Trinity Health requires all individuals to wear a face covering or mask when they enter Trinity Health facilities. Trinity has also eased its suspension of visitation in hospital and clinic settings, permitting one adult with no COVID-19 symptoms to accompany each hospital or clinic patient. This visitation policy does not apply at Trinity Homes, which receives direction from the state.

The policies are designed to promote a safe environment and improve communication and support for patients. The masking and visitation policies apply to all Trinity Health facilities in Minot, Belcourt, Devils Lake, Garrison, Kenmare, Mohall, New Town, Velva, and Williston.

Restricting visitation has been critical to reducing the spread of the virus, but the resulting isolation and lack of contact with loved ones is difficult for front-line staff, who are dealing with the daily challenges of the pandemic.

持续阅读到第2页
Trinity Health Announces Administrative Internship

Scott Henry, a graduate student at Xavier University in Cincinnati, began as Trinity Health’s administrative internship at the end of May. Scott is pursuing a Master of Health Services Administration with graduation expected in May 2022.

“We’re excited to welcome Scott to our team and look forward to providing experience for Scott and all of our interns,” said Randy Schwan, Vice President of Mission Integration with Trinity Health. “Support from a career to a patient’s bill or care, so we are doing everything we can to safely permit visitors in our hospitals and clinics. Mandatory masking of everyone allows us to take that step.”

The masking requirement is based on guidance from the Centers for Disease Control and Prevention (CDC) that says the use of cloth face coverings can slow the spread of coronavirus and prevent healthcare workers from being infected.

Patients, visitors, and anyone entering are required to bring their own face covering to wear. If someone arrives at a facility and does not have a face covering, Trinity Health will provide one. If someone arrives at a facility to bring and wear a mask or other face covering, and to maintain social distancing.

Facial coverings should not be placed on children under age two, anyone who has trouble breathing, or is unconscious or incapacitated. CDC guidelines provide guidance on how to make a cloth mask and wear it properly.

Trinity Hospital Gift Shop
Flowers and Gifts
701-857-5205

Resume Walk-In Service

Three Trinity Health departments that had suspended walk-in service due to COVID-19 have reopened their doors to in-person visits.

KeyCare Pharmacy, KeyCare Medical, and the Trinity Health Business Office have resumed walk-in service in accordance with safety protocols that Trinity Health has implemented for all its facilities and services.

Customers who wish to pick up a prescription, purchase merchandise, or pay a bill may do so in person providing they observe Trinity Health’s safety policies. These require everyone visiting a facility to bring and wear a mask or other face covering, and to maintain social distancing.

In addition, cleaning and disinfecting practices have been intensified beyond Trinity Health’s normally high standard.

Customers may wish during the following hours of operation. Everyone is required to bring and wear a mask upon arrival and throughout their visit.

KeyCare Pharmacy: 8:00 a.m. – 8:00 p.m., Monday through Friday; 9:00 a.m. – 5:00 p.m. weekends and holidays

KeyCare Medical (20th Ave SW): 8:30 a.m. – 5:00 p.m., Monday through Friday

Trinity Health Business Office: 8:00 – 5:00 p.m., Monday through Friday
Most Cancer is Preventable

Cancer is the among the leading causes of death worldwide, the Mayo Clinic reports. In 2018, an estimated 1,735,350 new cases of cancer were diagnosed in the United States, with 605,640 deaths. However, only five percent of cancers are hereditary, while non-inherited causes of cancer, such as lifestyle choices, have a direct impact on overall cancer risk, the Prevent Cancer Foundation said on its website. Early detection and treatment are also important components of cancer prevention.

The best ways to prevent cancer include:

1. Don’t use tobacco.
2. Protect yourself from the sun.
3. Take care of your body weight and be physically active.
4. Protect yourself from the sun.
5. Eat a healthy diet.
6. Avoid risky behaviors.
7. Get regular medical care.
8. Get vaccinated.

Trinity Health Welcomes Addition to CancerCare Team

Trinity Health is pleased to announce the addition of Brandi Peterson, FNP-C, a board-certified nurse practitioner, to our team at the Trinity CancerCare Center.

Working in collaboration with other providers, Peterson offers care and support to patients undergoing medical oncology and hematology treatments, with services ranging from patient education to follow-up care and symptom management.

A Bismarck native, Peterson earned her Bachelor of Science in Nursing from the University of Mary. Bismarck, and completed her Master of Science in Nursing through the University of Cincinnati in Ohio. She has also been associated with CHI St. Alexius Health in Bismarck for the past five years, providing care to patients in labor/delivery and cardiac settings.

Peterson is a member of Sigma Theta Tau International Honor Society of Nursing and the Oncology Nursing Society.

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.

“In the past three years, Trinity Health Foundation has expended $504,892 from this fund to benefit Trinity CancerCare patients,” said Al Evon, director of the Trinity Health Foundation.

In 2019, 43 percent of CancerCare Center patients traveled a minimum of 50 miles; 36 percent commute a minimum of 100 miles; and 18 percent travel a minimum of 150 miles. These distances create extra cost for patients. In addition to providing direct financial support to those battling cancer, the CancerCare Patient Assistance Fund has also been able to provide patients with in-kind gifts such as gas cards, wigs, and compression garments as well as therapeutic programs such as yoga, art therapy, and writing therapy.

“As you can see, the more money we raise, the more money we can use to positively impact lives.”

One such patient was appreciative for the financial assistance, stating that the Foundation’s generosity “has lifted a great burden off me... It’s such a blessing to have an organization to help people financially who have cancer. Your thoughtful ness and caring help make my cancer more bearable.”

Area businesses are invited to be a part of these annual tournaments by becoming a sponsor, making a donation to the CancerCare Patient Assistance Fund, or by making an in-kind donation that can be used as a raffle item or an event prize.

The following sponsorship opportunities are available:

- T-Shirt ($3,500)
- Hat ($3,000)
- Water Bottle ($3,250)
- Towel ($2,500) SOLD
- Range Ball ($2,000)
- Bag Tag ($1,750) SOLD
- Golf Tee ($1,000) SOLD
- 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.mcmangial@trinityhealth.org.

Michael Grant, MD
Radiation Oncology
Pamela Holzhaugher, FNP-C
Radiation Oncology
Joan Lee, MD
Radiation Oncology
Madhu Unnikrishnan, MD
Hematology
Pat Watanaooyakhet, DO
Hematology
Annie Steen, FNP-C
Radiation Oncology
Brandi Peterson, FNP-C
Radiation Oncology

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Minot, Williston Clinics Acquire New Stress Testing Equipment

COVID-19 notwithstanding, heart disease is still the No. 1 cause of death among Americans. Consequently, it’s as important as ever to adopt preventive strategies such as making healthy lifestyle choices and detecting problems early. Happily, identifying heart issues just got easier for Trinity Health patients in Minot and Williston.

Trinity Health Foundation recently completed a fund drive to assist Trinity’s Cardiology Department in acquiring new cardiac stress testing equipment. The purchase has enabled the department to expand stress testing in Minot and add the service to Trinity Community Clinic – Western Dakota in Williston.

“This early interventional tool for providers and patients will benefit our region by promoting better cardiovascular health for patients,” said Al Evon, president of Trinity Health Foundation. “We thank everyone who contributed to this effort.”

Tessah Richardson, director of Trinity Health – Western Dakota, said, “We are grateful to be able to provide this service to our patients. Stress testing in a rural setting will allow us to enhance our patient care.”

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

“A cardiac stress test is considered the universal starting point for assessing a patient’s cardiovascular health, providing the first indication of a problem that otherwise might be overlooked,” said Darren Armstrong, director of Therapy Services for Trinity Health. “This testing gives physicians exceptional accuracy and interpretation of real-time critical data, which guides clinical decisions and helps plan the next steps in the patient’s treatment.”

Newly installed in Trinity’s Minot and Williston clinics is a Q-Stress Cardiac Stress Testing System, a product of Welch Allyn. Considered the gold standard in stress testing, the Q-Stress system has an intuitive touchscreen design that allows for a smoother exam. It also offers better comfort and freedom of movement for the patient.

“It’s a more user-friendly and patient-friendly approach to stress testing,” Armstrong said. “The greatest impact is that we’ll be able to detect and diagnose heart conditions faster and with greater accuracy.”

Q-Stress Cardiac Stress Testing System provides comprehensive clinical information about a patient’s heart, from routine exams to complex cardiac evaluations. According to the American Heart Association, a physician may recommend a stress test to:

- Diagnose coronary artery disease
- Diagnose the cause of symptoms such as chest pain, shortness of breath, or lightheadedness
- Determine a safe level of exercise
- Check the effectiveness of procedures performed to improve coronary artery disease
- Predict risk of dangerous heart-related conditions such as a heart attack
- A doctor’s referral is required before one can undergo a stress test.

“Timely access to a cardiovascular stress test can identify narrowing or blockages of coronary arteries, increasing the opportunity for the early diagnosis and treatment of cardiovascular disease and atherosclerosis,” said Armstrong, noting it is also a key to diagnosing cardiac abnormalities in adults, adolescents, and children.

When it comes to detecting and treating heart disease before complications become serious, a stress test can make the difference between life and death. “Fortunately, we are staged to have two very reliable platforms in both communities for stress testing,” Armstrong said. “The greatest impact is that we’ll be able to detect and diagnose heart conditions faster and with greater accuracy.”

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Colonoscopies save lives.

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When it comes to detecting and treating heart disease before complications become serious, a stress test can make the difference between life and death. “Fortunately, we are staged to have two very reliable platforms in both communities for years to come,” Armstrong added.

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The POW/MIA table, sometimes referred to as a “Missing Man Table,” is a memorial that is set up to honor fallen, missing, or imprisoned military service members. The manner in which the table is decorated is full of special symbols to help us remember our brothers and sisters in arms. On Memorial Day weekend, Missing Man tables were set up throughout Trinity Health. Trinity Health wants thank our service men and women for making the ultimate sacrifice for our freedom.

Steve Rutz is shown with his wife, Marti, who in all likelihood appreciates Steve’s hearing devices as much as he does.

Hearing Aids Improved More than His Hearing

Steve Rutz didn’t realize North Dakota had so many birds. For the longest time, he couldn’t hear them unless they were speaking directly to me. With the hearing aids, that’s all changed.”

Now, the chattering of nature and most every other sound are crystal clear, thanks to hearing aid technology prescribed by Trinity Health Audiology.

“I can hear flocks of geese, birds singing, the crinkling of a potato bag. Now my wife asks me to turn up the radio and TV!” he said with a chuckle.

A 56-year-old driver with DNOW, Steve recognized that his hearing loss was getting to be an issue at home and at work. “It frustrated my co-workers,” he said. “They could tell I was frustrated because I couldn’t hear them unless they were speaking directly to me. With the hearing aids, that’s all changed.”

Steve also suffered from chronic tinnitus, which kept him awake at night. “Even the tinnitus has disappeared. I should have done this years ago,” he added.

Dr. Rutz understands the importance of hearing healthcare and the negative impact it can have on many areas of our bodies, therefore he had him scheduled for a hearing test.

Steve was pleased to see that Trinity Health Audiology offers early morning appointments. He was able to meet with Kyle Harris, AuD, CCC-A, at 7:00 a.m., which got him back to work in due course. Harris, like her colleagues, Jerrika Mascon, AuD, CCC-A, and Nichole Nechodom, AuD, PASc, has a Doctor of Audiology credential, which means she is a specialist in identifying, diagnosing, and treating hearing disorders, and prescribing assistive devices like hearing aids.

She performed a thorough hearing test on Steve and, not surprisingly, she identified severe hearing loss in both of his ears.

“We talked about different hearing aid options — behind the ear, in the ear, rechargeable, what my insurance might cover,” Steve said. “I decided on what I felt most comfortable with.”

Conversations about hearing aids invariably include high-tech topics such as hearing aid apps and smartphone connectivity. Many hearing aid manufacturers use apps on cellphones to control the settings of hearing aids using the phone as a remote control. Users are able to adjust the volume, noise reduction, and sound quality of their hearing aids using their phones.

“I have fat fingers, so it’s a big convenience for me to be able to control settings from my phone,” Steve said. His hearing aids also connect to his cellphone via Bluetooth technology so he’s able to hear his phone calls streamed directly through his hearing aids hands-free.

But bells and whistles aside, Steve says the most valuable aspect of his new hearing aids is the impact on his general health and well-being.

“The most dramatic change has been their effect on my overall health. From a mental health perspective, it’s like a weight has been lifted. You don’t realize how much energy you use up just trying to hear. You find yourself blaming others for not speaking up. I feel happier now. I know I’m a much more pleasant person to be around,” he said.

What would he say to someone who has put off getting hearing aid devices?

“I would say don’t wait. There’s no downside. It has been very beneficial to me for what little energy I have left. I feel much happier now that I can hear my colleagues and friends when we’re speaking directly to me. With the hearing aids, that’s all changed.”

The sooner they get them done, the better,” he said.

Steve credits his primary care physician, Howard Rovee, MD, for setting his hearing remedy in motion. A board-certified family physician, Dr. Rovee also specializes in occupational medicine and is certified to perform Department of Transportation (DOT) physicals for commercial drivers like Steve. One element of a DOT physical is a “whisper test” in which a patient stands five feet from the examiner while words or numbers are whispered. If the individual fails, an audiometric test is required.

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The sooner they get them done, the better,” he said.
Milk and other dairy products make up part of a healthy diet, as they are a top population source of vitamins and minerals. Many Americans. Calcium is a mineral needed for keeping bones strong, helping muscles contract, and transmitting nerve impulses. Vitamin D is a vitamin needed for absorbing calcium, keeping the immune system strong, and helping the body use the nutrients it needs. While cows’ milk does provide important nutrients, not everyone can tolerate it. Non-dairy milks such as soy milk, almond milk, or rice milk can help your body get the nutrients it needs. People have many reasons for choosing non-dairy milk over cow’s milk. Some people are vegan and avoid all animal products; some have a milk protein allergy; some are concerned about the environment or ethical farming practices; and some people just prefer the taste. Whatever the reasons may be, many kinds of non-dairy milk are out there. With so many options, it’s important to know the differences between these milks, as they can vary widely between calories, protein, and important vitamins and minerals.

First, let’s look at the nutrition of cow’s milk. One cup of 1 percent milk contains 110 calories, 1.5 grams of saturated fat, and 8 grams of protein. Cow’s milk naturally contains calcium, phosphorus, vitamin B12, riboflavin (vitamin B2), pantothenic acid, and zinc. Some vitamin A is also present. In the United States, cow’s milk is generally fortified with vitamins A and D. The process of fortifying adds nutrients that the item does not already have or may be low in. Depending on what part of the world you live in, foods may be fortified with different vitamins or minerals to help reduce dietary deficiencies in the population. Fortified cow’s milk does not have any vitamin D, which many Americans are deficient in.

For those who are lactose intolerant and enjoy cow’s milk, Lactaid® may be a good choice. Lactaid® is real cow’s milk, but it is made from lactase, the enzyme needed to break down lactose. Lactose breaks down into simple sugars, so this milk tastes sweeter than regular cow’s milk. A person who is lactose intolerant can drink Lactaid®, but it has a lower amount of sugar than the others as it contains oils, starches, and thickening agents. Rice milk, especially the sweetened varieties, have more carbohydrates than other non-dairy milks and cow’s milk, so keep this in mind if you have diabetes. Like almond milk, rice milk is low in protein.

Some of the non-dairy milks include coconut milk, oat milk, and cashew milk. Silk® unsweetened varieties of these milks are all less than 100 calories per cup and are fortified to be high in essential nutrients. One cup of Silk® Almondmilk contains just 30 calories, 0 grams of saturated fat, and 1 gram of protein. It is fortified with calcium, vitamin E, vitamin A, and vitamin D. This drink is made with added thickeners agents. Other brands of almond milk may be fortified with vitamins. Silk® Unsweetened Almondmilk contains just 30 calories, 0 grams of saturated fat, and 1 gram of protein. It is fortified with calcium, vitamin E, vitamin A, and vitamin D. This drink is made with added thickenings agents. Rice milk, or rice drink, is another non-dairy milk. This milk is dairy-free, nut-free, and soy-free, which is helpful for those with food allergies. Rice milk is made from rice and water. One cup of Rice Dream®Unscented Rice Drink has 70 calories, 1 gram of saturated fat, and 0 grams of protein. It is fortified with vitamin A, vitamin D, and vitamin B12. This drink has more ingredients than the others as it contains oils, starches, and thickening agents. Rice milk, especially the sweetened varieties, have more carbohydrates than other non-dairy milks and cow’s milk, so keep this in mind if you have diabetes. Like almond milk, rice milk is low in protein.

Make the choice to protect your health.

Nursing Scholarship Program Donation Match

Nursing Scholarship Program Donation Match is now a time is the value of a nurse is so important.

The importance of medical professionals in our country has been made even more prevalent by COVID-19,” explained Al Evon, director of Trinity Health Foundation. “Trinity Health Foundation is addressing the projected shortage of one million nurses in the United States. Our goal is to build a vibrant and talented pool of nurses who will exceed patient expectations.

In the past four years, through its Nursing Scholarship Program, the Foundation has awarded $145,000 in scholarships to 43 students. Now, thanks to a generous donation, the Foundation will match all gifts made to the Nursing Scholarship Endowment Fund up to $75,000. Karen Zimmerman, Vice President and Chief Nursing Officer with Trinity Health, noted that as so many people have been generous with giving that it has allowed the Foundation to increase the amount of the scholarship and increase the number of recipients.

“The scholarship has been so beneficial,” she said. “It helps support the student, which is huge. It’s beneficial to us – most of the students that receive this scholarship have worked for us – but it’s been a good program all the way around.”

“The short-term impact of your gift is that it will help students receive the education they need,” Evon added. “The long-term impact of your gift is the care that will be provided to the patients who will be served by these nurses on a daily basis.” Applications for the scholarship, which can be found online at the Trinity Health Foundation office (located at Trinity Hospital – St. Joseph’s), will be accepted between August 1 and November 1, 2020. The winners are announced in December. More information can be found on the Trinity Health Foundation’s website at trinityhealth.org/foundation.

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

MyChoice Health Checks help to identify risk factors that can lead to serious problems:

• Heart attack Calcium Score Screening $60
• Stroke Carotid Artery Disease Screening $35
• Abdominal aneurysm Abdominal Aortic Aneurysm (AAA) Screening $35
• Peripheral and feet Peripheral Artery Disease (PAD) Screening $35
• Heart disease ENG $20

All screenings are read by board-certified radiologists and cardiologists.

For appointments/questions, call 701-857-3220.

TRINITY HEALTH
HEALTHTALK

continued on page 2
3D mammogram today. Enjoy more tomorrows.

Schedule yours. Call 701-857-2640.

One woman is set to be diagnosed with breast cancer in her lifetime. At Trinity Health, we’re making moves to ensure more women are screened. Our 3D mammography screening is the new way it detecting cancer earlier while delivering a more comfortable experience. Whether you have a family history or not, having a mammogram can save your life.

To schedule your 3D mammogram, call 711. Learn more at trinityhealth.org/wish.

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Health in the Workplace

When it comes to keeping their workforce healthy, employers in the region have turned to Trinity Health’s Occupational Medicine department to meet the medical needs of the community and area employers. From pre-employment physical evaluations to work injury case management (and a broad range of related services), it is the mission of Trinity Health’s Occupational Medicine team to help promote a healthy workplace and safe work environment, while helping employers maximize workforce productivity.

“Our goal is to protect employees from injury, illness, or both on the job,” said Howard Reeve, MD, who leads the Occupational Medicine team. “Making sure they are medically and physically fit for their positions is the first step.”

Every workplace is different, so the team tailors their services to each employer’s needs. Dr. Reeve explained, “For example, we ensure there are no signs of potential heart problems in truck drivers or breathing concerns in employees who are required to wear a mask or respirator.”

If an injury or illness occurs, the team is ready to provide treatment with same- or next-day appointments. Additionally, the patient receives access to a network of specialists and the unique opportunity to partner with a work injury case manager.

A case manager initiates services when work restrictions prohibit the injured worker from returning to work. The pre-injury position or the time off from work is equal to five or more consecutive calendar days. The case manager serves as a liaison for the injured worker, their employer, and the attending provider, coordinating the

D.O.T. Physical Providers

- Howard Reeve, MD
  Health Center – Medical Arts
  400 Burdick Expressway E, Minot, ND
  701-857-7440

- Lori Wulf, PA-C
  Health Center – Medical Arts
  400 Burdick Expressway E, Minot, ND
  701-857-7383

- Hedi Rime, FNP-C
  Trinity Community Clinic – Garrison
  131 N Main
  Garrison, ND
  701-463-2686

Non-Dairy Milks

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vitamin or mineral is 10 to 20 percent of the daily value, it is still considered a good source.

If you choose to replace cow’s milk with a non-dairy milk, choose a milk that has protein, calcium, and vitamin D. If you are vegan, look for a milk that is unsweetened to avoid added sugar. Unfortunately, many non-dairy milks do not have the amount of protein that cow’s milk contains. Soy milk will likely have the most protein of the non-dairy milks, but keep in mind that amounts of nutrients may vary between brands, even if it’s the same type of milk. Milk is just one of the many ways to get calcium and vitamin D in your diet. Along with milk, include lean meats, fish, whole grains, fruits, vegetables, nuts, and seeds in your diet to give your body the nutrition it needs and help you feel your best.

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Trinity Health Welcomes Julie Hatfield to Behavioral Health Team

Trinity Health is pleased to announce the addition of Julie Hatfield, LCSW, to our Behavioral Health team.

Julie is a licensed clinical social worker and provides therapy services to individuals and families to help build skills and overcome life's obstacles. Her specialized treatment approaches include Cognitive Behavioral Therapy, Dialectical Behavioral Therapy, Trauma Focused CBT, Eye Movement Desensitization and Reprocessing, Family Systems Therapy, and more.

A graduate of Minot State University’s social work program, she completed her Master of Social Work degree at Florida State University in 2014. After graduation, she worked as a therapist at Dakota Boys and Girls Ranch and later in Trinity Health’s Child/Adolescent Partial Hospitalization program, where she provided family, individual, and group therapy sessions. Prior to earning her master’s, Julie served as a case manager for Ward County Social Services and North Central Human Services Center.

Julie is based at Health Center – Riverside, 1800 8th Ave SE, Minot. For appointments or consultations, please call 701-857-5989.
Trinity Health Welcomes Ophthalmologist

Trinity Health is pleased to welcome Darren Hill, MD, an ophthalmologist, to our team of specialists at Trinity Regional Eyecare. Dr. Hill provides comprehensive medical and surgical eye care including cataract removal, laser and injection treatment for retinal pathology, laser and surgical glaucoma management, refractive surgery including LASIK and PRK, as well as surgical correction of strabismus and eyelid malposition.

He graduated from Brigham Young University with academic honors, earned his Doctor of Medicine degree from Penn State University College of Medicine, and completed his surgical internship and ophthalmology residency at the University of Kentucky College of Medicine. Throughout his medical career, Dr. Hill has been recognized for academic achievement. His research endeavors include peer-reviewed papers, abstracts, and textbook publications.

Dr. Hill has also maintained a strong commitment to volunteer service, which has included international and domestic missions providing vision care to disadvantaged patients. A member of the American Medical Association, American Academy of Ophthalmology, Alpha Omega Alpha Honor Society, and American Society of Cataract and Refractive Surgery, Dr. Hill spends his free time with his wife and five children.

He is 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 701-857-3500.

NOMINATE AN EMPLOYEE

Do you know a Trinity Health associate who is deserving of praise? Now you can let them know, through Trinity Health’s award programs, which can let them – and us – know how you feel about an exceptional associate.

trinityhealth.org/patients-visitors/employee-award-programs/

Let our staff help you select a healthcare provider right for you. Please feel free to leave a message after hours and your call will be returned the next regular business day, or email us at DR4U@trinityhealth.org anytime.

UNIVERSITY OF NORTH DAKOTA HEALTH SCIENCES CENTER – MINOT

GIFTED/ Talented Identification

The Gifted/Talented Identification Testing for the 2020-2021 school year is being offered online to all students. Testing was offered in March, April, and May. To determine if your child qualifies for the Gifted Program, please complete the form below:

testing@trinityhealth.org

SAFESITTER®

Safe Sitter® teaches adolescent babysitters how to handle crises, how to keep their charges secure, and how to nurture and guide a young child. Safe Sitter® babysitters help children stay safe and sound while their parents are away. In the process, these students 11 years old and older emerge as more confident, responsible, and compassionate teens and adults.

During this one-day course, students listen, practice, role-play — and learn an array of topics including:
- Choking and rescue breathing
- Safety for the sitter
- The business of babysitting
- Accident management
- Child development
- Hands-only CPR

2020 Summer Class Schedule

July 30

All classes start at 8:30 a.m.

Health Center – Riverside, Education Center, 1900 8th Ave SE, Minot

Students must have a mask or face covering.

Due to the high demand for this class, the course fee of $50 must be paid in advance. Please register by calling the Trinity Health Community Education Department at 701-857-5019 and then mail your check (payable to Trinity Health) to Trinity Health Community Education, P.O. Box 5020, Minot, ND 58702. Payment must be received in advance to confirm your participation in the course.

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

July 1 . . . . . . . . . . . . . . . . . . . St. Luke’s Hospital – Crosby, 965-6349
July 2 . . . . . . . . . . . . . . . . . . . Tioga Clinic, 644-3368
July 7 . . . . . . . . . . . . . . . . . Trinity Community Clinic – Velva (a.m.), 338-2066
July 8 . . . . . . . . . . . . . . . . . CHI Clinic – Devils Lake, 662-8662

The mobile mammography unit will be at St. Luke’s Hospital – Crosby from 9:00 a.m. to 4:00 p.m. The unit will be at the Tioga Clinic from 9:00 a.m. to 4:00 p.m. The unit will be at Trinity Community Clinic – Velva (a.m.) from 9:00 a.m. to 4:00 p.m. The unit will be at CHI Clinic – Devils Lake from 9:00 a.m. to 4:00 p.m.

Breastfeeding Basics

July 9, August 8, September 12, October 11, November 14 and December 12

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

Events

July 7 – Keys to Diabetes Success will present “Meter Basics” at the Trinity Health Community Conference Room, located at Health Center-Town & Country (1015 S Broadway, Minot) at 9:30 p.m. RSVPs and facemasks are required; call 701-857-5268.

Nominated by multiple family members, community leaders, and colleagues, Dr. Hill has been recognized as one of Trinity Health’s employees of the quarter.

California
del Cornale

Opportunity:

Management of Ocular Trauma

September 10, October 8, November 12 and December 10

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.

Nationally approved, medically accurate training program designed for 11 years old and older.