Blood Needs Grow During ‘Second Trauma Season’

The period from Memorial Day to Labor Day is generally regarded as the “trauma season,” a time when people are hitting the roads and waterways, resulting in a greater number of mishaps that can land people in the ER. But the holiday season is quickly emerging as a secondary spike, according to Gary L. Wease, MD, a general surgeon and director of Trinity Health Trauma Services.

“It’s our second trauma season,” Dr. Wease said. “You have the holiday rush; people are out shopping and traveling to be with their families – often in inclement weather. It makes for a busy season.”

Trauma is one factor, but not the only reason why blood needs increase during the mid-winter months. A variety of medical circumstances contribute to the need for blood. “A lot of people, especially at the end of the year, have met their blood needs increase during the mid-winter months. A variety of medical circumstances contribute to the need for blood. “A lot of people, especially at the end of the year, have met their

Blood Needs Grow During ‘Second Trauma Season’

The period from Memorial Day to Labor Day is generally regarded as the “trauma season,” a time when people are hitting the roads and waterways, resulting in a greater number of mishaps that can land people in the ER. But the holiday season is quickly emerging as a secondary spike, according to Gary L. Wease, MD, a general surgeon and director of Trinity Health Trauma Services.

“It’s our second trauma season,” Dr. Wease said. “You have the holiday rush; people are out shopping and traveling to be with their families – often in inclement weather. It makes for a busy season.”

Trauma is one factor, but not the only reason why blood needs increase during the mid-winter months. A variety of medical circumstances contribute to the need for blood. “A lot of people, especially at the end of the year, have met their blood needs increase during the mid-winter months. A variety of medical circumstances contribute to the need for blood. “A lot of people, especially at the end of the year, have met their

Blood Needs Grow During ‘Second Trauma Season’

The period from Memorial Day to Labor Day is generally regarded as the “trauma season,” a time when people are hitting the roads and waterways, resulting in a greater number of mishaps that can land people in the ER. But the holiday season is quickly emerging as a secondary spike, according to Gary L. Wease, MD, a general surgeon and director of Trinity Health Trauma Services.

“It’s our second trauma season,” Dr. Wease said. “You have the holiday rush; people are out shopping and traveling to be with their families – often in inclement weather. It makes for a busy season.”

Trauma is one factor, but not the only reason why blood needs increase during the mid-winter months. A variety of medical circumstances contribute to the need for blood. “A lot of people, especially at the end of the year, have met their blood needs increase during the mid-winter months. A variety of medical circumstances contribute to the need for blood. “A lot of people, especially at the end of the year, have met their

Blood Needs Grow During ‘Second Trauma Season’

The period from Memorial Day to Labor Day is generally regarded as the “trauma season,” a time when people are hitting the roads and waterways, resulting in a greater number of mishaps that can land people in the ER. But the holiday season is quickly emerging as a secondary spike, according to Gary L. Wease, MD, a general surgeon and director of Trinity Health Trauma Services.

“It’s our second trauma season,” Dr. Wease said. “You have the holiday rush; people are out shopping and traveling to be with their families – often in inclement weather. It makes for a busy season.”

Trauma is one factor, but not the only reason why blood needs increase during the mid-winter months. A variety of medical circumstances contribute to the need for blood. “A lot of people, especially at the end of the year, have met their blood needs increase during the mid-winter months. A variety of medical circumstances contribute to the need for blood. “A lot of people, especially at the end of the year, have met their

Blood Needs Grow During ‘Second Trauma Season’

The period from Memorial Day to Labor Day is generally regarded as the “trauma season,” a time when people are hitting the roads and waterways, resulting in a greater number of mishaps that can land people in the ER. But the holiday season is quickly emerging as a secondary spike, according to Gary L. Wease, MD, a general surgeon and director of Trinity Health Trauma Services.

“It’s our second trauma season,” Dr. Wease said. “You have the holiday rush; people are out shopping and traveling to be with their families – often in inclement weather. It makes for a busy season.”

Trauma is one factor, but not the only reason why blood needs increase during the mid-winter months. A variety of medical circumstances contribute to the need for blood. “A lot of people, especially at the end of the year, have met their blood needs increase during the mid-winter months. A variety of medical circumstances contribute to the need for blood. “A lot of people, especially at the end of the year, have met their

Blood Needs Grow During ‘Second Trauma Season’

The period from Memorial Day to Labor Day is generally regarded as the “trauma season,” a time when people are hitting the roads and waterways, resulting in a greater number of mishaps that can land people in the ER. But the holiday season is quickly emerging as a secondary spike, according to Gary L. Wease, MD, a general surgeon and director of Trinity Health Trauma Services.

“It’s our second trauma season,” Dr. Wease said. “You have the holiday rush; people are out shopping and traveling to be with their families – often in inclement weather. It makes for a busy season.”

Trauma is one factor, but not the only reason why blood needs increase during the mid-winter months. A variety of medical circumstances contribute to the need for blood. “A lot of people, especially at the end of the year, have met their blood needs increase during the mid-winter months. A variety of medical circumstances contribute to the need for blood. “A lot of people, especially at the end of the year, have met their

Blood Needs Grow During ‘Second Trauma Season’

The period from Memorial Day to Labor Day is generally regarded as the “trauma season,” a time when people are hitting the roads and waterways, resulting in a greater number of mishaps that can land people in the ER. But the holiday season is quickly emerging as a secondary spike, according to Gary L. Wease, MD, a general surgeon and director of Trinity Health Trauma Services.

“It’s our second trauma season,” Dr. Wease said. “You have the holiday rush; people are out shopping and traveling to be with their families – often in inclement weather. It makes for a busy season.”

Trauma is one factor, but not the only reason why blood needs increase during the mid-winter months. A variety of medical circumstances contribute to the need for blood. “A lot of people, especially at the end of the year, have met their blood needs increase during the mid-winter months. A variety of medical circumstances contribute to the need for blood. “A lot of people, especially at the end of the year, have met their

Blood Needs Grow During ‘Second Trauma Season’

The period from Memorial Day to Labor Day is generally regarded as the “trauma season,” a time when people are hitting the roads and waterways, resulting in a greater number of mishaps that can land people in the ER. But the holiday season is quickly emerging as a secondary spike, according to Gary L. Wease, MD, a general surgeon and director of Trinity Health Trauma Services.

“It’s our second trauma season,” Dr. Wease said. “You have the holiday rush; people are out shopping and traveling to be with their families – often in inclement weather. It makes for a busy season.”

Trauma is one factor, but not the only reason why blood needs increase during the mid-winter months. A variety of medical circumstances contribute to the need for blood. “A lot of people, especially at the end of the year, have met their blood needs increase during the mid-winter months. A variety of medical circumstances contribute to the need for blood. “A lot of people, especially at the end of the year, have met their

Blood Needs Grow During ‘Second Trauma Season’

The period from Memorial Day to Labor Day is generally regarded as the “trauma season,” a time when people are hitting the roads and waterways, resulting in a greater number of mishaps that can land people in the ER. But the holiday season is quickly emerging as a secondary spike, according to Gary L. Wease, MD, a general surgeon and director of Trinity Health Trauma Services.

“It’s our second trauma season,” Dr. Wease said. “You have the holiday rush; people are out shopping and traveling to be with their families – often in inclement weather. It makes for a busy season.”

Trauma is one factor, but not the only reason why blood needs increase during the mid-winter months. A variety of medical circumstances contribute to the need for blood. “A lot of people, especially at the end of the year, have met their blood needs increase during the mid-winter months. A variety of medical circumstances contribute to the need for blood. “A lot of people, especially at the end of the year, have met their

Blood Needs Grow During ‘Second Trauma Season’

The period from Memorial Day to Labor Day is generally regarded as the “trauma season,” a time when people are hitting the roads and waterways, resulting in a greater number of mishaps that can land people in the ER. But the holiday season is quickly emerging as a secondary spike, according to Gary L. Wease, MD, a general surgeon and director of Trinity Health Trauma Services.

“It’s our second trauma season,” Dr. Wease said. “You have the holiday rush; people are out shopping and traveling to be with their families – often in inclement weather. It makes for a busy season.”

Trauma is one factor, but not the only reason why blood needs increase during the mid-winter months. A variety of medical circumstances contribute to the need for blood. “A lot of people, especially at the end of the year, have met their blood needs increase during the mid-winter months. A variety of medical circumstances contribute to the need for blood. “A lot of people, especially at the end of the year, have met their

Blood Needs Grow During ‘Second Trauma Season’

The period from Memorial Day to Labor Day is generally regarded as the “trauma season,” a time when people are hitting the roads and waterways, resulting in a greater number of mishaps that can land people in the ER. But the holiday season is quickly emerging as a secondary spike, according to Gary L. Wease, MD, a general surgeon and director of Trinity Health Trauma Services.

“It’s our second trauma season,” Dr. Wease said. “You have the holiday rush; people are out shopping and traveling to be with their families – often in inclement weather. It makes for a busy season.”

Trauma is one factor, but not the only reason why blood needs increase during the mid-winter months. A variety of medical circumstances contribute to the need for blood. “A lot of people, especially at the end of the year, have met their blood needs increase during the mid-winter months. A variety of medical circumstances contribute to the need for blood. “A lot of people, especially at the end of the year, have met their
frequently done in outpatient facilities, for four weeks. (While the program is occupational or physical therapist and controlled movement,” is done with an functional movements that you do program that is designed with Parkinson’s, Mead said. “It evens it like before they were diagnosed with brain to the feet or hand, the movements come out a little bit more Parkinson’s disease, can help patients designed to help patients with LSVT BIG, a physical therapy program.”

The therapy, “an intense exercise

Mead does the program with the patient in their home. Mead said she has seen “pretty dramatic results” with the patients she has worked with, thus far. This includes one of Depute’s patients, of Minot, who began his LSVT BIG training in April. Four times a week, Mead traveled to his apartment in southwestern Minot, where they would do the exercises on the linoleum of his kitchen floor. It started off with him seated in a chair, doing stretches. “A nice big stretch,” Mead said encouragingly. By Depute’s last therapy session with Mead in early May, he was leading her in the exercises. Depute, who was diagnosed with Parkinson’s disease, had tried physical therapy before. However, LSVT BIG seemed to make an

It takes two to three seconds. whereas before, the film would need to from 30 to 45 seconds to process the images are ready “within seconds,”

importantly, the patient – as it provides immediately to be downloaded for the images will be available to us the previous phosphorus plate, makes it faster for all involved – the doctor, the radiology staff, and most importantly, the patient. As it provides a quick turnaround and an excellent image quality for x-rays. Now, x-ray images are ready “within seconds,” whereas before, the film would need to be processed. It would take anywhere from 30 to 45 seconds to process the plate; now, with the digital plate, it only takes two to three seconds.

However that doesn’t sound like much of a difference, time-wise, it can add up. “If I’m doing a lumbar x-ray, and you’re doing five x-rays, it can take about five minutes,” Riel said. “It’s faster by at least half the time, if not more.”

The Committee on Trauma of the American College of Surgeons has verified Trinity Hospital at St. Alexius Medical Center as a Level II Trauma Center, following an onsite survey that found zero deficiencies. The hospital was visited for two days in June by an experienced team of site reviewers, who used the current American College of Surgeons’ Resources for Optimal Treatment of the Injured Patient as a guide in conducting the survey. In addition to identifying zero deficiencies, the verification committee highlighted several strengths of Trinity Health’s trauma program, citing the dedication and commitment of the individual providers; the existence of a highly developed trauma alert system; and the availability of inpatient rehabilitation services.

“This recognition confirms our commitment to provide the highest quality of care for injured patients,” said Trauma Director Gary Wease, MD, FACS. “I extend my appreciation and congratulations for the hard work by physicians and hospital staff that resulted in this outcome.”

The approval extends Trinity Hospital’s verification as a Level II trauma center for the maximum period of three years. Established by the American College of Surgeons in 1987, the Committee on Trauma’s verification program provides the designation of trauma centers in which participants provide not only the hospital resources necessary for trauma care, but also the entire spectrum of care to address the needs of all injured patients. (August 2019)

“Vitalant, the region’s blood supplier, states that someone in the U.S. needs blood every two seconds. Moreover, blood has a shelf life, which is why it is important to continuously replenish the supply. Alas, this time of year usually results in a shortage of blood supplies. Donations decline for a number of reasons, including holiday travel, holiday season, and busy holiday schedules and travel plans. It doesn’t take into account all of the blood components. Vitalant, the region’s blood supplier, states that someone in the U.S. needs blood every two seconds. Moreover, blood has a shelf life, which is why it is important to continuously replenish the supply. Alas, this time of year usually results in a shortage of blood supplies. Donations decline for a number of reasons, including holiday travel, holiday season, and busy holiday schedules and travel plans. It doesn’t take into account all of the blood components. Vitalant, the region’s blood supplier, states that someone in the U.S. needs blood every two seconds. Moreover, blood has a shelf life, which is why it is important to continuously replenish the supply. Alas, this time of year usually results in a shortage of blood supplies. Donations decline for a number of reasons, including holiday travel, holiday season, and busy holiday schedules and travel plans. It doesn’t take into account all of the blood components. Vitalant, the region’s blood supplier, states that someone in the U.S. needs blood every two seconds. Moreover, blood has a shelf life, which is why it is important to continuously replenish the supply. Alas, this time of year usually results in a shortage of blood supplies. Donations decline for a number of reasons, including holiday travel, holiday season, and busy holiday schedules and travel plans. It doesn’t take into account all of the blood components. Vitalant, the region’s blood supplier, states that someone in the U.S. needs blood every two seconds. Moreover, blood has a shelf life, which is why it is important to continuously replenish the supply. Alas, this time of year usually results in a shortage of blood supplies. Donations decline for a number of reasons, including holiday travel, holiday season, and busy holiday schedules and travel plans. It doesn’t take into account all of the blood components.
CancerCare Center Benefits from No Shave November

Several bearded staff at the Ward County Sheriff’s Department were itching to donate to the CancerCare Center. On November 27, they satisfied that itch by presenting a check for $1,820 to the CancerCare Center.

This was done during a No Shave November, a month-long campaign in which men forgo shaving hair to raise awareness for cancer. Employees in the department had been impacted by cancer and that keeping the funds raised locally “makes a difference.”

On December 9, members of the Minot Police Department presented a $2,300 check, which came from the proceeds of a similar No Shave November fundraiser, as well as fundraising for breast cancer awareness month in October.

“It’s a reflection of our community ties,” said Captain Justin Sundheim. “It shows that we share the same struggles as others in the community.”

Shane Jordan, director of the CancerCare Center, expressed gratitude for the donations. Following her medical training she practiced six years at a Level 3 NICU affiliated with Saint Patrick Hospital in Missoula, MT.

Dr. Reed-Thurston is a quilter and doting grandmother to four grandchildren.

Trinity Health Welcomes Neonatologist

Trinity Health is pleased to announce the addition of Deborah Reed-Thurston, MD, to our neonatology team.

Dr. Reed-Thurston is a board-certified neonatologist and a key member of our team of providers in the Newborn Intensive Care Unit. She has extensive experience caring for premature and critically ill newborns, with a focus on helping infants achieve their maximum development.

She earned her Doctor of Medicine degree and completed her pediatric residency at Joan C. Edwards/Marshall University School of Medicine, Huntington, WV. She subsequently did a three-year neonatology fellowship at Penn State Hershey Medical Center’s Level 4 NICU, where she trained extensively in ECMO and other advanced neonatal care and high-risk newborns. Following her medical training she practiced six years at a Level 3 NICU at Baptist Health Lexington in Kentucky. Most recently, she oversaw establishment of a Level 2 NICU affiliated with Saint Patrick Hospital in Missoula, MT.

Dr. Reed-Thurston is an avid quilter and doting grandmother to four grandchildren.

Trinity Health’s Family Birth Center has

Trinity Health is pleased to announce the addition of Deborah Reed-Thurston, MD, to our neonatology team.

Dr. Reed-Thurston is a board-certified neonatologist and a key member of our team of providers in the Newborn Intensive Care Unit. She has extensive experience caring for premature and critically ill newborns, with a focus on helping infants achieve their maximum development.

She earned her Doctor of Medicine degree and completed her pediatric residency at Joan C. Edwards/Marshall University School of Medicine, Huntington, WV. She subsequently did a three-year neonatology fellowship at Penn State Hershey Medical Center’s Level 4 NICU, where she trained extensively in ECMO and other advanced neonatal care and high-risk newborns. Following her medical training she practiced six years at a Level 3 NICU at Baptist Health Lexington in Kentucky. Most recently, she oversaw establishment of a Level 2 NICU affiliated with Saint Patrick Hospital in Missoula, MT.

Dr. Reed-Thurston is an avid quilter and doting grandmother to four grandchildren.

Year in Review

Trinity Health is pleased to announce the addition of Deborah Reed-Thurston, MD, to our neonatology team.

Dr. Reed-Thurston is a board-certified neonatologist and a key member of our team of providers in the Newborn Intensive Care Unit. She has extensive experience caring for premature and critically ill newborns, with a focus on helping infants achieve their maximum development.

She earned her Doctor of Medicine degree and completed her pediatric residency at Joan C. Edwards/Marshall University School of Medicine, Huntington, WV. She subsequently did a three-year neonatology fellowship at Penn State Hershey Medical Center’s Level 4 NICU, where she trained extensively in ECMO and other advanced neonatal care and high-risk newborns. Following her medical training she practiced six years at a Level 3 NICU at Baptist Health Lexington in Kentucky. Most recently, she oversaw establishment of a Level 2 NICU affiliated with Saint Patrick Hospital in Missoula, MT.

Dr. Reed-Thurston is an avid quilter and doting grandmother to four grandchildren.

CancerCare Center Benefits from No Shave November

Several bearded staff at the Ward County Sheriff’s Department were itching to donate to the CancerCare Center. On November 27, they satisfied that itch by presenting a check for $1,820 to the CancerCare Center.

This was done during a No Shave November, a month-long campaign in which men forgo shaving to raise awareness for cancer. Employees in the department had been impacted by cancer and that keeping the funds raised locally “makes a difference.”

On December 9, members of the Minot Police Department presented a $2,300 check, which came from the proceeds of a similar No Shave November fundraiser, as well as fundraising for breast cancer awareness month in October.

“It’s a reflection of our community ties,” said Captain Justin Sundheim. “It shows that we share the same struggles as others in the community.”

Shane Jordan, director of the CancerCare Center, expressed gratitude for the donations. Following her medical training she practiced six years at a Level 3 NICU affiliated with Saint Patrick Hospital in Missoula, MT.

Dr. Reed-Thurston is a quilter and doting grandmother to four grandchildren.

Trinity Health Welcomes Neonatologist

Trinity Health is pleased to announce the addition of Deborah Reed-Thurston, MD, to our neonatology team.

Dr. Reed-Thurston is a board-certified neonatologist and a key member of our team of providers in the Newborn Intensive Care Unit. She has extensive experience caring for premature and critically ill newborns, with a focus on helping infants achieve their maximum development.

She earned her Doctor of Medicine degree and completed her pediatric residency at Joan C. Edwards/Marshall University School of Medicine, Huntington, WV. She subsequently did a three-year neonatology fellowship at Penn State Hershey Medical Center’s Level 4 NICU, where she trained extensively in ECMO and other advanced neonatal care and high-risk newborns. Following her medical training she practiced six years at a Level 3 NICU at Baptist Health Lexington in Kentucky. Most recently, she oversaw establishment of a Level 2 NICU affiliated with Saint Patrick Hospital in Missoula, MT.

Dr. Reed-Thurston is an avid quilter and doting grandmother to four grandchildren.

Trinity Health Welcomes Neonatologist

Trinity Health is pleased to announce the addition of Deborah Reed-Thurston, MD, to our neonatology team.

Dr. Reed-Thurston is a board-certified neonatologist and a key member of our team of providers in the Newborn Intensive Care Unit. She has extensive experience caring for premature and critically ill newborns, with a focus on helping infants achieve their maximum development.

She earned her Doctor of Medicine degree and completed her pediatric residency at Joan C. Edwards/Marshall University School of Medicine, Huntington, WV. She subsequently did a three-year neonatology fellowship at Penn State Hershey Medical Center’s Level 4 NICU, where she trained extensively in ECMO and other advanced neonatal care and high-risk newborns. Following her medical training she practiced six years at a Level 3 NICU at Baptist Health Lexington in Kentucky. Most recently, she oversaw establishment of a Level 2 NICU affiliated with Saint Patrick Hospital in Missoula, MT.

Dr. Reed-Thurston is an avid quilter and doting grandmother to four grandchildren.
A native of Dallas, TX, Wilson initially started with Trinity Health in 2011 as a consultant engaged in complex finance projects. In 2016, he joined the organization as Vice President of Payor Strategies and Clinical Integration. Upon retirement of his predecessor last January, Wilson served as interim Vice President of Finance. Wilson helped lead the organization through significant growth, including the planning and financing of Trinity Health’s new healthcare campus and medical district, the successful conversion of the health system’s enterprise resource planning systems, and many other collaborative projects. Wilson supports Trinity Health’s strong relationship with the Minot Air Force Base, becoming an Honorary Commander in 2014. According to Kutch, Wilson has demonstrated strong leadership and financial acumen. “His experience and knowledge continue to be valuable assets for this organization,” he added, “but beyond his healthcare finance expertise, Taylor cares deeply about the patients and their families, and works tirelessly to improve our processes in support of Trinity Health’s mission. We are fortunate to have him as a member of our senior team.”

Wilson has more than 20 years of experience in healthcare. He has served as Senior Vice President and Chief Financial Officer of the Texas Health Texas Provider Network (HTPN), part of Baylor Healthcare System, where he directed and managed the HTPN consulting department. His role included physician group strategic planning, practice financial analysis, billing and collection services, and patient accounting system analysis. Wilson also served as the corporate advisor to multiple physician groups.

A Certified Public Accountant, Wilson received his Bachelor of Science degree in Economics from the University of Texas at Arlington. He is a member of the Medical Group Management Association, and the American Institute of Certified Public Accountants. He and his wife, Kelly, have three adult children and one grandchild.

“I’m honored to serve as Trinity Health’s Chief Financial Officer, as the organization continues its solid track record of balancing margin and mission to meet the healthcare needs of the community,” added Wilson. “I look forward to continuing the important work of Trinity Health with a talented team that is dedicated to and passionate about the people they serve.”

Taylor Wilson, CPA

Fuel the Fight Helps Patients in Need

Each patient is eligible for up to $200 annually in fuel vouchers, with some patients receiving additional support if needed, Jordan added. “Fuel the Fight has allowed us to help patients in those out-of-pocket expenses that has shown to be one of the major barriers to care. On behalf of the staff at Trinity CancerCare and most importantly our patients, I want to thank all of our supporters and donors that have helped us continue making more possible.”

Fuel the Fight was a team effort by Dakota Square Arco and several local businesses, including United Community Bank, Trinity Health, Trinity Health Foundation, Flower Central, CoCa-Cola, First International Bank & Trust, K-MOT/West Dakota Fox, The Outfitters, K-HEART 106.9 FM/KHRT 1320 AM, and the Stereo Shop. Dakota Square Arco held its Fuel the Fight fundraiser.

Trinity Health Names Taylor Wilson New Chief Financial Officer

Taylor Wilson

Trinity Health’s second annual Fuel the Fight fundraiser. Following an extensive national search and interview process, Trinity Health has selected Minot’s Taylor Wilson, CPA, as its new Chief Financial Officer.

“I am excited to announce Taylor Wilson as our new Chief Financial Officer,” declared John M. Kutch, President and CEO of Trinity Health. “Taylor has a wealth of knowledge and experience that is unmatched in value-based contracting and population health management. He remains a key member of our leadership team as we position Trinity Health for continued success in the ever-evolving healthcare field.”

Staff’s dedication helps turn lobby into Christmas scene

The corner of the lobby at Trinity Homes was once a small visiting nook, with chairs and magazines. However, the Christmas spirit soon enveloped this corner of the lobby, with decorations being transformed into a vintage scene of a 1950s living room, all decked out for Christmas.

Bill Kloss, a maintenance mechanic at Trinity Homes, and his co-workers helped make the decorations possible at Trinity Homes.

Taylor Wilson, CPA

Trinity Homes a Winter Wonderland

Staff’s dedication helps turn lobby into Christmas scene

The corner of the lobby at Trinity Homes was once a small visiting nook, with chairs and magazines. However, the Christmas spirit soon enveloped this corner of the lobby, with decorations being transformed into a vintage scene of a 1950s living room, all decked out for Christmas.

Bill Kloss, a maintenance mechanic at Trinity Homes, and his co-workers helped make the decorations possible at Trinity Homes. Kloss added a few antiques he had around, including an old rotary telephone, vintage Pepsi can, and other items that helped make the scene more believable. “My wife, Janet, let me use her favorite doll,” Kloss said, adding jokingly, “I will be seeking a new place to live if anything happens to her!”

The centerpiece of the room was an old-fashioned wood paneled television; in lieu of the screen was a homemade fireplace, which was donated by Thomas and Dana Wulsick, who purchased it from a recent charity auction.

“When we saw it, we thought it would be perfect for the Homes,” Wulsick said. “There’s a lot that goes into decorating,” Kloss said, noting that several factors – a lack of manpower, and ensuring regulations and safety codes are followed, for example – inhibited the work that could have been done. Despite that, the hard work that was put in produced a magnificent display. The scene also served as the perfect backdrop for Santa Claus, who stopped by Trinity Homes on Christmas to visit with residents during the day; that evening, children came to see Santa in the winter wonderland.

Trinity Health Names Taylor Wilson New Chief Financial Officer

Taylor Wilson, CPA

Fuel the Fight Helps Patients in Need

(MINOT, ND) – Over $30,000 was raised in the Trinity Health Foundation’s second annual Fuel the Fight fundraiser.

The fundraiser, which was held on October 11 at the Dakota Square Arco station, raised funds for the Patient Assistance Fund, specifically for fuel vouchers, for patients receiving treatment at the Trinity CancerCare Center. Fuel vouchers are an important part of the patient assistance fund, as they help provide funding for transportation that affords patients the opportunity to go to and from cancer treatment.

Fuel the Fight continues to help fund “a very valuable assistance program for patients,” said Shane Jordan, director of the Trinity CancerCare Center. “In the early stages of the program, we were providing approximately $700 a month in fuel-related assistance and we have seen this number grow to a monthly average of over $1,500 in a very short period of time, with some months breaking the $2,000 mark.”

Considering Trinity Health’s large rural service area, it is not uncommon for patients to travel more than 100 miles – or sometimes at least 200 miles – roundtrip for their cancer treatment. According to the CancerCare Center’s 2018 statistics, 561 patients from 19 counties traveled to the Trinity CancerCare Center for treatment. While about 56 percent of them live in Ward County, many journey miles away, with patients from as far as Williams and Ramsey County (and one from Cass County). Eighteen percent of patients seeking care at the CancerCare Center travel at least 150 miles, roundtrip, for treatment.

Each patient is eligible for up to $200 annually in fuel vouchers, with some patients receiving additional support if needed, Jordan added. “Fuel the Fight has allowed us to help patients in those out-of-pocket expenses that has shown to be one of the major barriers to care. On behalf of the staff at Trinity CancerCare and most importantly our patients, I want to thank all of our supporters and donors that have helped us continue making more possible.”

Fuel the Fight was a team effort by Dakota Square Arco and several local businesses, including United Community Bank, Trinity Health, Trinity Health Foundation, Flower Central, CoCa-Cola, First International Bank & Trust, K-MOT/West Dakota Fox, The Outfitters, K-HEART 106.9 FM/KHRT 1320 AM, and the Stereo Shop.

Sunflower Award

Luisa McCrath, CNA

Luisa McCrath, CNA, a nurse on the Trinity Homes 2 West floor, was awarded with the Trinity Health Foundation’s second annual Sunflower Award on December 12. The Sunflower Award recognizes the compassionate care and extraordinary services provided by CNAs every day. Patients, visitors, nurses, physicians, and employees all nominate a deserving CNA. Nominations can be done by filling out a form, which can be found online at: https://www.trinityhealth.org/patients-visitors/employee-award-programs.
Hope and Healing After a Death

Trinity Health will provide a bereavement support group, “Hope & Healing After a Death,” starting on January 2.

The support group will have six sessions, which will be held every Thursday from 6:30 to 8:30 p.m., for people who have experienced the death of a friend or loved one. Sessions will explore the phenomenon of grief, examine the mourning process, and identify self-care strategies to promote healing.

The meetings will be held in the Trinity Health Community Conference Room, located at Health Center – Town & Country, 1015 S Broadway, Minot. Please call Michelle Anderson at Trinity Health Hospice at 701-857-5039 to pre-register.

Physical Therapist Renews Neonatal Certification

Nancy Gasmann, PT, a pediatric therapist and manager of Trinity Health’s hospital-based Physical Therapy Services, has earned recertification as a Neonatal Touch and Massage Therapist.

Neonatal Touch and Massage is a method of nurturing contact that promotes healthy development of newborns. Research shows that neonatal massage is associated with weight gain, neurological development, and gastrointestinal function in premature infants.

To achieve recertification, Gasmann completed five hours of additional training to maintain her skills in neurological development, and grief and loss counseling.

“We’re proud of Nancy for bringing this expertise to our program,” said Darren Armstrong, director of Trinity Health Physical Rehabilitation Program. “Nancy is one of the best and she has dedicated her time to helping newborns and their families. We’re proud to have her on our team.”

In the Hospital

‘Power of Pink’ Generates Funds for Cancer Exercise

Officials from Minot’s MarketPlace Foods stores presented an impressive $14,550 to Trinity Health Foundation on Tuesday. The proceeds from the retailer’s Power of Pink Cake Auction, which was held October 9 at the North Hill Store. Forty-eight businesses and other groups pitched in to decorate and purchase the cakes. The funds will go a long way to support patients enrolled in Trinity Health’s Cancer Exercise Rehab program, which offers clinical exercise and conditioning for cancer patients and survivors.

Last August, Trinity Health announced a new program aimed at promoting breastfeeding among women who gave birth at Trinity Hospital. A formalized inpatient lactation program was developed, with a nurse visiting breastfeeding families during their hospital stay to support a strong start to breastfeeding success among mothers who gave birth at Trinity Hospital.

The purpose is to provide breastfeeding as part of the first feedings a child receives, as well as making sure mother and child are both comfortable with breastfeeding before they leave the hospital, explained Amanda Bekkedahl, RN, a certified lactation counselor with Trinity Health’s Family Birth Center. Any breastfeeding family can benefit from this program, she said. Your primary care provider can refer you to a lactation counselor at Trinity Health.

Breastfeeding is the most natural method of feeding an infant, Bekkedahl said, noting that health issues exist for mom and baby. According to the Centers for Disease Control and Prevention’s Breastfeeding Report Card, released in August 2018, stated that 83.2 percent started out breastfeeding. However, many stopped earlier than recommended.

The American Academy of Pediatrics’ Policy on Breastfeeding recommends that good nutrition starts with breastfeeding exclusively for the first six months of life. While nearly six in 10 infants are still breastfeeding at six months of age, only a quarter are breastfeeding exclusively.

Last August, Trinity Health announced a new program aimed at promoting breastfeeding success among mothers who gave birth at Trinity Hospital. A formalized inpatient lactation program was developed, with a nurse visiting breastfeeding families during their hospital stay to support a strong start to breastfeeding success among mothers who gave birth at Trinity Hospital.

The purpose is to provide breastfeeding as part of the first feedings a child receives, as well as making sure mother and child are both comfortable with breastfeeding before they leave the hospital, explained Amanda Bekkedahl, RN, a certified lactation counselor with Trinity Health’s Family Birth Center. Any breastfeeding family can benefit from this program, she said. Your primary care provider can refer you to a lactation counselor at Trinity Health.

Breastfeeding is the most natural method of feeding an infant, Bekkedahl said, noting that health issues exist for mom and baby. According to the Centers for Disease Control and Prevention’s Breastfeeding Report Card, released in August 2018, stated that 83.2 percent started out breastfeeding. However, many stopped earlier than recommended.

The American Academy of Pediatrics’ Policy on Breastfeeding recommends that good nutrition starts with breastfeeding exclusively for the first six months of life. While nearly six in 10 infants are still breastfeeding at six months of age, only a quarter are breastfeeding exclusively.

Last August, Trinity Health announced a new program aimed at promoting breastfeeding success among mothers who gave birth at Trinity Hospital. A formalized inpatient lactation program was developed, with a nurse visiting breastfeeding families during their hospital stay to support a strong start to breastfeeding.

The purpose is to provide breastfeeding as part of the first feedings a child receives, as well as making sure mother and child are both comfortable with breastfeeding before they leave the hospital, explained Amanda Bekkedahl, RN, a certified lactation counselor with Trinity Health’s Family Birth Center.

Any identified obstacles can be met so mother and child can succeed in breastfeeding. Your primary care provider should be your first call in non-emergency situations. Your doctor knows you and your health history, including what medications you are taking and what health conditions might need to be considered in your treatment.

- Diagnosis and ongoing management of chronic conditions
- Routine checkups
- Illnesses and injuries that can wait 24 hours for an appointment
- Management of prescription medications
- Specialist referrals

For help finding a primary care provider, call 857-DR4U.
Glaucoma

When it comes to glaucoma, prevention is key. Glaucoma is a group of eye conditions that can damage the optic nerve, an imperitive part of good vision. It is estimated that over 3 million Americans have glaucoma, but only half of them know they have it. According to the American Academy of Ophthalmology, glaucoma, which is a buildup of fluid in the front part of the eye, causing pressure in the eye and damaging the optic nerve, is the second-leading cause of blindness.

Glaucoma is not curable and any vision that is lost cannot be brought back, said Darrell Williams, MD, an ophthalmologist with Trinity Health. "Glaucoma, when it comes to your eye health, it's really difficult to see if you're developing it, until it's too late. It's a silent disease."

Glaucoma occurs when the eye does not drain fluid as well as it should, like it was a clogged drain. The eye pressure builds and starts to damage the optic nerve. The first thing a person with chronic open angle glaucoma experiences is loss of side vision and nighttime vision. "You can lose most of the optic nerve before you realize it," Williams said. "It's like somebody with high blood pressure who doesn't realize they have it until they have a heart attack or stroke." Dr. Williams said, "You won't know it unless you check it now and then. That's why a pressure check with an eye exam is so important.

Open angle glaucoma can be checked anytime during a routine exam with an optometrist or ophthalmologist, who will use a device called a tonometer.

Breastfeeding Basics

Breastfeeding Basics is a monthly class where mothers and mothers-to-be can learn more about breastfeeding. Topics discussed include feeding positions, proper latch, skin-to-skin contact, signs that a baby is getting enough to eat, and more. It is encouraged that mothers attend the class prior to delivery of their child, although it is open to women who have recently delivered. Classes are available free of charge.

Meetings will be held February 13, March 12, April 9, May 14, June 11, July 9, August 13, September 10, October 8, November 12, and December 10, at Trinity Health – Riverside, 1900 8th Ave SE, Minot.

continued on page 8
The Promptness of the Pap Smear

Cervical cancer, which claimed about 4,250 lives in the United States in 2019, is the fourth most common type of cancer for women worldwide. It is also one of the most preventable.

Affecting the cervix (the lower part of the uterus), cervical cancer can be detected early with the help of Pap smears, which have been proven to reduce deaths from cervical cancer by more than 40 percent. The National Cervical Cancer Coalition noted on their website that deaths from cervical cancer in the United States continue to decline by approximately 2 percent a year.

According to the National Cancer Institute, a pap smear is a procedure in which cells are gently removed from the cervix. These cells are then checked under a microscope to look for cervical cancer or cell changes that could lead to cervical cancer. Pap smears, which can also help detect infections or inflammation, can be done at the same time as a pelvic exam.

A common misconception relating to cervical health is that pap smears should only be done every three years. That is incorrect, said David Billings, MD, an Ob-Gyn with Trinity Health. “Yearly annual exams are appropriate for a breast and pelvic exam.”

During a pelvic exam, a doctor – usually an Ob-Gyn, midwife, or a woman’s health nurse practitioner – evaluates a patient’s reproductive organs for any abnormalities. A pelvic exam can be part of a regular checkup or recommended if a patient has symptoms, such as an unusual vaginal discharge or pelvic pain.

According to the National Cervical Cancer Coalition, cervical cancer tends to occur in women during midlife; it is frequently diagnosed in women between the ages of 35 and 64. “It rarely affects women under age 20, and more than 25 percent of diagnoses are made in women older than 65,” the NCCC’s website stated. “But in women over 65, cervical cancer typically occurs in women who were not receiving regular screening.”

After the initial Pap smear, which should be performed starting at 21, women should get one every three years from between the ages of 21 to 29, unless recommended otherwise. Then, from age 30 to 65, testing is done every three years, or every five years when combined with (human papillomavirus (HPV) screening. After the age of 65, women who do not have a high risk for cervical cancer should avoid screening.

Women who smoke are about twice as likely as non-smokers to get cervical cancer, the American Cancer Society said. Other risk factors for cervical cancer include HPV infection – the most important risk factor – as well as having a weakened immune system, chlamydia infection, a diet low in fruits and vegetables, being overweight, a long-term use of oral contraceptives, intrauterine device (IUD) use, having multiple full-term pregnancies, being younger than 17 at your first full-term pregnancy, and having a family history of cervical cancer. Regarding family history, the American Cancer Society said that having a mother or sister that had cervical cancer increases the chances of a person developing the disease.

Trinity Health loves Lucy – and so will you!

The Tribute to Lucy and Ricky Musical Comedy Show” premiers in Minot on February 14 at the Clarion Hotel.

This delightful musical comedy act pays tribute to comedic legends Lucille Ball and Desi Arnaz, with comedy sketches, musical numbers, and unforgettable moments from their historic TV show, “I Love Lucy.” Lucy is portrayed by Melody Knighton, the #1 Lucille Ball impersonator, while her husband Ricky is portrayed by actor Luis Hernandez. This show will certainly put the FUN in Fundraiser, with proceeds going toward the new hospital Cardiac Unit.

Guests will enjoy an evening of musical entertainment, wonderful dinner buffet, dancing, and a silent auction featuring pear necklace, pearl earrings, and bracelets. One lucky person will win a door prize.

Tickets for the show are $75 or two for $100, and can be purchased at the Trinity Health Auxiliary Hearts Club Gift Shop, located on the second floor at Trinity Hospital, or online at www.trinityhealth.org/lucy. Please note that a reserved table of eight is $400, and no tickets will be sold at the door.

Get your tickets today!

The Trinity Health Auxiliary Hearts Club Fundraiser, with proceeds going toward the new hospital Cardiac Unit.
A rare form of glaucoma is angle-closure glaucoma, which happens when the iris is very close to the drainage angle. It can end up blocking the drainage angle.

Unlike chronic open angle glaucoma, there are signs to look out for. They include:
- Vision is suddenly blurry
- Severe eye pain
- Headache
- Nausea/vomiting
- Rainbow-colored rings or halos around lights

If you show signs of glaucoma, especially if you are at risk, it is imperative to see your family eye doctor. An optometrist will review your medical history and conduct a comprehensive eye examination that could include:
- Visual field test: checking for areas of vision loss, or visual field test; or inspecting the drainage angle, or gonioscopy.
- Several tests, including:
  - Intraocular pressure, or tonometry; checking for areas of vision loss, or visual field test; or inspecting the drainage angle, or gonioscopy.
- Dilation of the eye examination and imaging tests; checking for areas of vision loss, or visual field test; or inspecting the drainage angle, or gonioscopy.

While older people are at a higher risk of developing glaucoma, anyone can be affected. According to the Glaucoma Research Foundation, everyone is at risk. Research shows that approximately one of every 10,000 Americans is born with it. Those who are at high risk for glaucoma, it does not discriminate by age. According to the Glaucoma Research Foundation, everyone is at risk from babies to senior citizens; approximately one of every 10,000 babies born in the United States can be born with it. Those who are at high risk for glaucoma include people over 60, with family members already diagnosed with glaucoma; diabetics; people who are severely nearsighted; and African-Americans, who are 15 times more likely to be visually impaired from glaucoma than Caucasians.

Treatment for most glaucoma patients includes eye drops. "You can also use a plastic tube to drain the drainage canal," Dr. Williams said. "If those measures don't work, there is surgery to create a new drainage canal from the eye back into the bloodstream." With medication and/or surgery, it is possible to stop further loss of vision. If left untreated, glaucoma can cause blindness, the Glaucoma Research Foundation said. Approximately 10 percent of people with glaucoma who receive proper treatment will still experience loss of vision. In the United States, more than 120,000 are blind from glaucoma, accounting for 9 to 12 percent of all cases of blindness. In fact, it is the second leading cause of blindness in the world, according to the World Health Organization.

Trinity Regional Eycare – Minot Center is located at Health Plaza – 16, 2815 16th St SW, Minot. For appointments or consultations, please call 701-852-3937.

Trinity Regional Eycare – West Dakota is located at Trinity Community Center – West Dakota, 1322 W Dakota Pkwy, Williston. For appointments or consultations, please call 701-572-7641.

Trinity Regional Eycare – Devils Lake is located at 404 Highway E 2, Devils Lake. For appointments or consultations, please call 701-662-4085.

Foundation Exceeds Goal for Horn of Plenty
For 36 years, KHRY’s Horn of Plenty has mobilized the community to reach out to families in need during the Christmas season. Trinity Health Foundation has partnered in the mission for the past eight years. On December 11, Foundation Director Alan Young presented $11,470 in proceeds from Trinity Health’s recent turkey drive. Coordinator Roy Leavitt says the funds will help pay for a week or two of food for just under 300 families, including items for a Christmas Day meal and toys for children.

“It all goes to families,” Leavitt said. “We don’t have much overhanging expenses. Through the years, Horn of Plenty has helped some 10,000 families get through a rough patch in their lives, including one woman Leavitt says he’ll never forget. We made a large food delivery. She was a devout Catholic, but despite herself, she couldn’t believe that anyone cared. It was the start of a turnaround for her.”

The food and toy baskets were assembled with the help of several volunteers on December 11, and delivered by volunteers on December 17.

For the latest updates, check online at trinityhealth.org

COMMUNITY CALENDAR

Events

January 7 - Keys to Diabetes Success will hold a class, “Realistic Resolutions,” at 5:30 p.m., at the Trinity Health Community Conference Room, located at Health Plaza, 2815 16th St SW, Minot. For more information, call 701-857-5268.

January 8 - A party celebrating the first anniversary of Kids Safe Minot, will be held at 4:30 p.m., at the First National Bank, 1020 4th St SE, Minot. Those who are at high risk for glaucoma include people over 60, with family members already diagnosed with glaucoma; diabetics; people who are severely nearsighted; and African-Americans, who are 15 times more likely to be visually impaired from glaucoma than Caucasians.

January 8 - The Stroke Support Group will meet at Health Center – Riverside Education Center, 1900 8th Ave SE, Minot. This 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 701-572-2445.

January 13 - Trinity Health will sponsor the Minot State University basketball game against the University of Sioux Falls. The women’s game will be at 3 p.m., and the men’s at 5:30 p.m.

January 21 - The Breast is Best Support Group will meet at the Family Birth Center, located at Trinity Hospital, third floor, from 12:00 to 3:00 p.m. The support group, which meets the third Tuesday of each month, is a breastfeeding and lactation support group for breastfeeding mothers in the Minot community.

January 25-26 – NorthStar Criticair will have an informational booth at the Ag Expo, located at the North Dakota State Fair Center.

January 27 – Stop the Bleed and Safe Kids Minot will have presentations at the Minot community.

Prepared Childbirth Classes

Learn about exercise and breathing techniques, labo/delivery, newborn care, new born feeding, Enrollment is limited.

SATURDAYS:

January 4, February 1, March 14, and April 11
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

January 3, February 13, March 12, and April 9
Offered by Integrated Maternal & Child Health, delivered by volunteers on December 17.

These classes are offered free-of-charge as part of Trinity Health’s community benefit mission, but registration is typically required. Sign up for classes, at http://trinityhealth.org/familybirth_registration

Mobile Mammogram Schedule

January 2 ..............................CHI Clinic (St. Alexius) – Devils Lake, 662-8642
January 7 .......................................St. Luke’s Hospital – Crosby, 965-6349
January 13 ...............................Trinity Community Clinic – New Town, 627-2990
January 20 ..............................Trinity Community Clinic – Towner, 984-7529
January 21 ..............................Trinity Community Clinic – Minto, 635-3618
January 22 ..............................Trinity Community Clinic – Mohall, 745-6841
January 30 ..............................Northland Community Health Center – Rolette, 246-3391

Family Birth Center Tours

Expectant parents 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.

Want to make a difference? Become a volunteer.

As a Trinity Health volunteer, you will be 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 highest 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).

For the latest updates, check online at trinityhealth.org