Shoveling Snow and Heart Attacks

With winter comes snow, sometimes a lot. While many people may find shoveling the inches—or feet—of snow off the driveway and sidewalk a dreaded activity, it’s also an activity that should be done with caution.

Studies show that people who have heart disease or a high risk of having heart disease should avoid shoveling snow. Why? The exertion of shoveling snow can induce the rupturing of a stable cholesterol plaque in patients with heart health concerns, explained Ahmad Daraghmeh, MD, FACC, a cardiologist with Trinity Health.

A Harvard study estimates that roughly 100 people (mostly men) die during or just after shoveling snow each year in the United States, and more are admitted to the hospital with chest pain or other heart problems. A correlation was discovered that hospital admissions and deaths due to heart attack occurred the day after it snowed in Canada during the years 1981 to 2014.

According to the studies, this tends to happen more in colder states (like North Dakota). The extreme cold with extreme exercise “can put a burden on a stable cholesterol plaque coupled with vascular spasm that may cause instability and rupturing of that plaque, leading to a heart attack,” Dr. Daraghmeh said, warning that people with documented cases of coronary artery disease need to be cautious.

AFib is No Lie

The occasional irregularity of your heartbeat may be more than just a one-time occurrence. It could be atrial fibrillation, a heart arrhythmia that between 2.7 and 6.1 million Americans have.

Atrial fibrillation, or AFib, is an irregular heartbeat that comes from the top chamber of the heart, explained Ahmad Daraghmeh, MD, FACC, a cardiologist with Trinity Health. When this occurs, blood doesn’t flow as well as it should from the upper chambers (the atria) to the lower chambers (the ventricles) of the heart.

The most common symptom of AFib is an irregular heartbeat or palpitations, explained Ahmad Daraghmeh, MD, FACC, a cardiologist with Trinity Health. When this occurs, blood doesn’t flow as well as it should from the upper chambers (the atria) to the lower chambers (the ventricles) of the heart.

The number of adults with AFib increases markedly with older age. (AFib in children is rare, but it can happen.) There is a “very strong association” between older age and AFib, Dr. Daraghmeh said.

Advanced age. The number of adults developing AFib increases markedly with older age. AFib in children is rare, but it can happen. There is a “very strong association” between older age and AFib, Dr. Daraghmeh said.

High blood pressure. Longstanding, uncontrolled high blood pressure can increase your risk for AFib.

Underlying heart disease. This includes anyone with heart disease, such as valve problems, hypertension, cardiomyopathy, acute coronary syndrome, Wolff-Parkinson-White (WPW) syndrome, and history of heart attack. Additionally, AFib is the most common complication after heart surgery.

Drinking alcohol. Binge drinking—five drinks in two hours for men, or four drinks for women—may put you at higher risk for AFib.

Family history. Having a family member with AFib increases your chances of being diagnosed.

Sleep apnea. Although sleep apnea isn’t proven to cause AFib, studies show a strong link between obstructive sleep apnea and AFib. Often, treating the apnea can improve AFib.

Athletes. AFib is common in athletes and can be triggered by a rapid heart rate called a supraventricular tachycardia (SVT).

Other chronic conditions. Others at risk are people with thyroid problems (specifically hyperthyroidism), diabetes, asthma, and other chronic medical problems.

Shoveling snow on the driveway and sidewalk is a dread activity, it’s also an activity that should be done with caution.
Management for AFib has different pathways depending on the patient's risk for developing a stroke. Dr. Daraghmeh said. “We use a standardized clinical scoring system, we determine the patient’s risk for developing a stroke in patients with AFib, since the quantification of the top chamber of the heart causes slow blood flow and clot formation, which may cause a stroke,” Dr. Daraghmeh said. Based on the clinical scoring system, we determine if the patient needs blood thinner to prevent a stroke.

Rhythm management: “The management for the rhythm, which is the main problem, can be done by a medical cardioversion called antarrhythmia medication. Or, electrical cardioversion can be done by delivering a controlled electrical shock across the chest while the patient is sedated, which can stabilize the shock across the chest while the patient is sedated, which can stabilize the heart to a normal regular rhythm,” Dr. Daraghmeh said.

Surgery: “The surgery is the last resort for patients who are symptomatic with recurrent AFib and failed the above-mentioned options, Dr. Daraghmeh said. “We refer them to a special heart doctor, an electrophysiologist, who performs an ablation procedure.”

Moderation avoidance and healthy lifestyle changes to manage AFib risk factors. “We ask patients to avoid all the stimulants that can precipitate or worsen the palpitations,” Dr. Daraghmeh said, adding that being "modest" with alcohol and coffee, as well as avoiding energy drinks, drugs, or other stimulants can help.

Trinity Health’s team of cardiologists includes: Valentine Chikwendu, MD; Ahmad Daraghmeh, FACC; Samir Turk, MD, and Amanda Weidler, FNP-C. They are located at Health Center – Medical Arts, 400 Burdick Expy E, Minot. For more information or to schedule an appointment, please call 701-857-7388.

Shoveling Snow continued from page 1

The most common symptom of coronary artery disease is angina-like chest pain or discomfort, which occurs when too much plaque builds up inside arteries, causing them to narrow. Risk factors for coronary artery disease include diabetes, high cholesterol, hypertension, being overweight, physical inactivity, unhealthy eating, and smoking tobacco, the Centers for Disease Control and Prevention said, adding that a family history of heart disease can also increase risk for coronary artery disease. Trinity Health’s MyChoice Health Checks can help identify coronary artery disease through Coronary Artery Calcium Scoring, which detects developing plaque or calcium in the coronary arteries that can lead to a heart attack.

In addition, MyChoice Health Checks include screenings for abdominal aortic aneurysm, carotid artery, electrocardiograms, and peripheral artery disease. These screenings are performed at Trinity Health’s Advanced Imaging Center, located in Health Center – Town & Country, 831 S Broadway. The results from these screenings are interpreted by a registered cardiovascular technologist, with some requiring additional evaluation that may be offered and supervised by a nurse practitioner.

If you think that you have coronary or peripheral artery disease and are interested in MyChoice Health Checks screen for, please consult with your primary care provider or schedule a screening by calling 701-857-3295.
HEALTH TALK

TRINITY HEALTH

3 • FEBRUARY 2020

Nursing Scholarships Awarded: Making More Care Possible

In late December, the Trinity Health Foundation’s Nursing Scholarship Committee met and selected 14 individuals to receive nursing scholarships for the 2019-20 year. In all, more than 60 applications were received, with 20 finalists interviewed. The scholarships were awarded at a banquet on January 14.

The 2019-20 Scholarship recipients are:

- Dakota College at Bottineau: Mandy Evans
- Grand Forks College: Linzzi Aberle and Tessa Pierson, from the Minot campus; and Alysia Rudovald, from the college’s Valley City campus
- Minot State University: April Edwards, Jordan Eul, Shaley McNelly, Jena Orluck, Jenna Routledge, Kali Swenson, and Kate Zimmerman
- North Dakota State University: Annika Arnold
- University of North Dakota: Jenna Leier and Taylor Mattson

The Nursing Scholarship Program was created to help slow down the shortage of nurses in the nation by providing scholarships to nursing students. According to the Bureau of Labor Statistics, the shortage of nurses will top one million by 2024.

From August 1 to November 1, the Trinity Health Foundation accepts applications for nursing scholarships. These scholarships are awarded per academic year for either BSN or AD degrees and are open to new nursing students or Trinity Health employees seeking their BSN. Acceptance to an accredited nursing program is required, and the scholarship award is paid directly to the nursing school.

Applications are available online (trinityhealthfoundationnd.org) or at the Trinity Health Foundation office, located on the second floor at Trinity Hospital - St. Joseph’s, 407 3rd St S, Minot. The recipients of the scholarship are announced at the end of each year.

Trinity Health Foundation hopes to continue to grow the nursing scholarship fund and assist more students in the future. If you would like to donate to this fund to help overcome the nursing shortage and make a positive difference in the healthcare of our region, please contact the Trinity Health Foundation office at 701-857-5432 or 701-857-2430 and ask to be referred to any of our board members you would be happy to assist you.

“Trinity Health Foundation recently received a $25,000 matching gift commitment from one of our donors,” added Al Evon, director of the Foundation. “Therefore, all donations given to the Nursing Scholarship Endowment will be doubled up to a total of $25,000. That will help us continue to award funds to deserving nursing students in the future.”

“We are so grateful for the enormous level of support that our donors have shown for the nursing scholarship program,” said Jeffrey Verhey, MD, chairman of the Trinity Health Foundation Board. “Thanks to their generosity, we are able to support nursing education in our region, and in return we can continue to address the needs of the people we serve. Our Foundation is blessed to have a tremendous level of commitment from our donor base. Trinity Health Foundation will honor that commitment and continue to make more care possible.”

Partnering for Safe Kids

Safe Kids Minot gained a major boost from Enbridge Inc. as it received a $5,000 donation from the energy company in support of an upcoming Safe Kids Minot event, “Wild About Safety at the Zoo.” Safe Kids Minot Coordinator Amber Emerson (right) says the event, set for July 2020, will offer free admission to Roosevelt Park Zoo, while bringing together local experts who will share a message of childhood safety and injury prevention. Enbridge Community Engagement Advisor Wendy Pank (pictured left) says the contribution reflects Enbridge’s mission to safely deliver energy through its network of oil and gas pipelines. Trinity Health is the lead agency for Safe Kids Minot.

Nursing students from four colleges in North Dakota were recently awarded nursing scholarships from the Trinity Health Foundation’s Nursing Scholarship Program.
RSV in Infants Nothing to Sneeze At

It’s one of many seasonal illnesses that affect people this time of year. Respiratory syncytial virus, or RSV, can produce mild cold-like symptoms in adults. But for infants and young children, RSV can be a bigger concern.

The Centers for Disease Control and Prevention lists RSV as the most common cause of bronchiolitis and pneumonia in children younger than one year of age. The agency also estimates that 57,000 children under five will be hospitalized this year due to RSV infection.

Trinity Health pediatrician Ndu Ugobi, MD, said the greatest challenge with RSV is how quickly the infection is to determine if the patient should be hospitalized. Children most at risk for RSV include very young infants or those born prematurely, as well as young children with chronic lung and/or heart conditions or with a weakened immune system.

RSV can spread when an infected person coughs or sneezes, or it can be passed along by touching a surface that has the virus on it, like a doorknob, and then touching the face before washing hands. Additionally, it can spread through direct contact with the virus, like kissing the face of a child with RSV. This is why it’s important to be proactive.

“People with cold-like symptoms should avoid interacting with children at high risk for severe RSV disease,” Dr. Ugobi said. “If this isn’t possible, they should continue on page 5

Clinical Dietitian to Lead Nutrition Services

Desire’e Steinberger, RD, LDN, a clinical dietitian with eight years of experience in clinical nutrition and food service management, has joined Trinity Health as Director of Nutrition Services. Steinberger will oversee all aspects of Trinity Health’s hospital-based food and clinical nutrition services and will supervise the department’s clinical team.

A Kenmare native, she earned a Bachelor of Science in Dietetics from the University of North Dakota and began her career as a public health dietitian and a clinical dietitian at Bethel Lutheran Nursing and Rehabilitation Center, both in Williston. Steinberger remained in Williston for several years, providing clinical nutrition, menu writing, and education services for various health agencies, including Upper Missouri District Health Unit, NDVSU Extension Services, Williams County, and the community’s Head Start program.

Most recently, Steinberger served as food service director and clinical dietitian at Elm Crest Manor in New Salem. Steinberger is currently pursuing a Master of Science in Nutrition at UND, with specialization in nutrition education and counseling.

View our New Regional Healthcare Campus & Medical District Construction

Go to trinityhealth.org and click on the link.

DAISY Award

Amanda Luttrel, RN, with Trinity Health’s Intensive Care Unit, recently earned the DAISY Award.

The DAISY Award is an international program that rewards and celebrates the extraordinary clinical skill and compassionate care given by nurses every day. Trinity Health is proud to be a DAISY Award partner, recognizing one of our nurses with this special honor each month.

To nominate a Trinity Health associate for the DAISY Award, visit: trinityhealth.org/patients-visitors/employee-award-programs.

Sunflower Award

M. C. Ondieki, CNA, from Trinity Hospital’s fifth floor, was a recent recipient of the Sunflower Award.

The Sunflower Award recognizes the compassionate care and extraordinary services provided by CNAs every day. Patients, visitors, nurses, physicians, and employees may nominate a deserving CNA. Nomination forms can be found throughout the hospital or online at trinityhealth.org/patients-visitors/employee-award-programs.

"Firefighters Fundraise for Pediatrics"

Twelve firefighters from the city of Minot’s four fire stations participated in the No Shave November event; however, due to regulations, their facial hair was limited to mustaches, said Danny Raymond, a firefighter with the Minot Fire Department. The fire department threw ideas around and agreed to donating to the pediatric unit. Raymond said, noting that “quite a few” of the firefighters have had children who were patients in Trinity Health’s neonatal intensive care unit (NICU).

Candice Starr, RN, nurse manager of the pediatric unit, said the funds would be used for decoration on the pediatric floor, which is on the sixth floor at Trinity Hospital. The decor would help revitalize the unit to make it look less sterile and more kid-friendly.

"Trinity Health’s pediatric unit was the recent benefactor of the Minot Fire Department. On December 20, the Firefighters Local Union #1157 donated $335 raised from No Shave November fundraising activities.

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Rehabilitation for Peripheral Artery Disease

An exercise program designed to help patients with peripheral artery disease is available through Trinity Health’s Cardiopulmonary Rehabilitation program. Supervised Exercise Training for Peripheral Artery Disease (SET PAD) is a program of supervised exercise rehabilitation, considered a primary treatment for people with peripheral artery disease and intermittent claudication, the aching pain felt in the legs during walking or exercising.

Peripheral artery disease is a disorder caused by narrowed blood vessels that reduce the blood flow to the limbs, explained Julie Rood, RN, with Trinity Health Cardiopulmonary Rehabilitation. It is caused by atherosclerosis, when fatty deposits (plaque) build up along the artery walls, reducing blood flow.

Approximately 8.5 million people in the United States have peripheral artery disease, including 12 to 20 percent of individuals over the age of 60. According to the Centers for Disease Control and Prevention, the prevalence of peripheral artery disease increases with age. In addition to atherosclerosis and age, risk factors include smoking, high blood pressure, diabetes, and high cholesterol.

Regular physical activity is an effective treatment for peripheral artery disease; simple walking regimens, leg exercises, and treadmill exercise programs can ease symptoms, the American Heart Association said. Through the exercise program, patients benefit from the improvement of functional capacity, quality of life, oxygen extraction and utilization by exercising muscles, endothelial function, blood flow, gait and walking economy, and tolerance to pain.

Rood said it is preferred that patients participate in the program three times a week for 12 weeks—a total of 36 sessions—to “get the most benefit.” The program will get patients started so they can carry on after the 12 weeks.

The program implements the F.I.T.T. principle for the program: Frequency (three times a week), Intensity (exercise to moderate pain), Time (30- to 40-minute sessions), and Type (“We do want them walking,” Rood said. “For those limited to the treadmill, we can do seated modalities with them.”)

In addition to Rood, the staff at Cardiopulmonary Rehabilitation include Heidi Zaderaka, RT, manager; Tanya Gillen, ACCE, exercise physiology; Heather Altringer, RN, and Tara Flory, RN.

A doctor’s referral is required to participate in the program. While it is covered by Medicare and Medicaid, patients should still speak with their insurance company.

Peripheral Artery Disease

While people with peripheral artery disease may have mild or no symptoms, others feel claudication, pain associated with walking.

According to Mayo Clinic, peripheral artery disease signs and symptoms can include:

- Painful cramping in one or both of your hips, thighs, or calves after certain activities, such as walking or climbing stairs.
- Leg numbness or weakness.
- Coldness in your lower leg or foot, especially when compared with the other side.
- Sores on your toes, feet, or legs that won’t heal.
- A change in the color of your legs.
- Hair loss or slower hair growth on your feet and legs.
- Slower growth of your toenails.
- Shiny skin on your legs.
- No pulse or a weak pulse in your legs.
- Shiny skin on your legs.
- Sores on your toes, feet, or legs that won’t heal.

If you think that you have peripheral artery disease or any of the others that MyChoice Health Checks look for, please consult with your primary care physician, or schedule a screening at 701-857-3220.
Trinity Health is pleased to announce the addition of three new providers to our team.

Chandi Anand, MD

Chandi Anand, MD, is an experienced internist with an integrated, holistic approach to health. Her focus is personalized, compassionate care delivered with integrity. She graduated from University College of Medical Sciences, New Delhi, India. After completing internship and residency in Internal Medicine at Long Island Jewish Medical Center in New York, she joined Queens Long Island Medical Group in 1991. In 2011, she joined DaVita Medical Group in Florida. She enjoys movies, comedy shows, outdoor activities, and reading. She has two adult children.

Born in Iowa and reared in South Dakota, she earned her Bachelor of Science in Nursing from South Dakota State University and her Master of Science in Nursing from Clarkson State University and her Master of Science in Nursing from South Dakota University. Lisa brings a supportive approach to care that strives to meet the healthcare needs of each individual.

Lisa Krogman, FNP-C

Lisa Krogman, FNP-C, offers primary care as part of our team of providers at FirstCare Walk-In Clinic. With more than three decades of nursing experience, Lisa brings a supportive approach to care that meets the healthcare needs of each individual.

In her spare time, she enjoys being married, has three children, and a dog. and spending time with friends and family.

Kayla is located at Health Center – Medical Arts, 400 Burdick Expwy E, Minot. For appointments or consultations, please call 701-857-5413.

Dr. Anand is located at Health Center – Town & Country, 815 S Broadway, Minot. For appointments or consultations, please call 701-857-7896.

Nedrose Students Donate Blankets to CancerCare Center

Students from the fourth grade at Nedrose Elementary donated 12 tie blankets to the Trinity CancerCare Center on December 20. The students especially wanted to make a donation because one of their classmates is currently battling cancer. Pictured are Amy Nemahan and Charlotte Opp, fourth grade teachers at Nedrose.

With the Trinity Health Mobile App, you can:
- Access My Trinity Health e-Quals Patient Portal
- Find Trinity Health locations
- Search for a medical provider by name or specialty
- View your lab results and more
- Share important information

To get started, download the app from your mobile device.

MyChoice Health Checks are low-cost screenings that make earlier detection and timelier care possible. You can choose your screenings and schedule quickly and easily with our imaging experts.

MyChoice Health Checks help to identify risk factors that can lead to serious problems:
- Heart attack
- Colon Cancer Screening $60
- Stroke
- Coronary Artery Disease Screening $35
- Abdominal aneurysm
- Abdominal Aortic Aneurysm (AAA) Screening $35
- Polyp, small polyps
- Peripheral Artery Disease (PAD) Screening $35
- Heart disease

All screenings are read by board-certified radiologists and cardiologists. For appointments/questions, call 701-857-3220.
Macular Degeneration

Macular degeneration is an ophthalmological condition in which there is blurred or no vision in the center of the visual field. Also known as age-related macular degeneration (AMD), macular degeneration occurs when the retina becomes damaged, causing the loss of central vision. In the meantime, peripheral vision, which is vision from the sides of the eye, remains normal.

It is estimated, 15 million Americans are affected by AMD. According to the National Eye Institute, the risk of AMD increases with age, with the disease affecting more than 14 percent of white Americans 80 years of age and older. AMD is the leading cause of vision loss and blindness among older Americans (65 years and older).

There are two types of AMD:

• Dry Age-Related Macular Degeneration, which is quite common. About 80 percent of older people who have AMD have this form of the disease. AMD parts of the macula (the center of the retina) get thinner with age and drusen (tiny clumps of protein) grow. Central vision is slowly lost.

• Wet Age-Related Macular Degeneration, which is less common but more serious. With wet AMD, abnormal blood vessels grow under the retina. These vessels may leak blood or other fluid, leading to scarring of the macula. Vision is lost faster with wet AMD than with dry AMD.

Other than age, risk factors for AMD include a positive family history, cigarette smoking, hypertension, light irid color, hypercholesterolemia, female gender, and cardiovascular disease, the American Academy of Ophthalmology said on their website.

According to the American Macular Degeneration Foundation, AMD is typically discovered by an eye doctor during an annual dilated eye exam. The first signs of AMD include the presence of drusen and pigment changes in the macula.

Standard screening tests include the visual acuity exam, the common letter chart often seen in a doctor’s office, as well as an Amsler grid, which looks like graph paper and is used to check whether the lines look wavy or distorted or if areas of the visual field are missing.

Once AMD is diagnosed, treatment may be available depending on the type of AMD. Dry AMD cannot be treated, although the AAO noted that a combination of nutritional supplements can help slow down the effects of dry AMD. (An ophthalmologist can suggest if vitamins and minerals are recommended for dry AMD.) To help treat wet AMD, medications called anti-VEGF drugs can help reduce the number of abnormal blood vessels in the retina, as well as helping to slow or leak from blood vessels. Laser surgery can also be used to treat some types of wet AMD. Ophthalmologists can advise on the best way to treat AMD.

“The American Academy of Ophthalmology recommends that all individuals 65 years and older receive an eye examination every one to two years, even in the absence of symptoms,” said David Jacobs, MD, an ophthalmologist and vitreoretinal surgeon with Trinity Health. “The most important thing you can do to help prevent AMD is to avoid smoking tobacco and make sure blood pressure and cholesterol are well-controlled.”

Trinity Regional EyeCare has three locations: Trinity Regional EyeCare – Minot Center, in Health Center – Plaza 16, 2815 16th St SW, Ste 102; Trinity Regional EyeCare – Western Dakota, in Trinity Health Western Dakota, 1321 W Dakota Pkwy, Williston; and Trinity Regional EyeCare – Devils Lake, 404 Hwy 2 E, Devils Lake.

In Recognition and Thanks From The Foundation

Trinity Health Foundation is proud to list the names of individuals, organizations, and businesses whose gifts were received from October 1, 2019, through December 31, 2019. These contributions illustrate a generous and caring community, striving to bring the highest quality care for those we serve. We want to thank these contributors for their generous support of Trinity Health’s mission: “To excel at meeting the needs 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

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In Recognition and Thanks

continued from page 7

In Honor of Greg Bierschbach Bruce & Kathy Taylor
In Honor of Jim Grote Faith Lutheran Church
In Memory of Roger Haugen The Family & Friends of Roger Haugen
In Memory of Barbara Gregory Matthew & Fredricka Wunder
In Memory of Harry Renke Paulita Renke
In Memory of Hilda Alma Hoffman Karen & Helen Carlson
In Memory of Harley Schmidt David & Megan Wollers
In Memory of Jane Stewart Geraldine Stewart
In Memory of Judy Ontong Program Coordinator
In Memory of Roger Johnson Kirk & Marian Carlson
In Memory of Joanne Behrends Karen & Helen Carlson
In Memory of Dorothy Kauffman
In Memory of Mavis Netzloff
In Memory of北川明
In Memory of Duwayne Ward
In Memory of Donald Lannoye
In Memory of Darlene Floberg
In Memory of Cleone Rollman
In Memory of Barbara Gregory

February 11 – Erica Erck, RN, will present about heart health at Healthy Hour, February 18 – The Breast is Best Support Group will meet at the Family Birth Center on 701-857-5221.


February 23 – Dairy Queen

February 24 – Cash Wise

February 28 – Adeline Berg

March 4, 11, May 9, June 13, July 11, and August 8

Road to Healthy Living – Riverside Education Center, 1900 8th Ave SE, Minot.

March 3, April 6, May 4, June 1, and July 8

March 12, March 19, April 9, May 4, June 11, and July 9

March 12

March 19

March 26

April 9

April 16

April 23

April 30

May 7

May 14

May 21

May 28

June 4

June 11

June 18

June 25

July 2

July 9

July 16

July 13

July 20

July 27

August 3

August 10

August 17

August 24

August 31

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