

PROUD TO BE A MEMBER OF THE MAYO CLINIC CARE NETWORK

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

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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 deductibles for insurance and they’re trying to get those surgeries scheduled,” Dr. Wease said.

Red blood cells, plasma, and platelets are also critical in the treatment of cancer patients, dialysis patients, and people being treated for bleeding disorders, he noted.

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2019 in Review

Virtual Health Program Gives Patients Access to Burn Specialists



Burn patients at Trinity Health now have the advantage of being evaluated by a burn specialist, thanks to a new telehealth program that uses iPad technology to assess burns and manage ongoing care.

Trinity Health recently partnered with Regions Hospital in St. Paul, a nationally recognized burn center, to acquire devices called Teleburn iPads that provide initial assessment, treatment advice, and follow-up care for burn patients brought to the Emergency/Trauma Center.

Trauma Program Manager Rhonda Gunderson, RN, BSN, says the Teleburn iPad is a form of virtual medicine that works much like Skyping over the internet. But instead of talking to a friend or family member, you’re talking to a burn surgeon.

“When we have a patient with a burn injury, there’s a 1-800 number we call that connects us with Regions’ burn center,” Gunderson explained. “We provide patient information and request a consult with a burn surgeon. The surgeon calls us back and participates in a virtual face-to-face discussion with our doctors in the ER about how to proceed with the patient.” (January 2019)

Trinity Health Launches Safe Kids Coalition

Trinity Health announced last month it is launching a Safe Kids coalition in the Magic City. Safe Kids Minot will be affiliated with Safe Kids Worldwide, a nonprofit global network that helps families and communities keep kids safe from injury.

Karen Zimmerman, RN, BSN, chief nursing officer and vice president of patient care services, said Trinity Health hopes to bring together local health and safety experts, educators, businesses, volunteers, and others to teach community members about childhood safety and injury prevention.

“Pediatric injury is the leading cause of death and disability among children ages 19 and under, and we know that these injuries are predictable and preventable,” Zimmerman said. “Nothing is more important to Trinity Health’s mission than keeping children safe; we would much rather prevent childhood injuries than treat them in the Emergency/Trauma Center.”

Amber Emerson, RN, will serve as Safe Kids Minot coordinator. A registered nurse, Emerson has been associated with Trinity Health for 13 years, working in geriatrics, medical-surgical, and clinic nursing, as well as in the GI Lab and Same Day Surgery. She will continue her Same Day Surgery role and assume part-time duty in Trinity Health’s Trauma Services program, working in the areas of injury prevention and Safe Kids Minot. (February 2019)

X-ray Technology to Expand in Kenmare



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

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

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

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Year in Review

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Trust, in a press release issued in late March.

With the grant, the hospital will go digital, an update to the hospital’s current computerized radiology. “Our images will be available to us immediately to be downloaded for the radiologist to read them,” said Sherry Melby, MLT, lab and radiology manager for the hospital. “It’s not like we use old film, as we currently have CR (computerized radiology), but our equipment is old, and this enables us to have all new equipment with DR (digital radiology) technology.” (May 2019)

Digital X-ray in Western Dakota



The Radiology department at Trinity Community Clinic – Western Dakota recently updated its x-ray services through the addition of a wireless digital plate, which will shave time off x-ray procedures in the Williston clinic.

Heather Riely, BSRT(R)(M), RDMS, radiology supervisor, noted that the wireless digital plate, which replaced 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.

While 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,” Riely said. “It’s faster by at least half the time, if not more.” (June 2019)

Occupational Therapist Assists Parkinson’s Patients with Program



LSVT BIG, a physical therapy program designed to help patients with Parkinson’s disease, can help patients use their body to regain functional movements

Through the program, patients learn to make large exaggerated movements so that when that message goes from the brain to the feet or hand, the movement comes out a little bit more like before they were diagnosed with Parkinson’s, Mead said. “It evens it out.”

The therapy, “an intense exercise program that is designed with functional movements that you do repetitively that encourages large, but controlled movement,” is done with an occupational or physical therapist and a patient in an hour-long session, which is then done four times a week for four weeks. (While the program is frequently done in outpatient facilities, as a member of Trinity Home Health,

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 Daniel Depute, of Minot, who began his LSVT BIG training in April.

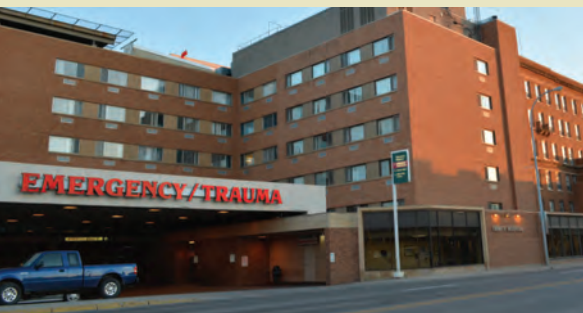
Four times a week, Mead traveled to his apartment in southwestern Minot, where they would do the exercises on the linoleum of his kitchen floor. It started off with him seated in a chair, doing stretches.

“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 impact. His movements are better, and he has been doing “very good” since he began therapy, he said.

Trinity Home Health is based at Town & Country, Suite 306, 1015 S Broadway, Minot. For more information, call 701-857-5082.

Level II Trauma Reverified with Zero Deficiencies



The Committee on Trauma of the American College of Surgeons has verified Trinity Hospital 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 Care 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 on the part of trauma team members; the use of evidence-based protocols to treat injured children, including those with head trauma; the existence of a highly developed trauma alert system; and the availability of inpatient rehabilitation.

“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 development 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)

Hair Loss from Chemotherapy? Maybe not.

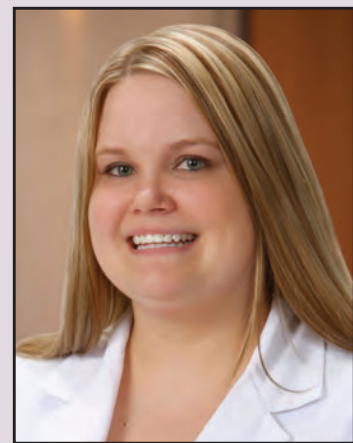
“Will I lose my hair?” It’s the first question many cancer patients ask when they learn that their

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Amber Rice Attains Orthopaedic Nursing Certification

Amber Rice, DNP-C, AGACNP-BC, ONP-C, is now board-certified in orthopaedic nursing through the Orthopaedic Nurses Certification Board.

According to a press release from the Orthopaedic Nurses Certification Board, this board certification infers substantial knowledge in orthopaedic nursing. “Certification recognizes the individual NP who is proficient in this practice and strengthens the conscious use of theory in planning and implementing nursing care,” it said. “We commend Amber for this achievement of elevating the standards of orthopaedic nursing practice.”



Amber Rice, DNP-C, AGACNP-BC, ONP-C

To become an ONP-C, the candidate must meet all eligibility criteria at the time of application and successfully pass the certification examination. Each candidate must hold a current and unrestricted license as a registered nurse (RN) in the United States, its possessions, or Canada; have a master’s degree and/or qualification for advance practice registered nurse (APRN) licensure in the candidate’s state of practice; have three full years of experience practicing as an RN; and have a minimum of 2,000 hours of work experience as an advanced practice nurse in orthopaedic practice within the past three years.

A member of Trinity Health Orthopedics since 2015, Amber works with physicians and other members of the orthopedic team to manage the care of patients affected by a broad range of musculoskeletal conditions. She also specializes in Adult Geriatric Acute Care. She received her Bachelor in Nursing degree from Crown College, St. Bonifacius, Minnesota, and completed her Doctor of Nursing Practice Degree from Brandman University, Irvine, California.

Trinity Health Speaker’s Bureau

Call Community Education at
701-857-5099

to check for available dates and topics.

Blood Needs Grow

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According to Dr. Wease, Trinity Health utilizes about 250 units of blood per month. “That’s only blood cells, red blood cells,” he clarified. “That doesn’t take into account all of the blood components such as plasma and platelets.”

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. Busy holiday schedules and travel plans make it difficult for regular donors to keep their appointments, while seasonal illnesses, like colds and flu, prevent people from giving blood until they have fully recovered.

Vitalant offers convenient blood donation opportunities, and donors are always welcome at the Minot donation center, with no appointment needed.

“There is no substitute for human blood; nothing takes its place,” Dr. Wease emphasized. “It’s not like there is something we can make in a lab that takes the place of people’s blood to transfuse.”

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 treatments for 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.



Deborah Reed-Thurston, MD

CancerCare Center Benefits from No Shave November

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

This was done during No Shave November, a month-long campaign in which men forgo shaving and grooming in order to create dialogue and raise cancer awareness. Employees in the department paid \$50 to participate in the fundraiser that left the jail staff abound with beards, goatees, and stubble.

Larry Hubbard, Chief Deputy with the Ward County Sheriff’s Office, noted that he and others in the department have 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, noted that the funds will go toward the Patient Assistant Fund, which benefits patients in various ways, from purchasing compression garments to offering gift cards, assistance programs, wig fittings, and fuel vouchers.



Minot Police Department



Ward County Sherriif’s Department

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recommended treatment regimen includes chemotherapy.

“It is a big stressor,” said Shane Jordan, director of the Trinity CancerCare Center. “Many patients say it’s the most traumatic aspect of their treatment. I think part of the reason is that people associate hair loss with cancer, so when you’re in public it has a way of announcing that you have cancer.”


Now, thanks to funding from Trinity Health Foundation, the CancerCare Center has become the first center in North Dakota to acquire the Paxman Scalp Cooling System – an optional service for patients who wish to minimize alopecia, or hair loss, from chemotherapy.

Preventing hair loss as a side effect of chemotherapy treatment has long been a subject of research and development. It is estimated that 8 percent of patients refuse chemotherapy because of concerns about losing their hair.


“We kept up with the research and looked at different products, including some that utilize dry ice,” Jordan said. “The Paxman system struck me as the most appropriate for our needs, so with help from the Trinity Health Foundation, we put a plan together to add the system as an option for patients. Based on the initial results, we will continue to offer it.” (August 2019)

Refill Your Prescriptions Anywhere, Anytime


1

 Download Our Free Mobile App

2

 Keycare Pharmacy

3

 Refill Anytime

Search for My Community Pharmacy in the App Store or on Google Play (Publisher: Cardinal Health)

Simply enter your zip code to find us

Submit a refill quickly and easily

Ordering a refill of your prescription doesn’t have to be a hard task – and now, it is even easier, as easy as pushing a button.

Through the My Community Pharmacy app, KeyCare Pharmacy and B&B Northwest Pharmacy patients can easily request refills for their prescriptions or a prescription transfer from another pharmacy, explained Lorelee Feininger, Pharm.D., RPH, charge pharmacist at KeyCare Pharmacy, one of Trinity Health’s two retail pharmacies. “It is a way for patients to ask us to fill a medication electronically, rather than waiting on hold via a phone call.”

The app is available for patients who use KeyCare Pharmacy, located on the second floor at Health Center – Medical Arts, 400 Burdick Expressway E, Minot, and B&B Northwest Pharmacy, located on the first floor at Health Center – East, 20 Burdick Expressway E, Minot. (October 2019)

Family Birth Center Launches Breastfeeding Program

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

Trinity Health’s Family Birth Center has

implemented an inpatient lactation program with an expanded lactation team that will provide education and support to help new mothers become more comfortable with breastfeeding.

“We’ve developed a formalized inpatient 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 breastfeeding families during 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 from the United States Breastfeeding Committee 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. (October 2019)

Smoking Cessation Program to Start for Patients



According to the American Cancer Society, more than 34 million Americans smoke cigarettes. Smoking remains the single largest preventable cause of death and illness in the world. It causes an estimated 480,000 deaths every year, while more than 16 million Americans live with a smoking-related disease. Because of these alarming statistics, the American Cancer Society hosts the Great American Smokeout. Held on the third Thursday of November each year, the Great American Smokeout affords people who smoke the opportunity to commit to healthy, smoke-free lives.

At the end of October, patients at Trinity Health will be able to get a head start. Trinity Health will unveil a smoking cessation program to inpatients and outpatients at Trinity Hospital and at our Minot clinics. Jessica DeLorme, FNP-C, a nurse practitioner with Behavioral Health, wrote the grant for Trinity Health to participate in the program. She often works with patients who have a “dual diagnosis,” in which they may have a behavioral health issue, as well as some sort of substance use, such as nicotine. (November 2019)

Trinity Health Names Taylor Wilson New Chief Financial Officer

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."

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 both the patient and employee experience 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 of the 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."

Wilson began his expanded duties at Trinity Health effective December 1, 2019.



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 live several 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 sponsors 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, Scheels, Coca-Cola, First International Bank & Trust, KMOT/West Dakota Fox, The Outfitters, K-HEART 106.9 FM/KHRT 1320 AM, and the Stereo Shop.

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 and before the staff at Trinity Homes knew it, it was turned magically into what could be described as 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 augment with décor with items from their own homes, as well as a little help from Amazon Prime. 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 Warsocki, who purchased it from a recent charity auction.

“When we saw it, we thought it would be perfect for the Homes,” Warsocki 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 December 16, to visit with residents during the day; that evening, children came to see Santa in the winter wonderland.



Bill Kloss, maintenance mechanic; JoAnn Mosser, office assistant; Mark Preiss, plant operations; and Jamie Miller, maintenance mechanic, all of Trinity Homes, are among those who helped make the decorations possible at Trinity Homes.



Sunflower Award

Luisa Mccarthy, CNA, a nurse on the Trinity Homes 2 West floor, was awarded with the 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 may 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>.



Luisa Mccarthy, CNA

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 the areas of handling, positioning, skin-to-skin contact, and infant massage.

“We’re proud of Nancy for bringing this expertise to our program,” said Darren Armstrong, director of therapy services. “Most importantly, we are pleased to be able to help newborns and their families by maximizing the positive long-term development of infants.”

Gasmann is one of 1,500 neonatal professionals in the country trained in Neonatal Touch & Massage.

‘Power of Pink’ Generates Funds for Cancer Exercise

Officials from Minot’s MarketPlace Foods stores presented an impressive \$14,910 to Trinity Health Foundation on Tuesday <<WHAT DATE?>> – 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. South Broadway Store Manager Craig Heupel credited the event’s success to the community coming together and to the efforts of MarketPlace Foods staff. He also gave a special shout-out to the Sundsbak family for their hard work. “It’s so great to see patients participate and return the next year as survivors,” he said. “It’s working; people are beating cancer.”



A total of \$14,910.61 was raised from the Power of Pink Cake Auction, held in October to benefit Trinity Health’s Cancer Exercise Rehabilitation Program.

View our New Regional Healthcare Campus & Medical District Construction

Go to trinityhealth.org and click on the link.

Know Where to Go

Emergency Room

The Emergency Room is designed to treat urgent, acute and life-threatening conditions and aren’t the place for routine care or minor ailments.

- Compound fractures
- Seizures
- Loss of consciousness
- Deep wounds
- Heavy, uncontrollable bleeding
- Moderate to severe burns
- Poisoning
- Serious head, neck, or back injury
- Severe abdominal pain
- Severe chest pain or difficulty breathing
- Heart attack symptoms
- Stroke symptoms
- Suicidal or homicidal feelings

FirstCare Walk-In Clinic

FirstCare Walk-In Clinic is for people of all ages in need of immediate care for non-life-threatening conditions.

- Accidents and falls
- Cuts that may need stitches
- Dental pain
- Minor broken bones
- Sprains and strains
- Eye irritation
- Fever or flu
- Severe sore throat or cough
- Skin rash
- Urinary tract infections
- Vomiting, diarrhea, dehydration

Incase of an Emergency Call 911

Your Primary Care Provider

Your primary care doctor 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 chronic 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.

Breastfeeding Basics

The Center for Disease Control and Prevention’s 2018 Breastfeeding Report Card, released in August 2018, stated that of the approximately 4 million babies born in 2015, 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 roughly 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 promote 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.

Breastfeeding is the most natural method of feeding an infant, Bekkedahl said, noting that it reduces health issues for mom and baby. According to the Centers for Disease Control and Prevention (CDC), infants who are breastfed have reduced risks of asthma, obesity, type 1 diabetes, severe lower respiratory disease, ear infections, sudden infant death syndrome, and/or diarrhea and vomiting; for mothers, it reduces high blood pressure, type 2 diabetes, and ovarian and breast cancer.

A key aspect of the program is education, including dispelling any myths about breastfeeding. For example, the misconception that breastfeeding is painful can make moms-to-be shy away from it, Bekkedahl said. “Providing education usually erases that concern.”



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Prediabetes is a Precursor ... and a Warning Sign

Diabetes occurs when a person’s blood sugar (or glucose) is too high. According to the National Institute of Diabetes and Digestive and Kidney Diseases, having too much glucose can lead to health problems, such as heart disease and stroke, hypoglycemia, diabetic neuropathy, kidney disease, and more.

While diabetes is irreversible, there are warning signs that can help lead a person to change their habits for the better – such as eating healthier and becoming more active –before they are diagnosed with type 2 diabetes.

According to the North Dakota Department of Health, roughly four out of 10 North Dakotans age 20 and older have prediabetes. Of those 202,000 adults, one out of ten doesn’t know they have it. Nationally, approximately 84 million – or more than one of three – American adults have prediabetes, with 90 percent not knowing they have it.

People who have diabetes are at a higher risk of serious health complications, such as blindness, kidney failure, heart disease, stroke, and/or the loss of toes, feet, or legs.

If you find out you have prediabetes, it is important to see your doctor to get your blood sugar tested; eat healthy, be more active, and lose weight. You can also join a CDC-recognized diabetes prevention program in North Dakota.

One such program is Weigh 2 Change, which is available through the Trinity Health Center for Diabetes Education. Weigh 2 Change is a year-long, evidenced-based program that helps people make positive lifestyle changes aimed at improving health and preventing type 2 diabetes. Based on the National Diabetes Prevention Program established by the Centers for Disease Control and Prevention, the program incorporates key elements recommended by the CDC, including nutritional and exercise counseling, group support, and the use of trained lifestyle coaches.

“The way to delay or prevent diabetes is through weight loss and increased physical activity, which are two key components in this program,” explained clinical dietitian Michelle Fundingsland, RDN, LRD, who leads the program. “It’s a one-year commitment, which might seem extensive, but our goal is to promote lasting lifestyle changes, which don’t happen overnight.”

Risk factors include being overweight, inactivity, and having a family history of diabetes. Research shows that people can lower their risk for type 2 diabetes by 58 percent by losing 7 percent of their body weight and exercising moderately 30 minutes a day, five days a week.

Participants interested in the program can attend one of the two Session Zero informational meetings offered on January 8 or January 15, 2020, from 12:00 to 1:00 p.m., at the Trinity Community Conference Room located at Health Center – Town & Country. Sessions then start on January 22.

“People who attend Session Zero will complete a readiness-to-change questionnaire to help them determine whether the program is right for them,” Fundingsland said. “The questionnaire will help participants assess their readiness for the program, looking at time commitment and if they are ready to change eating and physical activity habits.”

To participate in Weigh 2 Change, participants must meet the following criteria:

- At risk for, or have, prediabetes
- Overweight
- Are not pregnant
- At least 18 years of age
- Do not currently have diabetes

People who decide to commit to the program and are not covered by Medicare will be charged a fee of \$220, which covers educational sessions and materials for the entire year. For more information, call the Trinity Health Center for Diabetes Education at 701-857-5268.

Glaucoma


When it comes to glaucoma, prevention is key.

Glaucoma is a group of eye conditions that damage the optic nerve, an imperative 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 happens when fluid builds up in the front part of the eye, causing pressure in the eye and damaging the optic nerve in the process.

Glaucoma is not curable and any vision that is lost cannot be brought back, said Darrell Williams, MD, an ophthalmologist with Trinity Health, noting that the total focus on glaucoma is prevention.

The most common form of glaucoma, which is 90 percent of all glaucoma cases, is called chronic open angle glaucoma. “It’s silent. You don’t feel it. You don’t know you have it,” he said. “It can damage the eye before the patient realizes it.”

It 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 the loss of side vision and nighttime vision. “You can lose most of the optic nerve before you realize it. It’s kind of 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 you have 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, Dr. Williams said.

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Cooking Classes Set for 2020

Get a recipe for a mean stir fry sauce or learn how to whip up overnight oats. These are just a couple of opportunities people can choose from as they look for ways to liven up their menus in the coming year.

Trinity Health Nutrition Services has released its schedule of grocery store tours and cooking classes for 2020. The series is designed to promote healthy eating that is delicious and enjoyable.

Trinity Health Outpatient Dietitian Kayla Cole, RDN, LRD, says the series will continue its focus on special dietary needs, with grocery tours on diabetes, celiac disease/gluten intolerance, and DASH (Dietary Approaches to Stop Hypertension). But several new themes have made their way onto the schedule this next year.

“We’re always looking for new ideas for our grocery store tours and cooking classes. Next year’s schedule will incorporate several of the suggestions we’ve gathered in recent years,” Cole said.

New topics include recipes for one or two, the DASH eating plan, Mediterranean Diet, stir fry sauces, and overnight oats. “Oatmeal is a versatile food loaded with nutrients,” Cole said. “The first event on our schedule will be a cooking class that demonstrates making delicious overnight oats using a few simple ingredients.”

Cooking class topics and dates are: Overnight Oats – January 14, 2:00 to 3:00 p.m.; Stir Fry Sauces – April 14, 5:30 to 6:30 p.m.; Cooking with Flavor – October 13, 5:30 to 6:30 p.m.; and Recipes for One or Two – December 8, 2:00 to 3:00 p.m.

Grocery store tour dates and topics are: DASH Eating Plan – February 11, 2:00 to 3:00 p.m.; Diabetes – March 10, 6:00 to 7:00 p.m.; Celiac Disease/Gluten Intolerance – May 12, 6:00 to 7:00 p.m.; Mediterranean Diet – September 8, 6:00 to 7:00 p.m.; and Diabetes – November 10, 2:00 to 3:00 p.m.

Breastfeeding Basics

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In keeping with education, Trinity Health provides several avenues for promoting breastfeeding.

Breast is Best Support
Breast is Best Support, or BIBS, is a breastfeeding and lactation support group.

“It’s a place where we want breastfeeding moms to come and share their successes and struggles in an empowering environment,” Bekkedahl said, adding that it will be a place where breastfeeding mothers can “feel supported during their breastfeeding journey.”

The meetings are held the third Tuesday of each month, from 12:00 p.m. to 1:00 p.m., at Trinity Hospital’s Labor and Delivery department. (Ring the doorbell at Labor and Delivery and you will be shown to the classroom location.)

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 delivering 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 Health Center – Riverside, 1900 8th Ave SE, Minot.

Trinity Health Joins Maternal Health Campaign

Trinity Health has joined a national campaign to safeguard women’s health after they give birth. The educational initiative, known as the “POST-BIRTH Warning Signs,” has become standard protocol among nurses in Trinity Health’s Family Birth Center.

Developed by the Association of Women’s Health, Obstetric, and Neonatal Nurses, the program is aimed at educating women on the complications that can arise post-birth. It further encourages women to take action by seeking medical attention if warning signs emerge.

“Most women who give birth recover without problems, but any woman can have complications after delivery,” said Deb McAvoy, nurse manager of the Family Birth Center. “We want our women to be educated.”

The Centers for Disease Control and Prevention says about 700 women die of pregnancy-related problems each year in the U.S. Of those deaths, nearly 60% are preventable. Moreover, American women are more likely to die from childbirth or pregnancy-related causes than women in other high-income countries.

Common causes of maternal mortality are:

- Cardiovascular and coronary conditions
- Uncontrolled high blood pressure
- Obstetric hemorrhage
- Infection
- Mental health conditions such as postpartum depression
- Pre-eclampsia and eclampsia

McAvoy says Trinity Health’s strategy has several components, which include assessing each patient for their risk of post-partum hemorrhage, quantifying blood loss at each delivery, a discharge education checklist, and “Save Your Life” handouts for patients at discharge. “It’s something we go through with each patient to increase their recognition and response to life-threatening symptoms, and we encourage them to post it on their refrigerator so it’s top of mind,” McAvoy said.

She noted that studies are ongoing to identify the reasons why America has a higher maternal death rate than other developed countries. However, the American College of Obstetricians and Gynecologists notes that women who get pregnant in their late 30s or 40s have a higher risk of complications.



857-DR4U
Physician Referral Service

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.



David Billings, MD

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 44. “It rarely affects women under age 20, and more than 15 percent of diagnoses are made in women older than 65,” the NCCC’s website stated. “But in women over 65, 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’s Ob-Gyn department includes: Heather Bedell, MD; Tim Bedell, MD; and Jennifer Johnson, MD, located at Health Center – Medical Arts, 400 Burdick Expressway E, Minot. For appointments, call 701-857-7397. Lori Dockter, PA-C, is also located at Health Center – Medical Arts. For appointments, call 701-857-5050. J. David Amsbury, DO, and midwives Jayme Burman, CNM, and Erica Riordan, CNM, are based at Health Center – Medical Arts. For appointments, call 701-857-7385.

David Billings, MD, is located at Health Center – Town & Country, Ste 101, 831 S Broadway. For appointments, call 701-857-7394.

Jessie Fautleroy, MD; Margaret Nordell, MD; and Carol Schaffner, MD, along with midwife Gloria Berg, CNM, are located at Health Center – Town & Country, Ste 102, 831 S Broadway, Minot. For appointments, call 701-857-5703.

Lucy and Ricky Come to Minot

Trinity Health loves Lucy – and so will you! “The Tribute to Lucy and Ricky Musical Comedy Show” premieres 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 pearl necklaces, 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 Hospital 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.

Trinity Health Auxiliary Hearts Club dedicates its volunteer time and financial resources to enhancing the overall mission of Trinity Health. The Auxiliary & Hearts Club is a partner with Trinity Health in activities and projects, small and large in scope, promoting activities and projects that benefit the community, patients, residents, families, volunteers, and staff of Trinity Health. For more information, call Sherry Maragos at 701-857-5221.



Get your tickets today!

Trinity Hospital Gift Shop, located on the second floor at Trinity Hospital, or online at trinityhealth.org/lucy

A Trinity Health Auxiliary Hearts Club Fundraiser, with proceeds going toward the new hospital Cardiac Unit

Glaucoma

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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 ophthalmologist or optometrist will review your medical history and conduct a comprehensive eye examination that could include several tests, including: measuring intraocular pressure, or tonometry; testing for optic nerve damage with a dilated eye examination and imaging tests; checking for areas of vision loss, or visual field test; or inspecting the drainage angle, or gonioscopy.

If you are under the age of sixty, having an exam to check for open-angle glaucoma every two years is adequate, Dr. Williams said, adding that if you are over the age of sixty, these exams should occur every year. “It is more common over the age of sixty because the part of the eye where the fluid drains out closes, kind of like a drain getting sluggish, and that’s an age-related process,” he added.

While older people are at a higher 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;

those 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 laser to open that 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 Eyecare – Minot Center is located at Health Center – Plaza 16, 2815 16th St SW, Minot. For appointments or consultations, please call 701-852-3937.

Trinity Regional Eyecare – Western Dakota is located at Trinity Community Clinic – Western Dakota, 1321 W Dakota Pkwy, Williston. For appointments or consultations, please call 701-572-7641.

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

Foundation Exceeds Goal for Horn of Plenty

For 36 years, KHRT’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 Al Evon 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 overhead.”

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 our delivery and she was in disbelief; 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.



On December 11, Al Evon, director of the Trinity Health Foundation, presented a check for \$11,470 to Roy Leavitt, coordinator of KHRT’s Horn of Plenty. The money, which included donations made from Trinity Health associates, was used to help purchase food and gift baskets for local families in need.

C O M M U N I T Y

CALENDAR

For the latest updates, check online at trinityhealth.org

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 Center – Town & Country, 1015 S Broadway, Minot. For more information, call 701-857-5268.

January 8 – A party celebrating the first anniversary of Safe Kids Minot, will be held on the Trinity Hospital Skyway, located between Trinity Hospital and Health Center – East, from 1:00 to 3:00 p.m.

January 14 – Kayla Cole, RND, LRD, Trinity Health outpatient dietitian, will present a cooking class on “Overnight Oats,” in the Trinity Health Community Conference Room, at 2:00 p.m.

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

January 18 – Trinity Health will sponsor the Minot State University basketball game against the University of Sioux Falls. The women’s game will be at 3:30 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 lounge, located at Trinity Hospital, third floor, from 12:00 to 1:00 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 Northwest Region EMS Conference, which will be held at The Grand Hotel, Minot.

January 29-31 – Stop the Bleed and Safe Kids Minot will have presentations at Ag Expo, located at the North Dakota State Fair Center.

Want to make a difference? Become a volunteer.

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

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

Mobile Mammogram Schedule

January 2.....CHI Clinic (St. Alexius) – Devils Lake, 662-8662
January 7St. Luke’s Hospital – Crosby, 965-6349
January 8Cognizant, 420-3598 (Joan Bailey)
January 13.....Trinity Community Clinic – New Town, 627-2990
January 14.....Turtle Lake, 448-9225
January 20Tioga Clinic, 663-3368
January 21Kenmare Community Hospital, 385-4296 (Sherry/Kris)
January 29Trinity Community Clinic – Mohall, 745-6841
January 30Northland Community Health Center – Rolette, 246-3391

Prepared Childbirth Classes

Learn about exercise and breathing techniques, labor/delivery, and newborn care, newborn feedings; 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 9, February 13, March 12, and April 9
Offered by Laureen Klein, RN, BSN. Meets from 7:00 to 9:00 p.m., Health Center – Riverside Education Center, 1900 8th Ave SE, Minot.

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

Family Birth Center Tours

Expectant mothers are invited to attend a formal group tour/ education/Q&A session at Trinity Hospital’s Family Birth Center. This opportunity allows every expectant mother to hear and see valuable information in a relaxed environment. We will also provide information on self-care, infant safety, and what to expect during your delivery. Tours of the Family Birth Center are also available every Sunday at 2:30 p.m. and Tuesdays at 7:30 p.m. If you are interested in taking a tour, come to the Family Birth Center on those days/times.