



PROUD TO BE A MEMBER OF THE MAYO CLINIC CARE NETWORK

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

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Pain Center Can Help Ease Back/Leg Pain

Feeling pain can be ... well, a pain.

Just ask Bryon Peterson of Minot, who had been suffering back pain for the past year – that is, until he sought pain management intervention through Trinity Health’s Pain Center.

Peterson injured his back last year when he tried to pick up his jet-ski lift out of the water, overextending his back. He had been in pain for the past year.

“I had such a bad pain; it was going down both of my legs,” he said.

In fact, Peterson was about to undergo surgery to help relieve his pain but his “blood pressure went crazy,” leading to a stent.

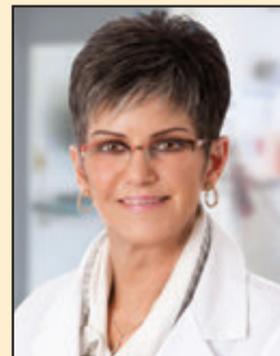
While taking his wife to the Trinity Health Pain Center for her ablation treatment, he took notice of the procedure, which temporarily blocks nerve pain. “I thought, ‘You know, we’ll give it a whirl and see what they say,’” he said.

Whether it is chronic pain or pain that persists months after the healing process has ended, Trinity Health’s Pain Center can help. The Pain Center includes Michael Templer, MD, who is board-certified in anesthesiology and pain management, and Darcy Christianson, PA-C. They work with patients to find treatment methods that restore the patient’s quality of life. Dr. Templer is an expert in treating pain with interventional procedures.

In April 2019, Peterson met with Christianson, who recommended ablation treatment and scheduled him with Dr. Templer. “They do trial blocks to see if it works – if you feel better – before they go in and do the actual procedure,” Peterson said. “Once you determine it helped, they go ahead and do the actual ablation, which takes a little longer, but it can last six months to a year.”



Michael Templer, MD



Darcy Christianson, PA-C

In addition to nerve blocks, such as the ablation that Peterson had, the Pain Center uses a multimodality approach, using interventional procedures, non-opioid medications, physical therapy and home exercise, and occasional spinal cord stimulation, to name a few.

Patients seen at Trinity Health’s Pain Center can range in age from 20 to 90; younger patients tend to have work- or accident-related pain, while older patients face degenerative changes and arthritis. The types of problems can range from herniated discs, sciatica, arthritis, SI joint pain, and spinal stenosis.

“Those are the majority of what we see,” Christianson said.

The treatments for these problems are not always a cure but, like the department’s name suggests, help manage the pain.

“Occasionally, patients get long-term relief with one injection, but the injections can be repeated periodically, if needed,” Christianson said.

Following his procedure, Peterson had an appointment at the Pain Center every two weeks to determine if the ablation was working. If it wasn’t, they would do something different, he said. “They’re ready to make changes if you tell them it’s not working.”

Fortunately, for Peterson, it did work.

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Pictured from left are: officials Larry Brooks, Dean of Academic and Student Services; Dawn Romfo, Director of Nursing; and Dr. Jerry Migler, Campus Dean, all Dakota College at Bottineau; and Karen Zimmerman, Chief Nursing Officer and Vice President of Patient Care; and Randy Schwan, Vice President of Mission Integration, both representatives of Trinity Health.

Trinity Health Honored for Support of Nursing Education

The North Dakota Association for Career and Technical Education (NDACTE) has recognized Trinity Health for its support of nursing education in the region.

NDACTE presented Trinity Health with its Impact Award – an honor given annually to businesses and individuals that have had a positive impact on career and technical education programs in North Dakota.

Submitting the nomination was Dakota College at Bottineau (DCB), which praised Trinity Health’s leadership in providing classroom facilities and other support to DCB when the college assumed management of practical nursing and associate degree nursing programs in Minot in 2015. A year later, when the program needed to expand, Trinity Health came through with additional space.

“Not only did Trinity Health offer the college use of recently vacated space, its Facilities Management staff remodeled the space into mock surgery

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Spreading Cheer One Pillow at a Time

Rhonda Zimny of Lansford will never forget the year she began sewing pillows. It was 2013, and three of her family members were diagnosed with cancer – all within a six-month period.

“Something stirred in me,” Rhonda said. “Sewing pillows was something I could do to add a little comfort to their treatment sessions.”

Thus, began Pillows for Patients, a venture that’s become a life mission for Rhonda.

“The truth is – I really believe the Holy Spirit has had a hand in this,” she said. “I think it’s God’s will that I do this, which is why it has become such a passion.”

Pillows for Patients provides free travel-size pillows to cancer patients and others dealing with an illness. Each pillow is covered by a customized pillow case that Rhonda sews, incorporating a multitude of themes, materials, and patterns. Her aim is to tailor the pillow to the patient.

“Somebody will call me who knows I do this and say, ‘Can you make a pillow for so-and-so?’ And I’ll ask, ‘What is the person like – what are they interested in?’”

Her final step in creating the pillows is to pray over each one, which gives them an added dimension of depth and significance.

Patients at the Trinity Health CancerCare Center are some of her regular beneficiaries, but her pillows have found their way to Mayo Clinic and East Grand Forks. Her daughter, a pharmacist at Heart of America Medical Center in Rugby, has also commissioned pillows for patient use.

Rhonda isn’t sure how many pillows she has created in the six years she’s been sewing them.

“I know it’s over a thousand; I’m still working on it,” she said.



Surrounded by a sea of pillows, Rhonda Zimny of Lansford and Trinity Health CancerCare Director Shane Jordan celebrate Rhonda’s “Pillows for Patients” venture, which has brought comfort and healing to the Center’s patients for the past six years.

Because the pillows are free, she supports her project with her own resources, which she doesn’t mind. She was fortunate to receive some grant money early on, for which she was grateful. But accepting a grant meant having to sew a set number of pillows, and Rhonda prefers to sew at her own pace. Now, the only support she receives is from Kmart, which still gives her a discount on pillow and cloth purchases.

Luckily, her family is supportive of her passion. “They’re funny; they encourage me. In fact, my husband asked, ‘Why don’t you let me help you sew?’ Before my father passed away, he was trying to recruit people to sew.

While most of her satisfaction comes from imagining the pillows accompanying

patients as they travel to Mayo Clinic or make life more comfortable for patients at Trinity Health’s CancerCare Center, she occasionally receives feedback, like this text from a patient:

“I am so thankful to have received the Prayer Pillow. It has been a blessing thru radiation treatment and now with the healing

afterward....I feel God was able to comfort me thru this pillow.”

Messages like that reaffirm her belief that something greater is afoot with her creations than simply pillow power.

It’s a good bet that as long as Rhonda can sew she’ll continue creating pillows. “As I said, it’s because this is what The Lord wanted me to do. I really feel blessed by it, and North Dakota has long winters,” she laughed.

Doing more to treat hand and wrist pain.

The hand and wrist surgeons at Trinity Health specialize in treating most hand and wrist issues and injuries. We offer the latest therapies and minimally invasive techniques to eliminate pain and speed healing — helping you regain function and strength. Together, we put more possibilities at your fingertips.

For a physician referral, call **701-857-7301**. Or visit trinityhealth.org/handandwrist.

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- Sports injuries



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Construction

Go to
trinityhealth.org
and click on
the link.

Pain continued from page 1

“They did a fantastic job, I’m very impressed,” he said, adding that the Pain Center staff “are my new best friends.”

“My back is almost 100 percent,” he added. “I still have to work on my therapy to make sure I’m exercising my back properly, but the pain is gone. I can actually walk upright.”

What Peterson liked about the procedure was that it did not include surgery, which could lead to a long recovery time; with this procedure, the nerve endings are burned, leading to a quicker recovery.

Should he begin to feel pain after the six months-to-a-year period, Peterson said he will go in “when the pain becomes so bad I can’t stand anymore.”

Peterson has nothing but good things to say about the Pain Center.

“They treat you like you are the only patient they have, from Sierra and Sara at the front desk back to Dr. Templer,” he said. “The nurses in between, the x-ray guy, everybody. They’re all super people and they all really want to help you.”

Peterson added that more people should know about the Pain Center. “I think that’s half the problem, that people don’t understand what the Pain Center is for,” he said. “Surgery is a big step, and if you can do something without surgery that does the same thing, it may be a better option for people.”

The Trinity Health Pain Center, located at Trinity Health South Ridge, 1500 24th Ave SW, Ste 101, Minot, is referral-based; if you feel you need pain management, please speak with your healthcare provider. For questions about services available at the Pain Center, please 701-857-5150.



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.

Trinity Health
Speaker’s Bureau

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



HealthTalk

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Trinity Hospital – St. Joseph’s
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Minot, ND 58701
Toll free in ND: 800-247-1316

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Scholarships Available for Nursing Students

The application period for the Trinity Health Foundation's Nursing Scholarship Program is now open.

Applications for the scholarship, which will help fund up to 10 scholarships (for at least \$3,000 each) for nursing students, runs through November 1, 2019.

The scholarship is open to new nursing students or Trinity Health employees who are looking to continue their education. Students must have received an acceptance to an accredited nursing program to be eligible, said Al Evon, director of the Trinity Health Foundation.

Under the scholarship program, there is no obligation of employment with Trinity Health.

The names of the recipients of the scholarship will be announced in December 2019.

The Trinity Health Foundation responded to the nursing shortage in the nation, especially with the Bureau of Labor Statistics' estimation of a shortage of more than one million nurses by 2024. It revised and expanded its Nursing Scholarship Program to limit the adverse effects the nursing shortage would have on the quality of care patients received in the region Trinity Health serves.

In the past three years, the Foundation has awarded 29 scholarships, totaling \$96,000, to deserving students.



Currently, the Foundation is matching funds in the Scholarship fund, thanks to a \$75,000 matching gift.

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

If you are interested in applying for the Trinity Health Foundation's Nursing Scholarship Program, contact the Foundation office at 701-857-5432 or 701-857-2430.

If you are interested in making a gift toward the Nursing Scholarship Fund, you can:

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

**Visit our website
at trinityhealth.org**

Nursing Education

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rooms, pediatric rooms, a trauma bay, an emergency room, an OB suite, and an interactive classroom," said Jerry Migler, DCB Campus Dean. "In the process, they made it an exemplary facility for nursing education."

Assigning a dollar figure to its support from Trinity Health, college officials put it in the area of six figures. "When you factor in other types of in-kind assistance such as phone service, facilities support, basic IT support, and the use of other space on an as-needed basis – we believe that the contribution of Trinity Health's facilities for the DCB nursing programs approaches \$100,000 per year," Migler said.

He also cited Trinity Health's "Nursing for the Future" initiative – a partnership between Trinity Health, Minot State University, and Dakota College of Bottineau. As part of that collaboration DCB will receive \$500,000 over a five-year period. In addition, Trinity Health Foundation has made its Nursing Scholarship Program available to DCB associate degree nursing students. "The bottom line is that about 30 new practical nursing and associate degree nurses are now graduating every year to help address the significant need for nurses in the Minot area," Migler added.

Karen Zimmerman, Chief Nursing Officer and Vice President of Patient Care, accepted the award for Trinity Health. "I am truly honored to accept this award in celebration of our partnership, which has been so successful in meeting the demand for nurses in our region," Zimmerman said. "There is no better feeling than when a DCB graduate applies to Trinity Health for one of our nursing positions and becomes a part of our team. Your success is our success."

Trinity Health and Northrop Grumman were both selected to receive an Impact Award for Business/Education Partnership. The presentation was made at NDACTE's Career and Technical Education Professional Development Conference August 6 in Bismarck.

Colonoscopies save lives.

Start with yours at 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.

MAKING MORE POSSIBLE



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Well Woman Visits Help with Early Detection

How important are Well Woman exams? Consider that these annual examinations of a woman's health can help detect gynecological cancer early.

Gynecological cancer is an umbrella term for cancers of the female reproductive organs, which include the cervix, ovaries, uterus, vagina, and vulva (as well as the fallopian tubes, in which cancer is very rare).

Symptoms can vary per person, and each form of gynecological cancer has its own signs and symptoms. However, the most common symptom is abnormal vaginal bleeding or discharge.

"We ask patients to come in for their exam yearly," said David Billings, MD, an Ob-Gyn with Trinity Health.

In addition to the physical exam, a wellness visit gives the patient the chance to discuss any questions or concerns they may have, especially if they include potential symptoms which could "help us discover cancer," Dr. Billings said. The presence of symptoms, such as irregular bleeding (especially if post-menopausal) or a persistent itch that doesn't go away with medicine, can lead to an Ob-Gyn looking further into it. This might include the collection of biopsies for pre-cancerous or cancerous lesions, he added.

Uterine cancer, which is cancer of the uterus, is the most common gynecological cancer that Dr. Billings sees in his office. In 2019, the American Cancer Society estimated that about 61,880 new cases of uterine cancer would be diagnosed, with roughly 12,160 women potentially dying from it.

A specific form of uterine cancer, cervical cancer is the third most common gynecologic cancer. About 13,170 new cases of invasive cervical cancer were estimated as being diagnosed in 2019 by the American Cancer Society. Once one of the most common cancer deaths for women, it is "not as prevalent now because of pap smears," Dr. Billings noted. The Papanicolaou test, or pap smear, is a screening used to detect potentially pre-cancerous and cancerous processes in the cervix.

Women should get their first pap smear at the age of 21 and, if the results are normal, every three years thereafter. Along with the pap smear, Dr. Billings recommends HPV testing. According to the National Cancer Institute (NCI), nearly all cases of cervical cancer are caused by infection with sexually



David Billings, MD

transmitted oncogenic, or high-risk, types of human papillomavirus (HPV). "There are about a dozen high-risk HPV types, and just two of these, HPV types 16 and 18, are responsible for about 70 percent of all cervical cancers," the NCI said on their website.

"If you have an abnormal pap smear or if you are over 30, we will test for the high-risk HPV types and other high-risk HPV viruses," Dr. Billings added.

Ovarian cancer ranks fifth in cancer deaths among women, accounting for more deaths than any other cancer of the female reproductive system. According to the American Cancer Society, a woman's risk of getting ovarian cancer is 1 in 78; her lifetime chance of dying from it is about 1 in 108.

There are also vaginal and vulvar cancers. The American Cancer Society estimates that about 5,350 new cases of vaginal cancer in 2019. Vaginal cancer is a potential concern if a patient's mother took the hormone drug Diethylstilbestrol (DES), an anti-miscarriage drug, between 1940 and 1971 (roughly one case of vaginal cancer per 1,000 women whose mothers took DES during pregnancy). According to the American Cancer Society, almost half of cases of vaginal cancer occur in women who are 70 years or older.

Vulvar cancer is rare, accounting for 6 percent of gynecological cancers. About 6,070 new cases of vulvar cancer will be diagnosed in 2019, the American Cancer Society estimates. Less than 20 percent of cases are in women younger than age 50; more than half occur in women over the age of 70.

In all cases, smoking exposes people to many cancer-causing chemicals that affect the body beyond the lungs, the American

Cancer Society warns on its website. "These harmful substances can be absorbed into the lining of the lungs and spread throughout the body."

According to the Centers for Disease Control and Prevention, gynecological cancer can be treated in different ways, depending on the type of cancer and how far it has spread.

- **Surgery** – removal of the cancerous tissue in an operation
- **Chemotherapy** – treatment to shrink or kill the cancer
- **Radiation** – use of high-energy rays to kill the cancer

"If we find out there is cancer, we refer the patient to gynecological oncology, a specialized female cancer specialist," Dr. Billings said, noting that after which, they follow up with their Ob-Gyn, along with seeing a radiation oncologist or medical oncologist (for chemotherapy).

Ob-Gyns Margaret Nordell, MD; Jessie Fautleroy, MD; and Carol Schaffner, MD; and midwife Gloria Berg, CNM, are based at Health Center – Town & Country, Ste 102, 831 S Broadway, Minot. For an appointment, call 701-857-5703. David Billings, MD, is also located at that location. For an appointment, call 701-857-7394.

Ob-Gyns Heather Bedell, MD; Tim Bedell, MD; Lori Dockter, PA-C; and Jennifer Johnson, MD, are based at Health Center – Medical Arts, 400 Burdick Expy E, Minot. For an appointment, call 701-857-7397. Ob-Gyn J. David Amsbury, DO, and midwife Erica Riordan, CNM, are also located at that location. For an appointment, call 701-857-7385.



Family Keeps Cousin's Name Alive

Sharleen Knuth won't soon be forgotten. The longtime Trinity Health shuttle driver passed away in February after a battle with cancer. In addition to being missed by her Trinity colleagues, she's memorialized regularly by a special cousin, Lisa Fenner. Fenner donates items in Sharleen's honor to the Trinity CancerCare Center on a regular basis. Recently, she and her kids delivered numerous tie blankets and a half-dozen backpacks filled with school supplies. "The six backpacks represent the six months that Sharleen has been gone," Lisa said. Shane Jordan, Director of the CancerCare Center, says the items will be distributed among patients and, in the case of the backpacks, to patients' children. Pictured with Shane, from left, are Samuel Fenner Zaste, Tiffany Allen, Jade Fenner Zaste, Lisa, and L.J. Fenner Zaste.



National Night Out

Members of the public look at the NorthStar Criticair helicopter during National Night Out, held at Minot High School – Magic City Campus, on August 6.

PRESCRIPTION REFILL

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In Recognition and Thanks

The Trinity Health Foundation is proud to list the names of individuals, organizations, and businesses whose gifts were received from May 1 to June 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.

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Janell Power

In honor of Diane Haley
Andrew Haley

In honor of Elyssa Handlen
Orlan & Laurie Honadel

In honor of Judy Skaar
Carroll Skarr

The Power of Plants

By Madde Krenelka, UND Student Dietitian

Plant-based eating is becoming increasingly popular, and many resources say it will continue to grow in popularity. Many people have been making the switch to a healthier lifestyle by incorporating more plant products into their diets. But what have been the effects of this change?

Just like every other diet, there are pros and cons to plant-based eating. A plant-based diet has shown to lower the risk of some chronic diseases like heart disease and type 2 diabetes. It has also shown to have positive effects on your mood by improving the chemicals in the brain. Incorporating more plant foods can also keep off excess weight. A study found from the *Journal of Academy of Nutrition and Dietetics*

evaluated 15 plant based diets; it found that participants lost an average of about 7.5 pounds during the length of the study. This loss was said to be due to the high fiber content in fruits and vegetables helps with satiety. Plant-based diets also help to improve energy levels throughout the day.

Along with the many positive factors that plants can provide for our health, this lifestyle also has its downfalls. One negative effect that is sometimes seen when switching to plant-based eating is the lack of protein consumed, and the ability to absorb the amount that we need through plant-based foods. Protein is an important part of our diet that is the building block of bone, muscle, cartilage, skin, and blood.

Although a full plant-based diet doesn't include animal proteins, there are some great plant substitutes to incorporate the protein our bodies need. Some examples include nuts, beans, lentils, and quinoa.

Just like any other thing, plant products have their place in the diet. Although totally taking meat products out of the diet isn't necessary, incorporating more plant-based foods has many benefits. As many experts say, It's never too late to make the change to a healthier lifestyle.

Plant-Based Recipes:

Chickpea Noodle Soup

Ingredients

- 2 tablespoons olive oil
- 4 cloves garlic, minced
- 2 medium onions, chopped
- 4 medium carrots, thinly sliced
- 4 celery stalks, thinly sliced
- 6-8 sprigs fresh thyme
- 1 bay leaf
- 2 quarts vegetable broth
- 8 ounces whole wheat rotini noodles
- 1 cup cooked chickpeas
- salt and pepper to taste
- chopped fresh parsley for garnish
- crackers or bread for garnish

Instructions

1. In a cast-iron Dutch oven or large soup pot, heat the olive oil over medium heat. Add the garlic, onions, carrots, celery, fresh thyme, and bay leaf and sauté until the veggies are softened, but not browned.
2. Add the vegetable broth and bring to a boil.
3. Once the soup is boiling, add the noodles and chickpeas and cook for about 8 minutes, until the noodles are almost completely cooked (they'll continue cooking in the water). Add salt and pepper to taste.
4. Remove from the heat and serve with freshly chopped parsley and salty crackers or bread.
5. Leftover soup can be refrigerated for up to 1 week or frozen indefinitely and reheated as needed.

Vegan Meatballs with Spaghetti

Ingredients

For the vegan meatballs:

- 1 15-oz can kidney beans
- 1/2 tablespoon olive oil
- 1 large clove of garlic, minced
- 1/2 onion, chopped
- 1 teaspoon oregano
- 1 teaspoon basil
- 1 tablespoon tomato paste
- 1 teaspoon soy sauce
- 1/2 cup rolled oats
- 1/3 heaped cup sunflower seeds
- salt
- black pepper

For the chunky marinara sauce:

- 1/2 tablespoon olive oil
- 1 small onion, chopped
- 1 large clove garlic, minced
- 1 carrot, cut into small pieces
- 1 tablespoon tomato paste
- 1/4 cup dry red wine
- 1 can diced tomatoes (14.5 oz)
- 1 teaspoon oregano
- fresh basil leaves, cut into small pieces
- salt
- black pepper

Instructions

1. Cook the spaghetti according to the instructions on the package.
2. Rinse and drain the kidney beans. Put them in a medium bowl and mash them well with a fork or a potato masher.
3. In a medium pan, heat some oil and sauté the onions for 3 minutes. Add the minced garlic and cook for another minute.
4. Put the sunflower seeds in a food processor and pulse until a fine meal is achieved. Add the sautéed onion and garlic to the mashed beans together with the spices, tomato paste, soy sauce, ground sunflower seeds, and oats. Season with salt and pepper.
5. Use your hands to thoroughly mix everything. Then form about 12-14 vegan meatballs.
6. Preheat the oven to 350° F. Bake the vegan meatballs for about 15 minutes. Carefully flip them halfway through the baking time.
7. Alternatively, you could also pan-fry them. In a medium pan, heat some olive oil over medium heat and gently roast the bean balls for about 4 minutes until they are golden. You'll achieve the best results with a cast iron pan. However, the baking version is oil-free and the meatballs become crispier and firmer when baked.
8. Make the marinara sauce: In a medium pan, heat the olive oil over medium heat. Sauté the onions for 3 minutes, then add the garlic and the carrot. Cook for another 2-3 minutes. Stir in the tomato paste and cook for 2 minutes.
9. Deglaze with red wine and allow to evaporate. Add diced tomatoes and simmer for about 10 minutes. Season with oregano, salt, and pepper. Before serving add some fresh basil leaves.

Resources:

<https://www.webmd.com/men/features/benefits-protein#1>

<https://www.consumerreports.org/diet-plans/plant-based-diet/>

[https://jandonline.org/article/S2212-2672\(14\)01763-8/abstract](https://jandonline.org/article/S2212-2672(14)01763-8/abstract)

https://communitytable.parade.com/560600/melaniemcdonald/25-healthy-plant-based-dinners-the-entire-family-will-love/#gallery_560600-7

Foundation

 continued from page 5

In honor of
Justin Gerhart Weisbrich
Cynthia Weisbrich

In honor of myself
Irene Lucas

In honor of Irene Feist
Minot Sash & Door

In honor of James Olson
Annette Nelson
Deb & Charles Beutler
Diane & F. Bruce Walker
Jan Van Ess

Jerry & Joyce Bloms
Linda Severson Johnson
Robyn Hoffmann

In honor of Lillian Rauch
Beatrice Rodgers

In memory of
Robert & Corine Hagen
Wes Hagen

In memory of Ursula Wunderlich
Donald Wunderlich

In memory of Victor Matehs
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In memory of Wendy Bentz
Eldora Bentz

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In honor of the Hudson family
Kent & Marilyn Hudson

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ENDOWMENT

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Jeffrey Verhey, MD &
Janelle Verhey

In honor of all
Trinity Health employees
Neil Thorpe

In honor of Jeffrey Verhey, MD &
Janelle Verhey
Heidi & Jamie Bender

In memory of Renata Lucier
Jeffrey Verhey, MD &
Janelle Verhey

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Trinity Health Welcomes New Providers

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

A member of our Family Medicine team, **Vanna K. Binning, MD**, is dedicated to providing comprehensive, patient-centered care to people of all ages, including annual physicals, health screenings, and diagnosis and treatment for a wide range of health problems.

Dr. Binning has clinical interests in screening and treatment of skin cancer and other skin disorders, geriatrics, advanced care planning, advocacy for continued health maintenance, LGBT issues for all ages, and personalized education and medical management to serve unique needs.

After earning her Doctor of Medicine degree from Ross University School of Medicine, she completed her Family Medicine residency at the University of North Dakota's Center for Family Medicine in Minot, where she was selected Resident of the Year by Trinity Health and UND community faculty during her final year of residency. She also was named Resident Teacher of the Year, an award given to one member of each third-year class from the Society of Teachers of Family Medicine. Dr. Binning is a member of the American Academy of Family Physicians, American Medical Association, and North Dakota Medical Association. She enjoys drawing, traveling, and cooking with her husband, a trained chef.

Dr. Binning is based at Health Center – Medical Arts, 400 Burdick Expy E, Minot. For appointments or consultations, please call 701-857-7383.

A specialist in Family Medicine, **John Folland, MD**, works with patients of all ages to provide diagnosis and treatment for a broad range of health conditions. He is well equipped to manage the full spectrum of acute and chronic health conditions in addition to providing preventive care and health screenings. He also performs in-office procedures such as shoulder, knee, and foot injections, skin biopsies, cryotherapy, and small lesion and skin tag removal.

Dr. Folland worked four years in nursing before earning his Doctor of Medicine degree from Saba University School of Medicine – Saba, Dutch Caribbean. He completed his Family Medicine residency at the University of North Dakota's Center for Family Medicine in Minot.

A member of American Academy of Family Physicians, the American Medical Association, and North Dakota Medical Association, his experience includes volunteer work related to 4-H youth activities and serving as an autistic child mentor. He enjoys fishing and other outdoor activities.

Dr. Folland is based at Trinity Health East Ridge, 1250 21st Ave SE, Minot. For appointments or consultations, please call 701-857-7470.

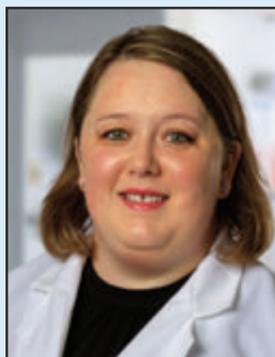
A member of our primary care team, **Umer Hashmi, MD**, is board-certified in Family Medicine. He provides care to people of all ages for a broad range of health conditions, including diabetes and high blood pressure. He enjoys working with patients to prevent disease and is trained to perform a number of in-office procedures such as skin tag removal, shoulder injections, and wart treatment.

He earned his Doctor of Medicine degree from American University of the Caribbean, St. Maarten, and completed his Family Medicine residency at Houston Methodist Hospital in Texas. A member of the American Academy of Family Physicians and American Medical Association, he enjoys travel and basketball.

Dr. Hashmi is based at Health Center – Medical Arts, 400 Burdick Expy E, Minot. For appointments or consultations, please call 701-857-7969

Angela Joy Heintz, FNP-C, a Minot native, is a board-certified nurse practitioner. She is a member of our team of providers at FirstCare Walk-In Clinic located at Health Center – Medical Arts, 400 Burdick Expy E, Minot. Angie holds Bachelor of Science degrees in Nursing and Health Sciences from Northern Arizona University and the University of Arizona respectively.

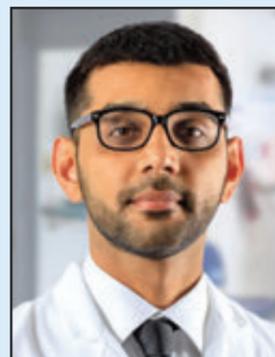
Earlier in her career she practiced in ICU settings in Arizona. Angie returned home to further her education and completed her Master of Science in Family Nurse Practice through the University of North Dakota. She has extensive critical care experience, having served as a registered cardiovascular/trauma nurse and a charge nurse in Trinity Hospital's Intensive Care Unit and later as a flight nurse with NorthStar Criticare.



Vanna K. Binning, MD
Family Medicine



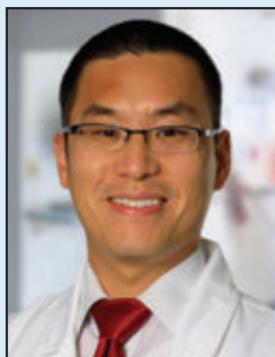
John Folland, MD
Family Medicine



Umer Hashmi, MD
Family Medicine



Angela Heintz, FNP-C
FirstCare Walk-In Clinic



Joon Lee, MD
Radiation Oncology



Emily Stevens, FNP-BC
Orthopedic Medicine

When Angie isn't working, she enjoys spending time with her husband, Ryan, and their twin sons.

Joon K. Lee, MD, is a radiation oncologist dedicated to providing compassionate care that meets the highest standard of excellence. With extensive training in 3D-CRT, IMRT, SRS/SBRT, and other leading-edge radiation treatment technologies, Dr. Lee is able to provide highly effective cancer treatments for his patients.

Formerly of Bellevue, WA, he earned his medical doctorate from the University of Illinois College of Medicine in Rockford, IL. Following a transitional year residency at Crittenton Hospital in Rochester, MI, he completed his Radiation Oncology residency at Henry Ford Hospital, Detroit, where he served as chief resident from 2017 to 2018. He received many awards throughout his medical training and has published several journal articles and presented his work at numerous national conferences.

Dr. Lee is a member of the American Society for Radiation Oncology, American Brachytherapy Society, Radiological Society of North America, American Society of Clinical Oncology, and the American College of Radiology. He is also highly proficient in Spanish and Korean.

Dr. Lee is based at the Trinity CancerCare Center, 831 S Broadway, Ste 113, Minot.

Emily Stevens, FNP-BC, is a board-certified nurse practitioner specializing in orthopedic medicine. She works with physicians and other members of the orthopedic team to manage the care of patients affected by a broad range of musculoskeletal conditions, including sports-related injuries.

A longtime Minot-area resident, Emily earned an Associate of Science in Nursing from Dakota College at Bottineau, where she received the Excellence in Nursing award and was selected for membership in the Phi Theta Kappa Honor Society. She received her Bachelor of Science in Nursing from Concordia University Wisconsin and completed her Master of Science in Nursing as a Family Nurse Practitioner through the University of Cincinnati. Her clinical experience includes seven years working as an RN in Trinity Hospital's Surgery department.

She and her husband, Ryan, have two daughters. They enjoy spending time together at her husband's family ranch. She is a member of the American Association of Nurse Practitioners and North Dakota Nurses Association.

She is based at Health Center – West, 101 3rd Ave SW, Ste 101, Minot.

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Treatment Available for Psoriasis

Psoriasis is an auto-immune disease in which the immune system mistakes a normal skin cell for a pathogen and sends out faulty signals that cause an overproduction of new skin cells. This is characterized by the skin getting thickened and topped with white scales.

“The body is building layers of skin cells on top of one another, and that’s when the skin becomes thickened and forms the white scales,” explained Ann Welch, FNP-C, with Trinity Health’s Dermatology department.

According to the National Psoriasis Foundation, more than 8 million Americans – and 125 million people worldwide, or 2 to 3 percent of the total global population – have psoriasis.

Psoriasis can be genetic, as a child has about a 10 percent chance of having psoriasis if at least one parent has it, the Foundation’s website said. “If both parents have psoriasis, a child has approximately a 50 percent chance of developing the disease.”

“The cause of psoriasis isn’t fully understood, but it’s thought to be related to an immune system problem with T cells and other white blood cells, called neutrophils, in your body,” Mayo Clinic said on their website. “T cells normally travel through the body to defend against foreign substances, such as viruses or bacteria. But if you have psoriasis, the T cells attack healthy skin cells by mistake, as if to heal a wound or to fight an infection.”

There are four types of psoriasis:

- **Guttate** – This is sometimes preceded by strep throat. Guttate psoriasis is usually characterized as small, red dots on the skin of arms, legs, and trunk.
- **Inverse** – This involves smooth, dry patches that are red and inflamed, often in



kinase enzymes that cause people to develop autoimmune diseases, such as psoriasis.”

Other forms of therapy include biologic drugs (Humira, Enbrel, Costentyx, Taltz, Stelera, Tremfyz, Skyrizi), methotrexate, acitretin, topic steroids, calcipotriene, tazarotene, tar-based preparations, and light therapy, Welch noted.

Biologic drugs, or biologics, are a protein-based drug derived from living cells

the folds or creases of the skin, such as in the armpits or groin, between the buttocks, or under the breasts.

- **Pustular** – Blister-like spots filled with fluid, surrounded by red skin. The blisters often come and go in cycles. This form of psoriasis can appear on specific areas, like the hands or feet, or on larger areas of skin.
- **Erythrodermic** – Intense inflammation with bright, red skin that looks ‘burned’ and sheds or peels. About 10 to 30 percent of people with psoriasis also get psoriatic arthritis, which causes pain, stiffness, and swelling in and around the joints. The hands, feet, wrists, ankles, and lower back are most often affected by this type of arthritis.

There are a variety of treatment options available for those with psoriasis, including a new Janus kinase (JAK)-inhibitor, an oral pill which is a more specific pathway to treat psoriasis, Welch explained. The JAK-inhibitor serves as a narrow scope to get “into our immune system to tell the psoriasis to quit the inflammation process,” she said. “The JAK-inhibitors tell your body’s immune system to stop making the janus

cultured in a laboratory, the National Psoriasis Association explained on its website. “The biologics used to treat psoriatic disease block the action of a specific type of immune cell called a T cell, or block proteins in the immune system, such as tumor necrosis factor-alpha (TNF-alpha), interleukin 17-A, or interleukins 12 and 23. These cells and proteins all play a major role in developing psoriasis and psoriatic arthritis.”

Biologics are usually administered by injection or intravenous (IV) infusion.

Another form of therapy is light therapy, which is also available at Trinity Health. The light booth uses UVB rays and narrow band UVB technology, which help to combat psoriasis.

If you think you may have psoriasis, please contact your primary care provider.

C O M M U N I T Y

CALENDAR

For the latest updates, check online at trinityhealth.org

Events

September 10 — A cooking class, “Cooking with Spices,” will be held in the Trinity Health Community Conference Room, at Town & Country Center, 831 S Broadway, Minot, from 5:30 to 6:30 p.m. Join a Trinity Health registered dietitian nutritionist as you enhance your knowledge on spices and how to use them to add flavor to your meals. Lower sodium does not mean tasteless. The cost is \$10. Space is limited. Please RSVP by calling 701-857-5268.

September 14 — A car seat check will be held in the underground parking lot at Health Center – Medical Arts, 400 Burdick Expy E, Minot, from 12:00 to 3:00 p.m.

September 17 — Keys to Diabetes Success will hold a meeting, with the topic of Stress Management, in the Trinity Health Community Conference Room, at Town & Country Center, 831 S Broadway, Minot, at 5:30 p.m.

September 18 — 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.

September 25-28 — The Norsk Hostfest will be held at the North Dakota State Fair Center. Trinity Health will be at the information booths offering information, maps, and earplugs to attendants.

Want to make a difference? Become a volunteer.

As a Trinity Health volunteer, you are a vital link in the chain of service and caring. Not only will you have a positive impact on our patients and/or residents, you will also be part of a dedicated team that is known for delivering the best healthcare available.

For more information, call our Volunteer Services office at Trinity Hospital (701-857-5221), Trinity Homes (701-857-5959), or Trinity Home Health and Hospice (701-857-2144).

Mobile Mammogram Schedule

September 4	Trinity Community Clinic – Mohall, 756-6841
September 5	CHI Clinic – Devils Lake, 662-8662
September 11	Trinity Community Clinic – Velva (a.m.), 338-2066 Northland Community Health Center – Turtle Lake (p.m.), 448-9225
September 17	Tioga Clinic, 664-3368
September 18	Trinity Community Clinic – New Town, 627-2990

Prepared Childbirth Classes

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

SATURDAYS: September 14, October 12, and November 9
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

September 12, October 10, November 14, and December 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 Health’s community benefit mission, but registration is typically required. To sign up for classes, visit 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.