

Trinity Health is committed to sharing the latest information about the Coronavirus. We continue working to keep our staff, patients, families, and community safe. For visitor restrictions and more information on how we are preparing, please visit trinityhealth.org/coronavirus.

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Trinity Health Requires Face Covering, Eases Visitation Guidelines

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 spread of the virus, but the resulting isolation and lack of contact with loved ones is difficult for

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A little over 1,800 3D masks, like the one pictured above, were printed and given to Trinity Health, thanks to the work of Jeremy and Crystal Almond.

Mask, and You Shall Receive

Over the past few months, we’ve seen how individuals and/or groups of people have come together in the spirit of compassion to volunteer their time, treasures, or talents to help their neighbors or even people they might never meet. At Trinity Health, they’ve seen this played out through a variety of gestures, whether food for healthcare workers, signs of support hanging in windows throughout the area, or crafters supplying 4,000 hand-sewn masks for employees looking to minimize the spread of COVID-19 virus in their facilities. Each of these efforts have involved personal sacrifice, effort, and a sense of appreciation worthy of the gift. This is one example, a very special example, of ordinary people being moved to accomplish extraordinary things.

Personal protective equipment (PPE) is used daily by healthcare personnel to protect themselves, patients, and others when providing care. PPE includes gloves, eye protection, and several types of face coverings.

When there is a PPE shortage, such as what happened at the onset of the COVID-19 pandemic and for months following, it can lead to trouble.

“Early on, everyone around the country – and the world – faced a severe shortage in those supplies,” said Randy Schwan, Vice President of Mission Integration with Trinity Health. “There was consternation throughout healthcare that organizations may not be able to provide adequate PPE for their staff who were assigned to care for COVID-19 patients, so there was a great deal of intense planning and searching for sources in every community across the country.”

That’s when Jeremy and Crystal Almond stepped into the mix, going above and beyond to lead the way for a successful 3D Printed PPE drive. After learning how masks and face shields were unavailable for healthcare workers, thus jeopardizing safety for front-line staff, they heard about how

3D printers were being trialed in some parts of the country to create critical supplies and parts.

“It was a full community effort,” explained Crystal Almond. “It takes one voice to get something started, and the community came together and did something no one could do alone.”

She noted that the printing project served as a mission to focus on during the hard times of the pandemic. “It was a good project for a lot of us, helping to keep us focused and busy helping out in some way.”

The Almonds worked with their friend, Erica Erck, RN, a nurse who works in Clinical Excellence and Patient Safety at Trinity Health, to explore designs of masks that might be suitable for Trinity Health. A design that Erck found – created and published by a neurosurgeon and dentist in Montana – was printed on March 23 and brought to Infection Control and Prevention specialists and other leaders at Trinity Health who evaluated it, made sure that proper safety protocols could be achieved through its use, and then gave them the thumbs-up.

From there, the Almonds reached out to the 3D printing community in the region to create a standardized product, developed a drop zone at their home, and became the information center for all printers needing tips or guidance with the entire process. The 3D printing community was linked together for the most part through a Facebook group created by the Almonds, where users shared their tips and techniques with each other and created a virtual production group. It turned out to be a wide-reaching effort; some 3D printers sent masks or face shields from the east and west coasts of the US, although the Almonds did encourage people wishing to help out

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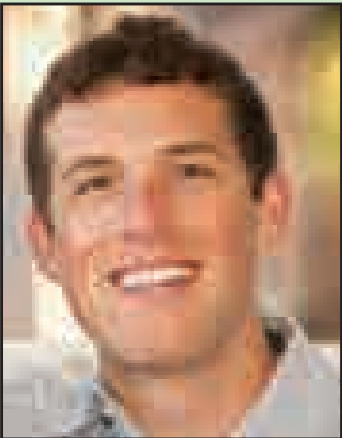
Trinity Health Announces Administrative Internship

Trinity Health has established a Summer Internship Program for graduate students seeking a career in healthcare administration.

President and CEO John M. Kutch said the program will serve as an introduction to the real world of healthcare management and provide an intensive learning experience for the next generation of healthcare leaders.

Scott Henry, a graduate student at Xavier University in Cincinnati, began as Trinity’s first administrative intern at the end of May. Scott is pursuing a Master of Health Services Administration with graduation expected in May 2021.

“We’re excited to welcome Scott to our team and look forward to providing him with an outstanding learning experience,” Mr. Kutch said. “Not only will he acquire first-hand knowledge of the healthcare industry, he’ll gain



Scott Henry

hands-on experience that engages him in every aspect of healthcare like no other program.”

Under the Summer Internship Program, administrative interns are mentored by Trinity’s administrative directors and given

assignments to enhance their experience and guide their thought processes. Interns are involved in staff meetings, business management discussions, GEMBA walks, LEAN projects, job shadowing, and much more, according to Kutch.

He said Trinity Health has been approved as an official internship site for Xavier University. “We are dedicated to providing an outstanding learning, educational, and fun experience for Scott and all of our future interns,” Kutch added.

Mask Donations continued from page 1

to seek a healthcare provider closer to their home who may accept their donations.

It takes about three to four hours to 3D print one mask, but with about 35 printers printing, the number of masks produced began to grow. “We just printed as much and as fast as we could,” Almond said. “We were also able to utilize Minot State University’s 3D printer and the Minot Public Schools – they have a handful of 3D printers. They allowed us to use those printers to make masks and face shields, as well.”

In addition, there were about 20 donors who donated filament (the plastic material used to make the mask), the clear plastic shields for the face masks, other elastic materials, or cash to help make the project a success, she added.

Within 50 days, the goal was met: Trinity Health had requested 1,750 masks but “we were able to go a little above that,” Almond said. In all, 1,819 3D printed masks, as well as a little over 1,000 face shields were made, collected, and donated to Trinity Health.

“We were a bit nervous at first, wondering if the printers could punch them out in time, but with each passing day the numbers started building enough to supply those in most need if we were to run out of medical-grade product,” Schwan said.

As the masks were received, they were put into a reserve inventory as an emergency alternative to surgical masks, Schwan said. Some 3D masks and face shields were distributed strategically to smaller groups within the hospital, who familiarized themselves with how to clean, fit, and safely use these masks and shields, Schwan said. “Our confidence soon grew that if we needed to, we could switch to the 3D printed inventory and be assured that our staff was trained and competent in using them to maximize their capability.”

The importance of the 3D printed PPE was especially strong for Trinity Health at a time when full attention needed to be focused on the broader goal: to prepare for COVID-19 patients needing

acute care and protecting the nurses, doctors, and others who provide direct care with the PPE that they depend on, and – under normal circumstances – have no trouble procuring. “Back in March and April, we would have conference calls and meetings every day, sometimes twice or more daily, to assess a wide variety of strategies, including supplies. We would project where there might be shortages and develop strategies around those supplies to extend our ability to safely and effectively fight this virus,” Schwan noted.

“In the midst of the COVID fight and the high intensity of managing that situation, we did not have to deflect our attention to a 3D printing process we were unfamiliar with,” he added. “Led by the Almonds and some friends, they came to our aid and did the heavy lifting, as well as mustering support for this cause in the region. That was just huge! These guys swung into action, changed how they used their printers, and learned a whole new process in short order to help supply healthcare in their community with vital PPE supplies. It was a remarkable gesture of service and generosity. The confidence they gave us, that we could get through the worst days of PPE shortage, was a huge burden off our mind, and we breathed a collective sigh of relief when we learned it would work.”

Over time, the PPE shortages were less imminent in middle America than they proved to be in certain areas like New York or Los Angeles. More recently, partial orders are now coming in at a pace that replaces used supplies in most cases, but the supply chain is still struggling to catch up. “There were many priorities and uncertainties we faced throughout this pandemic response, but we were comforted in knowing that PPE for our staff would not be our Achilles’ Heel,” Schwan concluded, “and for that, God bless them.”

Trinity Health Departments 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 medical equipment, 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 visit 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



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

Face Coverings Required continued from page 1

patients,” said Randy Schwan, Vice President of Mission Integration with Trinity Health. “Support from family is important to a patient’s overall 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 people who have COVID-19 and do not realize it from transmitting the virus to others.

“A cloth face covering provides a safeguard against spreading COVID-19, regardless of symptoms. They can be fashioned from household items or made at home from common materials,” Schwan said.

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 available. “Every mask that visitors bring is one less mask depleted from our supply for our healthcare workers,” Schwan explained. “Just one mask helps us all. We thank everyone for doing their part to protect each other and the community.”

The CDC guidance states that cloth face coverings should not be placed on children under age two, anyone who has trouble breathing, or is unconscious or incapacitated. CDC.gov provides guidance on how to make a cloth mask and wear it properly.



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 \$504,891 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 thoughtfulness 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 (\$2,500)
- ~~Towel (\$2,500)~~ SOLD
- Range Ball (\$2,000)
- ~~Bag Tag (\$1,500)~~ SOLD
- ~~Golf Tee (\$1,500)~~ 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.mcmanigal@trinityhealth.org.

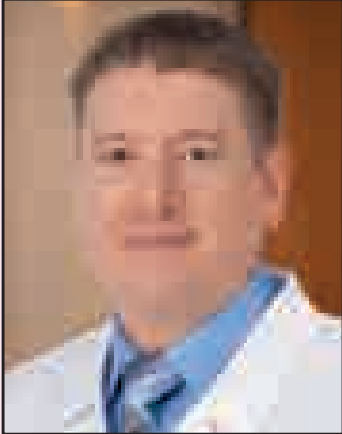
Most Cancer is Preventable

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 609,640 deaths.

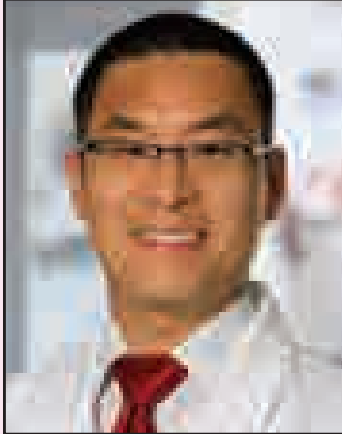
However, only five percent of cancers are hereditary, while non-inherited causes of cancer, such as lifestyle choices, have a direct impact on overall cancer risk, the Prevent Cancer Foundation said on its website. Early detection and treatment are also important components of cancer prevention.

The best ways to prevent cancer include:

- 1. Don’t use tobacco.**
Tobacco use causes cancer throughout the body, so understandably, tobacco cessation can help aid in prevention. If you don’t smoke or use tobacco, don’t start; and if you do smoke or use tobacco, quit, the Centers for Disease Control and Prevention (CDC) advises.
- 2. Eat a healthy diet.**
According to the National Foundation for Cancer Research, approximately 30 to 40 percent of cancer diagnoses could be prevented by a modest diet and lifestyle changes. In cases like stomach cancer, this increases to 90 percent. The presence of carcinogens in food increases cancer risk; many of these are added chemicals or additives used to preserve food, alter the food’s texture, or change the food’s appearance. A simple way to avoid these chemicals is to refrain from – or minimize – eating processed foods with ingredients that you do not recognize or that you know aren’t whole-food based.
- 3. Maintain a healthy weight and be physically active.**
The World Cancer Research Fund estimates that about 20 percent of all cancers diagnosed in the United States are related to body fat, physical inactivity, excess alcohol consumption, and/or poor nutrition – and thus could be prevented.
- 4. Protect yourself from the sun.**
Sunscreen is proven to decrease the risk of skin cancers and skin precancers, the Skin Cancer Foundation said. Regular daily use of SPF 15 sunscreen can reduce the risk of developing squamous cell carcinoma by about 40 percent and lower the risk of melanoma by 50 percent.
- 5. Get vaccinated.**
Each year, about 44,000 new cases of cancer are found in parts of the



Michael Grant, MD
Radiation Oncology



Joon Lee, MD
Radiation Oncology



Madhu Unnikrishnan, MD
Hematology



Pat Watanaboonyakhet, DO
Hematology



Pamela Holwegner, FNP-C
Hematology



Annie Steen, FNP-C
Radiation Oncology

body – including the cervix, vagina, vulva, penis, anus, rectum, and oropharynx – where human papillomavirus (HPV) is often found. Of these, HPV causes about 34,800 of these cancers, the CDC reports. The HPV vaccine protects against the types of HPV that most often cause these cancers.

- 6. Avoid risky behaviors.**
Risky behaviors that lead to infections can, in turn, increase the risk of cancer. For example, practicing safe sex can reduce the risk of developing a sexually transmitted infection, such as HIV or HPV. According to Mayo Clinic, people who have HIV or AIDS have a higher risk of cancer of the anus, liver, and lung. HPV is more often associated with cervical cancer, but it might also increase the risk of cancer of the anus, penis, throat, vulva, and vagina.
- 7. Get regular medical care.**
Regular self-exams and screenings (colonoscopies for colorectal cancer or mammograms for breast cancer, for example) can increase your chances of discovering cancer early, when treatment is most likely to be successful. Speak with your healthcare provider about the best cancer screening schedule for you.

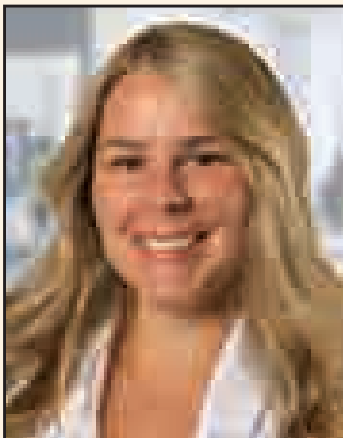
Trinity Health Welcomes Addition to CancerCare Team

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 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.



Brandi Peterson, FNP-C



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 cardiac 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 circulation
- 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 years to come,” Armstrong added.



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Colon cancer is silent. When symptoms appear, it can often be too late. At Trinity Health, we’re doing more to change that. We are leading the way by encouraging everyone over age 50 to have a screening. And one of the best is a colonoscopy, detecting and treating colon cancer when it’s most curable. Preventing colon cancer is possible. Start at trinityhealth.org/screenings.

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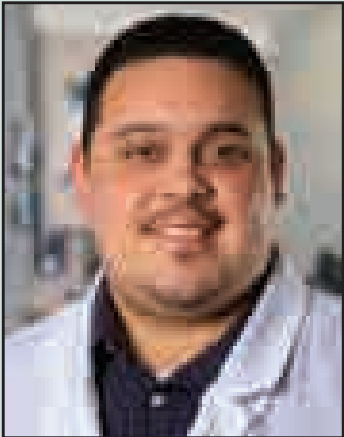
Trinity Health Welcomes Addition to Primary Care Team

Trinity Health is pleased to announce Christian Colón, MD, as a member of our primary care team.

Dr. Colón is an internist and board certified by the American Board of Internal Medicine. He is dedicated to managing the full range of health conditions affecting adults, adolescents, and seniors with a focus on providing effective, patient-centered care that promotes wellness in addition to treating illness.

Dr. Colón earned his medical degree from Loma Linda University School of Medicine in California and completed his Internal Medicine residency at AdventHealth Orlando. Following residency, he practiced at hospital and clinic settings in Florida. His experience includes community service and medical mission work for underserved populations in Puerto Rico.

His office is located at Health Center – Town & Country, 831 S Broadway, Ste 104. For appointments or consultations, call 701-857-7986.



Christian Colón, MD

Sports Physical Requirements during the Pandemic

The North Dakota High School Activities Association has modified its requirement for preparticipation physical exams, due to the COVID-19 pandemic.

Preparticipation physicals completed during the 2019-20 school year will be accepted for the 2020-21 school year, upon submission of the 2020-21 Annual Sports Health Questionnaire (Form B), signed by the parent and athlete.

Form B asks the athlete about their health in the past year, such as if they had chest pain or fainting, explained Dawn Mattern, MD, medical director of Trinity Health's Sports Medicine department. She added that the need for a new sports physical would depend on those answers.

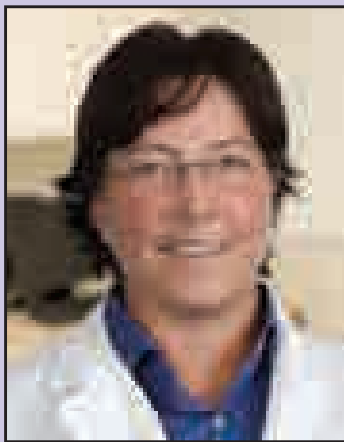
If a student did not receive a physical during the 2019-20 school year, or if they are entering the seventh grade, they would need to have an updated physical exam to participate in activities.

Sport physicals are important because they make sure the student athlete is not at risk for problems by participating in sports, Mattern said. Those problems can include previous injuries that have not recovered; family history that may put them at risk for increased cardiac disease; or any long history of concussions that didn't get worked up or recovered from.

Trinity Health's providers are highly qualified to serve the full spectrum of health needs of young people, including sports physicals.

"The sooner they get them done, the better," Dr. Mattern advised.

To schedule an appointment with a pediatrician, call **701-857-5413**; for Thomas Carver, DO, or Allison Lesmann, FNP-C, call **701-857-3133**; or Dr. Mattern at **701-857-5500**.



Dawn Mattern, MD

Trinity Health Associate Receive Eagle Award

Kamie Gotvaslee, a radiology assistant with the Radiology department, received the Minot Area Chamber of Commerce's Eagle Award for Excellence on June 9.

If you would like to nominate a Trinity Health employee for an Eagle Award, you can visit: <http://www.minotchamber.org/about/chamber-awards/>.



Missing Man Table

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.

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.

Steve credits his primary care physician, Howard Reeve, MD, for setting his hearing remedy in motion. A board-certified family physician, Dr. Reeve 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.

Dr. Reeve 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.

He was pleased to see that Trinity Health Audiology offers early morning appointments. He was able to meet with Kylie Harris, AuD, CCC-A, at 7:00 a.m., which got him back to work in due course. Harris, like her colleagues, Jerrica Maxson, AuD, CCC-A and Tricia 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 hearings 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 the workplace and home life. I procrastinated way too long."

Trinity Health Audiology is located at Health Center – West, 101 3rd Ave SW, Ste 203, Minot. For appointments or consultations, please call 701-857-5986.

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Non-Dairy Milks: How Nutritious Are They?

By Michelle Gleason, RDN, LRD, clinical dietitian

Milk and other dairy products make up part of a healthy diet, as they are a top source of calcium and vitamin D for 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 muscles and nerves work well. While cow’s milk does provide important nutrients, not everyone can or wants to drink it. Non-dairy milk 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), selenium, 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. Unfortified 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 also contains lactase. Lactase is 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®, other lactose-free milks, or non-dairy milks, while a person with a milk protein allergy will need to stick to non-dairy milks.

Soy milk is a popular non-dairy milk. It is made from soybeans, filtered water, and may also contain thickeners to improve the consistency. One cup of Silk® Original Soymilk contains 110 calories, 0.5 grams of saturated fat, 5 grams of added sugars, and 8 grams of protein. Like cow’s milk, this soy milk is fortified with vitamin A and D, but it

also has added calcium, vitamins B2 and B12, gellan gum, and cane sugar. For those who are vegan, soy milk may be a good choice, as it has as much protein as cow’s milk and is an excellent source of vitamin B12.

Almond milk is another popular choice. This milk is made from ground almonds and filtered water. One cup of 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 also has two thickening agents. Other brands of almond milk may be fortified with vitamin B12. Unlike cow’s milk or soy milk, almond milk is low in protein, so it won’t help you reach your protein needs. Unsweetened almond milk can make a good low-calorie substitution for coffee creamer or it can be used in smoothies.

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 milled rice and water. One cup of Rice Dream™ Enriched Unsweetened Rice Drink has 70 calories, 0 grams 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.

Other types of 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 good or excellent sources of calcium and vitamin D. On the other hand, one cup of Silk® Unsweetened Coconutmilk has 3 grams of saturated fat.

During your next trip to the grocery store, look at the nutrition facts labels on any milks you’re curious about trying. First, look at the serving size. For milk, it will usually be 1 cup, which may also be written as 8 fl. oz. or 240 ml. Then look at the calories, saturated fat, any added sugars, and protein. A low-fat or fat-free milk will be lower in calories and saturated fat. Cow’s milk has 8 grams of protein in each cup, whether it is whole milk, 2% milk, 1 percent milk, or fat-free milk. For vitamins and minerals, the “% Daily Value” column is a quick way to see if an item is high or low in something. If a vitamin or mineral is 20 percent or more of the daily value, this is considered an excellent source. If a

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Nursing Scholarship Program Donation Match

Now is a time that 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 or 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.

Make the choice to protect your health.


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
- **Painful legs and feet**
Peripheral Artery Disease (PAD) Screening \$35
- **Heart disease**
EKG \$20

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

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



trinityhealth.org/screenings



3D mammogram today. Enjoy more tomorrows.

Schedule yours. Call 701-857-2640.

One woman in eight will be diagnosed with breast cancer in her lifetime. At Trinity Health, we’re making more possible to ensure more women are survivors. Our 3D mammography screenings are the very latest in 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 701-857-2640.
Learn more at trinityhealth.org/screenings.



View our New Regional Healthcare
Campus & Medical District
Construction

Go to trinityhealth.org and click on the link.

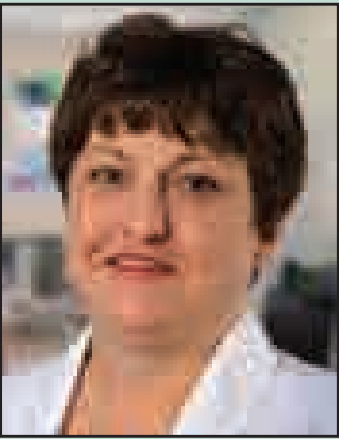
Trinity Health Welcomes Julie Hatfield to Behavioral Health Team

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 Focus 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, 1900 8th Ave SE, Minot. For appointments or consultations, please call 701-857-5998.



Julie Hatfield, LCSW

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 workforce and safe work environment, while helping employers maximize workforce productivity.

“Our goal is to protect employees from injuries and illnesses while 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 their 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 employees’ care and medical treatment and identifying transitional work opportunities.

“When restrictions are put in place by the provider, we identify ways the employer can accommodate those restrictions,” said Lori Lagge, Trinity Health Work Injury Supervisor. “We work with all parties to keep the employee on the job in some capacity, usually in a modified or alternate position.”

Dr. Reeve explained that studies have shown that the longer an employee is out of work because of illness or injury, the less likely they are to return to work. “That’s why a key component to any recovery is a return-to-work plan,” he said.

Additional services offered by Trinity Health Occupational Medicine include DOT, FAA, immigration, and travel exams; drug and alcohol screening; hearing and vision testing; respiratory medical clearance (OSHA Respirator Questionnaire, pulmonary function test, and respirator fit test); and sleep apnea screening and testing.

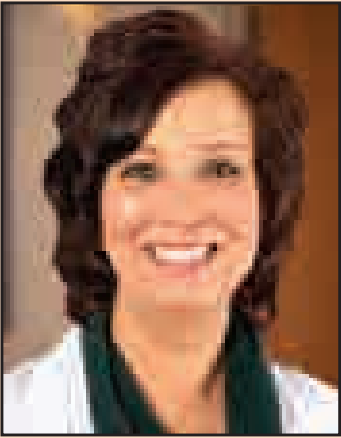
Occupational Medicine can help manage and guarantee a company’s compliance with the Department of Transportation (DOT), Occupational Safety and Health Administration (OSHA), Americans with Disability Act (ADA), Equal Employment Opportunity Commission (EEOC), Health Insurance Portability and Accountability Act (HIPAA), and other health regulations. For employees, Occupational Medicine can help reduce their absence or time away from work and reduce overall risk of re-injury.

For more information visit www.trinityhealth.org/occmed.

DOT Physical Providers



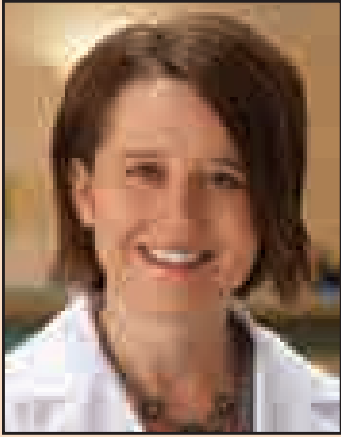
Howard Reeve, MD
Health Center-Medical Arts
400 Burdick Expressway E,
Minot, ND
701-857-7840



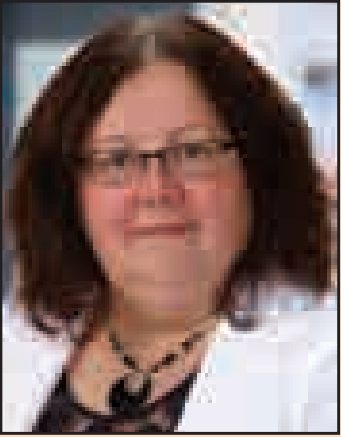
Lori Wolff, PA-C
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Hedi Rime, FNP-C
Trinity Community Clinic-
Garrison
131 N Main,
Garrison, ND
701-463-2626



Kendra Larsen, FNP-C
Trinity Community Clinic-
Velva
111 West 1st St
Velva, ND
701-338-2066



Evonne Hickok, FNP-C
Trinity Community Clinic-
Western Dakota
1321 West Dakota Parkway,
Williston, ND
701- 572-7711

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 one that also is fortified with vitamin B12. Choose 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.

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.




Darren Hill, MD

Nominate An Employee

Do you know of a Trinity Health associate that 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/



Physician Referral Service

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 anytime at DR4U@trinityhealth.org

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	Events
July 1St. Luke’s Hospital – Crosby, 965-6349	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 5:30 p.m. RSVPs and facemasks are required; call 701-857-5268.
July 2Tioga Clinic, 664-3368	
July 7.....Trinity Community Clinic – Velva (a.m.), 338-2066 Northland Community Clinic – Turtle Lake, 448-9225	
July 8.....CHI Clinic – Devils Lake, 662-8662	

Prepared Childbirth Classes

July 11, August 8, September 12, October 10, 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

July 9, August 13, September 10, October 8, November 12 and December 10

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.

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.**

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



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.

Students will be screened prior to class; those who are symptomatic will be rescheduled.

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 701-857-5099 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.