

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.

INSIDE THIS ISSUE

- Applications for Nursing Scholarships
- Infant Loss Memorial Service
- New Providers Join Trinity Health
Pages 3, 4, 6, 7, 8
- The Keys to Fighting COVID-19
- Eagle Award Winners
- Athletic Training Experience
- Falls Prevention
- Trinity Health Foundation
Recognition and Thanks
- Pain Awareness
- Fueling the Fight Against Cancer
- Check Your Child’s Car Seat
- Community Calendar



Flu Immunizations to Begin This Month

Flu shots will be available at Trinity Health beginning in September.

Starting on September 14, patients with appointments with their healthcare providers will have the ability to get immunized during their scheduled visit, explained Terry Altringer, Pharm.D., supervisor of pharmacy clinical services at Trinity Health. This would include healthcare providers based at all of Trinity Health’s Minot-based clinics, as well as its rural community clinics.

On September 21, there will be a community launch, with flu shot clinics established at FirstCare Walk-In Clinic, Trinity Health South Ridge, and in Pediatrics at Health Center – Medical Arts.

It is important to note that during these clinics, patients and staff follow COVID-19-related practices, including social distancing, wearing masks, and handwashing, Altringer said.

The best way to prevent flu is through annual vaccinations. These vaccinations, which should be received by everyone six months of age or older, can reduce flu illnesses, doctor visits, and missed work and school, as well as prevent flu-related hospitalizations.

Those who are at high risk from flu include people 65 years and older; people of any age with certain chronic medical conditions, such as asthma, diabetes, or heart disease; pregnant women; and children younger than five years, but especially those younger than two years, the Centers for Disease

Control and Prevention (CDC) said. For those 65 and older, a high dose flu vaccine is available, Altringer added, noting that a supply of nasal spray flu vaccine (i.e. Flumist) will be available for patients who have an aversion to needles.

The flu season can start as early as October. Since the flu shot takes about two weeks to activate, it is a good idea to get your flu shot sooner rather than later, Altringer advises.

“Make plans to get vaccinated early in fall, before flu season begins,” the CDC advised on their website. They recommend that people get their flu vaccinations by the end of October. “Getting vaccinated later, however, can still be beneficial and vaccination should continue to be offered throughout flu season, even into January or later.”

Flu season is common during the autumn and winter months, with activity beginning to increase in October and November, peaking between December and February, and ending as late as May. Last year, the flu season was the longest in 10 years, according to the CDC; activity began to increase in November, peaked in mid-February, and returned to normal by mid-April.

For more information on flu, as well as the availability of when and where flu shots are available at Trinity Health, visit www.trinityhealth.org/influenza.

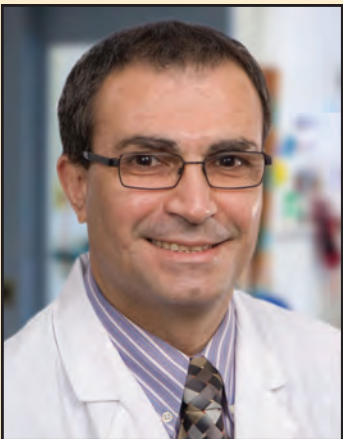


Gout, Gout, Go Away

Are you suffering from severe attacks of pain, swelling, redness, and tenderness in the joints – especially in the base of the big toe? Do you wake up in the middle of the night with the sensation your big toe is on fire?

If you do, it could be gout, a common form of inflammatory arthritis that can be very painful. It usually affects one joint at a time, fifty percent of the time in the big toe joint.

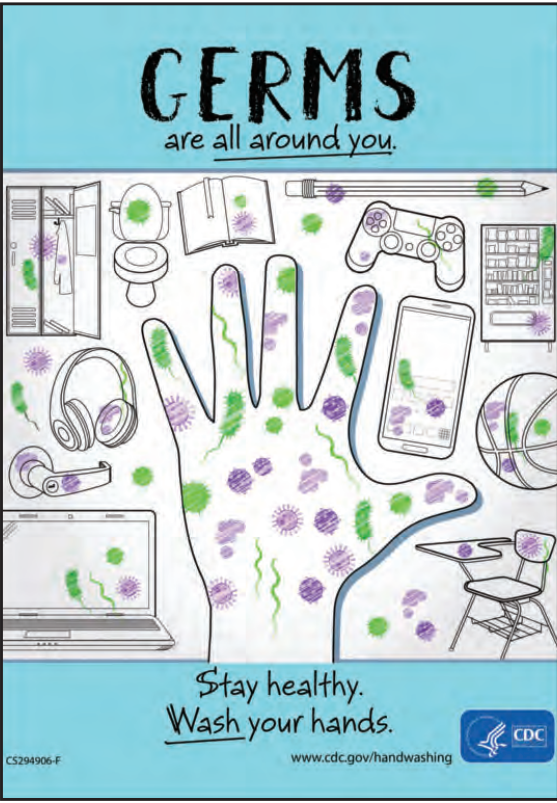
Gout was known as a “rich people disease,” since only the wealthy could afford to eat a rich diet of food that could lead to gout, said Erdal Diri, MD, a rheumatologist with Trinity Health. “Now, everyone gets it.”



Erdal Diri, MD

continued on page 2

**FirstCare
Walk-In Clinic**
**Monday-Friday
8:00 a.m.-8:00 p.m.**
**Weekends & Holidays
9:00 a.m.-5:00 p.m.**
No Appointments Necessary
**Health Center – Medical Arts,
Minot**



Infant Loss Memorial Service

A memorial service for families who have suffered infant loss will be held at Rosehill Cemetery on September 17, at 1:00 p.m.

The service is “a time when families can come together for comfort and support,” explained Tammy Angel, RN, a nurse educator with Women’s and Children’s Services at Trinity Health. “It is a safe occasion to allow grief, reflection, and healing.”

The service will include a non-denominational blessing and words of encouragement from a chaplain, followed by a moment of silence. Families who are present are welcome to share a few words if they choose, Angel said.

After Trinity Health saw an opportunity to offer the service to families in need, a similar, more private, memorial service was held last year. Events like these give families the chance to acknowledge their grief, Angel said. “They can hopefully find some peace and comfort with closure.”

Infant loss is typically described as occurring when death happens at birth or shortly after, she said.

Rosehill Cemetery is located at 700 11th Ave SE, Minot. The memorial will be held at Section 31, Block 24, Lot 2; to get there, enter the cemetery through gate 6 or 7, west of the Rosehill Cemetery Office.

Gout continued from page 1

According to the Arthritis Foundation, 4 percent of American adults – about 6 million men and 2 million women – have gout. And the rates of gout are increasing, Dr. Diri pointed out, calling it “a culture-related disease” and crediting it to the quality of diet, obesity, and hypertension.

While he attended medical school, Dr. Diri said he did not see cases of gout in patients until they were in their forties and above; now, he said, they are in their twenties, and sometimes in their teens.

The signs and symptoms of gout almost always occur suddenly and often at night, Mayo Clinic said. Those signs and symptoms include:

- **Intense joint pain.** Gout usually affects the large joint of your big toe, but it can occur in any joint. Other commonly affected joints include the ankles, knees, elbows, wrists, and fingers. The pain is likely to be more severe within the first four to 12 hours after it begins.
- **Lingering discomfort.** After the most severe pain subsides, some joint discomfort may last from a few days to a few weeks. Later, attacks are likely to last longer and affect more joints.
- **Inflammation and redness.** The affected joint or joints become swollen, tender, warm, and red.
- **Limited range of motion.** As gout progresses, you may not be able to move your joints normally.

Gout is caused when there is a presence of hyperuricemia, or an excess of uric acid in the body, which causes uric acid to form needle-like crystals in a joint.

Uric acid is a substance that normally forms when the body breaks down purines, which are found in human cells and in many foods. It is then transported by the blood to the kidneys and eliminated in the urine. However, some people either overproduce uric acid or they produce a normal amount, but their kidneys can’t process it efficiently, leading to an excess of uric acid. Some, but not all, of these people develop gout.

There are times when symptoms flare (get worse) or go into remission (when there are no symptoms). Repeated bouts of gout can lead to gouty arthritis, a worsening form of arthritis.

If symptoms of gout persist, Dr. Diri suggests seeing your primary care provider. There, the provider will rule out other potential causes of joint pain and inflammation, such as infection, injury, or another type of arthritis.

“Gout is not curable, but it is treatable,” he said.

It can be effectively treated and managed with medication and self-management strategies. Gout can be treated by an anti-inflammatory medication to get it under control, Dr. Diri said. Then, through medications, the production of uric acid can be reduced. This can be done with Allopurinol, which is used to treat high uric acid in the blood of patients with gout by reducing the amount of uric acid.

There are also instances, outside of genetics, that can be risk factors for gout. According to the Arthritis Foundation, those risk factors include:

- **Genes.** If family members have gout, you’re more likely to develop it.
- **Other health conditions.** High cholesterol, high blood pressure, diabetes, and heart disease may raise your risk.
- **Medications.** Diuretic medications, or “water pills” taken for high blood pressure, can raise uric acid levels; some drugs can suppress the immune system taken by rheumatoid arthritis and psoriasis patients, as well as transplant recipients.
- **Gender and age.** Gout is more common in men than women until around age 60. Experts believe natural estrogen protects women up to that point.
- **Diet.** Eating red meat and shellfish increases your risk. (Foods with high levels of purine include alcoholic beverages; some fish, seafood, and shellfish, including anchovies, sardines, herring, mussels, codfish, scallops, trout, and haddock; and some meats, such as bacon, turkey, veal, venison, and organ meats like liver.)
- **Alcohol.** For most people, more than two liquor drinks or two beers a day can increase the risk of gout.
- **Sodas.** The fructose in sweet sodas has recently been shown to increase gout risk.
- **Obesity.** Obese people are at a higher risk for gout, and they tend to develop it at a younger age than people of normal weight.
- **Bypass surgery.** Those who have undergone gastric bypass surgery also have an increased risk.

To help prevent gout (outside of genetics), Dr. Diri recommends that a person watches their diet and exercises.

If you believe you have gout, please call your primary healthcare provider.



Applications for Nursing Scholarships Now Open

The application period for the Trinity Health Foundation’s Nursing Scholarship is now open and runs through November 1, 2020. Each year the goal is to award at least 10 scholarships, valued at a minimum of \$3,000 each, to deserving nursing students. In the past four years, Trinity Health Foundation has awarded 43 scholarships totaling \$145,000.

The scholarship is open to new nursing students or Trinity Health employees who are looking to continue their education. Students must have received an acceptance to an accredited nursing program to be eligible. Under the scholarship program, there is no obligation of employment with Trinity Health and the recipients will receive their scholarships in January 2021.

One of the 2019-2020 recipients, Alysia Rufsvold, had this to say about being selected to receive a scholarship: “I sincerely appreciate the generosity shown by all of those who contributed to this scholarship. Going back to school later in life poses many financial challenges; however, I believe it also puts me in a unique situation of appreciating every moment of the opportunities I've been given. Without the selfless generosity from all of you, students such as myself would find it difficult, if not impossible, to pursue our dreams of becoming a nurse and helping others. These scholarship funds will ease the financial impact on me and my family this semester, and for that, I cannot thank you all enough.”

Donations made to the Nursing Scholarship Endowment Fund can make a positive difference in helping to increase the number of nurses. And, thanks to a generous donation, the Trinity Health Foundation will match all gifts made to the Nursing Scholarship Endowment Fund up to \$75,000, explained Al Evon, director of Trinity Health Foundation.

As the Nursing Scholarship Endowment Fund is a qualified endowment per the North Dakota Century Code, North Dakota residents, businesses, and financial institutions may qualify for a 40 percent tax credit on the value of their gift to this endowment (minimum gift of \$5,000 – at one time or aggregate in one year). Businesses – financial institutions excluded – may carry forward any unused credit for up to three taxable years. Individual donors may carry forward any excess credit for three years.

If you are interested in applying for the Trinity Health Foundation’s Nursing Scholarship Program, please contact the Foundation office at 701-857-5432 or 701-857-2430.



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

New Provider Joins Behavioral Health Team

Trinity Health is pleased to announce the addition of Michael Rayel, MD, to its behavioral health team.

Dr. Rayel is a psychiatrist board-certified in general, geriatric, forensic, and consultation/liaison psychiatry. A Diplomate of the American Board of Psychiatry and Neurology, he has extensive experience treating patients with a wide range of psychological disorders, including depression and anxiety.



Michael Rayel, MD

Dr. Rayel earned his medical degree from De La Salle Medical and Health Sciences Institute and completed his General Psychiatry residency at New York Medical College. He did a clinical fellowship in Geriatric Psychiatry and an additional fellowship in Forensic and Correctional Psychiatry from New York University Medical Center and Harvard Medical School respectively. His postgraduate training also included two years of Psychodynamic Psychotherapy study at New York Medical College.

Prior to joining Trinity Health, Dr. Rayel was associated with the University of Connecticut’s UConn Health, where he practiced general, geriatric, forensic, and emergency psychiatry and served as Assistant Professor of Psychiatry Forensic and Emergency Psychiatry. Prior to that he practiced nearly two decades in hospital and clinic settings in Clarendville, Newfoundland, where he also served as a Clinical Assistant Professor of Psychiatry at Memorial University of Newfoundland. Dr. Rayel is a frequent lecturer and has authored numerous books on psychiatric topics, including *First Aid to Mental Illness: A Practical Guide for Patients and Caregivers*.

Eagle Award Winners



Angie Heintz, FNP-C
FirstCare Walk-In Clinic



Hannah Peterson
Keycare Pharmacy



Rob Thomas, MD
ENT



The Keys to Fighting COVID-19

While the world is not as distant as it once was, this is still a time to exercise caution and practice safety.

The keys to fighting COVID-19 – that is, mainly prevention to avoid contracting it – have remained steadfast over the past few months.

Masks

The wearing of face masks has been proven to strongly reduce the risk of spreading COVID-19.

COVID-19 spreads mainly from person to person through respiratory droplets produced when an infected person coughs, sneezes, talks, or raises their voice, the Centers for Disease Control and Prevention (CDC) states. To reduce the spread of COVID-19, the CDC recommends that people wear masks in public settings when around people outside of their household, especially when other social distancing measures are difficult to maintain.

Social distancing

To avoid being in close contact with people outside of your household, physical distancing (or social distancing, a phrase that will forever be associated with the year 2020, no doubt) is recommended. People should stand six feet apart in both indoor and outdoor spaces.

Social distancing – that six feet apart – is important because when an infected person coughs, sneezes, or talks, droplets from their mouth or nose are launched into the air and can land in the mouths or noses of people nearby ... unless they are six feet away.

Hand hygiene

Eighty percent of communicable diseases are transferred by touch, so practicing hand hygiene would understandably be important to help fight disease.

According to the CDC, you should wash your hands often with soap and water for at least 20 seconds, especially after you have been in a public place, or after blowing your nose, coughing, or sneezing. You should also avoid touching “the t-zone” – your eyes, nose, and mouth – with unwashed hands.

The North Dakota Department of Health recommends handwashing:

- before, during, and after preparing food
- before eating food
- before and after caring for someone at home who is sick
- before and after treating a wound
- after using the toilet
- after changing diapers or cleaning up a child who has used the toilet
- after touching an animal, animal feed, or animal waste
- after handling pet food or pet treats
- after touching garbage

Keep an eye on your health

The Centers for Disease Control and Prevention recommend that you stay vigilant of your own health.

- **Be alert for symptoms.** Watch for fever, cough, shortness of breath, or other symptoms of COVID-19. This is especially important if you are running essential errands, going into the office or workplace, and in settings where it may be difficult to keep a physical distance of six feet.
- **If symptoms develop, take your temperature.** Do not take your temperature within 30 minutes of exercising or after taking medications that could lower your temperature.
- **Follow CDC guidance if symptoms develop.**

Come in and get care

In these trying times, Trinity Health continues to offer the services you need today, safely and quickly. For your own well-being, please do not delay preventive care or treatment for health conditions. Our safe environment includes mandatory masking, social distancing, and enhanced disinfecting of all patient care and waiting areas.

Visitor/Patient Companion Restrictions:

- Only one adult at a time (age 18 or older with no COVID-19 symptoms) is permitted to visit a hospital patient. Additional visitors must wait in the lobby or cafeteria.
- No visitor under the age of 18 is permitted.
- No visitors are allowed to visit patients who are COVID-19 positive.
- Only one adult with no COVID-19 symptoms is permitted to accompany a patient attending a healthcare appointment.
- Exceptions to one-visitor policy include pediatric/neonatal intensive care (NICU), where two asymptomatic parents or guardians are permitted; end-of-life, where three asymptomatic visitors are permitted and visits by minor children must be pre-approved; or COVID-19 positive end-of-life, which requires pre-approval for all visits.

Mask/face coverings are mandatory in all Trinity Health facilities:

- Due to a limited supply of masks to hand out, patients, visitors, and anyone entering a Trinity Health facility are required to bring their own face covering to wear.
- Visitors **may be denied** access if they refuse to comply with the mask policy. Exceptions are patients seeking emergency care and those unable to wear a mask.

Trinity Health is extremely grateful for the dozens of individuals who have sewn cloth masks and crafted 3D face masks to shore up our supplies. We thank everyone for doing their part to protect each other and the community.

View our New Regional Healthcare Campus & Medical District Construction

Go to trinityhealth.org and click on the link.

Join us on Facebook
facebook.com/TrinityHealth.ND



Trinity Health’s Certified Athletic Trainers Barb Nesheim, Kevin Melby, and Robyn Gust represent 66 combined years of experience.

Athletic Training Pros Add Depth of Experience

Ask an athletic trainer what is the best part of their job and they’ll jokingly say, “the hours.” That’s because athletic trainers are known for their grueling schedules.

Thankfully, that hasn’t deterred Trinity Health’s most experienced athletic trainers from sticking with their successful careers.

Certified Athletic Trainers Kevin Melby, Barb Nesheim, and Robyn Gust recently celebrated 25, 21, and 20 years respectively with Trinity Health Sports Medicine. Gust, who serves as manager, says such longevity is a plus when you’re out on the field.

“It’s given our service a depth of knowledge and experience that is indispensable when it comes to managing the wide range of medical conditions,” Gust said. “The coaches, athletes, and parents trust us.”

Melby, the longest serving, says he’s noticed a difference in how certified athletic trainers are regarded generally. “There is a lot more recognition of what we do among coaches and the community,” he said. He also shared what is truly the best part of being an athletic trainer. “The best thing is dealing with young athletes, putting them back on the field as quickly as possible and as safely as possible.”

Certified athletic trainers are healthcare professionals who practice in collaboration with physicians and

other health team members to safeguard the health of physically active individuals and sports participants throughout all stages of life.

The certified athletic trainers of Trinity Health Sports Medicine have a minimum of a bachelor’s degree and are certified by the Board of Certification of Athletic Trainers. All athletic trainers are also licensed by the North Dakota Board of Athletic Trainers. Trinity Health’s sports medicine team also receives specialized education that exceeds basic standards in areas such as injury prevention, mass casualty care, concussion management, emergency response, and many other areas.

Nesheim notes that the professionalism of Trinity Health Sports Medicine is closely tied to its medical director, Dawn Mattern, MD, FAMSSM. Dr. Mattern is a board-certified family practice/sports medicine specialist and a fellow in the American Medical Society for Sports Medicine. She’s been with the department for more than 18 years and shares the central theme of sports medicine that the goal is to safely keep the athletes as active as possible so they can return to peak performance at some point.

“We’re as good a department as we are because of her,” Gust said and added jokingly, “We all keep her on speed dial.”

Trinity Health Welcomes Radiologist

Trinity Health is pleased to welcome Brian Johnson, DO, a diagnostic radiologist fellowship-trained in breast imaging.

As a breast specialist, Dr. Johnson provides expertise and support for the full range of Trinity’s breast imaging services, including digital mammography, MRI, ultrasound, and minimally-invasive breast biopsy.



Brian Johnson, DO

Dr. Johnson earned a master of science in physician assistant studies from Philadelphia College of Osteopathic Medicine. He received his doctor of osteopathic medicine from Lake Erie College of Osteopathic Medicine in Pennsylvania. Following a transitional internship at Sanford Health – University of North Dakota School of Medicine, Fargo, he completed a four-year residency in diagnostic radiology at Strong Memorial Hospital – University of Rochester School of Medicine, Rochester, NY. He went on to complete his breast imaging fellowship at New York University Langone Health Center in New York, NY.

Dr. Johnson is a member of the Radiological Society of North America, American College of Radiology, American Roentgen Ray Society, and Society of Breast Imaging.

Watch Your Step! Falls Prevention is Important

If you are a member of the older population, it pays to watch where you are going.

This comes from reports that came out last year that fatal falls have nearly tripled in older Americans. According to the study, the numbers have risen to more than 25,000 deaths annually.

A 2019 report in the Journal of the American Medical Association stated that death rates from falls for Americans over the age of 75 double from nearly 52 per 100,000 people in 2000 to 122 per 100,000 people in 2016. It also notes that as the person gets older, the higher the rates went: for those among the ages of 75 to 79 years, the rates were 42 per 100,000 people; for the ages of 95 and older, it was 591 per 100,000 people.

But then again, tripping and slipping can happen to anyone. Most falls happen due to tripping or slipping over something, mainly tripping hazards that can be easily remedied, explained Amber Emerson, RN, injury prevention specialist with Trinity Health and coordinator of Safe Kids Minot.

Tripping is very common. According to the National Floor Safety Institute, falls account for over 8 million hospital emergency room visits, representing the leading cause of visits.

Falls are the leading cause of injury in people aged 65 and older, Emerson says, noting that one out of every three people in that age group fall each year.

To help prevent falls, Emerson recommends doing the following:

Check your home

- Remove area rugs or secure them to the floor
- Remove tripping hazards, such as clutter, cords, and furniture
- Watch for changes in thresholds or flooring height
- Keep living areas well lit
- Use stairway handrails
- In the bathroom: install grab bars in the tub or shower and toilet areas; use a non-slip bathmat; and install a raised toilet seat

Check your outdoor surroundings

- Use extra care when walking on ice or snow
- Watch for changes in your surroundings, such as a hill or incline, or perhaps stairs
- Give your eyes time to adjust to the sun

An annual physical exam, as well as an eye exam, can also be beneficial toward avoiding trips and falls, Emerson pointed out.

continued on page 6

Stop the Bleed® Community Class

Learn what you should do to stop the bleed after an injury or disaster.

September 14, 2020, 6:30-7:30 p.m.
Health Center – Riverside

Class is free.
Attendees will be able to purchase a Stop the Bleed® Kit for \$20.

Safety depends on everyone wearing a face covering. Please remember to bring yours.



RSVP by September 11. Space is limited! Please reserve your spot today! Call **701-857-5700**



Doing more to treat hand and wrist pain.

The hand and wrist surgeons at Trinity Health specialize in treating most hand and wrist issues and injuries. We offer the latest therapies and minimally invasive techniques to eliminate pain and speed healing — helping you regain function and strength. Together, we put more possibilities at your fingertips.

- Carpal tunnel syndrome
- Joint replacement evaluation for chronic arthritis
- Hand/wrist tendonitis
- Dupuytren’s contracture
- Ganglion cysts
- Trigger finger
- Sports injuries

For a physician referral, call **701- 857-7301**. Or visit trinityhealth.org/handandwrist.



In Recognition and Thanks from the Foundation			
The Trinity Health Foundation is proud to list the names of individuals, organizations, and businesses whose gifts were received from April 1, 2020, to June 30, 2020. These contributions illustrate a generous and caring community, striving to bring the highest quality care to those we serve. We want to thank these contributors for their generous support of Trinity Health’s mission: “To excel at meeting the needs of the whole person through the provision of quality healthcare and health related services.” For more information on honoring the memory of a loved one through philanthropic giving, contact the Trinity Health Foundation at 701-857-5432.			
AUXILIARY In memory of Charles Duke Sharon Rollman	Gerald & Joyce Deibert Gina Bellemare Isabelle Thompson Jeff & Sandee Michalenko Jenelle & Dennis Krueger Jill Luchsinger Joanne Anhorn John & Alice Westby Karlyn Frantsen Linda Krumwiede Lloyd & Jacqueline Freeman Marilyn & Gerald Qvale Randy Bechtold Terry & Nancy Krumwiede Wally Aannerud	In memory of Sharon Aannerud Erin Sund	In memory of Bruce Smith Toni Smith
In memory of Donna Peterson Gladys Pennington		In memory of Susan Ritter Dr. Stephanie Ritter	In memory of Chandie Hanson-Behm Kyle & Celeste Hanson
BIRTH CENTER Brave Beginnings Lexi Taft		In memory of Walter Otto Carol Lashman	In memory of Cleo Wagner Kay Haugen
CANCERCARE CENTER Bruce & Cynthia Carlson Jim Grote Joyce Goodvin Karen Melgard Teri Lynn Tingley Wallace & Mary Berning		CAPITAL IMPROVEMENT ENDOWMENT Brent & Tami Mattson	In memory of Dennis Oothoudt Dean & Diana Somerville Darrell Williams, MD & Barbara Williams Eloise Krueger Jenelle & Dennis Krueger Judy Ross Nicholas & Ashley Mock Richard Moglia Toni & Allan Kremer
In memory of Alden Miller Lila & Chet Reich	CANCERCARE CENTER ENDOWMENT Crystal & Marty Grenier	In memory of Darrel Brendle Craig Elton	
In memory of David Nickle, Jr. Danette & Scott Frounfelter Jeffrey & Linda Brunner Joanne Anhorn John Van Grinsven Kim & Jeff Nehring Leonard & Marlene Larsen Michael & Debra Klimpel Roxane Lochthowe Steve & Carol Smith	In memory of Karen Philion Sharon Rollman	CHILDREN’S FUND Allie's Friends Foundation Pat Walz Starlight Children's Foundation	In memory of Donna Grilley Melvin Grilley
In memory of Brad Ness Edward & Theresa Karhan	In memory of Pam Shipley Sharon Rollman	COMMUNITY AMBULANCE SERVICE Tatman Township Ward County	In memory of Doug Stevick Clara Jeanne Vigstol
In memory of Deb Herrmann Cheryl Colby Marlys Fandrich Sandra Boe	CANCERCARE COTTAGE In memory of Charles Duke John & Cheryl Wallen	GOLF FOR LIFE GOLF TOURNAMENT Blue Cross Blue Shield of North Dakota Bremer Bank First Western Insurance Minot Aero Center Minot Hockey Boosters Morelli's Distributing, Inc. Pinkerton Animal Hospital, PLLC Preferred Restaurant Group, Inc Roosevelt Park Zoo Thomas & Dana Warsocki Verendrye Electric Cooperative, Inc. Wingate by Wyndham	In memory of Duaine Fugere Diane Fugere
In memory of Don Fraser Jenelle & Dennis Krueger	In memory of Cindra Hoiland Lynn & Judy Stevens Maxine Christianson		In memory of Gene Flaten Larry Lee Grain & Livestock
In memory of Gloria Schmidt Harley Schmidt	In memory of Donald Willenbring Darla Johnson Doreen & Danny Oliphant John & Cheryl Wallen Lynn & Judy Stevens Mary & Lyle Lavachek Rodney & JoAnn Stevens		In memory of Geri Cogdill Kay Haugen
In memory of Greg Bierschbach Bruce & Kathy Taylor Tim & Laura Mihalick	In memory of Helen Marie Johnson Maxine Christianson	GUEST HOUSE Coca-Cola Bottling Company High Country	In memory of Helen Marie Johnson Ron & Marilyn Nehring
In memory of Helen Marie Johnson Rodney & Faye Kersten	In memory of John Ross Wright John & Cheryl Wallen	In memory of Sonja Timm The Family & Friends of Sonja Timm Tom & Mary Probst	In memory of Jack Morey Bruce & Sandie Ganje Larry Lee Grain & Livestock The Family & Friends of Jack Morey
In memory of James Weiskopf Robert & Jerri Fuller	In memory of Lynn Ferguson Robert & Lisa Beauchamp Wayde & Joann Nelson	HEARING SCREENER Crystal & Marty Grenier Joanne & Darrel Quale Kon-Hweii Lee, MD Mary Jund Roggie Reason, MD Sandy & Jake Boschee Terry Frazier Tom & Patty Cihowiak	In memory of Janette Timmreck Agnes Brandt Anna Mae Hunsaid Hunterdon Garden Guild The Family & Friends of Janette Timmreck
In memory of Margie Zietlow Janet & Thomas Hanson	In memory of Richard Burtch John & Cheryl Wallen		In memory of Lynn Ferguson Greg Simonson Vernette & James Sanderson
In memory of Pam Shipley Carla & Alan Robillard David & Melissa Ottenweller Deb & Brian Boppre Denise Zahn Dr. Stanley & Jane Hirst Jan Picotte Janine & Gary Gemar Kevin & Terri Lang Leora Carver Lila & Chet Reich Linda Mellgren Margaret Hellebust Mike & Mary Elizabeth Holland Robert & Jerri Fuller Ron & Marilyn Nehring Tim & Rita Axtman Valerie Wells Verna Bower	In memory of Sandra Bacon Paul & Patty Bretheim	In memory of Todd Magnuson John & Cheryl Wallen	In memory of Neil Schwope Kay Haugen
In memory of Patrick Tallman Ardis & Ronald Painter Darrel & Kathleen Ahmann Elaine & Richard Foss Kristi Erdmann Linda Guidinger Rita Semchenko Tammy & John McElwain Tim Ahmann Wade & Barb Aanderud	In memory of Helen Marie Johnson Rodney & Faye Kersten	In memory of Ctormy Taylor Tammy Taylor-Snode	In memory of Pam Shipley Marilyn Scott Ruth Ann & Butch Rexine
In memory of Rick Vreeland Tim & Laura Mihalick	CANCERCARE PATIENT ASSISTANCE FUND Ardis Afseth Greg & Cindy Wiest Rodney & Faye Kersten	In memory of Gloria Schmidt Harley Schmidt	In memory of Ruth Schaeffer Larry & Diane Louser
In memory of Sharon Aannerud Allan Weidler Cathy & Kristian Knutson Clarence & Nancy Mertz Curtis & Linda Mertz Donald Busek Doretta Glessing Doug & Jen Aaseth Edith & Daniel Lade	In memory of Diane Austin Randal & Deborah Wilcox	In memory of Ricky Dean Olson Val Olson	In memory of Valerie Heck Marilyn Scott
	In memory of Bret Schonauer Karen & Hjalmer Carlson	In memory of Robin Borud James Sundley	In memory of Wanda Borgen Lowell & Rita Larson
	In memory of Donald Muus R.L. & Bernie Muus	In memory of Wendy Bentz Eldora Bentz	In memory of Wes Luther Bernice Redding
	In memory of Harold Muus R.L. & Bernie Muus	In honor of Howard Reeve, MD Leo Jostad	KENMARE COMMUNITY HOSPITAL & CLINIC Computershare Trust Company of Canada North Dakota Hospital Association Petro-Hunt, L.L.C. Sunoco Partners Marketing & Terminals L P University of North Dakota
	In memory of Jay Grant Thompson Karen & Hjalmer Carlson	In honor of Jeremiah & Jamieson Swanson Caroline Anderson	KIDNEY DIALYSIS UNIT In memory of Janette Timmreck Kathy & Doug Larson
	In memory of Judy Huus Ordean Huus	In honor of our 8 grandkids - Justin, Ben, Daniel, Max, Bea, Zella, Laney, & Archie David & Myrna DeMers	In memory of Judy Chapman Kari & Roger Christenson ND QUITs North Dakota Department of Health
	In memory of Kenneth C. Schultz Judith Krause The Family & Friends of Kenneth C. Schultz	HOLLAND PEDIATRIC ENDOWMENT In memory of Madonna Harmon Cassandra Harmon	NURSING SCHOLARSHIP ENDOWMENT Dale Wedderman Donald Busek Donald Tank Joanne & Darrel Quale Sandy & Jake Boschee
	In memory of Martha Carlson Karen & Hjalmer Carlson	HOME HEALTH & HOSPICE Darryl & Sharon Strube Western ND Golf, Inc.	
	In memory of Pam Shipley Cindy & Dennis Nordquist Nancy & Thomas Irmen	In memory of Agnes Stewart Betty Lu & Stan Ralph	
	In memory of Patrick K. Muus R.L. & Bernie Muus	In memory of Amy Bickler Tim & Laura Mihalick	
	In memory of Peter Muus R.L. & Bernie Muus	In memory of Arvilla Sutton Lila & Chet Reich	
	In memory of Ruth Kopp Karen & Hjalmer Carlson		

Pain Awareness

Whether it is chronic pain or pain that persists months after the healing process has ended, Trinity Health’s Pain Center can help.

The Pain Center includes Michael Templer, MD, who is board-certified in anesthesiology and pain management, and Darcy Christianson, PA-C. They work with patients to find pain management treatment methods that restore the patient’s quality of life; Dr. Templer is an expert in treating pain with interventional methods or procedures.

Patients seen at Trinity Health’s Pain Center can range in age from 20 to 90; younger patients tend to have work- or accident-related injuries and pain resulting from that, while older patients face degenerative changes and arthritis. These types of injuries can range from herniated discs, sciatica, arthritis, SI joint pain, and spinal stenosis. “Those are the majority of what we see,” Christianson said.

The treatments for these injuries are not a cure but, like the department’s name suggests, manages the pain instead. “Occasionally, patients get long-term relief with one injection, but usually the injections can be repeated periodically, if needed,” Christianson said.

In 2016, the Centers for Disease Control and Prevention (CDC) issued guidelines that cut back prescriptions of opioids to help curb addiction and opioid-related overdose deaths. In the face of an opioid crisis, pain management has found new ways of relieving pain in a non-addictive way.

“We treat pain with epidural steroid injections, Facet injections, and radiofrequency ablations (burning of the nerve),” Christianson said.

The Trinity Health Pain Center, located at Trinity Health South Ridge, 1500 24th Ave SW, Ste 101, Minot, is referral-based; if you feel you need pain management, please speak with your healthcare provider. For questions about services available at the Pain Center, please call 701-857-5150.

In Recognition

continued from page 5

In memory of Ernest Podolski Tam & Winston Black	Bonnie Erickson Cassandra Traxinger Charles & Madge Westlie Endowment Fund Donald Busek Roggie Reason, MD First Western Insurance InstyMeds Corporation James Maragos North Dakota Hospital Association Otto Bremer Trust Peter & Roxanna Maragos RHI Supply Sandra & Kenneth Starr Sharon Rollman SRT Communications, Inc. Todd & Tesha Telin
In memory of Fern Brilz David & April Demaree	
In memory of Jerry Dobrovolny Jane Dobrovolny	
In memory of June Vix Bruce Vix David & Nancy Liffbrig Gloria Maragos Marilyn Rostad Mavis Schaberg Rosann & Michael Wold Rosella Tollefson Susan & Ronald Nelson Virginia Berg	In memory of Darlene Hermanson Donald Hermanson
In memory of Sandra Bacon Melinda Neuhalphen	In memory of Evelyn Anderson Ron & Marilyn Nehring
In memory of Stacy Jaeger David Jaeger	In memory of Jean Whitesell Stanley Whitesell
In memory of Stephen Larson Mike Deserly	In memory of Judy Nehring Jon Nehring
In memory of Wendy Bentz Eldora Bentz	In memory of Richard Burtch Paul & Paula Simonson
TOGETHER WE ARE TRINITY STRONG Alexandre Kindy, MD & Evelyne Kindy, MD Ashley Wallner Bonnie Ler Christine Nelson Daniel Lee, DO, MMS David Billings, MD & Denise Billings Erica Riordan Gloria Berg Heidi & Jamie Bender Jerel Brandt, DO Kayla & Shawn Thomas Kendra Larsen Kevin Franks, MD & Marie Franks Lori & Barry Dockter Mary Sadler Michael Dallolio, MD Myca Kleespie Renee Harju Rob Thomas, MD & Eric Suwall Roggie Reason, MD Shannon & Tom Foisy Thomas Frimpong, DO Tricia Nechodom	In memory of Robin Borud James Sundley
	In memory of Sadie Tanberg Beverly Bummer
	In honor of Our Family Alfred & Betty Frey
	TRINITY HOMES Girl Scouts Dakota Horizons Perrie & Pattie Benton
	In memory of Arvilla Sutton Sharon Rollman
	In memory of Marilyn Grosz Bob Grosz
	VERHEY CRITICAL CARE ENDOWMENT Kon-Hweii Lee, MD
	In memory of Dennis Bertsch Jeffrey Verhey, MD & Janelle Verhey
	In memory of Sandra Bacon Jeffrey Verhey, MD & Janelle Verhey
	In memory of Scott Herslip Jeffrey Verhey, MD & Janelle Verhey Penny & Tim Chole
	In honor of All the nurses and doctors that saved Pat’s life in May 2020 Patrick & Kathy Streich
	In honor of Jeffrey Verhey, MD & Janelle Verhey Heidi & Jamie Bender
TRINITY COMMUNITY CLINIC – NEW TOWN Slawson Exploration Company, Inc.	
TRINITY COMMUNITY CLINIC – WESTERN DAKOTA Oasis Petroleum North America LLC Whiting Oil & Gas Corp.	
TRINITY HEALTH FOUNDATION FUND Alan & Cheryl Ekblad Allen Ryberg Austin Major Group, LLC Beck-Field & Associates, Inc	

New Provider joins Behavioral Health Team


Trinity Health is pleased to welcome Kevin Moore, DO, to our outpatient behavioral health team.

Dr. Moore is a psychiatrist dedicated to helping people improve their mental and emotional well-being. He provides comprehensive psychiatric care for adults dealing with a wide range of mental health issues, including mood disorders, anxiety disorders, and psychotic disorders.

A Long Island, NY, native, he earned his Doctor of Osteopathic Medicine from Des Moines University in Iowa. His psychiatry residency was completed at Garnet Health Medical Center, Middletown, NY.

A musician and recording artist, Dr. Moore was a member of a successful rock band prior to embarking on his own music career in the mid-1990s. He continues to compose and record music. He is a member of the American Psychiatric Association.

Dr. Moore’s office is located at Health Center – Riverside, 1900 8th Ave SE, Minot. For appointments or consultations, please call 701-857-5998.



Kevin Moore, DO

Step

continued from page 4

Other things can be done to prevent falls:

- Wear shoes with nonskid soles and low heels
- Do not walk in slippers or socks
- Use a mobility aid – such as a cane or walker – as needed
- Avoid distractions when walking
- Use extra care when walking on ice or snow
- Avoid alcohol and drugs



**TRINITY
HEALTH**

together. supporting each other.

trinityhealth.org



Welcome. Come on in.

You can visit our safe environment anytime to get the care you need.

Family and Internal Medicine

In these trying times, maintaining your health is more important than ever. Whether you are due for a routine check-up or a visit for a chronic condition, Trinity Health offers the services you need now to help you stay healthy.

Contact your Trinity Health provider today, or call **857-DR4U** to select one who’s right for you.

Safety depends on everyone wearing a face covering. Please remember to bring yours.

**TRINITY
HEALTH**

Trinity Community Clinic – New Town Welcomes New Provider

Trinity Health is pleased to announce the addition of Kelcey Lee, DNP, FNP-C, to its care team at Trinity Community Clinic – New Town.



Kelcey Lee, DNP, FNP-C

Kelcey is a family nurse practitioner and offers comprehensive primary care services to people across the lifespan, including annual checkups, diagnosis and treatment for a broad range of illnesses, and management of chronic health problems. She also has an interest in diagnosing and treating skin conditions and is trained in a variety of in-office procedures.

Born and raised in western North Dakota, Kelcey earned her bachelor of science in nursing from Minot State University and received her doctor of nursing practice/family nurse practitioner degree from the University of Mary, Bismarck. Prior to earning her master’s, she was associated with Trinity Health for eight years, caring for patients on the medical floor and Emergency/Trauma Center. A member of the American Association of Nurse Practitioners and Sigma Theta Tau International Honor Society of Nursing, Kelcey resides on her family’s farm/ranch with her husband and four children.

She spends time tending cows, horses, chickens, and dogs, and enjoys various hobbies that include camping, gardening, and reading.

Occupational Medicine Services
trinityhealth.org/occmcd

New Nurse Practitioner Joins FirstCare Walk-In Clinic Team

Trinity Health welcomes Patti Hagerott, FNP-C, to the provider team at FirstCare Walk-In Clinic.



Patti Hagerott, FNP-C

Patti is a board-certified nurse practitioner and a member of our provider team at FirstCare Walk-In Clinic. An experienced nurse, Patti has a master of science degree in family nurse practice from Georgetown University, Washington, DC. She is well equipped to manage the primary healthcare needs of individuals and families with an emphasis on diagnosis and treatment of illnesses and injuries. She also is trained to perform a variety of in-office procedures.

A Bottineau native, Patti received an associate of science in nursing from Minot State University – Bottineau Campus, before earning her bachelor of science in nursing from Medcenter One College of Nursing, Bismarck, in 2001. She practiced in Glendive, Montana, working in the medical/surgical and labor & delivery departments before joining Trinity Health, where she cared for patients in the Emergency/Trauma Center and served eight years as a flight nurse with NorthStar Criticair.

A proud soccer mom, she enjoys lake activities with her husband, four children, and two grandchildren. Her fitness pursuits include Spartan Racing, CrossFit, and running events.



Shane Jordan, director of Trinity CancerCare Center, gasses up at last year’s Fuel the Fight event. The fundraiser, which will be held this September 11, helps cancer patients who travel long distances to receive treatment at the CancerCare Center.

Fueling the Fight Against Cancer

Trinity Health Foundation will host its third annual Fuel the Fight fundraiser on September 11 at the Dakota Square Arco in Minot.

Funds raised from the event will be used to provide prepaid gas vouchers to assist patients with transportation costs to and from their oncology treatments.

In 2019, most patients seen at Trinity CancerCare Center traveled at least 100 miles to receive treatment at Trinity CancerCare Center, including seven percent of patients who traveled 200 miles or more roundtrip to receive services. The Fuel the Fight event was first held in October 2018, and each year, more than \$25,000 has been raised.

Once again, there will be a prize drawing for free fuel for a year - \$50 in gas per week for 52 weeks. To get a ticket for this drawing, an individual must purchase eight or more gallons of gasoline and then show their receipt at the counter. A percentage of purchases from the Dakota Square Arco, including fuel and merchandise in the store, the day of the event will also be donated to the cause.

A dunk tank will be set up from 11:00 a.m. to 4:00 p.m., where individuals can dunk participants including Coach Scott Eul, Minot State University baseball coach; Perry Olson, First International Bank & Trust; Pastor Dan Dangerfield, Minot First Church; Jeffrey Verhey, MD, Trinity Health Foundation board chairman; and Shane Jordan, director of Trinity CancerCare Center.

Raffle tickets can also be purchased for \$10 each or five for \$40 for the following prizes:

- 20 Walt Disney World Park Hopper Passes (tickets good through January 2022) (\$3,780)
 - Camp Chef Vertical Pellet Smoker and Pit Boss Natural Gas Portable Outdoor Griddle from Scheels (\$900)
 - Sound Bar from the Stereo Shop (\$700)
 - Water and a cooler to use for a year from Morelli’s (\$675)
 - Flower of the Month for a year from Flower Central (\$600)
 - Bedliner and gift card from Tuff Trucks (\$575)
- Firepit, Cooler (with drinks) and Corn Hole set from Coca Cola (\$550)
 - Two prints from Bill Bren, Bountiful Reis (\$550)
 - Sabre Dogs 2021 Season Tickets and Memorabilia (\$350)
 - Remote Starter from Too Dark Motorsports (\$325)
 - R&R Retreat with Pedicure from Lor Spa (\$215)
 - Autographed NDSU Football (\$150)
 - Patriot Cooler from Verendrye (\$150)
 - Autographed UND Hockey Jersey (\$75)

“We hope that you can come out, participate in this event, and help us Fuel the Fight for patients who are being treated for cancer,” said Al Evon, director of Trinity Health Foundation.

For more information, visit trinityhealth.org/foundation.



Check Your Child’s Car Seat

According to the National Highway Traffic Safety Administration (NHTSA), car crashes are the leading cause of death for children between the ages of one and 13, which makes car seat safety even more important.

Car seat use reduces the risk for injury in crashes by 71 to 82 percent for children, when compared with seat belt use alone, the Centers for Disease Control and Prevention said, noting that in 2017, 35 percent of children 12 years of age or younger who died in a car accident were not buckled up.

“Car seat checks are important because statistics show that most car seats are installed incorrectly by caregivers,” said Amber Emerson, RN, injury prevention specialist with Trinity Health and Safe Kids Minot coordinator. “They need to be checked to make sure it is the right seat for the child, that it is properly installed, and that the car seat has not been recalled or expired.”

According to Emerson, parents should begin using car seats for their children “at birth” up until they are able to sit in the car and fit a seat belt correctly.

Car Seat

continued from page 7

During these car seat checkups, the following things are examined:

- **Is the car seat installed correctly?** Mayo Clinic recognizes this as one of the more common mistakes when it comes to car seat safety. It is important to read the manufacturer’s instructions and the section on car seats in the vehicle’s own manual, Mayo Clinic said on their website. Additionally, a car seat should remain rear-facing to the capacity of the car seat until the child is at least two, but can remain rear facing to the limits of the car seat, before being switched to a forward-facing position. “Riding rear facing is now recommended for as long as possible, until a child reaches highest weight or height allowed by the car seat manufacturer,” Mayo added.
- **Has the car seat expired?** Emerson explained that the plastic in the car seat can become weak after multiple uses. “They are recommended to be replaced if they are expired,” Emerson said. “We don’t know how they would hold up in a crash.” Car seats are stamped with an expiration date, which can range from five to 10 years after the manufacture date. There are times when car seats can be recalled, due to either small recalls (such as if the buckle isn’t working or hard to release) or a total

recall in which case the car seat is unsafe to use, which is why the registering is important, so that you are contacted in case of a recall, Emerson added.

- **Does the car seat match the child?** A car seat must fit perfectly for a child and is matched to a child depending on their height, weight, and age, Emerson explained. If a child outgrows a car seat harness weight limits, parents can purchase a booster seat, which helps to make sure the seat belt fits correctly, she said. Children who are 4’9 or taller can abandon a car seat or booster seat and wear a seat belt “as long as it fits correctly over the hip and shoulder bones. If you are unsure if they are ready, we can check them at a car seat check,” Emerson added.

Currently, due to COVID-19, Safe Kids Minot is performing free car seat checks on an appointment-only basis. Please call 701-857-7300. Please leave a message with your name and callback number and arrangements will be made for a seat check at a later date.

“Even if they have questions about the seat or more comfortable doing a virtual seat check, we can do those as well,” Emerson said.


Neurologist Returns

Trinity Health is pleased to announce the return of Bahram Nico, MD, a board-certified neurologist. Dr. Nico had been serving as a locum provider before returning to his permanent status on August 1.


Dr. Nico provides general neurological care for patients dealing with the full spectrum of disorders and injuries affecting the central nervous system, peripheral nervous system and muscles. He also provides care for patients with a variety of sleep disorders, including obstructive sleep apnea syndrome.

A graduate of Tehran University of Medical Sciences, he fulfilled his Internal medicine residency at East Tennessee State University. He completed his residency in neurology and a fellowship in clinical neurophysiology at the University of Wisconsin in Madison, as well as a fellowship in sleep medicine at the Medical College of Wisconsin in Milwaukee. Dr. Nico is a member of the American Academy of Neurology, the American Medical Association, and the American Academy of Sleep Medicine.

Trinity Health Neurology, which includes Rosina Medel, MD, and Mary Sadler, FNP-C, is based at Health Center – East, 20 Burdick Expy W, Ste 303, Minot. The department can be reached at 701-857-5421.



Bahram Nico, MD



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.

Events

September 1 — Kayla Cole, RD, LRD, will present “Nutrition and Diabetes” during Keys to Diabetes Success, at 5:30 p.m., at the Trinity Health Community Conference Room, located at Health Center – Town & Country, 1015 S Broadway, Minot. Reservations are required for the meetings, so please RSVP at 701-857-5268. Class sizes will be small and attendees will be required to wear a face mask.

September 5 – Denise Roerick, LICSW, with Trinity Health’s behavioral health services, will have an informational tent at Magic City Equality’s Pride in the Street, which will be held 10:00 a.m. to 3:00 p.m., on Main Street, between Central Avenue E and 1st Avenue SE.

September 8 — Join a Trinity Health clinical dietitian as they host a Grocery Store Tour at the original MarketPlace Foods, 1930 S Broadway, Minot, at 6:00 p.m. The topic will be “Mediterranean Diet.” Space is limited, so please RSVP by calling 701-857-5268. Face masks are required.

September 11 — Trinity Health Foundation will host its third annual Fuel the Fight fundraiser on September 11 at the Dakota Square Arco, 1520 24th Ave SW, Minot. Funds raised from the event will be used to provide prepaid gas vouchers to assist patients with transportation costs to and from their oncology treatments.

September 17 — A memorial service for families who have suffered infant loss will be held at Rosehill Cemetery, Minot, at 1:00 p.m.

The **Weight 2 Change Diabetes Prevention Program** will begin this September with informational meetings on **September 15 or September 29** from 12:00 to 1:00 p.m. at the Trinity Health Community Conference Room, located at Health Center – Town & Country, 1015 S Broadway, Minot. Participants must attend one of the two meetings. Reservations are required for the meetings, so please RSVP at 701-857-5268. Class sizes will be small and attendees will be required to wear a face mask.

Mobile Mammography

September 1	Trinity Community Clinic – Mohall, 756-6841
September 2	CHI Clinic – Devils Lake, 662-8662
September 10	Tioga Clinic, 664-3368
September 15	Trinity Community Clinic – Velva, 338-2066
September 16	Trinity Community Clinic – New Town, 627-2990
September 17	Northland Community Health Center – Turtle Lake 448-9225
September 21	St. Luke’s Hospital – Crosby, 965-6349

Prepared Childbirth Classes

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

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.

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.