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Visual Therapy for Stroke Patients



When one thinks about rehabilitation following a stroke, most people may think about the physical aspects, such as learning how to walk again. Or perhaps it is speech related, learning how to talk. While physical, occupational, and speech therapy are all important parts of post-stroke rehabilitation, Lucy Templer, PT, MPT, Trinity Health, offers something unique to the region: visual therapy.

“A variety of vision problems can occur following a stroke,” she said. “According to the American Stroke Association, up to two-thirds of people experience some changes to their vision after a stroke. If you have a vision loss after a stroke, it can make your return to daily activities much more challenging.”

Vision problems can improve over time, as the brain recovers, Templer noted. “It is important to have a thorough evaluation of the eye by an ophthalmologist to identify any damage which may have occurred to the eye itself.”

Vision is affected depending on where the stroke occurs in the brain. “Every stroke presents differently,” said Jerilyn Alexander, RN, Stroke/STEMI coordinator with Trinity Health. “Oftentimes, if it is in the area that controls vision

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Stroke Doesn’t Only Happen at an Older Age

Most often, people believe a stroke happens when you are older.

According to the American Stroke Association (ASA), the likelihood of having a stroke increases with age, although people under the age of 65, including babies and children, can also have a stroke. (The death of actor Luke Perry in early March from complications of a stroke at the age of 52 was a sobering reminder.)

The American Stroke Association reported a 44 percent rise in the number of young adults hospitalized due to stroke over the past decade.

A stroke occurs when the blood supply to part of the brain is interrupted or reduced, depriving brain tissue of oxygen and nutrients. Within minutes, brain cells begin to die.

Stroke is the fifth leading cause of death, as well as the leading cause of disability, in the United States. It kills 140,000 Americans each year, the Centers for Disease Control and Prevention (CDC) reported. Additionally, more than 795,000 Americans suffer a stroke annually. About 610,000 are first or new strokes; the rest, 185,000 – or one in four – have had a previous stroke.

Jerilyn Alexander, RN, Stroke/STEMI Coordinator with Trinity Health, said she has seen an increase in younger patients with stroke. So far, in 2019, the youngest patient that has presented at Trinity Health with a stroke was under 30 years old.

Between 2012 and 2018, the 46-65 age range has seen the largest increase, from 28 percent in 2012 to 34 percent in 2018. The 66-85 age range has also seen an increase, from 43 percent in 2012 to 48 percent in 2018. Ages 18-45 and



Jerilyn Alexander, RN

86-and-older have seen decreases, from 6 percent in 2012 to 4 percent in 2018, and 23 percent in 2012 to 13 percent in 2018, respectively.

“There are multiple varied reasons for the increase in the incidence in stroke in the younger population,” Alexander said. “We see it related to lifestyle, such as poor diet and inactivity. There is also an increase in the use of energy drinks which can cause a stroke, as well as illicit drug use. And we can also see strokes related to injuries.”

While a stroke has risk factors – such as age, family history, race, and gender – that can’t be controlled, there are some we can control:

- **High blood pressure** – Hypertension is the leading cause of stroke, the American Stroke Association said, and is the most significant controllable risk factor.
- **Smoking** – Nicotine and carbon monoxide, which is found in cigarettes, can damage the cardiovascular system, thus paving the way for a stroke, the ASA said.
- **Diabetes** – Diabetes mellitus is an independent risk factor for stroke.
- **Diet** – Diets high in saturated fat, trans fat, and cholesterol can raise blood cholesterol levels; diets high in sodium can increase blood pressure; diets with high calories can lead to obesity.
- **Physical inactivity**
- **Obesity**
- **High blood cholesterol**
- **Carotid artery disease**

Alexander noted the volume of stroke patients overall has increased, “but I think it’s related to people being more aware.” She said there is a catch-22: Patients are recognizing the signs and symptoms of a stroke and acting on them appropriately; unfortunately, at the same time, stroke is still happening.

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A Hearing Check is Recommended During May’s National Better Hearing Month

Americans impacted by hearing loss hits record numbers

May is National Better Hearing Month. To mark its importance, Trinity Health and the American Academy of Audiology are encouraging the public to make an appointment with an audiologist if they suspect hearing loss for themselves or their loved ones.

According to the National Institute on Deafness and other Communication Diseases (NIHCD), approximately 20 percent of American adults, aged 20 to 69, have some trouble with hearing, and approximately 28.8 million could benefit from the use of hearing aids. Among adults aged 70 and older with hearing loss who could benefit from hearing aids, fewer than one in three has ever used them.

As the baby boomer population ages, more Americans are forced to face hearing health challenges. Growing numbers of younger Americans (including millennials and GenX’ers) are also reporting hearing problems. The NIH NIDCD also states that five in 10 young people listen to music or other audio too loudly and that four in 10 young people are around “dangerously loud noise during events like concerts and sports games.” Occupational noise is another factor impacting hearing in people of all ages who work outdoors or in factories, fulfillment centers, etc.

“Technology has progressed extensively, and hearing aids are no longer the bulky contraptions of years past,” a statement from the Audiology department (which includes Jerrica Maxson, AuD; Tricia Nechodom, AuD; and their newest colleague, Kylie Harris, AuD, CCC-A.) said. They explained that hearing aid companies have stepped up to the plate to make “very cool” hearing aids for kids and young adults. “You can opt to buy hearing aids that are virtually undetectable, or you can buy them in a wide range of cool colors and styles. Many work with smart phones.”

“Audiologists are the experts in hearing health,” they added. “Hearing aids are not always the only or recommended solution,



which is why it’s important to see an audiologist to further determine the appropriate treatment.” Sometimes the cause is temporary or a symptom of another illness or disease. An audiologist will run various tests to determine the cause and will be able to recommend treatment.

Some signs of hearing loss may include:

- Suddenly having to turn up the volume of the television, radio, or stereo and having other family members complain that the volume is too loud
- Difficulty understanding people speaking to you and asking people to repeat themselves
- Difficulty with phone conversations and understanding the other person
- Sudden inability to hear the door bell, the dog barking, and other household sounds
- People telling you that you speak too loudly
- Ringing in the ears

School-aged children with hearing loss will sometimes exhibit poor school performance because they can’t understand the teacher assignments or classroom interactions. If hearing loss has been present from a young age, they often don’t recognize the loss and can’t identify the problem.

“Hearing loss is a problem with people of all ages,” they said. “If you or any of your family members experience difficulty in hearing, you should make an appointment with an audiologist.”

To make an appointment for a hearing test, call 701-857-5986. Trinity Health’s Audiology department is located in Health Center-West, 101-3rd Ave SW, Suite 203, Minot.

Trinity Health Welcomes Kylie Harris, AuD, CCC-A to Audiology Department

Trinity Health is pleased to announce the addition of Kylie Harris, AuD, CCC-A, to our team of audiologists. Her clinical interests include assessment of the vestibular system and extra vestibular (vision and somatosensory) systems, and the facilitation of treatment of vestibular disorders by collaborating with other team members.



Kylie Harris, AuD, CCC-A

Originally from Alabama, Kylie received her Bachelor of Arts in Communicative Disorders from the University of Alabama, Tuscaloosa, in 2010, and her Doctor of Audiology (4.0 GPA) from the University of South Alabama in 2015. She served as a fourth-year extern with Ear Nose and Throat Physicians of North Mississippi, in Tupelo, from 2014 to 2015. Her career in audiology began as a clinical audiologist with Otolaryngology Associates, Ltd., in North Columbus, Mississippi, later with University Health System – Shreveport, and most recently with Professional Hearing Services, in Minot.

Kylie is a member of the American Academy of Audiology and the American Speech Language Hearing Association. She is also professionally licensed with the Mississippi State Department of Health – Audiology, Louisiana Board of Examiners in Speech Pathology and Audiology, the North Dakota Board of Examiners for HIS, and the North Dakota State Board of Examiners-Audiology License.

Audiology offers a full range of services, including services related to the prevention of hearing loss and the audiologic identification, assessment, diagnosis, and treatment of persons with impairment of the auditory and vestibular function. Trinity Health’s Audiology department is located in Health Center–West, 101 3rd Ave SW, Suite 203, in Minot. For appointments or consultations, please call 701-857-5986.



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.

facebook.com/TrinityHealth.ND

Stroke continued from page 1

When it comes to recognizing the signs of a stroke, BE FAST:

- B – Balance:** Sudden changes in balance
- E – Eyes:** Sudden changes in vision, such as blurred vision or loss of vision
- F – Face:** Facial drooping
- A – Arm:** Can’t maintain arm elevation; starts to drift down
- S – Speech:** Slurred speech or difficulty getting the right words out
- T – Time:** Call 9-1-1

Alexander advises calling 9-1-1 and having the ambulance transport to the hospital, rather than driving yourself or having someone else drive you. “The ambulance can pre-notify the hospital and start medical treatment in the rig on the way to the hospital,” she said.



Trinity Hospital Gift Shop
Flowers and Gifts
701-857-5205

Exercise IS Medicine

By Dawn Mattern, MD

For years, I have written articles to celebrate May as “Exercise is Medicine Month.”

I’ve touted the benefits for exercise for the prevention and treatment of many diseases: hypertension, heart disease, cancer, diabetes, depression, and many more.

Well, it’s May ... Happy “Exercise is Medicine” Month.

A new study looked at almost 400 trials comparing exercise with medications for high blood pressure. Both endurance and resistance type exercise were studied, as well as many of the common different types of medications. The findings? Exercise was equally effective at lowering blood pressure as common medications.

Studies report that there is a relationship between physical activity and mental health—the more one is active, the better one’s mental health. In fact, 16 weeks of aerobic exercise training was comparable to standard medications for major depressive disorders.

Another study evaluated exercise against common medications for rehabilitation after stroke, treatment of heart failure, prevention of diabetes, and secondary prevention of heart disease. If someone has a heart attack,



Dawn Mattern, MD

standard therapy includes a cholesterol medicine, two types of blood pressure medications, and a type of blood thinner.

Exercise couldn’t do that, could it? Yes!

There was NO statistical difference in a patient who took the medications versus the one who only exercised. After a stroke, exercise was clearly better than medication therapy. Heart failure patients did better with medications, but lived longer if they exercised.

Exercise does not require a class or a gym. Walking is the most common “exercise” studied in these trials. Medications may have side effects. Medications may cost significant amounts of money. Walking? Not so much for side effects or cost.

Wednesday, May 8, is the Doc Walk at 6:30 p.m. at Oak Park. Come exercise with me.

Happy Exercise is BETTER than Medicine Month!

Dawn Mattern, MD, is board certified in Sports Medicine and oversees the Trinity Sports Medicine department. Exercise as medicine is among her clinical interests.



Dawn Mattern, MD, right, and Jeffrey Verhey, MD, second from right, help lead the group at the Doc Walk at Oak Park in 2018.

Doc Walk
Wednesday, May 8
6:30 p.m.
Oak Park

Trinity Health Speaker’s Bureau

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

Visual

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or affects nerves in the eyes, it can completely take away part of the visual field, where you actually have a cut in your visual field and see inward but not outward.”

Or, as Alexander noted, it can cause people to have vestibular function, where they would need gait stability exercises.

The most common visual problems after stroke are central or peripheral visual field loss, eye movement problems, visual processing problems, and visual neglect. Strokes can also affect the areas of the brain controlling balance and equilibrium, causing vertigo, dizziness, and difficulty with gait stability.

Possible visual problems post stroke may include:

- Blurred vision
- Double vision
- Difficulty with depth perception
- Loss of peripheral or central fields of vision
- Visual neglect of one side of the body
- Inability to move both eyes together
- Eyes wobble or move constantly (nystagmus)
- Light sensitivity
- Dry eyes
- Intolerance to high sensory environments (bright lights, loud noises, crowds)
- Dysequilibrium or vertigo with head or eye movement, risk of falls

After a thorough evaluation by a neurologist and ophthalmologist, physical therapy can be an important intervention in recovery.

“Exercises can be performed to strengthen eye movement and coordination, improve depth perception, and improve visual field awareness,” Templer said. “A comprehensive balance assessment is also performed to identify risk for falls. Exercises and activities will emphasize balance and equilibrium to improve movement patterns for greater stability.”

An ophthalmologist or optometrist may recommend prism lenses to help compensate for visual loss. A variety of computer programs are also available online to assist with training daily.

Vision loss can affect your safety and independence. Vision therapy can be an important part of your return to function after stroke. Be sure to consult your medical team to find the best path to your recovery.

Healthy Hearts Golf Scramble

Monday, May 20, 2019

Vardon Golf Club, Minot
Registration: 12:00 p.m.
Tee-Time: 1:00 p.m.

- \$450/team of 4
- 2 golf carts


Team Registration: call Sherry Maragos 701-857-5221 or register online at trinityhealth.org/heartgolf

Shoot a Hole-in-One for \$10,000 or other fabulous prizes!



A Fundraiser
“fore”
the Heart





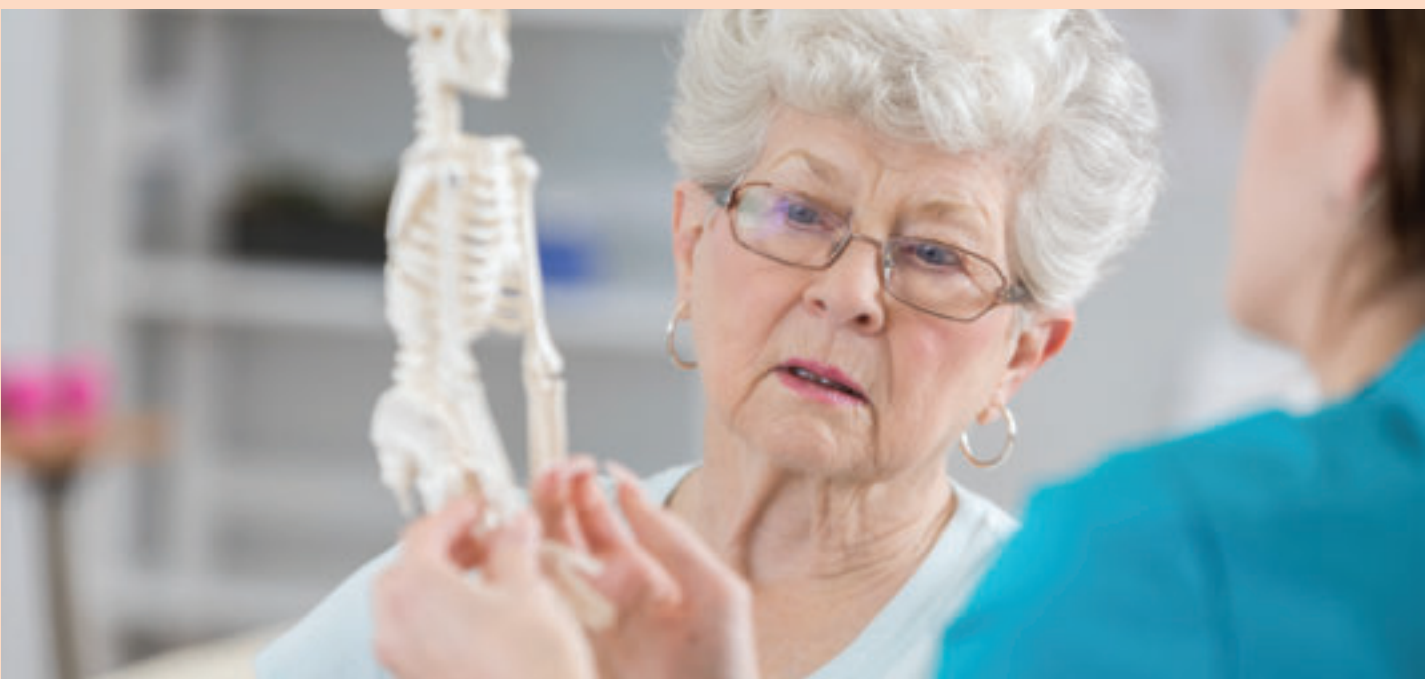
Paradiso Dine to Donate

The Trinity Health Auxiliary Healthy Hearts Club will have a Dine to Donate evening at Paradiso (1445 S Broadway, Minot), starting at 5:00 p.m. on May 7. This includes dine-in and dine-out orders. To participate in the event, you can get a wristband at the Trinity Hospital Gift Shop, located on the second floor at Trinity Hospital, or you can contact Sherry Maragos at 701-857-5221.

Catch Osteoporosis Early To Avoid Breakages

Osteoporosis is a bone disease that occurs when the body loses too much bone, makes too little bone, or both, the National Osteoporosis Foundation said on its website. “As a result, bones become weak and may break from a fall or, in serious cases, from sneezing or minor bumps.”

While bones should be strong and dense, a person with osteoporosis has bones that are porous. In short, they look like Swiss cheese or a honeycomb. These holes and spaces equal the lost density or mass, and as this occurs, they weaken and are more likely to break.



Osteoporosis is a “silent disease,” explained Lisa Brandt, ACNP-BC, with Trinity Health’s Rheumatology department. “You can’t feel osteoporosis. You don’t know it’s going on until you either get screened and the test tells you, or you fall and have a hip fracture.”



Erdal Diri, MD



Lisa Brandt, ACNP-BC

Appropriate screening is important because a fracture can be life-changing, Brandt said, noting that time for recovery, possibly with inpatient rehabilitation, as well as the pain and the process of recovering, can be “a pretty significant deal.”

It is recommended for women over the age of 65 – and men over the age of 70 – to be screened for osteoporosis, unless there is another known disease process or something else that makes the bones thinner, Brandt said. “We know that about one in three women and about one in five men over the age of 50 will have an osteoporosis-related fracture in their lifetime.”

The DEXA scan, which measures bone density, can let the provider and the patient know if the latter has a normal bone density level; osteopenia, where the bone density is thinner than normal; or osteoporosis, “the thinnest category,” Brandt said. When looking at a patient with osteopenia, she

noted that if the patient’s bones leaned toward being unhealthy, rather than healthy, “we would treat you as if you have osteoporosis.”

With osteopenia, which Brandt described as being “a gray zone,” there are other risks that can push the bone density level to osteoporosis levels, including smoking, heavy alcohol use, steroid use, a parent with a history of osteoporosis, or an inflammatory condition like rheumatoid arthritis.

“All of those different factors go into a calculation, the FRAX score,” she said. That will tell if a person is leaning toward the healthy side or the thin side, bone-wise.

Treatment options for osteoporosis vary, from shots to pills to IVs. Reclast, a once-a-year IV treatment, is unique to

Trinity’s Rheumatology department. There are also Fosamax®, a once-a-week pill, and Prolia®, an anti-absorptive shot. These stop the osteoclasts, the cells that tear at bone and make it weaker.

While it cannot repair damage that has already been done, it can prevent further damage, Brandt noted. “It works on stopping the bones from losing it faster than they normally would,” she said. “And in turn, it gives the cells that build up the bones a bit of a head start. You can see an increase in your bone density.”

Once a patient is diagnosed with osteoporosis and treatment starts, a further DEXA scan will be ordered two years after diagnosis, Brandt said. “That will give us an opportunity to compare the two to see how they improve. If they hold steady or improve, they’ll stay on that therapy. If it doesn’t, then we’d change.”

Trinity’s Rheumatology department, which includes Erdal Diri, MD, is located in Health Center-Medical Arts, 400 Burdick Expy E, Minot. For more information or to make an appointment, call Trinity Health’s Rheumatology department 701-857-7495. Depending on insurance, a patient would need a referral from their general healthcare provider.

Trinity Homes Staff Awards

For the first time, nurses at Trinity Homes have received the Sunflower Award and the DAISY Award.

On April 5, Tawny Quist, CNA, a nurse on 4 East, received the Sunflower Award, which recognizes the compassionate care and extraordinary services provided by CNAs every day.

“Tawny has absolutely gone up and beyond her job in helping us during my husband’s stay here,” the nomination form read. “She was the first person we met here, and she has done so many extras that she certainly wouldn’t have had to do. She’s a gem.”

Then, on April 15, Geri Albea, RN, a nurse on 3 East, received the DAISY Award, 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.

She “is very compassionate, and it shows in her work,” the nomination read. “She is the voice of residents that don’t have one. She doesn’t show favoritism and cares for everyone equally. She helps when it’s needed and is there when you need it the most. We need more people in the world like Geri. She makes my day so much better and I don’t know what we would do without her on 3 East.”

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.

Albea noted that the importance teamwork plays in nursing, and that without the help of her colleagues, she wouldn’t be as successful as she is.

If you would like to nominate a nurse for the DAISY or Sunflower award, visit: <https://www.trinityhealth.org/patients-visitors/employee-award-programs>.



Tawny Quist, CNA



Geri Albea, RN



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 it is covered by most insurance plans.

A free varicose vein screening clinic will be held on May 16, from 12:30 to 4:30 p.m., at the Advanced Imaging Center, Town & Country Center. Heather Boyko, FNP-C will be performing screening. Appointments are required; call 701-857-3220 for an appointment.



Heather Boyko, FNP-C

Celiac Disease: “Cheat Days” not an Option

By Kayla Cole, RDN, LRD

It's been two-and-a-half years since I was diagnosed with celiac disease. Sometimes I feel like a pro and sometimes I still struggle. Anyone with a chronic disease can probably relate to that feeling.

May is Celiac Disease Awareness Month. I have written articles on celiac disease in the past and explained what the disease is and how it affects people, but for this article, I wanted to share some newer research and resources that might help people like me who sometimes still struggle.

Before I get into some research and resources, I feel as though I have a duty to try and clear up some confusion that still exists about celiac disease. While some people with celiac disease live without any symptoms when gluten is ingested, many of us have symptoms that can last for weeks. This reaction can happen from the smallest contamination of gluten, such as putting a crouton on a salad and then removing it. Even if a person doesn't have symptoms or they are mild, serious damage is still being done to your body.

People with celiac disease should not "cheat and just have a little every once in a while." Not adhering to a gluten-free diet with celiac disease can lead to poor absorption of nutrients, anemia, infertility, and intestinal cancers, just to name a few. Even though many people try their best to adhere to a gluten free diet, sometimes symptoms still persist. For those with celiac disease, 30 percent still report symptoms while on a gluten free diet and miss an average of 23 school/work days annually due to celiac disease.

Some Good News

There is research happening on different drug therapies with the hope of



Kayla Cole, RDN, LRD

reducing the burden of living with celiac disease and improving long-term health outcomes. (To see a complete list, visit: <https://celiac.org/about-celiac-disease/future-therapies-for-celiac-disease/>).

For example, one drug therapy in development is Nexvax2®. ImmusanT is a clinical development-stage biotechnology company working on Nexvax2®, the only disease-modifying treatment in clinical development today that has the potential to enable celiac disease patients to return to a normal diet. Booster shots of Nexvax2® would offer periodic reinforcements of the treatment to establish a prolonged tolerance to gluten. ImmusanT plans to release Nexvax2® first to protect patients from inadvertent gluten exposure (e.g., cross-contact with gluten when dining out), followed by a vaccine that would allow patients to resume a diet containing gluten. <http://www.immusant.com/clinical-development/celiac-disease-programs.php>

Some Bad News

Results from a new study suggest that cell immunity in the bowel is irreversibly altered by celiac disease. Dr. Bana Jabri, study author from the University of Chicago, explained: “Chronic inflammation caused by gluten causes an immunological scar that results in the loss of intestinal resident immune (gamma delta T cell) subset that has an important role in tumor surveillance

and fighting against infection.”

This means that the damage caused by gluten results in the permanent loss of these beneficial immune cells in celiac patients. While a strict, gluten-free diet can alleviate many of the short-term symptoms of celiac disease, the diet alone is not enough to undo the permanent damage to the intestine.

Resources

Some people find apps like the Gluten Free Scanner very helpful to navigate shopping in the grocery store as label reading can be a daunting and confusing task.

Traveling and celiac disease don't always mix well, so using the Find Me Gluten Free app can be very helpful to search – by city for example – to see where other people have eaten, how they would rate their experience, and if they got sick after eating there.

Nima is a portable gluten tester. Nima's antibody-based chemistry was developed by MIT scientists to be faster, cheaper, and usable right at the dinner table. Nima is optimized to detect 20ppm of gluten which is the FDA standard for gluten free.

To learn more about celiac disease, visit the Celiac Disease Foundation website, www.celiac.org, or contact Kayla Cole, RDN, LRD, a clinical dietitian with Trinity Health at 701-857-5107 or kayla.cole@trinityhealth.org.

Sources:

- www.celiac.org
- www.nimasensor.com
- www.immusant.com




MyTrinity Health eConnect

Sign up for our online Patient Portal

- Access your health information
- Request appointments
- View your test results
- And more

To sign-up for MyTrinity Health eConnect, stop by any Trinity registration desk or your physician’s office. (ID verification required).

For more information call: 701-857-3103



MyChoice Health Checks

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 |
| Carotid Artery:..... | \$35 |
| 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.

Volunteers: Making the World A Brighter Place

Volunteers help make the world a brighter place, especially at Trinity Homes, where volunteers were honored on April 13, coinciding with National Volunteer Appreciation Week.

About 50 volunteers and their guests attended the ceremony, although this belied the strong involvement of about 100 individuals, as well as 31 groups, who devote time to helping residents and staff at Trinity Homes.

Wanda Maixner, director of activities at Trinity Homes, noted the appreciation Trinity Homes has toward its volunteers “for all the things you do to help us and the residents.”

“Volunteers may not have the time, but they have the heart,” she said.

Groups who volunteer include: Accordion Club, American Legion Post 26, Bethany Lutheran Church, fourth graders from Bishop Ryan School, Burdick Job Corp, CCL Kids Calvary Church, Christ Lutheran Church, Community Options, Dakota Boys and Girls Ranch, Eagles Wings Community Fellowship, First Lutheran Church, Flower Box, Frozen Fingers, Judy’s FunTime Band, Kalix Minot Vocational Workshop, Kiwanis, Magic City Square Dancers, McKinley School Kids Connection, Minot Antique Car Club/Tractor, Minot High Cross Road, New Town Eagle Feather Dancers, Norsk Hostfest, REM Day Program, Salvation Army, Shrine Circus and Clowns, Souris Valley Animal Shelter, St. John’s Parish Rosary, VFW Auxiliary Post 753, Vincent United Methodist Church, and Zion Lutheran Church Youth Group.



Wanda Maixner, activities director, and Lois Zahn, volunteer coordinator, both with Trinity Homes, stand with a volunteer during a volunteer recognition ceremony on April 10.

Teen Volunteers Sought

Trinity Homes is seeking teen volunteers (over the age of 12) to assist with tasks during the summer months, beginning on June 1 through mid-August. “They can help with activities such as escorting on outings and PT, playing cards and games, and visiting one-on-one,” Zahn said, noting that volunteers are “mostly just having fun with the different activities going on.”

Volunteers would be needed during two shifts in the day: 9:30 to 11:30 a.m., and 1:00 to 3:30 p.m. “They can pick their own hours,” Zahn added.

On average, teens have volunteered about 20 hours a week, or about four hours a day. “It gives the kids something to do, and they can get to know the seniors,” Zahn added.

If you are interested in volunteering at Trinity Homes, call Lois Zahn at 701-857-5959.



VISION
Galleria
Affiliated with Trinity Health

Glasses
Contacts
Frames

Plaza 16
2815 16th St SW, Minot, ND
701-857-7440

Trinity Health – Western Dakota
1321 W Dakota Pkwy, Williston, ND
701-774-8785

Vision Galleria
Minot

50% Off Frame Sale
Second Pair 40% Off
May 15-31

See Store for Details

Visit our website at trinityhealth.org

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



Safe Sitter® teaches adolescent 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.

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

2019 Summer Class Schedule is being finalized.
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 the Trinity Health Community Education Department at 701-857-5099 and then 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.

FirstCare
Walk-In Clinic

Monday-Friday 8:00 a.m.-8:00 p.m.
Weekends & Holidays 9:00 a.m.-5:00 p.m.
No Appointments Necessary
Health Center – Medical Arts, Minot

X-ray Technology to Expand in Kenmare

Trinity Kenmare Community Hospital was recently awarded a grant from the Leona M. and Harry B. Helmsley Charitable Trust to purchase advanced x-ray technology.

The hospital was one of 50 hospitals in North Dakota, Montana, South Dakota, Minnesota, Nebraska, Iowa, and Wyoming to receive more than \$14.2 million in grants to address outdated x-ray technology. Trinity Kenmare Community Hospital received a \$311,000 grant in early March, said Danielle Alsadon, clinic administrator at the hospital, adding the hospital was among 300 in seven states to apply for the grant.

“Technology has advanced so much, even over the last decade, that these grants, allowing for the purchase of advanced x-ray devices, will provide incredible benefits for medical workers and their patients for the foreseeable future,” explained Walter Panziner, a trustee with the Helmsley Charitable Trust, in a press release issued in late March.

With the grant, the hospital will go digital, an update to the current computerized radiology the hospital has. “Our images will be available to us immediately to be downloaded for the radiologist to read them,” said Sherry Melby, MLT, lab and radiology manager for the hospital. “It’s not like we use old film, as we currently have CR (computerized radiology), but our equipment is old, and this enables us to have all new equipment with DR (digital radiology) technology.”

The hospital will acquire not only a portable digital x-ray machine, but a machine for the radiology-fixed room.

Having digital radiology will enable the hospital to have higher quality images.



“It allows the providers to quickly determine health status,” Melby said. “For us, it gives us the opportunity to offer our patients in the community and outlying communities what they are offering at Trinity Hospital in Minot.”

The updated technology also has decreased radiation exposure and is “a huge increase in efficiency,” Melby added. “When we take the picture, the provider will be able to see right at the bedside,” as opposed to the old system, which required a technician to travel from the emergency room or bedside to the hospital’s basement, where the radiology room is, to develop the pictures.

Alsadon hopes the hospital will be equipped with digital x-rays by this summer.

The hospital sees about 100 patients each month that require x-rays. Melby noted that x-rays are commonly used because of injuries, acute conditions, upper respiratory infections, or trauma to patients.



“We wouldn’t have been able to do it financially without the grant,” Melby said. “I think it’s a great thing that we’re going to have the most updated technology in a small town. Danielle Alsadon was instrumental in getting this grant for us. She deserves a lot of credit and worked hard on writing the grant.”

From this, the technology will offer “good quality images to the people that we serve,” she added. “This is exciting for us.”

Annual Golf Tournaments Benefit CancerCare Center Patients

The Trinity Health Foundation will host its 22nd annual Building Hope Women’s Golf Tournament on Monday, June 17, 2019. Along with the 7th Annual Golf for Life Men’s Golf Tournament, which will be held Monday, August 19, 2019, the Building Hope Women’s Golf Tournament helps to generate funds to improve the lives of Trinity Health CancerCare Center patients.

In 2018, the total income generated by the tournaments was more than \$77,000. In addition to providing direct financial support to those battling cancer, the CancerCare Patient Assistance Fund provides patients with in-kind gifts, such as gas cards, wigs, fuel vouchers, and compression garments. Whether it is participating as a golfer, becoming a sponsor, making a donation to the CancerCare Patient Assistance Fund, or providing a prize that can be used at the event, we invite you to be a part of this annual tradition to help provide assistance for local cancer patients.

However you choose to help, you make a definite and immediate impact! Trinity Health Foundation greatly appreciates your support.

The following businesses are sponsors of the Building Hope Women’s Golf Tournament and/or the Golf for Life Men’s Tournament:

First International Bank & Trust – T-shirt sponsor for both

CliftonLarsonAllen – Water Bottle sponsor for both

Paradiso Mexican Restaurant – Towel sponsor for Building Hope

Dickey’s Barbecue Pit – Towel sponsor for Golf for Life

Minot Town & Country Investors – Bag Tag sponsor for Building Hope

Midco – Green & Tee sponsor for Building Hope

Morelli’s Distributing, Inc. – Green & Tee sponsor for Golf for Life

Vaaler Insurance/HCIS & Covery’s – Green & Tee sponsor for both

Ackerman-Estvold – Fairway sponsor for Building Hope

Braun Intertec Corporation – Fairway sponsor for Golf for Life

First Western Insurance – Fairway sponsor for both

Jerry’s Repair & Alignment – Fairway sponsor for both

Pringle & Herigstad, P.C. – Fairway sponsor for both

Rockstar Real Estate Inc. – Fairway sponsor for both

SRT – Fairway sponsor for both

TEG Architects – Fairway sponsor for both

Minot Daily News – Birdie sponsor for both

Stonebridge Farms of Minot – Birdie sponsor for both

Speciality sponsorships, such as the range ball, golf tee, and hat, are due to the Foundation by May 20 (for Building Hope) or July 29 (for Golf for Life).

For more information, or if you have any questions, feel free to contact the Foundation Office at 701-852-5432 or 701-857-2430, or e-mail at albert.evon@trinityhealth.org or cody.mcmanigal@trinityhealth.org.

| Description | Both Events | Building Hope Only | Golf for Life Only |
|--------------|-------------|--------------------|--------------------|
| T-Shirt | \$7,000 | \$3,750 | \$3,750 |
| Hat | \$6,000 | \$3,250 | \$3,250 |
| Water Bottle | \$5,000 | \$2,750 | \$2,750 |
| Towel | \$5,000 | \$2,750 | \$2,750 |
| Range Ball | \$4,000 | \$2,250 | \$2,250 |
| Bag Tag | \$3,000 | \$1,750 | \$1,750 |
| Golf Tee | \$3,000 | \$1,750 | \$1,750 |
| Green & Tee | \$2,500 | \$1,500 | \$1,500 |
| Fairway | \$1,500 | \$1,000 | \$1,000 |
| Birdie | \$1,000 | \$750 | \$750 |



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Trinity Welcomes Stephanie Garcia to CancerCare Center Team

Trinity Health is pleased to announce the addition of Stephanie Garcia, ANP-BC, to our oncology/hematology team at Trinity Health CancerCare Center.

Working in collaboration with other providers, she offers care and support to patients undergoing medical oncology and hematology treatments, with services ranging from patient education to follow-up care and symptom management.

Originally from Greensboro, NC, Garcia earned an Associate of Science Degree in Nursing and practiced in hospital settings in Florida. She moved to Germany with her husband, who was under active duty military orders, and while stationed there completed both her Bachelor of Science in Nursing through Chamberlain College of Nursing in St. Louis and her Master of Science in Nursing through the University of Cincinnati.

She has worked as an internal medicine and pulmonary nurse practitioner in the United Kingdom and North Carolina respectively. Since 2016 she has served as a primary care practitioner at the Fargo VA’s Community Based Outpatient Clinic in Minot. She is a member of the American Association of Nurse Practitioners, the North Dakota Nurse Practitioner Association, and the Oncology Nursing Society.

The Trinity Health CancerCare Center is located at 831 S Broadway, Suite 113, in Minot. She can be reached at 701-857-3535.



Stephanie Garcia, ANP-BCD



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Trinity Health Associates Receive Eagle Awards

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

Shereen Vanatta, an account representative, and **Kayla Otto**, a financial counselor, both with Trinity Health’s Business Office, were nominated for being “very helpful and professional” in helping a patient fill out an insurance form.

Taaz Allen, chief paramedic with Community Ambulance Services, “goes above and beyond every day for her patients,” the nomination form read. The nominator was “so grateful to have her in our community. She is an amazing influence in bad situations.”

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



Shereen Vanatta



Kayla Otto



Taaz Allen

C O M M U N I T Y

CALENDAR

For the latest updates, check online at trinityhealth.org

Events

May 2-3 – Providers from Trinity Health will present at the 41st Annual NDAPA Primary Care Seminar, in Fargo. Dawn Mattern, MD, Sports Medicine, will present on Sports Medicine and Musculoskeletal Secrets, and David Billings, MD, OB/GYN, will present on Obstetrical Emergencies.

May 8 – Dawn Mattern, MD, Sports Medicine, will lead the Doc Walk at Oak Park, Minot, beginning at 6:30 p.m.

May 11 – “Bends, Brunch, and Bubbly,” a yoga, brunch, and mimosa tasting, will take place at Elevation, 1912 Valley Bluffs Drive, Minot, at 8:30 a.m. Tanya Gillen, CPT, will provide a one hour yoga session. (Mats are provided.) The cost is \$30. Call 857-5221 to reserve your spot.

May 13 – Heidi Bender, DNP, FNP-C, with Trinity Health’s Pulmonology department, will present on asthma at Health Center–Riverside, 1900-8th Ave SE, Minot, from 6:30 to 8:00 p.m.

May 14 – Kayla Cole, RDN, LRD, Clinical Dietitian, will present about diabetes and nutrition at Edgewood Vista, 800-16th Ave SE, Minot, at 2:00 p.m.

May 14 – Join a clinical dietitian as they host a Grocery Store Tour at the original MarketPlace Foods, 1930 S Broadway, at 7:00 p.m. The topic is Celiac Disease and Gluten Intolerance. Space is limited, so please RSVP by calling 701-857-5268.

May 14 – Trinity Health will have several educational booths at Salute to Seniors from 9:00 a.m.-3:00 p.m. in the Minot Auditorium. Booths include: Trinity Homes, Home Health & Hospice, Trinity Regional Eyecare, stroke education and free blood pressure checks, and KeyCare Medical.

May 15 – The Stroke Support Group will meet at Health Center – Riverside, 1900-8th Ave SE, Minot, at 7:00 p.m. The support group meets the third Wednesday of each month. For more information, call Jerilyn Alexander, RN, Stroke/STEMI coordinator, at 701-857-2449.

May 21 – Keys to Diabetes Success will be held in the Trinity Health Community Conference Room, located at Town & Country Center, 1015 S Broadway, Minot, at 5:30 p.m. The topic will be caregivers support.

May 24 – Safe Kids Minot will have a display at Kids Safety Day at Fort Stevenson State Park, 1252A-41st Ave NW, Garrison.

Mobile Mammogram Schedule

May 15Northland Community Health Center –Rolette, 246-3391

May 16Tioga Clinic, 664-3368

May 21.....CHI Clinic – Devils Lake, 662-8662

May 22Trinity Community Clinic – Garrison, 463-2626

Northland Community Health Center – Turtle Lake, 448-9225

Prepared Childbirth Classes

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

SATURDAYS: May 11, 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

May 9, June 13, July 11, August 8, and September 12

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.