Flu Shots Available

Flu shots will be available at Trinity Health starting mid-October. Clinics for these shots will be available at several locations within Trinity Health, including FirstCare Walk-In Clinic and Trinity’s Pediatrician’s department, both located at Health Center – Medical Arts; Trinity Health South Ridge Health Center – Town & Country, Ste 204, your primary care provider’s office; and Trinity Health’s rural clinics. In addition, pediatric flu shot clinics will be held October 26, November 9, November 23, and December 14, from 9:00 a.m. to 2:00 p.m., in Pediatrics at Health Center – Medical Arts, 3rd floor.

The best way to prevent flu is through annual vaccinations. These vaccinations, which should be received by everyone six months of age or older, can reduce flu illnesses, doctor visits, and missed work and school, as well as prevent flu-related hospitalizations.

Those who are at high risk from flu include people 65 years and older; people of any age with certain chronic medical conditions, such as asthma, diabetes, or heart disease; pregnant women; and children younger than five years, but especially children younger than two years old. "Nowhere is this more prevalent than in screening clinics," said Heidi Grondahl, WHNP, a family practice at Trinity Community Clinic – Western Dakota, in Williston. "Nowhere is this more prevalent than in screening guidelines; and there are many – one for each body part, it seems."

Understanding Mammogram Guidelines

When is a good time to get a mammogram? When you are 40? Or is it 50? And what if you have a family history? Earlier this year, The American College of Physicians (ACP) issued new breast cancer screening guidelines for average-risk women under the age of 50 with no symptoms of breast cancer.

The recommendations, which were printed in the Annals of Internal Medicine in April, said that at the age of 40, women should speak with their primary healthcare provider about the benefits, harms, and personal preferences of screenings. Mammogram screenings should otherwise start at the age of 50 and annually up to the age of 74.

The ACP noted that women at a higher risk of breast cancer or anyone with prior abnormal screening results should get screened before the age of 50. However, the American College of Radiology (ACR) and Society of Breast Imaging (SBI) disagree, saying in a statement that these recommendations “may result in up to 10,000 additional, and unnecessary, breast cancer deaths in the United States each year.” The recommendations could also likely result in “thousands more women enduring extensive surgery, mastectomies, and chemotherapy for advanced cancers.”

"It seems like when you just get it figured out how often you need to return for a mammogram or a pap smear, they go ahead and change the rules," said Heidi Grondahl, WHNP, a member of the Family Medicine team at Trinity Community Clinic – Western Dakota, in Williston. "Nowhere is this more prevalent than in screening guidelines; and there are many – one for each body part, it seems."

The decision on when to get a mammogram should be made following a discussion between the patient and their healthcare provider, she said, adding that the need for a mammogram is somewhat individualized. "While we have guidelines, there are personal factors that we must consider as well in deciding when to start, finish, and how often we are doing screening."

At the same time, she understands the concern about getting a mammogram too early because “you can over-intervene, and that can be harmful." Mammograms may be harder to read if you are pre-menopausal, as breast tissue tends to be far denser, "and the tests aren’t as accurate," she added.

According to the Centers for Disease Control and Prevention (CDC), screenings carry the risk of false positive tests, which can lead to more tests, thus more of an expense, not to mention the invasiveness, time, and/or anxiety.

With the balance of the harm versus the help of frequent mammograms, the topic “becomes more an of emotional argument,” Grondahl said.

However, certain risk factors – having a significant family history of certain cancers (breast and ovarian) – would understandably lead a person getting screened earlier.

Overall, Grondahl suggested seeing your provider for a yearly health maintenance exam. "This is the best time to talk about the screenings you are due for and it is one exam that most insurances pay in full, without additional cost to you." To schedule a mammogram, please call Trinity Health's Breast Imaging Center scheduling line at 701-857-2640; for mammogram services at Trinity Community Clinic – Western Dakota, in Williston, call 701-774-0810. Referrals are not needed for mammograms.
Hearing Loss on the Rise

The statistics are shocking. More than half of the 36 million Americans with hearing loss are under the age of 65 – over four times the population of New York City.

Hearing loss is an increasing health concern that is often preventable. In response to the growing number of Americans experiencing hearing loss, the American Academy of Audiology established October as National Audiology Awareness Month.

“Hearing loss can be caused by exposure to loud noises, such as infections, trauma, ear disease, harm to the inner ear, ear drum, illness or certain medications, cardiovascular disease, diabetes, or deterioration due to the normal aging process,” explained Tricia Nechodom, AuD, PASC, a clinical audiologist with Trinity Health. The amount of noise Americans are exposed to today plays an important role in the recent increase of hearing loss across the nation. It is no longer just a health concern for seniors.

Taking time to see an audiologist for regular hearing screenings, as well as knowing the signs of hearing loss, can protect your hearing. National Audiology Month is a perfect time to make an appointment with an audiologist.

Signs of Hearing Loss

Have you stopped going to restaurants and social gatherings? Do you keep to loud activities, such as noisy environments such as parties, concerts, sporting events or even loud machinery? Do you feel like you are listening but not understanding what others are saying?

Some telling signs of hearing loss are:

• Trouble hearing conversation in a noisy environment such as restaurants
• Difficulty or inability to hear people talking to you without looking at them
• A constant pain or ringing in your ears

On average, most Americans don’t know how to recognize the first signs of hearing loss or which health professional is qualified to diagnose and treat the condition. If you think you may have a hearing loss, you should see an audiologist. A licensed and clinically experienced health-care professional who specializes in evaluating, diagnosing, and treating people with hearing loss and balance disorders.

The first step in treatment of a hearing problem is a hearing evaluation, which will determine the degree of hearing loss and what can be done. Although most hearing loss is permanent, an audiologist can determine the best treatment, which may include hearing aids, assistive listening devices, and hearing rehabilitation.

Trinity Health’s audiologists have a variety of specialties to include, but not limited to:

• Hearing evaluations
• Hearing aids and assistive listening devices
• Cochlear implant services
• Communication needs assessment with speech-in-noise testing
• Balance testing

Trinity Health Audiology includes: Kylie Harris, AuD, CCC-A; Jerrica Maxson, AuD, CCC-A; and Tricia Nechodom, AuD, PASC. They are based at Trinity Hospital – St. Joseph’s Ave SW, Suite 203, Minot. Please call 701-857-5099 for appointments or consultations.

For more information, visit: www.trinityhealth.org/services/ear-nose-throat/audiology

Drugs and Genes’ Event Updates Community on Individualized Medicine

Trinity Health has special access to Mayo Clinic experts, and our physicians can consult directly with Mayo specialists when they feel it would benefit the patient. Other benefits include Health Care Counseling, patient education materials, and the opportunity to host community events featuring Mayo Clinic experts.

“We’re excited to bring this event to the community to explore what is one of the most promising fields in healthcare today,” said Trinity Health President/CEO of John M. Kutch.

“Individualized medicine has the potential to transform the way we deliver care and is already having an impact on the types of therapies we provide.”

Scheduled to speak are Eric Matey, PharmD, RPh, BCACP, and Tammy McAllister of the Mayo Clinic Center for Individualized Medicine, which has been at the forefront of efforts to translate genomics based research into clinical practice.

McAllister will present an overview of individualized medicine and Dr. Matey will discuss pharmacogenomics and how it is changing the “one-size-fits-all” approach to drug treatment.

“Pharmacogenomics is a valuable tool in conjunction with other clinical assessment, that lets providers predict, based on an individual’s genetic blueprint, which medications might be effective, and which are likely to produce an adverse reaction,” Dr. Matey said. “In general, the goal of individualized medicine is to improve the effectiveness of medications and decrease what I call the trial-and-error approach.”

Pharmacogenomics, according to Matey, is already being tested in multiple specialties, as well as in primary care settings, with applications available for pain management, mental health, cardiology, urology, and transplant medicine.

A graduate of the Howard University School of Pharmacy, Dr. Matey has been a member of the Mayo Clinic pharmacy staff since 2004. He’s been involved in the implementation of a pharmacogenomics consult service at Mayo Clinic and is the pharmacogenomic residency program director for the Mayo Clinic program. As a former pharmacogenomics pharmacists, he consults with patients and collaborates with providers to improve patients’ medication experience. He’s also involved in a number of pharmacogenomic practice improvement pilots with various departments at Mayo Clinic to assess the utility of pharmacogenomics testing in various patient populations.

A Mayo Clinic associate for seven years, McAllister serves as operations administrator within the Mayo Clinic Department of Clinical Genomics and the Center for Individualized Medicine. She oversees the Center’s translational programs and education program, with a primary responsibility of assisting in the integration of genomic medicine into the Mayo practice. She holds a master’s degree in Health and Human Services Management from St. Mary’s University of Minnesota.

Visit our website at trinityhealth.org

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

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Time to know how to recognize the first signs of hearing loss or which health professional is qualified to diagnose and treat the condition. If you think you may have a hearing loss, you should see an audiologist.
Flu Shots Available

The flu season can start as early as October. Since the flu shot takes about two weeks to activate, it is a good idea to get your flu shot sooner rather than later, Altringer advised.

“Make plans to get vaccinated early in fall, before flu season begins,” the Centers for Disease Control and Prevention said on their website. The CDC recommends that people get vaccinated by the end of October.

“Getting vaccinated later, however, can still be beneficial and vaccination should continue to be offered throughout flu season, even into January or later,” Altringer said.

Flu season is common during the autumn and winter months, with activity beginning to increase in October and November, peaking between December and February, and ending as late as May. Last year, the flu season was the longest in 10 years, according to the CDC. Activity began to increase in November, peaked in mid-February, and returned to normal by mid-April.

According to the North Dakota Department of Health, there were no reported cases of influenza, as of mid-September. Between 531,000 and 647,000 people were hospitalized due to influenza in the United States during the 2018-19 flu season, the state department said. On a week-by-week case list, the number of laboratory-identified influenza cases began to spike toward the end of December and the beginning of January, with cases increasing heavily by February.

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For more information on flu, as well as the availability of flu shots at Trinity Health, visit trinityhealth.org/influenza.

Flu Shots Available*

- FirstCare Walk-in Clinic, Health Center – Medical Arts, 400 Burdick Expy, Minot; Monday - Friday 8:00 a.m. - 6:00 p.m., Saturday and Sunday 9:00 a.m. - 5:00 p.m.
- Trinity Health South Ridge, 1500 24th Ave SW, Minot; Monday-Thursday 9:00 a.m. - 4:00 p.m. Friday 9:00 a.m. - 12:00 p.m.
- Health Center – Town & Country, Ste 104, 3rd floor, 831 5th Street SW, Minot; Monday-Thursday 9:00 a.m. - 4:00 p.m.
- Health Center – City Hospital, 800 8th Street SW, Minot; Monday-Thursday 9:00 a.m. - 4:00 p.m.
- Pediatrics, Health Center – Medical Arts, 3rd floor, 400 Burdick Expy, Minot; Monday - Friday 8:00 a.m. - 4:00 p.m.
- Your Primary Care Provider’s Office
- Trinity Health Rural Clinics

* Children under 3 years of age should see their pediatrician. We bill all verified insurances. Please bring a copy of your insurance card. $55.00 for regular dosage, $80.00 for high-dose vaccine, $80.00 for FluHst (nasal inoculation).

But also as a patient: “I use the app myself to know how it works.”

Additionally, patients for the two pharmacies may also sign up at the pharmacy for notification that a prescription is ready, via text messaging, e-mail, and/or an automated phone call.

Often, patients are unaware when exactly prescribed medications arrive at the pharmacy, so “sending out a message alerts the patient that their medication is ready for pick-up,” Feininger said. “It’s better communication all around, especially when they know medication is here waiting.”

The messages are non-descript, with a general “your prescription is ready” message, to avoid HIPAA violations, Feininger said.

Signing up for the messaging feature also allows the pharmacy to message the patient that certain maintenance medications are due to refill. “This can be a great reminder to keep on track and not run short of medication,” she said.

Patients can also opt out of using the app and/or messaging feature if they do not like it. “I encourage people to try, both the app and the messaging,” Feininger said. “I think both are actually really great. We’ve had positive feedback. Many people like the option of electronic communication to save time. Please talk with staff from our pharmacies for details.”

Eagle Award

Krista Talley, RN, a nurse with Trinity Health, and Joel Woodruff, MD, of the University of North Dakota School of Medicine – Minot and a resident physician at Trinity Health, received the Minot Area Chamber of Commerce’s Eagle Award for Excellent Customer Service in August. They were nominated by the same patient for providing wonderful care.

Tough Enough To Wear Pink

Jeff Bliss, left, with The Zoo, talks to Badie Alakech, MD, a pathologist with Trinity Health, about the role pathology plays in cancer care, during the Tough Enough to Wear Pink remote on September 5.
Tanya Burke, BSRT(R)(T), a radiation therapist at the Trinity CancerCare Center, has become the first radiation therapist in the United States to receive a prestigious award. Beeley Medical, a Connecticut-based manufacturer of medical devices, presented Tanya with its 2019 RT Empower Award in a ceremony August 21 at the CancerCare Center.

Beeley Medical established its Empower Award as a national initiative to recognize professionals in various cancer care disciplines for their efforts to improve care for patients and their families. This is the first year the award has been presented to a radiation therapist.

Rallelee O’Keeffe, BSRT(R)(T), Radiation Oncology Manager at the CancerCare Center, nominated Tanya, praising her for her community involvement and leadership in implementing new technologies that the center has acquired in past years, including the TrueBeam linear accelerator and Vision RT guidance system.

“Her focus has always been on the patient,” O’Keeffe said. “Tanya provides the daily support cancer patients need. She’s been involved in many community activities—giving presentations at local high schools and participating in fundraisers. She deserves the Empower Award because she has been committed to our cancer care and the community for 20 years.”

Queenee Alcedo, a senior account manager with Beekley Medical, presented the award, describing Tanya as an unsung hero who embodies their mission to provide the best in patient care.

In accepting the honor, Tanya used the occasion to celebrate her colleagues and patients. “Their courage inspires us,” she said. “Because of them, we’re motivated to make sure they have the best outcome.”

At the Trinity CancerCare Center, programs are available for patients during and following treatment. Through the CancerCare Center’s Survivorship Program, patients are given the opportunity to recover, physically and emotionally, while receiving treatment or post-treatment.

“I feel that the groups are very beneficial to our patients as it allows them to express their emotions and thoughts regarding their diagnosis and treatment in various ways besides traditional talk therapy groups,” explained Cassandra Hemphill, LMSW, an oncology social worker at the Trinity CancerCare Center.

Look Good, Feel Better—This program provides a hands-on workshop to help cancer patients manage appearance-related side effects of cancer treatment. “A lot of times, we have patients who struggle with ‘how do I deal with losing my eyelashes or eyebrows,’ and they’ll teach how to manage those,” Hemphill said, remarking on how patients can lose hair due to treatment options such as chemotherapy. The program is open to women age 18 or older who are currently undergoing cancer treatment, are about to undergo cancer treatment, or recently completed cancer treatment.

Yoga—A “gentle yoga session” for cancer patients and their family members is available at the CancerCare Center. The sessions are an hour long and led by certified yoga instructors. Hemphill said. “No experience is needed, and we provide a yoga mat if you don’t have one of your own.”

Painting Through the Pain—This program offers five weeks of art therapy for cancer patients. Studies have shown that art therapy can provide a form of emotional support and a means of communicating difficult feelings about a patient’s cancer experience. The artwork done by the patients is hung in the hallway at the CancerCare Center for other patients and families to view.

Writing Through Cancer—Similar to the art therapy group, a journaling program is available for cancer patients. No writing experience is necessary, Hemphill said. This program starts in October. All programs are available to cancer patients free of charge, thanks to funding from the Trinity Health Foundation. For more information, or to RSVP, please contact Cassandra Hemphill at the Trinity CancerCare Center by calling 701-857-2829.
The second annual Fuel the Fight event will take place at the Dakota Square Arco (formerly Tesoro) 28th Ave SW, Minot, on Friday, October 11. This event, which helps assist patients with the cost of transportation to and from oncology treatments at Trinity CancerCare Center, will take place all day during store hours, 6:00 a.m. to 11:00 p.m., explained Al Evon, director of the Trinity Health Foundation, which will be hosting the event. During store hours that day, a customer who purchases eight gallons of gas or more can enter the drawing for prizes, including the grand prize of $500 in gas per week for 52 weeks, a value of $2,600. Other prizes include a Central's Flower of the month for a year; Bottineau Winter Park package; four tickets to the Women's Business Summit; pillow, photo of a Minnesota Timberwolves player. There will also be a silent auction, a dunk tank, and plans are also donating a portion of their sales for the day.

Patients from 19 counties travel to the CancerCare center, with 7 percent of patients traveling 0 to 200 miles on a round trip for treatment at the CancerCare Center, according to a survey of patients. “Considering our large rural service area, it is not unusual for patients to travel more than 100 miles round trip for their cancer treatment,” Evon said. “The survey found that the cost of transportation was a barrier for them to get their treatment.” According to this same survey, 57 percent of patients travel 50 miles or less; 7 percent travel 51 to 100 miles; 11 percent travel 151 to 200 miles; and 18 percent travel 201 to 300 miles, all round-trip distances.

To help oncology patients overcome travel cost as a potential barrier to receive treatment, Trinity Health Foundation offers gas vouchers for patients. “This month, we’ve assisted patients with $2,500 in gas vouchers,” Evon said. “We averaged $1,000 a month in fuel voucher assistance in 2018. This year, we’re projecting an average of $1,500 a month.”

Germ Zapping Robots Keeping Up the Good Work

Trinity Health has seen a 43 percent reduction in infection rates, with the assistance of the Xenex Germ Zapping Robots since their implementation in April 2016. In all, a total of 94 infections, including C. Difficile, MRSA, and VRE, have been avoided in the past three years.

The Xenex Disinfection System disseminates surfaces using ultraviolet light hundreds of times more intense than sunlight. Once a room is cleaned, a member of the Environmental Services staff brings the robot into the room, begins the automated sequence, and then leaves the room. The robot then uses the ultraviolet light to destroy bacteria and other pathogens in a matter of minutes.

By no means does the robot substitute the work of the hospital’s Environmental Services staff, who help to keep the hospital clean and safe. Instead, the use of the robots has helped main-tain the standards of disinfection.

“Housekeeping has to do their cleaning and disinfection,” explained Sue Niebuhr, RN, coordinator of Trinity Health’s Infection Prevention and Control department, noting that the robot would not be able to obliterate the bacteria without staff diligence. “This is just another layer of protection for patients.”

The hospital strives to maintain its 100 percent goal of disinfecting Intensive Care Unit and Progressive Care Unit rooms following the discharge or transfer of a patient, Niebuhr explained. “If there’s a patient in a room in ICU and they are transferred to the floor, we clean the room and then the room in that room. Every time a patient is discharged or transferred out of ICU, we use the robots in those rooms.” The robots are also used on the medical and surgical floors at Trinity Hospital, she added.

“Anytime somebody is discharged and has a multi-drug resistant organism and they were in that room, we clean those rooms and run the robots.”

A multi-drug resistant organism can be difficult to treat, due to limited choices of antibiotics available, hence the importance of the robots, Niebuhr said. “We don’t want to spread those organisms to additional patients.”

The Xenex Germ Zapping Robots were brought to Trinity Hospital with funds made available by the Trinity Health Foundation, in order to offer an extra measure of protection of the hospital’s routine cleaning procedures.

Family Birth Center Launches Breastfeeding Program

Trinity Health used National Breastfeeding Month to announce a new program promoting breastfeeding success among moms who give birth at Trinity Hospital.

Trinity Health’s Family Birth Center has implemented an infant lactation program with an expanded lactation team that provides education and support to help new mothers become more comfortable with breastfeeding.

“We’ve developed a formalized infant lactation program for our newly delivered moms and their breastfeeding infants,” said Sascha Demory, CBC, a Certified Breastfeeding Counselor and Nurse Educator with Trinity Health. “A designated nurse who is certified in lactation management and training will visit new moms at home helping their stay to support a strong start to the breastfeeding relationships.”

Demory noted that a strong start to breastfeeding gives women the tools they need to establish a robust milk supply and to experience a sense of empowerment, so they may continue nourishing their baby with the milk their body has created. “It’s so amazing,” she declared.

The American Academy of Pediatrics recommends exclusive breastfeeding for the first six months of a baby’s life and continued breastfeeding until 12 months in addition to other food. Studies show that breastfeeding provides children with a healthier start to life, with reduced risk of infections and other diseases such as diabetes and obesity later in life.

The 2019 Theme for National Breastfeeding Month is “Support Changes Everything,” reflecting the reality that families, friends, communities, clinicians, healthcare leaders, employers, researchers, and policymakers all play an important role in supporting breastfeeding families.

Silent Auction Items

The silent auction will run from 11:00 a.m. to 7:00 p.m., and will include the following items:

- Traeger Grill, provided by Scheels
- Remote started kit, provided by the Stereo Shop
- Four tickets to the Detroit Lions v. Minnesota Vikings game, at the U.S. Bank Stadium (Section 118, Row 40, Seats 16-19), provided by Coca Cola
- Autographed Jan Stenerud Football
- Signed and numbered replica of Rogue 1 Death Trooper Helmet
- Art print, provided by Bill Bren

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Fuel the Fight

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National Physical Therapy Month

October is National Physical Therapy Month and Trinity Health is recognizing the importance of the profession and raising awareness of the benefits of the profession.

Physical therapists graduate with doctorate degrees and are experts in the musculoskeletal system and movement. They optimize quality of life through prescribed exercise, hands-on care, and patient education. The American Physical Therapy Association (APTA) is urging people to choose therapy for improving mobility, managing pain, and recovering from injury as an alternative to opioids or surgery.

Physical therapy has evolved to include specialties in vestibular and balance, hand therapy, incontinence and pelvic pain, lymphedema, pediatrics, and manual techniques such as dry needling and manipulations—all services offered at Trinity Health’s outpatient clinic.

The APTA is also placing an emphasis on fall prevention in the profession. One in four older adults fall each year and there are preventative measures that can be taken. Physical therapists are trained to assess fall risk, improve home safety, and provide safe exercises and balance training. “In order to improve balance, you have to challenge your balance,” said Jessica Fossen, DPT, a physical therapist at Trinity Health. “Often people who experience a fall develop a fear of falling and this spirals into decreasing activity which leads to more weakness and worsening balance and an even higher risk of falling. Unless these individuals do something about it the cycle will continue, and a fall becomes inevitable.”

Physical therapists at Trinity Health also assess a patient’s mobility to ensure a safe return home after leaving the hospital. The field of physical therapy continues to grow with more than 209,000 therapists currently practicing in the United States. Physical therapists help decrease pain, increase strength, and improve mobility and independence and play an important role in wellness and aging.

Talk with your primary healthcare provider if you believe you could benefit from physical therapy services. Trinity Health Physical Therapy includes inpatient physical therapy, where physical therapists work with patients of all ages in the hospital, outpatient physical therapy, and physical therapy for patients over age of 21.

For more information on Trinity Health Physical Therapy department, visit: https://www.trinityhealth.org/services/rehabilitation-and-therapy/physical-therapy/, or call 701-857-5282.

Advisory Council Gives Voice to Patients, Families

Trinity Health has established a Patient and Family Advisory Council as part of its commitment to provide patient-centered care that meets the highest standards.

Karen Zimmerman, Chief Nursing Officer and Vice President of Patient Care, said the council’s purpose is to help identify opportunities for improvement within Trinity Health’s organization and facilitate communication between healthcare professionals and the community.

“Patients and their families generally have the best perspective when it comes to the care they receive,” Zimmerman said. “Our purpose is to ensure that their point of view and experience is not only heard but recognized and the following for their assistance with the Golf for Life Men’s Golf Tournament: First International Bank & Trust, T-Shirt Sponsor ($3,750); Dickey’s Barbecue Pit, Towel Sponsor ($2,750); Clifton amp;Allen, Water Bottle Sponsor ($2,750); Healthcare Claims Management, Bag Tag Sponsor ($1,750); Morelli’s Distributing, Inc., Vaaler Insurance/HICIS & Cover’s, Green & Tee Sponsor ($1,500); Braun Interter, Dakota State Tesoro, Edward Jones – Mark Kochman, Executive Air Taxi Corp., First Western Insurance, Jerry’s Repair & Alignment, Pringle & Herstad, P.C., SRT Communications, Team Rockstars, TEG Architects, and UND School of Medicine, Fairway Sponsor ($1,000); Digital Technology, Inc., Financial Healthcare Resources, Minot Daily News, Northland Concrete & Masonry, and Stonebridge Farms of Minot, Birdie Sponsor ($750); and Allstate Benefits/Keefer & Associates, bee sponsor.

Door prizes and silent auction items by Acme Tools, Applebee’s, Badlands Restaurant & Bar, Cash Wise, Chic Cruisers, Denver Broncos, Gourmet Chef, Masana Portrait Artwork NYC, Minnesota Timberwolves, Minnesota Twins, Minnesota Vikings, Minnesota Wild, Minot Family YMCA, Napa Auto Parts, Northwest Tire, Picaboo, Roughrider Golf Course, Ruby Tuesday, Scheels, Southwest Tire, Taco Johns, Total Nutrition, Trinity Health, and Uncle Maddio’s Pizza.

Golf for Life Raises $30,000

On August 19, the Trinity Health Foundation held its 7th Annual Golf for Life for Men’s Golf Tournament to support CancerCare Center patients. The tournament, which was held at the Souris Valley Golf Course, was very competitive. The first-place team shot a 56, second-place shot a 57, and third-place shoot a 58. This year’s event raised $30,000.

Event participants were treated to a breakfast of donuts provided by Bearcat Bakehouse, coffee provided by Classic Rock Coffee, lunch catered by LBJ Texas Barbecue, and dinner provided by Dickey’s Barbecue Pit. Team prizes were awarded to: Clifton Larson Allen (S. Jordan, J. Heilman, J. Hanson, and C. Andersen), first place; Present Plus (K. Nordmeyer, A. Zorn, M. Jungala, and J. Davis), second place; Paradiso Mexican Restaurant (R. Cook, R. Bye, S. Fundingsland, and J. Zimmerman), third place; and Dickey’s Barbecue Pit (A. Lee, D. Fortun, B. Eder, and C. Frank), last place. Individual prizes were awarded to Rovan Bye for straightest drive, Kyle Nordmeyer for closest to the pin, and Michael Waite for longest putt.

The Trinity Health Foundation is grateful to the many sponsors and participants who made our Golf for Life Tournament a great success. Many patients will benefit from the funds that were raised as lives were saved, people will be healed, and families will have hope.

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Medical Sonography Program

Starting in January 2020, Trinity Health will offer a Diagnostic Medical Sonography Program, a comprehensive, high-quality education program that will graduate competent entry-level sonographers for the healthcare workforce.

Sonography, or ultrasound, is a diagnostic medical procedure that uses high frequency sound waves to produce images of organs, tissues, or blood flow inside the body. This procedure can be used to examine the abdomen, breasts, female reproductive system, prostate, heart, and blood vessels.

With rapidly developing technologies and increased demand, a sonographer, a sonographic procedure, growth in this profession is projected to continue in the future with employment opportunities for qualified sonographers in a variety of settings nationwide. Sonographers can work in hospitals, private practice physician offices, public health facilities, laboratories, medical schools performing examinations in their areas of specialization.

The mission of the program is to educate and train sonographers. However, when we have hired these well-trained candidates, they often move back to their home state after gaining clinical experience here with us,” explained Jim Coffin, RT(R), CT, ARRT, director of Radiology. “Our vision is to attract great local students and create excellent sonographers that will likely stay in and around our location. This will be good for Trinity Health, Minot, and our surrounding rural communities.”

Didactic education will take place in designated classroom space on the Trinity Health campus. Shari Hofmam, and clinical education takes place in the Radiology, Vascular Medicine, and Ob-Gyn. State-of-the-art ultrasound scanners are available at various department scanning stations throughout the campus.

Graduates from the 18-month program receive a Certificate in Diagnostic Medical Sonography (DMS). Through a consortium agreement with the Dakota College at Bottineau, students will also receive an Associate of Applied Science from DCB.

Students in this program need to complete college and prerequisite classes prior to acceptance into the sonography program.

Applications for this program are being accepted through early December. “We will be doing interviews with qualified applicants and making acceptance decisions later this fall,” Coffin said, adding that starting next year, the school will begin to accept applications July through September. To apply, visit https://www.trinity-health.org/trinity-health-careers/dmsprogram/.
The Reach of the Foundation

Trinity Health Foundation’s five-year strategic plan has been making headway in helping the community, so much that two of the goals have been achieved early. According to Al Evon, director of the Trinity Health Foundation, these goals include funding a minimum of 10 proposals submitted by other entities in the region served by the Foundation, as well as funding at least 10 new initiatives.

Through the strategic plan, thus far, more than $2.5 million has been awarded to help improve health and wellness in the community. “More than 300 proposals have been funded since Trinity Health Foundation enacted its strategic plan,” Evon said. “The Foundation is also continuously considering the initiatives that were begun before the strategic plan went into effect, such as providing nursing scholarships, supporting programs for CancerCare patients and survivors, and partnering with KURT (the Horn of Plenty) to assist families in need.”

The proposal funded for other entities include:
- A new training room for Minot High School
- Sponsorship of the iCan Bike Program, offered by the Ann Carlson Center
- Sponsorship of the National Cancer Survivor’s Day Luncheon for Relay for Life
- Adaptive fitness equipment at Minot High School
- Sponsorship of a team travel to conference for Minot High HOSA Chapter
- Shade for seating areas at the games, Dream Catchers
- A blood drive sponsorship for the Minot High JV/Varsity dance teams

A pediatric flu clinic will be held in Trinity Health's Health Center – Medical Arts, third floor, from 9:00 a.m. to 2:00 p.m. on October 26.

Trinity Health will perform cholesterol screenings, body mass index testing, and bone density testing at the Northrop Grumman Employee Wellness Fair, on October 3, 11:00 a.m. to 1:00 p.m.; October 5, 1:00 p.m. to 3:00 p.m.; October 7, 11:00 a.m. to 1:00 p.m.; and October 9, 9:00 a.m. to 11:00 a.m.

The Minot Y’s Men’s Rodeo will be held at the North Dakota State Fairgrounds’ All Season Arena, with the Tough Enough to Wear Pink radio remotes October 29, from 9:00 a.m. to 2:00 p.m., in the Satellite Showroom at Health Center – Riverside, 1900 8th Ave SE, Minot. For more information, call Jerilyn Killian, 701-857-7370 or 800-598-1207.

Prepared Childbirth Classes

Learn about exercise and breathing techniques, labor/delivery, newborn care, newborn feedings, etc. Enrollment is limited. SATURDAYS: October 12, November 9, and December 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.

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.