondra Hahn, PT, DPT, a physical therapist with Trinity Community Clinic – Velva, demonstrates dry needling.

## 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 whole-heartedly 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.



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](mailto:DR4U@trinityhealth.org).

# 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 1991, 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 and usually remain worse on that side, include:

- **Tremor in hands, arms, legs, jaw, or head.** A tremor, or shaking, usually begins in a limb, often your hand or fingers. You may rub your thumb and forefinger back-and-forth, known as a pull-rolling tremor. Your hand may tremor when it's at rest.
- **Slowed movement (bradykinesia).** Over time, Parkinson's disease may slow your movement, making simple tasks difficult and time-consuming. Your steps may become shorter when you walk. It may be difficult to get out of a chair. You may drag your feet as you try to walk.
- **Rigid muscles.** Muscle stiffness may occur in any part of your body. The stiff muscles can be painful and limit your range of motion.
- **Impaired posture and balance.** Your posture may become stooped, or you may



"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.

have balance problems as a result of Parkinson's disease.

- **Loss of automatic movements.** 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, slur, or hesitate before talking. Your speech may be more of a monotone rather than with the usual inflections.
- **Writing changes.** It may become hard to write, and your writing may appear small.

LSVT BIG, a physical therapy program designed for patients with 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, four times a week for four weeks. (While the program is frequently done in outpatient facilities, as a member of Trinity Home Health, Mead does the program with the patient in their home.)



Mead said she has seen "pretty dramatic results" with the patients she has worked with so far. This includes Daniel Depute, of Minot, who began his LSVT BIG training in April.

Four times a week, Mead traveled to his apartment in southwest Minot, where they would do the exercises on the linoleum of his kitchen floor. It started off with him seated in a chair, doing stretches.

"A nice big stretch," Mead said encouragingly.

By Depute's last therapy session with Mead in early May, he was leading her in the exercises. Depute, who was diagnosed with Parkinson's disease, had tried physical therapy before. However, LSVT BIG seemed to make an impact. His movements are better, and he has been doing "very good" since he began therapy, he said.

Trinity Home Health is based at Town & Country Center, Suite 306, 1015 S Broadway, Minot. For more information, call 701-857-5082.

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

## SAFESITTER

SafeSitter® teaches adolescent babysitters how to handle crises, how to keep their charges secure, and how to nurture and guide a young child. SafeSitter® 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.

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

- Choking 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 20
- 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 class, 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.

# Trinity Health Welcomes Vascular and Endovascular Surgeon

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,



Michael Gooden, MD

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.

## 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 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, an award for non-nursing clinical staff team members, 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 note-worthy 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](http://trinityhealth.org/patients-visitors/employee-award-programs).



Judy Hammer, LPN



Robbin Gardner



## Colonoscopies save lives.

Start with yours at [trinityhealth.org/screenings](http://trinityhealth.org/screenings).

Colon cancer is silent. When symptoms appear, it can often be too late. At Trinity Health, we're doing more to change that. We are leading the way by encouraging everyone over age 50 to have a screening. And one of the best is a colonoscopy, detecting and treating colon cancer when it's most curable. Preventing colon cancer is possible. Start at [trinityhealth.org/screenings](http://trinityhealth.org/screenings).

MAKING MORE POSSIBLE



# In Recognition and Thanks

The Trinity Health Foundation is proud to list the names of individuals, organizations, and businesses whose gifts were received from February 1, 2019, to April 30, 2019. These contributions illustrate a generous and caring community, striving to bring the highest quality care to those we serve. We want to thank these contributors for their generous support of Trinity Health’s mission: “To excel at meeting the needs of the whole person through the provision of quality healthcare and health related services.” For more information on honoring the memory of a loved one through philanthropic giving, contact Trinity Health Foundation at 701-857-5432.

## BIRTH CENTER

Living Word Lutheran Church

### In memory of Steven Blake Page

DeAnna Johnson

## BUILDING HOPE TOURNAMENT

4 Bears Casino & Lodge

Ackerman-Estvold

Al & Wynda Evon

Amanda Hussey

Ashley Murphy

Bonnie & Milton Rolle

Brady, Martz & Associates, P.C.

CHS SunPrairie

CliftonLarsonAllen, LLP

Dakota Square Tesoro

Darla & Chad Schweitzer

DeAnna Johnson

First International Bank & Trust

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I. Keating Furniture World

Joan Irwin

Kids in Motion Inc.

KMOT-TV

Kristi Streyle

Laurel Weigelt

Linda & Dan Schaefer

Lorelee & Roger Clay

Lori & Chris Hanson

Mall of America

Masana Portrait Artwork NYC

Midco

Minot Daily News

Minot Family YMCA

Minot Hockey Boosters

Minot Town & Country Investors

Nadene Johnson

Norsk Hostfest Association

Pat Buresh

People’s State Bank

Picaboo

Pringle & Herigstad, P.C.

Renae Gjellstad

Rockstar Real Estate Inc.

Roger & Michelle Tollefson

Roosevelt Park Zoo

Sammy Herslip

Scheels

Souris River Brewing

Souris Valley Sabre Dogs

Baseball

SRT Communications, Inc.

Stonebridge Farms of Minot

TEG Architects LLC

Theodore Roosevelt Medora

Foundation

Town & Country Credit Union

United Community Bank

Vaaler Insurance, Inc./HCIS

Verendrye Electric

Cooperative, Inc.

Walt Disney World

## CANCER EXERCISE REHAB

Penny & Tim Chole

## CANCERCARE CENTER

### In memory of Aggie Klein

Bonita & Paul Ferry

Jerome’s Collision Center

June & Jim Hager

Robert & Paula Bachmeier

### In memory of Donna Berland

Del & Carol Lougheed

### In memory of Georgia Larson

Steven Larson

### In memory of Gerrie Olesen

Carmen & Edgar Wheeling

Maynard Kuebler

Ruth Ann & Butch Rexine

Sherry & Gary Leslie

### In memory of Gloria Heizelman

Garry Heizelman

### In memory of Jan Ross

Ken & Janelle Herslip

### In memory of LaVerne Berg

Craig & Joanne Stein

### In memory of Marcella Schock

Gregory Schock

### In memory of Pam Uran

Del & Carol Lougheed

### In memory of Roger Lunde

Alyce Ann Lunde

### In memory of Sharleen Knuth

Del & Carol Lougheed

## CANCERCARE CENTER PATIENT ASSISTANCE

Blue Cross Blue Shield – Noridian

Bottineau County Public Library

Dakota Square Tesoro

Prairie Property Management

St. Joseph’s Community Health

Foundation

### In memory of Donna Faye Burt

Marshann Donahue

### In memory of

Pauline Holwegner

Dolly & David Gowan

## CANCERCARE COTTAGE

### In memory of Allen Barnett

John & Cheryl Wallen

### In memory of Dan Johnson

Steve & Phyllis Eidevik

### In memory of Doris Nelson

Lynn & Judy Stevens

### In memory of Jackie Stevens

Lynn & Judy Stevens

### In memory of Myles Lee

Lynn & Judy Stevens

### In memory of Rod Preskey

Lynn & Judy Stevens

### In memory of Mary & Lyle Lavachek

## CARDIOPULMONARY

### In memory of Donald Streitz

Anna Salvey

### In memory of Donna Grilley

Richard Parrish

### In memory of Helen Schon

Anna Salvey

## CHILDREN’S FUND

Boot Barn

Burlington – Des Lacs Elementary

School 5th Graders

Minot Park District

Starlight Children’s Foundation

## COMMUNITY AMBULANCE SERVICE

Tatman Township, Ward County

### In memory of Kenneth Erickson

Adeline & Roger Evans

## COMPASSIONATE FRIENDS

### In memory of Camdyn Traeger

Nedra Sluke

### In memory of Tyler Jacob Steele

Sheila Steele

## FUEL THE FIGHT

Candace Brekke

## GENEROSITY CARD

### In memory of Betty Renfandt

Albert & Helen Klein

## GOLF FOR LIFE TOURNAMENT

Braun Intertec Corporation

CliftonLarsonAllen, LLP

Denver Broncos Community

Development

First International Bank & Trust

First Western Bank & Trust

I.Keating Furniture World

Minot Daily News

Morelli’s Distributing, Inc.

Pringle & Herigstad, P.C.

Rockstar Real Estate, Inc.

Souris River Brewing

SRT Communications, Inc.

Stonebridge Farms of Minot

TEG Architects LLC

Vaaler Insurance, Inc./HCIS

## GUEST HOUSE

Coca-Cola Bottling Company

High Country

### In memory of Larry Baumann

Allan & Shirley Klein

## HOME HEALTH & HOSPICE

Darryl & Sharon Strube

St. John’s Lutheran Church

The Estate of Joan A. Kelly

### In memory of Arlene Hanson

George Hanson

### In memory of Bert Shomento

Faye Sharp

### In memory of Darrell Bernsdorf

Clarice Bernsdorf

### In memory of David Larson

Larry Lee Grain & Livestock

### In memory of Del Bangen

Archie & Elaine Kress

### In memory of Donald Togrimsen

Paul & Patty Bretheim

### In memory of Donna Grilley

Ardien & Carolyn Tandberg

Harlan Spokely

LeRoy & Yvonne Bursau

Oliene Hall

### In memory of Doris

Theresa Gruenberg

### In memory of Duaine Fugere

Diane Fugere

### In memory of Elvin Kabanuk

Lois & Robert Ellis

### In memory of Geraldine Frazier

Lorraine Thomas

### In memory of Gerrie Olesen

Alyce & George Killmer

Verna Bower

### In memory of Gloria Heizelman

Garry Heizelman

Wanda Bjordahl

### In memory of Irene Krumwiede

Cathy & Kristian Knutson

The Family of Irene Krumwiede

### In memory of Judith Kinsella

Judith Deaver

### In memory of Ken Gorze

Nyla & Svend Sorenson

### In memory of Loren Fenner

Nyla & Svend Sorenson

### In memory of Lydia Schneibel

Sharon Rollman

### In memory of Marie Levadney

Joyce Luck

Orlan & Mary Rovig

### In memory of Mertie Kurtti

Karin Will

### In memory of Peggy Keller

Sharon Johnson

### In memory of Virgil Rude

Tim & Rita Axtman

## KENMARE COMMUNITY HOSPITAL & CLINIC

Computershare Trust Company

of Canada

Petro-Hunt, L.L.C.

Sunoco Partners Marketing &

Terminals L.P.

The Leona M. and Harry B.

Helmsley Charitable Trust

## LOOK GOOD FEEL BETTER PROGRAM

Chandra Schaefer

Debbie Hanson

Landi Funke

Lisa Jundt

Michelle & David Phillips

### In memory of Barbara Hayes

Kristen Haverluck

## MENTAL/BEHAVIORAL HEALTH

Friday Osuala, MD, &

Ifeoma Osuala

## NURSING SCHOLARSHIP ENDOWMENT

Alyce & George Killmer

Estelle Jelleberg

Jackie Richardson

James & Carl Anderson

James Clute

Jim & Polly Abernathey

John Treshansky

Kathy & Gordon Stein

Kenneth Hansen

Lilly Peterson

Lucille Buelow

Marilyn Nermoe-Fischer

Merle & Ethel Peterson

Patrick Raffery

Shelley & Wayne Semrau

Stanley & Lucille Rice, Jr.

### In memory of Bernice Hawkins

Agnes Brandt

### In memory of Cheryl Eshenko

Terry Eshenko

### In memory of Daniel Sluke

Nedra Sluke

### In memory of Didrik Bohm

Dorothy Bohm

### In memory of

Geneveive Buschta

Brenda Lokken

### In memory of Gerrie Olesen

Brenda Lokken

Carol & Rodney Walth

Judy Myers

Nicola & Dale Roed

Sharon Rollman

### In honor of daughter, Patricia

Philip Degenstein

### In honor of

Hannah (Lewis) Dailey

# Trinity Health Associates Receive Eagle Awards

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

Kasey Ball, LPN, a nurse with the office of David Amsbury, DO in OG/BYN, is described as being "a godsend" by one particular patient.

"I have been struggling with reproductive health issues for years now and recently made the decision to get an IUD inserted," the nominator wrote. Kasey has "ALWAYS responded empathetically and helpfully" to the nominator's messages. "She never questions my problems, helps me get in to be seen in 24 hours or less, sends prescriptions, never makes me feel like I'm annoying (which I feel I am more often than not), and answers any and all questions I have without making me feel silly."

Kasey makes the patient feel comfortable, and even though they have only met a few times, "from her messages and helpfulness via Trinity's Patient Portal, I can vouch for her compassion for her job. Kasey is more than deserving of this award and I will forever be thankful she is a part of my wellness journey."

## Dorothy Hoff

Dorothy Hoff, LPN, a nurse with the office John Sheehan, MD in Family Medicine, is responsible for helping improve a patient's sense of hearing.

"My husband puts off going to the doctor," the nominator wrote. "He was having a lot of trouble with his ear, diminished hearing, and discomfort."

Despite his procrastination, he called to make an appointment and Dorothy asked him to stop in without an appointment, so she could take a look. The nominator, along with their great-niece, joined him and were welcomed into the room with him. As it turned out, his ear was completely impacted.

"She cleaned it out right then and there and let the three-year-old look in our ears, making her a part of all of it, too," she said. "Usually, she doesn't warm up to people, but she thought Dorothy was great! And so does my husband. He can hear again!"

## Michael Holland, MD

Michael Holland, MD, a pediatrician with Trinity Health, "On March 15, my



Kasey Ball, LPN



Dorothy Hoff, LPN



Michael Holland, MD



Keri Weick, PA-C

five-month-old baby was ill and I wanted to get him in to see Dr. Holland as he is our primary doctor. I called right at 7:30 a.m. and the receptionist said he is here now and will see you. So, we got to the clinic before 8 a.m. and he saw us immediately he did the duties the nurse typically does, such as weighing and doing vitals. He told me immediately what he suspected – RSV – but would test just in case."

The test came back negative, but Dr. Holland asked the parent to keep him updated over the next few days. She did, and her son seemed to be improving. However, 10 days after the appointment, her older son was showing similar symptoms and she brought both boys in to be checked out.

"Dr. Holland called for X-rays on my two year old and that showed pneumonia, so he gave them both the antibiotic as he suspected they probably both had it," she said. "Two days later, our five month old was breathing fast, so I called Dr. Holland to see if we should be concerned. Again, he told us to come on in and he would tell the receptionists we were on our way – no appointment needed. While there, he did an x-ray and a nebulizer treatment and came to the conclusion he definitely had pneumonia. He told us to keep doing what we're doing and he should improve."

"I know it is his job, but for him to get us right in – within an hour – two times in a two-week period without a scheduled appointment spoke volumes of him as the caring doctor he is," she added. "He has a true passion for helping and loves when he hears an update on one of his patients. That is another thing I appreciate about him. He always tells us to call and let him know how the boys are doing and thanks us for calling when we hang up."

## Keri Weick, PA-C

Keri Weick, PA-C, a Family Medicine provider, was 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/](http://minotchamber.org/aboutchamberawards/).



## 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](http://trinityhealth.org/screenings) for more information on our other health screenings.

## In Recognition and Thanks continued from page 6

### In memory of Donald Togrison

Blanche & Leonard Schaan  
Cynthia Togrison  
Laurie & Gary Gathman

### In memory of Gerrie Olesen

Rhonda & Joel Walter

### In Honor of Healthcare in all fields

Rodney Ingerson

### In memory of Ken Gorze

Rhonda & Joel Walter

### In memory of Kermit Westman

Ruby Westman

### In memory of Leo Juergens

Doris Gilles

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 Olesen

Jeffrey Verhey, MD, & Janelle Verhey

#### In Honor of Jeffrey Verhey, MD, & Janelle Verhey

Heidi & Jamie Bender

#### In memory of Lydia Schneibel

Jeffrey Verhey, MD, & Janelle Verhey

#### In memory of Nadine Sukut Bloomquist

Tammy & Jeffrey Zola

#### In memory of Ruth Bryans

Jeffrey Verhey, MD, & Janelle Verhey

#### In memory of Walter Mertz

Jeffrey Verhey, MD, & Janelle Verhey

# Healthy Steak on the Grill

By Michelle Fundingsland, RDN, LRD, outpatient dietitian

America's favorite past time, healthy grilling gets you out of the house, provides a social setting, and lets you cook without adding extra fat. You can grill anything from steak to vegetables to fruit. If that's not enough, 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 best prepared with a marinade and not overcooked.

## Marinades

A marinade is a seasoned liquid used to add flavor to beef steaks and may help tenderizing, depending on its ingredients. Tenderizing marinades need a food acid such as lemon juice or vinegar, or a natural enzyme found in ingredients such as fresh ginger or fresh pineapple. The acid or 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 them 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 marinade for each pound of beef. If you use a marinade for tenderizing, do so for six to 24 hours; any longer will result in a mushy texture. If you are marinating for flavor, do so for 15 minutes to two hours.

## Rubs

Seasoning blends applied to the surface of steaks before cooking are called rubs. They offer great flavor but do not tenderize the meat. Dry rubs include herbs, spices, and other dry seasonings. Paste-type rubs contain small amounts of wet ingredients

like oil, crushed garlic, or mustard. Rubs can be applied to the surface of the beef cut just before cooking, or in advance and refrigerated for several hours.

## Fruits and Vegetables

Grilling is not just for meat! Firmer fleshed vegetables, such as zucchini, 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.

## Safety

Don't forget about grilling safely; 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 safety, 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 meat. 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, and 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 the used marinade 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-ups), and use a marinade. Marinades don't drip like barbecue sauces, usually they contain lots of herbs, which can offer more antioxidants.

## Avoiding a tough steak

Do not over-cook, and be sure to match the cooking method to the cut of beef. Use grilling time tables for guidelines on how long it will take to grill a certain kind of steak depending on thickness. In general, all beef steaks will be more tender and juicy if cooked to medium-rare doneness. One last tip is to remove the steak about 5°F before the desired doneness, then let the steak "rest" in a warm place (tent with foil). The resting time will help keep the juices in the steak.

**Recipe for cauliflower steaks:** take one head of cauliflower, cut into 1-inch thick steaks from the center of a cauliflower head. Brush the steaks with olive oil, then grill about 5-6 minutes each side, until golden and tender. Top with your favorite sauce, vegetable, or other garnish.

(Recipe source: [www.beefitswhatsfordinner.com](http://www.beefitswhatsfordinner.com))

C O M M U N I T Y

# CALENDAR

For the latest updates, check online at [trinityhealth.org](http://trinityhealth.org)

## Events

**June 1** — The Trinity Health Auxiliary will host "Hogs for the Heart," a motorcycle poker run. Registration begins at 9:00 a.m. at the Moose Lodge (400-9th St SW, Minot) and helmets on at 11:00 a.m. The cost is \$10 per person, with all proceeds going to support the Cardiac Program at Trinity Health. For more information, call Sherry at 701-857-5221.

**June 5** — Erica Erck and Tami Peterson will be speaking about Cardiac Ready Community at the Safe Communities meeting.

**June 8** — The Minot Relay for Life will take place on Main Street, downtown Minot, from 3:00 to 11:00 p.m. Trinity Health is a proud sponsor of the Relay for Life event, which serves as a fundraiser for the American Cancer Society.

**June 11** — Amber Emerson, RN, with Safe Kids Minot, will be speaking about summer fun safety (including dehydration, preventing falls outside, and the importance of sunscreen) at The Wellington (601-24th Ave SW, Minot), at 2:00 p.m.

**June 12** — Erica Erck and Tami Peterson will be speaking about Cardiac Ready Community to the Optimist Club, at Parker Center (21-1st Ave SE, Minot) at 12:00 p.m.

**June 17** — The Trinity Health Foundation will host its 22nd annual Building Hope Women's Golf Tournament at the Souris Valley Golf Course (240-14th Ave SW, Minot). For more information, contact the Foundation office at 701-852-5432 or 701-852-2430.

**June 19** — 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.

**June 29** — Denise Roerick, LICSW, will present about Trinity Health's Behavioral Health services, at Magic City Equality's Pride in the Park, at Roosevelt Park, Minot, from 10 a.m. to 3 p.m.

## 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  
Trinity Community Clinic – New Town, 627-2990

June 26 .....Tioga Clinic, 664-3368

## 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**  
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

**June 13, July 11, August 8, September 12, and October 10**  
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](http://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.