

Trinity Health is committed to sharing the latest information about the Coronavirus. We continue working to keep our staff, patients, families, and community safe. Please visit trinityhealth.org/coronavirus for more information.

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FirstCare Clinic is Open to Walk-Ins

Trinity Health’s FirstCare Walk-In Clinic has resumed walk-in service. Open every day, FirstCare welcomes walk-ins for non-emergent, primary care needs such as minor injuries and illnesses. No call or appointment is necessary.

The walk-in clinic had temporarily adopted an appointments-only policy in accordance with public health guidelines to prevent community spread of COVID-19. But now FirstCare is safely open to walk-ins once again.

As with all Trinity Health facilities, safety protocols require everyone entering FirstCare to bring and wear a mask upon arrival and throughout their visit, and to maintain social distancing.

FirstCare Walk-In Clinic, located in Health Center – Medical Arts, welcomes patients seven days a week from 8:00 a.m. to 8:00 p.m. on weekdays and 9:00 a.m. to 5:00 p.m. on weekends and holidays. Wait times for the clinic are posted on the Trinity Health mobile app and on trinityhealth.org, and are updated every 15 minutes.



Immunizations for School

Since the COVID-19 pandemic began, younger children have been falling behind on their vaccinations and immunizations, explained Steven Mattson, MD, a board-certified internist and pediatrician. The Centers for Disease Control and Prevention released a report in May 2020 stating there was indeed a drop in routine childhood vaccinations as clinics curtailed visits and families stayed home with their children.

However, the CDC and the American Academy of Pediatrics (AAP) recommend every child continues to receive routine vaccinations during the COVID-19 outbreak.

Nationwide, all physicians agree: Get your immunizations at the regular time, said Michael J. Holland, MD, a pediatrician with Trinity Health. “The medical community is doing everything it can to make sure of your safety in their office.”

As clinics have reopened, steps are being taken to promote patient and staff safety.

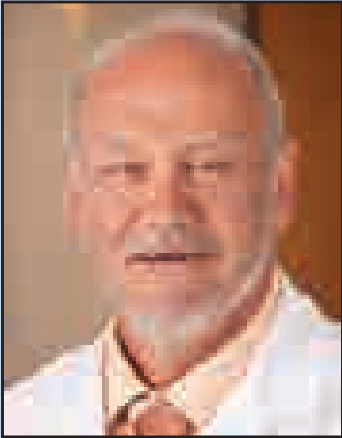
“We are limiting people in the waiting rooms, getting them into the exam rooms, and cleaning the rooms in between visits,” Dr. Mattson said.

In addition, Trinity Heath requires all individuals to wear a face covering or mask when they enter Trinity Health facilities. At the same time, Trinity Health eased visitation guidelines in hospital and clinic settings, permitting one adult with no COVID-19 symptoms to accompany each hospital or clinic patient.

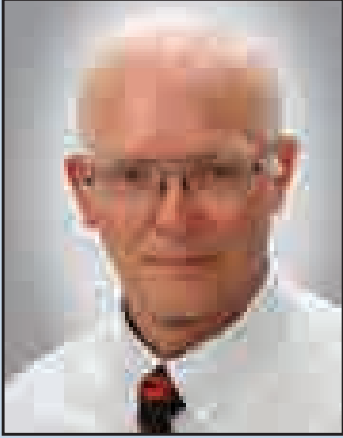
As parents prepare their children to return to school, Dr. Mattson said that pediatricians “need to be sure (these children) are getting back to seeing the doctor.”



Ann Cadwalader, MD



Thomas Carver, DO



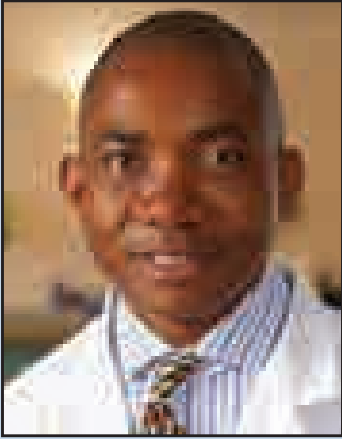
Michael Holland, MD



Frederick Jones, MD



Steve Mattson, MD



Friday Osuala, MD

The number of immunizations hasn’t changed. For students entering Kindergarten, they need to get vaccinations for diphtheria, tetanus, pertussis, polio, measles, mumps, rubella, and varicella. Students entering the sixth grade need to get vaccinated for tetanus, diphtheria, pertussis, and a menactra shot for meningococcal meningitis. When they turn 16, there is the MenB vaccination, a two-dose series of shots geared for meningococcal B, a different strain of meningococcal meningitis.



Golf for Life Tournament to Benefit CancerCare Center Patients

The Trinity Health Foundation will host its 8th annual Golf for Life Men’s Tournament on August 17 at the Souris Valley Golf Course.

The tournament, as well as the Building Hope Women’s Golf Tournament (which is held in June, but was canceled this year due to COVID-19), helps to generate funds to improve the lives of Trinity Health CancerCare patients.

Area businesses are invited to be a part of these annual tournaments by becoming a sponsor or making a donation to the CancerCare Patient Assistance Fund.

The following sponsorship opportunities are available:

• Green & Tee (\$1,250)

• Fairway (\$750)

• Sand Trap (\$500)

Whether you play in the tournament, sponsor a hole, or simply make a donation, you make a definite and immediate impact. For more information, or if you have any questions, feel free to contact the Foundation office at 701-857-5432 or 701-857-2430, or e-mail albert.evon@trinityhealth.org or cody.mcmanigal@trinityhealth.org.

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Immunizations

continued from page 1

There is also Gardasil, an optional vaccination for human papillomavirus (HPV), which is recommended for children age 11 and up, Dr. Mattson said. The HPV vaccine protects against infections that can cause certain cancers, as well as genital warts.

“I think it’s an important vaccine,” Dr. Mattson said. “I encourage it for everyone.”

Trinity Health has a team of pediatricians who provide medical care to infants, children, and adolescents from birth to age 18.

Kayla Bubach, FNP-C; Katharyn Burgardt, FNP-C; Ann Cadwalader, MD; Michael Holland, MD; Frederick Jones, MD; Friday Osuala, MD; Diana Peterson, MD; Anthony Udekwe, MD; and Ndu David Ugobi, MD, are based at Health Center – Medical Arts, 400 Burdick Expy E. For appointments or consultations, please call 701-857-5413.

Thomas Carver, DO, and Allison Lesmann, FNP-C, are based at Health Center – West, 101 3rd Ave SW, Ste 204. For appointments or consultations, please call 701-857-3133.

Steve Mattson, MD, is based at Trinity Health South Ridge, 1500 24th Ave SW, Ste 103. For appointments or consultations, please call 701-857-5343.



Diana Peterson, MD



Anthony Udekwe, MD



Ndu David Ugobi, MD



Kayla Bubach, FNP-C



Katharyn Burgardt, FNP-C



Allison Lesmann, FNP-C

Trinity Health Welcomes Neurosurgeon

Trinity Health is pleased to announce the addition of Maria Li, MDCM, MSc, FAANS, a board-certified specialist, to our team of neurosurgeons.

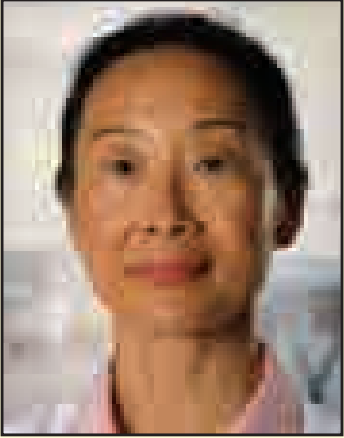
With over 20 years of experience as an attending neurosurgeon, she brings an abundance of expertise to help patients afflicted with a wide breadth of conditions affecting the brain, spine, and peripheral nerves.


Dr. Li earned her medical degree, completed her neurosurgery residency including an enfolded orthopedic spine fellowship, and earned a Master of Science in neuroscience in Montreal, Quebec, Canada. Following her training at McGill University and the Montreal Neurological Institute, she did a post-doctoral laboratory fellowship in neurophysiology at the University of California at San Francisco and later completed a clinical fellowship in skull base and cerebrovascular surgery at the Seattle Neuroscience Institute.

She has practiced general neurosurgery in the United States for a decade, trying to improve the services available to local patients, including recently implementing a cranial neurosurgery program where none existed. Her academic career practicing, teaching, and doing clinical research spanned almost a decade in Montreal teaching hospitals affiliated with McGill University and the University of Montreal. Her neurosurgical practice consisted of 50 percent cranial and 50 percent spinal surgeries, with a focus on brain tumors.

Dr. Li is dedicated to maintaining the highest, most up-to-date standards and participates in the annual maintenance of certification program of the American Board of Neurological Surgery, which fosters excellence and lifelong learning. Dr. Li is a member of several medical and neurosurgical organizations. She continues to serve as a reviewer for the journal Neurosurgery.

Dr. Li’s office is located at Health Center – East, 20 Burdick Expy W, Ste 401. A referral is required.







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Trinity Homes Sails Through Third Round of COVID-19 Testing

A third round of COVID-19 testing at Trinity Homes has resulted in zero positives for the facility.

A total of 465 residents and staff were tested for COVID-19 on July 1, 2020, as part of the phased approach to resuming visitation at long term care facilities outlined in North Dakota’s Vulnerable Population Protection (VP3) Plan. Results received this week reveal all the tests were negative.

Rhonda Walter, Vice President and Administrator of Trinity Homes, says this latest round of mass testing gets the facility a step closer to reuniting families. Trinity Homes has been approved to move to Phase 2, which will allow increased visitation and changes in dining, activity levels, and outside activities. The facility will be communicating the specifics of these changes with individual resident representatives.

Trinity Homes is currently authorized to schedule outside visits between residents and family members while exercising social distancing and observing other safeguards, such as wearing face coverings and performing appropriate hand hygiene.



Stress Test Funding

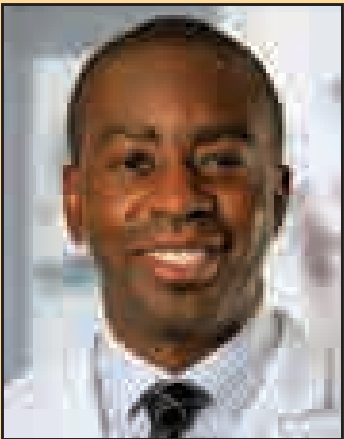
A \$20,000 Rural Community Grant Fund from Farm Credit Services of North Dakota helped to fund the acquisition of new stress testing equipment. The purchase enabled Trinity Health Cardiology to expand stress testing in Minot, as well as adding the service to Trinity Community Clinic – Western Dakota in Williston.

A cardiac stress test helps a doctor find out how well a patient’s heart can handle work or exercise by monitoring the patient while they are using a treadmill. The test also helps diagnose heart disease caused by plaque deposits in the arteries supplying blood to the heart. It is among cardiologists’ most powerful tools in the diagnosis and treatment of coronary heart disease.

The check was presented to Trinity Health on June 30. Staff who accepted the check include Al Evon, Director of Trinity Health Foundation; Darren Armstrong, MSM, Director of Therapy Services; Haruka Kaneto, EKG Technician; Caitlin Ovalle, EKG Technician; Cody McManigal, Trinity Health Foundation Donor Coordinator; Cory Haralson, EKG Technician; Cherri Larson, Cardiopulmonary Manager; Gordon Hanson, CEO of Farm Credit Services of ND; Lynette Vondal, FNP-C, Interventional Radiology; and Heather Boyko, FNP-C, Interventional Radiology.

Orthopedic Surgeon Has Research Published

Earl Brewley, Jr., MD, an orthopedic surgeon and shoulder specialist with Trinity Health, is among the authors of a pair of studies appearing in *The Journal of Shoulder and Elbow Surgery*, a peer-reviewed medical journal covering orthopedic surgery related to the shoulder, elbow, and upper extremities.



Earl Brewley, Jr., MD

In the second study, Dr. Brewley and six other authors looked at revision reverse shoulder arthroplasty, a procedure that can be performed if a joint replacement or reconstruction fails. Dr. Brewley and other researchers examined the cement-within-cement technique as an approach for achieving biomechanic stability.

In an additional achievement, Dr. Brewley has been elected as a candidate member of the prestigious American Shoulder and Elbow Surgeons (ASES). Membership in ASES is granted to experienced orthopedic surgeons who have completed an upper extremity fellowship and who have met strict academic and clinical standards. Dr. Brewley completed a highly coveted shoulder and elbow fellowship at the Florida Orthopaedic Institute in Tampa, and upon graduation completed further training in Japan to learn additional arthroscopic techniques.

Dr. Brewley was the lead author of a study that examined age as a factor for predicting outcomes in shoulder arthroplasty, a procedure that involves reconstruction or replacement of a shoulder joint using total shoulder (TSA) or reverse shoulder (RSA) approaches.



Sunflower Winner



Sara Schlosser, CNA
5th floor Medical, Trinity Hospital



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Thirty-three nurse residents graduated from Trinity Health’s Nurse Residency Program on June 30. A graduation ceremony was held at Oak Park with a parade-style ceremony.

Nurse Residency Program Perseveres, Despite COVID-19

For the 33 members of the fifth cohort of nurse residents at Trinity Health, neither COVID-19 nor a thunderstorm wasn’t about to stop them from graduating.

The graduation, which took place on June 30 at Oak Park, was a far cry from the more traditional ceremony, but due to COVID-19 (which has affected the last three months of their nursing careers), things had to be switched up a bit.

“Cohort 5 faced a pandemic in their first year of nursing. They earned a very special celebration,” said Kelly Hackett, BSN, RN, Nurse Residency/Student Coordinator for Trinity Health. “Organizationally, we decided on a parade-style ceremony in order to maintain social distancing while also creating a unique graduation experience.” This year’s commencement included a procession of students driving through Oak Park while nurse educators and other nursing leadership and staff cheered them on.

The Nurse Residency is a program designed to support new graduate nurses – those who have been practicing for less than six months, Hackett explained. “They represent all areas of the hospital.” The current cohort is comprised of nurses from ICU, PCU, ETC, pediatrics, NICU, medical, surgical, surgical services, mom/baby, and labor and delivery.

The purpose of the program, which began at Trinity Health three years ago, is to offer these nurses “a foundation of education and support and helps bridge the gap between academic preparation and actual practice,” Hackett said. “The nurse residents are able to develop a network of support with one another and our nurse educator team,” she added. “It’s important to have that comradery and support within the entire Trinity Health system, not just in their own unit.” The Residency also provides education on leadership, navigating difficult situations, clinical reflections, and implementation of evidence-based practice.

Nursing students graduate “feeling like a million bucks,” Hackett said. “Their expectations are very high and they are ready to change the world.”

However, at the six-month mark, nurses historically hit a slump where they begin to question what they are doing, she added.

“The real world of nursing can be overwhelming,” said Karen Zimmerman, Chief Nursing Officer with Trinity Health, when the nurse resident program launched in July 2017. “No matter how well-trained you are, you can still feel challenged by all the responsibility and decision-making. New nurses are vulnerable during the first year of clinical practice. They are at risk for feeling disillusioned, exhausted, and discontent. Nurse Residency programs are designed to offer an added layer of support to help navigate those emotions. Our Residency program also builds upon clinical excellence and evidence-based practice through a project that each resident must participate in.”

While nurse graduates have been supported in the past through mentoring programs, Zimmerman said, the residency program exceeds those efforts “by supporting new RNs with a comprehensive learning environment that builds critical-thinking skills and gets their career off to a good start.”

“Our goal is to give them that support, that encouragement, and those tools to get them through that six-month slump and restore their level of excitement to where it was when they graduated,” Hackett added.

The residency program lasts one year. Two cohorts are held every year, with one beginning in January and the other in July.



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Peripheral Artery Disease (PAD) Screening \$35
- **Heart disease**
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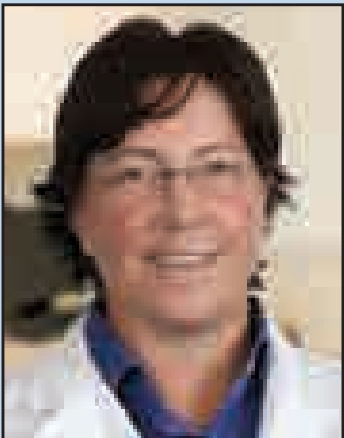


trinityhealth.org/screenings

Sports and the Pandemic

As students return to school this fall – or maybe not, depending on what the North Dakota Department of Public Instruction decides – it is important for student athletes to understand and prioritize their athletic achievements.

In short, if the school says a certain sport will be in session, it doesn’t necessarily mean children should participate, said Dawn Mattern, MD, FAMSSM, Sports Medicine Director with Trinity Health.



Dawn Mattern, MD

“Everyone has the personal responsibility of should they or should they not participate,” Dr. Mattern explained, noting that student athletes should keep in mind their health, as well as the health around them, when it comes to whether or not to take the risk. “For some kids with health issues, it may not be the best year to try out for basketball or football or whatever sport they want to try out for.”

That specific demographic can include students with diabetes or moderate to severe asthma, she said.

“We also need to think of who the kid goes home to,” she added, noting that if a parent is in treatment for cancer or if an elderly grandparent is in the home, it is a cause to ask if it is safe for the child to participate. “If a kid gets COVID-19, they may transmit it to a population that is at a higher risk.”

According to the Centers for Disease Control and Prevention (CDC), the risk for severe illness increases with age. “As you get older, your risk for severe illness from COVID-19 increases,” the CDC said on their website. “For example, people in their 50s are at higher risk for severe illness than people in their 40s. Similarly, people in their 60s and 70s are, in general, at higher risk for severe illness than people in their 50s. The greatest risk for severe illness from COVID-19 is among those aged 85 or older.”

Additionally, people with chronic kidney disease, chronic obstructive pulmonary disease (COPD), immunocompromised state (a weakened immune system) from solid organ transplant, obesity (body mass index of 30 or higher), serious heart conditions (including heart failure, coronary artery disease, or cardiomyopathies), or sickle cell disease, are also among those at an increased risk for severe illness from COVID-19.

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Hearts Fun Run a Fun Time

The Trinity Health Auxiliary Hearts Club and New Horizons motorcycle club held its second annual Hearts Fun Run on June 20.

"The bikers had a good day," said Sherry Maragos, Director of Volunteer Services with Trinity Health. "A good time was had by all."

Maragos wanted to express a thank you to all of the participants and sponsors, as well as to the venues who supported the event by providing “food and a nice time and everything that was donated.”

Sponsors of the event include: City Limits; Dairy Queen Dakota Square Mall; IRET; JE Dunn; The Landing; Mowbray & Son Inc.; TEG Architects; and Uncle Maddio's Pizza.

Proceeds from the event will be used to help the Trinity Health Auxiliary in providing funding for a cardiac center at the new hospital campus in southwest Minot.



Silver Linings Day at Trinity Homes

As declared by Governor Doug Burgum and the North Dakota Long Term Care Association, June 23 was proclaimed “Silver Linings Day” in North Dakota. It was an opportunity to thank the more than 16,000 people who work in long-term care facilities across the state, including the remarkable staff at Trinity Homes.

These selfless and compassionate individuals have worked tirelessly to keep residents happy and healthy during the COVID-19 pandemic and their work deserves our recognition and endless appreciation.

Trinity Homes celebrated the day with a parade, lunch, and ice cream.

Visit our website at
trinityhealth.org

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Hydration Highlights

By Angela K. Phillips, RND, LRD, Clinical Dietitian, Trinity Health

Summer is here and with heat and activities, staying hydrated becomes increasingly important. Water is one of the body's most essential nutrients. Water makes up about 60 percent of the body and plays a role in all body functions. Water helps to regulate body temperature, transport nutrients and oxygen to cells, and carry waste products away. It also lubricates joints and body tissues and helps maintain blood volume. We lose water during normal body processes such as urination, bowel movements, and sweating.

Dehydration occurs when you lose or use more fluid than you take in and your body does not have enough fluid to complete normal body functions. If you do not replace those lost fluids, you become dehydrated. Signs of dehydration are thirst, flushed skin, headaches, dizziness, digestion problems, increased weakness, and faster pulse rate or breathing. Kids are more likely than adults to become dehydrated, since kids sweat less and generate more body heat. Their cooling systems are not as effective as adults either.

Guidelines recommend encouraging kids to drink water every 15 minutes, even when they are not thirsty; once they become thirsty, they are already on their way to dehydration. It is also important to increase water intake when it is hot out, during physical activity, or if a child is wearing any protective gear during activities.

Be aware of your hydration status by monitoring your urine color. Pale yellow or lemonade color urine indicates proper hydration whereas dark yellow or amber urine may indicate dehydration and need to increase fluids. Drink water before, during, and after activities. Even swimming activities require extra fluid because swimmers sweat too, even though you might not be able to see it.

Water intake recommendations for adults and kids vary based on age, gender, and activity level. Women also may require more water per day while breastfeeding and during pregnancy, whereas other health conditions, such as congestive heart failure or renal disease, may require restrictions in water intake. In general, women are recommended to consume about 11.5 cups per day and men are recommended to consume 15.5 cups per day. Kids need about 7-14 cups per

day. This may seem like a lot of water to consume, but typically about 20 percent of water consumed comes from food intake. With that in mind, women should try to drink 9 cups per day and men about 12.5 cups per day.

To help increase water consumption, try increasing fruit and vegetable intake, which are higher in water content. Consume water with meals and in between meals. Add things to enhance the flavor of the water such as fresh or frozen fruit, lemon or lime juice, and mint or basil leaves. You can also put your kids' favorite fruits on skewers and in the water glass to add more flavor and allow the kids to have fun stirring their water with the fruit skewer. Look for sparkling or bubbly waters that have no added sugars for a little more flavor without the extra calories. Find a reusable water bottle you love and carry this with you all the time so that you have easy access to fluids throughout the day.

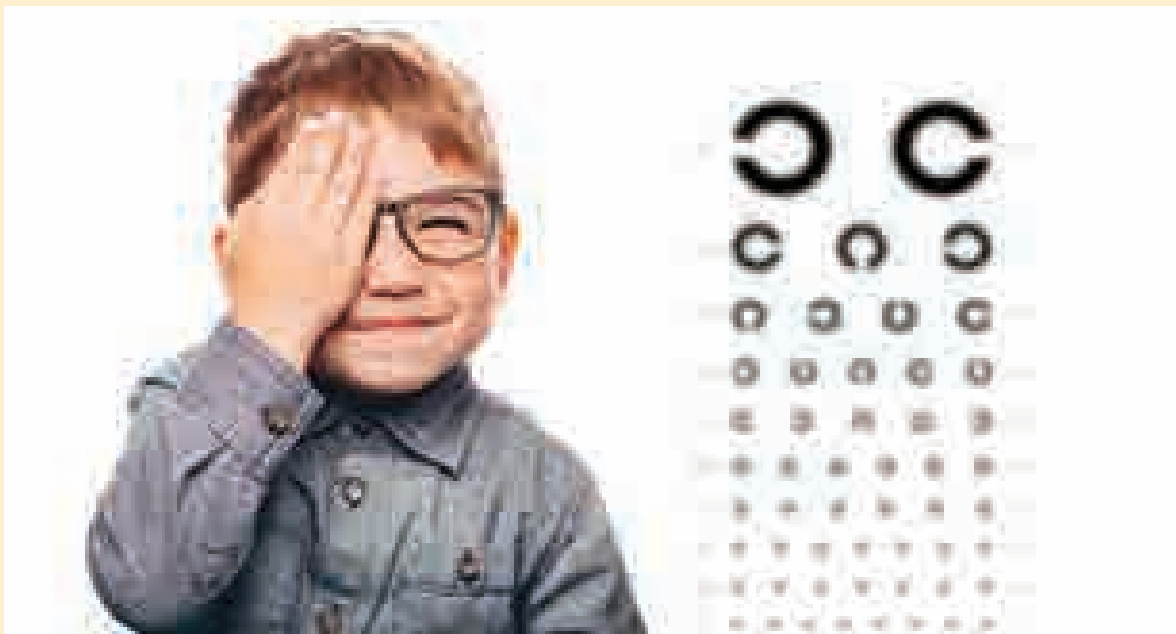
Source: Academy of Nutrition and Dietetics
(Eatright.org)

Tips for Infusing Water

1. Add fruit, spices, and/or herbs to the bottom of a sealable bottle or a 1-quart mason jar.
2. Pour in cold water and stir to mix well.
3. Infuse at room temperature for 1-2 hours or refrigerated for about 3-4 hours; infusing for up to 8 hours will make it stronger if you prefer that.
4. If citrus peel like lemons and limes are added, those can get bitter after just 5-6 hours.
5. Frozen fruit can be used but will not be as flavorful and will break down more than fresh fruit.
6. If you prefer carbonated water, just replace the water with carbonated, sparkling water and drink it right away so that it stays bubbly.
7. If you didn't get to drinking your water within 12 hours, remove the fruit prior to storing so the flavor does not become too powerful and overwhelming; store up to a few days.

Adapted from:
<https://www.asweetpeachef.com/infused-water-recipes/>





Say ‘Aye’ to Eye Screenings

The American Optometric Association (AOA) recommends that an eye examination is as essential to preparing for going back to school as getting school supplies.

A comprehensive eye and vision exam, conducted by an optometrist, can detect and test for a full range of disorders that affect children’s learning.

“As a general rule, the age at which most children should be examined depends upon their family history,” said Jill Martinson, OD, an optometrist with Trinity Heath. “If there is a strong family history of amblyopia (lazy eye) or strabismus (crossed eye), the child should have their first examination by age two.”

In absence of those factors, she said, all children should be examined prior to age five. “Other factors that can alter the recommended age of first examination include history of prematurity or developmental delays.”

“Even if a child should pass a vision screening, they should receive a comprehensive eye exam if they show signs or symptoms of a vision problem, are not achieving up to their potential, or are spending excessive time and effort to achieve academically even minimally,” the AOA said.

Signs indicating that a child has a vision problem can include:

- Complaints of discomfort and fatigue
- Frequent eye rubbing or blinking
- Short attention span
- Avoiding reading and other close activities
- Frequent headaches
- Covering one eye
- Tilting the head to one side
- Holding reading materials close to the face
- An eye turning in or out
- Seeing double
- Losing place when reading
- Difficulty remember what they read

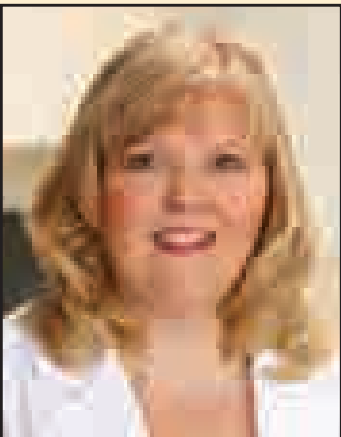
The most common eye-related ailment in children is refractive in nature, meaning that the child’s vision could be optimized by glasses, Dr. Martinson said. “The next most common childhood ocular findings are lazy eye or crossed eye. “These conditions require a dilated examination to determine if the cause is primarily muscle-related or focus-related. In some cases, glasses may correct these conditions. In other cases, the children may require surgery.”

The incidence of lazy or crossed eye is generally 3 percent of the population and is widely influenced by family history and ethnicity, Dr. Martinson said, adding that the need for glasses increases as the child ages. While it is much less common, children may develop eye conditions that are

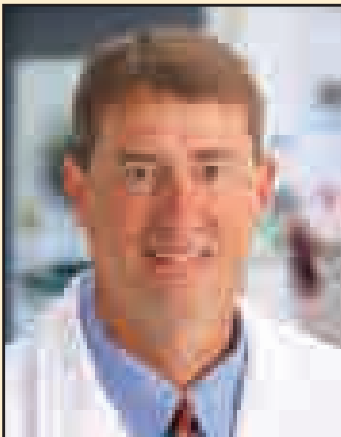
typically found in older adults, such as cataracts, glaucoma, or retinal problems.

“Many of the childhood conditions are not preventable, but early detection and intervention are key,” Dr. Martinson said. “Over the last several years, doctors have noted a significant increase in the rate of myopia (nearsightedness) in children across the world. So far, the only significant modifiable risk factor for the amount of myopia a child develops is time spent outdoors. We are not certain the exact mechanism, but research has shown to decrease the rate of myopia development. Current studies are investigating the role of medication and specialty contact lenses to help limit the amount of myopia development in childhood.”

As vision may change frequently during the school year, the AOA recommends that children receive an eye examination every year, or more frequently if specific problems or risk factors exist, or if recommended by an optometrist. Be sure to schedule an eye examination with your optometrist. Jill Martinson, OD, Shawn Nelson, OD, and Brad Schimke, OD, are based at Trinity Regional Eyecare – Minot Center, located at Health Center – Plaza 16, 2815 16th St SW, Minot. For an appointment or consultation, please call 701-852-3937. Cynthia Roles, OD, and Julieann Wick, OD, are based at Trinity Regional Eyecare-Western Dakota, located at Trinity Community Clinic – Western Dakota, 1321 W Dakota Pkwy, Williston. For an appointment or consultation, please call 701-572-7641.



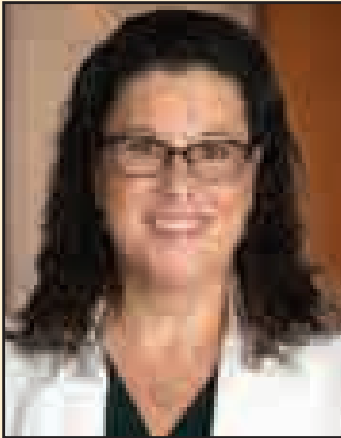
Jill Martinson, OD
Minot



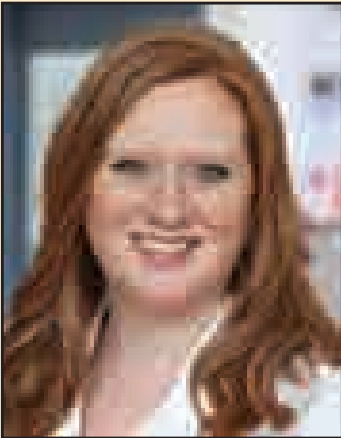
Shawn Nelson, OD
Minot



Brad Schimke, OD
Minot



Cynthia Roles, OD
Williston



Julieann Wick, OD
Williston

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Trinity Health Speaker’s Bureau

Call Community Education at
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Breastfeeding Basics

The American Academy of Pediatrics (AAP) recommends that infants be “exclusively breastfed for about the first six months with continued breastfeeding alongside introduction of appropriate complementary foods, for one year or longer.”

Breastfeeding “is the best nutrition that we can provide for our babies,” said Amanda Bekkedahl, RN, a certified lactation counselor with Trinity Health’s Family Birth Center. “It also has a lot of health benefits for moms. Overall, it’s the best for mom and baby.”

For babies, breastfeeding helps with digestive issues and cuts down on incidence of type 2 diabetes later in life, as well as ear infections and common colds, as they are getting those antibodies from breast milk, Bekkedahl said, adding that breastfeeding also lowers rates of Sudden Infant Death Syndrome (SIDS). Mothers benefit as well; breastfeeding has been shown to decrease ovarian and breast cancers and helps with postpartum issues.

With the benefits of breastfeeding comes the myths, which Bekkedahl hopes education about the topic will dispel.

“The big one that comes to mind is a lot of people think it’s painful or hard,” she said, noting that some mothers may be uncomfortable with breastfeeding, especially if they “aren’t from a family with breastfeeders.” However, with the proper support and education, breastfeeding mothers are provided with new knowledge that makes it easier to be more comfortable to breastfeed in public or at family functions.

“During the first few weeks, when the breastfeeding relationship is being established, it does take a lot of work and can be trying at times,” she said. “Once you get a good foundation in that relationship, it really is pretty smooth sailing and easy going for mom and baby.”


Additionally, mothers may be concerned that if they have never breastfed before or they tried with their first child and “it didn’t work out,” they can’t breastfeed subsequent babies. “Women sometimes worry that they won’t be able to continue once they return to work, or if other women in their family have a history of not producing breastmilk, they worry they won’t be able to as well,” Bekkedahl said. “Those are all common myths that a lot of women think about before and after, when they are choosing how to feed their babies.”

Last year, during National Breastfeeding Month (August), Trinity Health announced a program aimed at promoting breastfeeding success among mothers who give birth at Trinity Health.

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Hearing Screenings Are Important

According to the American Speech-Language-Hearing Association (ASHA), North Dakota is one of eight states in the United States where a hearing screening is not required by schools. (It is suggested in five states and required in the remainder.)

However, just because it is not required doesn’t mean it isn’t needed.

The Center for Hearing and Communication stated that approximately 3 million children in the United States have a hearing loss, with 1.3 million of them under the age of three. In addition, 15 percent of children between the ages of six and 19 have a measurable hearing loss in at least one ear.

Hearing screenings prior to the beginning of school are “an integral tool in identifying children with hearing loss who were not identified at birth, lost to follow-up, or who developed hearing loss later,” said Kylie Harris, AuD, CCC-A, an audiologist with Trinity Health.

Without hearing screenings, she said, “students with hearing loss in only one ear, or with mild or late onset hearing loss, may not be identified or may be misdiagnosed and mismanaged, leading to poor student performance.”

ASHA noted that hearing loss in children can cause delays in the development of receptive and expressive communication skills, such as speech and language; can cause language deficit, which causes learning problems that result in reduced academic achievement; can create communication difficulties that often lead to social isolation and poor self-regard; and may have an impact on vocational choices.

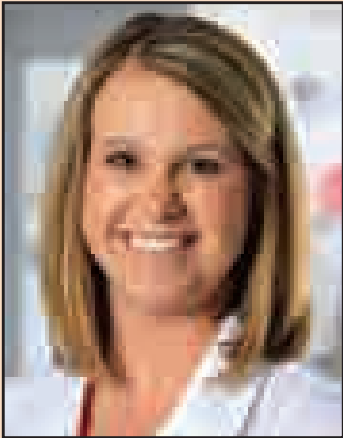
According to pediatric guidelines for hearing screening, children should receive hearing screenings at ages four, five, six, eight, and 10. Additionally, teenagers should be screened at ages 13 and 15, due to unprotected noise exposure from music, hunting, and other loud recreational activities.

The appointment takes a half hour, with the first five minutes spent getting a hearing medical history of the patient, followed by 15 minutes of the actual testing. The remainder is used to counsel the patient and family on the results.

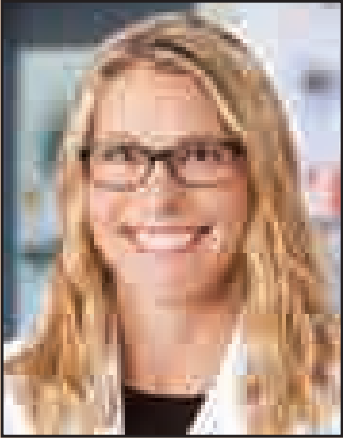
For this upcoming school year, due to COVID-19, schools may have a different idea of how they want to approach these screenings, Harris said, “possibly deferring them to pediatricians at their well check-ups and relying heavily on parental report of a problem and teacher report of a student’s performance. However, if school does run its normal operations, then I would assume they would still arrange for typical screening procedures.”

Over the past year, Trinity Health Audiology partnered with Minot Public Schools and Souris Valley Special Services to provide audiologic services for students there. “The audiology team with Trinity Health and Minot Public Schools/Souris Valley Special Services plan to continue our services as usual with increased recommendations for our students who have hearing loss,” Harris said. This includes more aggressive intervention by use of personal amplification system, clear facemasks, and providing the student with one on one services, if indicated.

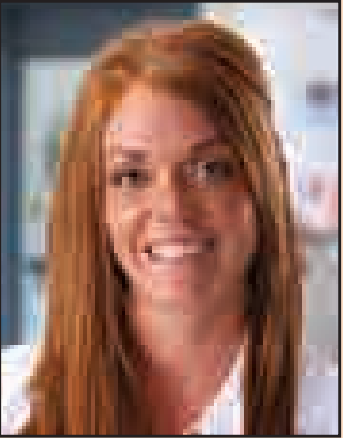
In addition to Harris, Trinity Health Audiology includes Jerrica Maxson, AuD, CCC-A, and Tricia Nechodom, AuD, PASC. Their office is located in Health Center – West, 101 3rd Ave SW, Ste 203, Minot. For appointments or consultations, please call 701-857-5986. Some insurances may need a referral.



Kylie Harris, AuD,
CCC-A



Jerrica Maxson, AuD,
CCC-A



Tricia Nechodom, AuD,
PASC

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Breastfeeding

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“Our goal through the lactation program is to support any choice the mom makes,” Bekkedahl said. “Breastfeeding is best for as little or as long as the mother and baby want that relationship. We want to be there in the first few days and afterwards to support that to make it as successful as possible.”

In addition, Trinity Health offers a class and support group to aid in breastfeeding.

Breast is Best is a support group for any mother who breastfeeds or is planning to breastfeed. “We want to provide a group where women can go and feel supported and comfortable and empowered and really have it be a medically facilitated, but peer-led and supported group,” Bekkedahl said.

The group meets the third Tuesday of each month, from 12:00 to 1:00 p.m., at With Room Coffee, located at 400 Central Ave E, Ste 103, Minot. The meetings had been halted, due to COVID-19, but Bekkedahl said she hopes the meetings will resume in August or September; be sure to call the Mother Baby Unit or check the Trinity Health website or Facebook page to see when the meetings will resume.

Furthermore, education for breastfeeding is also available. Breastfeeding Basics is a class to provide education for expecting mothers to prepare themselves. “It helps transition the birthing process and start the breastfeeding process more smoothly,” Bekkedahl said.

The classes, she noted, provide “a really good opportunity for spouses or support people to attend with expecting moms. There’s a lot of education on how they can be helpful and support the breastfeeding relationship, even though they aren’t the ones doing the feeding.”

The class is held the second Thursday of each month at Health Center – Riverside, 1900 8th Ave SE, Minot. Enrollment for this class is limited, and registration is required; sign up for classes at trinityhealth.org/familybirth_registration. If you have any questions, call Danica Schaefer at 701-857-2352.



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C O M M U N I T Y

CALENDAR

For the latest updates, check online at trinityhealth.org

Events may be postponed or canceled due to the coronavirus.

Please watch our calendar at trinityhealth.org/events for up-to-date calendar changes.

Mobile Mammography

August 20	St. Luke’s Hospital – Crosby, 965-6349
August 21	Tioga Clinic, 664-3368
August 25	TCC – Velva, 338-2066
August 26	Kenmare Community Hospital, 385-4296
August 27	Johnson Clinic – Maddock, 438-2555
	CHI Clinic – Devils Lake, 662-8662

Events

August 11 – Safe Kids Minot will be conducting a free car seat check at Minot Fire Station #1, located at 2111 10th St SW, Minot, from 11:00 a.m. to 2:00 p.m. No appointment is necessary. Please bring and wear a mask for your protection, as well as the technicians.

August 15 – A silent auction for specialty player jerseys will be held at the Sabre Dogs game, which starts at 7:05 p.m., at Corbett Field. Proceeds from this event will go to the 3rd annual Fuel the Fight fundraiser event to benefit cancer patients at Dakota Square Arco on September 11.

August 17 – Trinity Health Foundation will host its eighth annual Golf for Life Men’s Tournament at the Souris Valley Golf Course. The tournament helps to generate funds to improve the lives of Trinity Health CancerCare Center patients.

August 18 – The Breast is Best Support Group will meet at With Room Coffee, 400 E Central Ave, Minot, 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. Attendees receive \$1 off a drink of their choice. For more information, call the Family Birth Center at 701-857-5381.

August 19 – Safe Kids Minot will be providing educational information at Berthold Arts in the Park, in Walther Park, Berthold, from 6:00 to 8:00 pm.

August 22 - Safe Kids Minot will be conducting a free car seat check at Minot Fire Station #1, located at 2111 10th St SW, Minot, from 11:00 a.m. to 2:00 p.m. No appointment is necessary. Please bring and wear a mask for your protection, as well as the technicians.

August 25 – Senior Safari is tentatively scheduled to be held at Roosevelt Park Zoo, 1219 E Burdick Expy, Minot, from 10:00 a.m. to 2:00 p.m.

Prepared Childbirth Classes

August 8, September 12, October 10, and November 14

Learn about signs of labor, what to expect in labor, comfort measures, postpartum cares, newborn care and routines, and much more! Enrollment is limited. Registration is required. Meets from 9:00 a.m. to 4:00 p.m., Health Center – Riverside Education Center, 1900 8th Ave SE, Minot.

Breastfeeding Basics

August 13, September 10, October 8, and November 12

Learn about all things breastfeeding: positions, latch, skin-to-skin contact, how to know baby is getting enough, and more! Enrollment is limited. Registration is required. Meets from 6:00 to 8:00 p.m., Health Center – Riverside Education Center, 1900 8th Ave SE, Minot.

Minot Air Force Base

Breastfeeding Basics classes at the Minot Air Force Base are canceled for the foreseeable future.

These classes are offered free-of-charge as part of Trinity Health’s community benefit mission, but registration is typically required. If you have questions, please call 701-857-2352. Sign up for classes at: 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 Trinity Hospital’s Family Birth Center are canceled for the foreseeable future.

The Centers for Disease Control and Prevention recommends that while attending smaller outdoor and in-person gatherings, individuals from different households should remain spaced at least six feet apart, wear cloth face coverings, not share objects, and come from the same local area.