

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](https://trinityhealth.org/coronavirus) for more information.

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## Get a Flu Shot and Avoid the ‘Twindemic’

“Time to get a flu shot” is a familiar theme heard in October. But that message is being conveyed with a greater sense of urgency this year. As cases of COVID-19 continue to tick upward, health officials are hoping that people will take strong precautions against the flu to avoid a “twindemic” of seasonal influenza combined with the coronavirus.

“Influenza and COVID-19 are both contagious respiratory illnesses caused by different viruses,” said Trinity Health Infectious Disease Specialist Casmir Nwaigwe, MD. “They are not mutually exclusive. People can get both at the same time.”

While not a lot of evidence is available regarding the implications of contracting both viruses at once, a logical concern is that it could very well put a strain on a person’s immune system. “You could be at risk for a longer illness or worse complications,” Dr. Nwaigwe noted.



Casmir Nwaigwe, MD

symptoms, and people can be contagious for a longer period. Another important difference is there is a vaccine to protect against flu. There is currently no vaccine to prevent COVID-19.

On the positive side, Dr. Nwaigwe says there are reasons for optimism as we head into the flu season – namely our behavior. “As people comply with precautions for COVID-19, we expect it might result in a slower flu season because the same behaviors that help prevent COVID-19 are the same ones that prevent influenza, i.e., wearing masks, covering coughs and sneezes, washing hands.”

To avoid a twindemic, do the following:

- Get a flu shot
- Wear a mask in public
- Practice social distancing
- Use handwashing and/or sanitizers
- Cover coughs and sneezes
- Avoid large groups, especially indoors

Trinity Health offers flu shots at several of its primary care locations in Minot and throughout the region. For more information, please visit [trinityhealth.org/influenza](https://trinityhealth.org/influenza) for a schedule of where and when to get a flu shot. Flu vaccines are also available by appointment from any Trinity Health primary care provider.



## Visitor Restrictions Tightened as COVID-19 Cases Mount

Trinity Health has tightened visitor restrictions at Trinity Hospital due to a surge in COVID-19 cases in western North Dakota.

As of October 13, visiting hours are limited to 10:00 a.m. to 7:00 p.m. daily, with just one adult visitor allowed per day at a patient’s bedside. Movement in the hospital will be restricted, and no one under age 18 will be permitted. Additionally, all visitors will be screened upon entry, and a mask or face covering will be required throughout a person’s visit.

Vice President Randy Schwan says given the continued rise in the number of people testing positive for the COVID-19, a policy change was in order. “Our objective is to do as much as we can to limit the spread of COVID-19, especially now that

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Pictured from left are Denise Larson and John Drady, both First International Bank & Trust; winner Ona Gandrud; Shane Jordan, Director of the Trinity CancerCare Center; and Lori Zavalney, owner of Dakota Square ARCO.

## ‘Fuel the Fight’ Raises Over \$65,000 for Cancer Patients

A retired Minot educator and self-described grandmother, Ona Gandrud, is the winner of the top prize at the 3rd Annual Fuel the Fight cancer fundraiser held September 11 at Dakota Square ARCO. Gandrud won the much-coveted free gas for a year – \$50 in gas per week for 52 weeks for a total award of \$2,600.

Prize sponsor First International Bank & Trust gathered on September 18 with representatives of Dakota Square ARCO and Trinity Health to present Gandrud the fuel vouchers. “It’s such a nice gift,” she said. “I don’t go many places, especially during COVID, but I’m hoping to donate part of it to someone who perhaps has to travel for a cancer treatment and could use a tank of gas.”

This is the first year that First International Bank & Trust has sponsored the free gas award. “We’ve been involved all three years and were glad to help out with the large prize this year,” said John Drady, Central Market President for FIBT. “Fuel the Fight is an awesome project.”

This year’s Fuel the Fight is shaping up to be a record-setting year. Lori Zavalney, owner of Dakota Square ARCO and the driving force behind Fuel the Fight, says the event will likely raise over \$65,000 thanks to support from numerous local businesses. Participating sponsors are: Bones BBQ, Bountiful REI’s, Coca-Cola Bottling Company, High Country, Dakota Square ARCO, First International Bank & Trust, Flower Central, Granite Springs, Heritage Insurance, Houston Engineering, K-HEART 106.9 and FM/KHRT 1320 AM, KMOT/West Dakota Fox, LOR Spa, Morelli’s Distributing, Nodak Speedway, Scheels, Souris Valley Sabre Dogs, The Stereo Shop, Tires Plus, Too Dark Motor Sports, and Tuff Trucks.

Proceeds from the event will be used to provide prepaid gas vouchers to cancer patients who have demonstrated financial need to assist with transportation costs to and from their oncology treatments.

## Trinity Health Welcomes General Surgeon

Robert Guttormson, MD, MHA, FACS, is a board-certified general surgeon and a Fellow of the American College of Surgeons. With a special interest in advanced laparoscopic and robotic surgery, Dr. Guttormson is dedicated to providing excellent surgical care to patients, with innovative approaches that involve less pain, less blood loss, and quicker recovery.



Robert Guttormson, MD, MHA, FACS

A Minot native, he earned his Doctorate of Medicine from the University of North Dakota School of Medicine and Health Sciences and completed his general surgery residency in Saginaw, MI, at an affiliate campus of Michigan State University College of Human Medicine. Following residency, he practiced at Altru Health System in Grand Forks for over nine years and served as Assistant Professor of Surgery for the UND Surgical Residency. His volunteer service includes medical missions work in Niger, Africa. His wife and their four children enjoy outdoor activities and travel. He also has an interest in photography. He is looking forward to helping serve his home community as a member of Trinity’s Surgical Associates Group.

Dr. Guttormson is located at Health Center – West and can be reached at 701-857-5764.

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## Restrictions continued from page 1

we are approaching the flu season,” said Schwan. “We understand the importance of having the support of loved ones and encourage families to use alternate methods of communication, such as phone calls or video chats. Our care teams also have an enhanced process for keeping families updated on how their loves ones are doing in the hospital.”

Exceptions to the one-visitor policy include patients in the pediatric and newborn intensive care units, where two parents or legal guardians will be allowed. Patients receiving end-of-life care may have up to three visitors, with preapproval required for visits by minor children.

No one will be allowed to visit patients who have tested positive for COVID-19, with the following exceptions:

- **COVID-positive pediatric patients** – limit to one parent or legal guardian
- **COVID-positive maternity patients with newborn** – limit one support person
- **COVID-positive end-of-life** – pre-approval required for all visits

Patients visiting the hospital for an outpatient procedure, emergency visit, or same day surgery appointment will continue to be allowed one adult companion, who must remain in the patient’s room. Patients requiring a home caregiver will be allowed one visitor at the time of discharge for care training.

“As we have throughout this pandemic, we will continue to prioritize the health and safety of our patients and caregivers,” Schwan said. “We thank the community for their patience and understanding. If we as a community can pull together and follow the guidance of wearing masks, socially distancing, washing our hands, and avoiding large gatherings, that would really help the whole community, and maybe we can reverse the trend we are seeing in the hospitals right now.”



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# Trinity Health Welcomes Family Medicine Provider

Trinity Health is pleased to announce the addition of Brittany Bertsch, DO, a family medicine specialist and a member of our primary care team at Trinity Community Clinic – Western Dakota.

She provides comprehensive, patient-centered care to people of all ages, including annual physicals and health screenings as well as diagnosis and treatment of a wide range of health problems, from common illnesses to complex and chronic health conditions.



Brittany Bertsch, DO

A Billings, MT, native, Dr. Bertsch received her Doctor of Osteopathic Medicine degree from Alabama College of Osteopathic Medicine. Her residency in family medicine was completed at the University of North Dakota’s residency program in Williston, where she was elected chief resident by her peers. She is a member of the American Academy of Family Physicians and American Board of Family Medicine. In her free time, she enjoys spending time with her two dogs, in addition to baking, watching movies, and supporting the Dallas Cowboys.

She is based at Trinity Community Clinic – Western Dakota, 1321 W Dakota Pkwy, Williston, and can be reached at 701-572-7711.

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**DAISY**  
**Award**

Cassandra Thelen, RN



## Community Ambulance Recognized for Cardiac Excellence

Community Ambulance Service of Minot has earned recognition from the American Heart Association for continued excellence in providing swift care to people experiencing a heart attack.

The ambulance service recently received the Mission: Lifeline® EMS Gold Achievement Award for implementing quality improvement measures designed to improve patient outcomes in cardiac emergencies.

Every year, more than 250,000 people experience a STEMI, or ST Elevation Myocardial Infarction, a type of heart attack caused by a complete blockage of blood flow to the heart that requires timely treatment. To prevent death or severe heart damage, blood flow must be restored as quickly as possible through interventional cardiology or a clot-busting drug.

“EMTs and paramedics play a vital part in the system of care for those who have heart attacks,” said Tim Henry, MD, Chair of the Mission: Lifeline Acute Coronary Syndrome Subcommittee. “Since they often are the first medical point of contact, they can shave precious minutes of lifesaving treatment time by activating the emergency response system that alerts hospitals. We applaud Community Ambulance Service for achieving this award that shows it meets evidence-based guidelines in the treatment of people who have severe heart attacks.”

CAS was a leader and early champion in the move to equip paramedics with 12-lead EKG. The move has given them the ability to transmit a patient’s cardiac data from the field to a hospital with a cardiac catheterization lab, such as Trinity Hospital, which enables doctors and heart teams to identify STEMI and activate protocols without delay.

“I’m very proud of our team,” said CAS Director Greg Anderson. “Through coordination with Trinity Health and intensive training with our paramedics, we have minimized the time it takes from receiving the emergency call to intervention, which means better outcomes for our cardiac patients.”



## Horn of Plenty

This year’s Turkey Drive to benefit the KHRT Horn of Plenty will begin on November 2 and conclude on December 1.

The KHRT Horn of Plenty provides assistance to less fortunate families within a 100-mile radius of Minot right before Christmas. This help comes in the form of a turkey, fresh food items (potatoes, onions, milk, butter, etc.), a certificate to Marketplace Foods to purchase non-perishable food items, and, if the family has children, toys that can be used as Christmas gifts.

The KHRT Horn of Plenty does not provide the family with just one meal: it provides a week’s worth of groceries at a critical time during the year. In the past three years, more than 1,000 families have benefitted through the Turkey Drive and the KHRT Horn of Plenty. Last year alone, more than 1,000 people, including over 550 children up to the age of 16 years old, benefited from the KHRT Horn of Plenty.

“The deliveries will be slightly smaller this year, since it will only be the cold food items, toys and the certificates for the non-perishable foods,” explained Al Evon, director of Trinity Health Foundation. “However, it is still a powerful way to give back to others in our region.”

The Trinity Health Foundation’s goal is to raise \$11,500 this year. As in the previous years, the amount to donate a turkey is \$15 and the amount to donate an entire basket of food is \$45.

Between November 2 and December 1, representatives from the Trinity Health Foundation will be in various locations around Trinity Health to receive donations for the Turkey Drive. You may also send donations to the Foundation office, located at Trinity Hospital – St. Joseph’s, 407 3rd St SE, Minot. Donations can also be made at [www.trinityhealth.org/foundation/donate-to-the-foundation](http://www.trinityhealth.org/foundation/donate-to-the-foundation) or by calling the Foundation office at 701-857-2430. Donations can be made for KHRT Horn of Plenty up through December 4, 2020.

Marketplace Foods has also committed all four of their locations to help collect finances at their cash registers in November and December. “This year will look different but with your help we can help those in need for this Christmas season,” Evon said. “Together we will make a difference in the lives of families in our community.”



# Balance Testing Available

Dizziness is a term used to describe a range of sensations, such as feeling faint, woozy, weak, or unsteady. It is estimated that approximately 40 percent of the United States population will experience some form of dizziness or balance difficulty during their lifetime.

Balance involves several systems in the body, including the muscles, bones, joints, eyes, nerves, heart, blood vessels, and the ear. Trinity Health Audiology recently installed a new form of testing to get to the bottom of balance problems.

Balance testing involves “a whole-body look” at how it affects their balance system, explained Kelsey Artz, AuD, an audiologist with Trinity Health. Among the ways to test for balance problems is through a new procedure recently started by Trinity Health.

Videonystagmography (VNG) is an in-office procedure that uses goggles embedded with cameras to monitor and measure eye movement. It involves a series of tests that will help an audiologist determine how well the eyes communicate with the balance system and the brain, whether changes in position of the head causes dizziness or imbalance, and whether the balance organs are functioning equally when compared to each other.

“The patient wears the goggles throughout the whole test,” Artz said. “Each eye has its own camera, so we can look at eye movements on both eyes as we are testing the patients.”

Through VNG, it can be determined if the patient is experiencing central or peripheral balance dysfunction; from there, the appropriate referral can be made.

Imbalance could be accompanied by hearing loss, feelings of fullness or pressure in their ear, or ringing, Artz said. Additional symptoms of balance problems include:

- Sense of motion or spinning (vertigo)
- Feeling of faintness or lightheadedness
- Loss of balance or unsteadiness



Kelsey Artz, AuD



Kylie Harris, AuD



Jerrica Maxson, AuD



Tricia Nechodom, AuD

- Falling or feeling like you might fall
- Feeling a floating sensation or dizziness
- Vision changes, such as blurriness
- Confusion

If you have any of these symptoms, see your primary care provider first. They will then refer to Audiology for a further diagnosis. The patient and audiologist will review a thorough case history. Depending on their symptoms, the patient may go through a hearing test, Artz said. Then, the patient is escorted to the VNG lab for testing – which does involve getting the patient dizzy.

“We have to make them dizzy to see where the problem is,” Artz said. She suggests that patients bring someone to drive them in case the patient can’t drive, should they feel dizzy longer than expected. Results for the procedure are often interpreted within a week’s time at the latest.

After a diagnosis is made, the appropriate referrals and/or recommendations can be made, such as physical therapy; ear, nose, and throat; or neurology.

Trinity Health Audiology includes Kelsey Artz, AuD; Kylie Harris, AuD, CCC-A; Jerrica Maxson, AuD, CCC-A; and Tricia Nechodom, AuD, PASC. They are located at Health Center – West, 101 3rd Ave SW, Ste 203, Minot. For more information, call 701-857-5986.

# Trinity Health Welcomes Anesthesiologist

A member of our anesthesiology team, Diane Schmidt-Krings, MD, received her residency training in anesthesiology at West Virginia University, where she was recognized for academic excellence. She provides safe and effective anesthesia care to patients undergoing the full range of surgical procedures, from elective surgeries to emergency and trauma care. Dr. Schmidt-Krings has extensive experience in the medical field, having spent more than a decade practicing in the specialty of plastic and reconstructive surgery before becoming an anesthesiologist.



Diane Schmidt-Krings, MD

The Minneapolis native received her Doctor of Medicine degree from the University of Minnesota in 1995 and completed a surgical residency at Hennepin County Medical Center in Minneapolis. She completed her fellowship in plastic and reconstructive surgery at Cleveland Clinic and spent the next 13 years providing plastic and reconstructive surgical care to patients in St. Cloud, MN, Eau Claire, WI, Fargo, and Jacksonville, FL. She enjoys painting, camping, and spending time with her family.



# Trinity Health Earns ‘Most Wired’ Designation

The College of Healthcare Information Management Executives (CHIME) has named Trinity Health among the nation’s most wired health systems. Trinity Health received the group’s 2020 Digital Health Most Wired Special Recognition Award for an overall performance of Level 7.

Most wired recognition is based on results of a national survey, which identifies healthcare organizations that are most effective in applying advanced technologies to their clinical and business operations to improve healthcare in their communities.

Trinity Health President and CEO John M. Kutch said renewal of Trinity’s most wired status adds further confirmation that Trinity Health is a leader in the digital hospital movement.

“It’s an honor to receive CHIME’s Most Wired Special Recognition Award,” Kutch said. “Years ago, we made a strategic decision to leverage IT to improve performance in the areas of clinical quality and safety, infrastructure, and business management. We could not have foreseen the extent to which it revolutionized care during the coronavirus pandemic, however, with video visits and mobile tools that have engaged patients and offered services remotely.”

Trinity Health was an early adopter of electronic health records and has since made continuous improvements in healthcare IT, earning most wired recognition numerous times over the past decade.

A total of 30,135 organizations were represented in the 2020 Digital Health Most Wired program. Each organization received a customized benchmarking report, an overall score, and scores for individual levels in eight segments. Participants can use the report and scores to identify strengths and opportunities for improvement.

# Silent Prayer Outside Hospital



Members from a few Minot churches gathered outside Trinity Hospital on the evening of October 20 for ten minutes of silent prayer to offer hope and support in light of the recent virus surge, and to honor our staff and the patients in their care.

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# Trinity Health Welcomes Physiatrist

A physiatrist specializing in Physical Medicine and Rehabilitation (PM&R), Jason Coombs, DO, helps patients restore loss of mobility and function due to injury or disease and serves as medical director of our inpatient rehabilitation unit, RehabCare. Dr. Coombs provides both inpatient and outpatient care to people dealing with a variety of conditions such as stroke, brain/spinal cord injury, cerebral palsy, and orthopedic trauma. He also provides musculoskeletal examinations and diagnosis using EMG and other techniques.



Jason Coombs, DO

Formerly of Grand Rapids, Michigan, Dr. Coombs earned his Doctor of Osteopathic Medicine from Touro University California and completed his PM&R residency at Mary Free Bed Rehabilitation Hospital in Grand Rapids. His experience includes medical service across three different continents as part of the U.S. Air Force and Air National Guard. A member of the American Academy of Physical Medicine and Rehabilitation, Dr. Coombs and his family enjoy sports, outdoor activities, and travel. He has been active in community service, including a 20-year involvement with the Boy Scouts of America and coaching youth sports teams.

Dr. Coombs is located on the fifth floor of Health Center – Medical Arts, 400 Burdick Expy E, Minot.

# Bonnie Mattern Named Director of Human Resources

Trinity Health is pleased to announce that Bonnie Mattern, a healthcare executive with more than 20 years of human resources management experience, has been named director of human resources.

Mattern joined Trinity Health in February as Director of KeyCare Medical, where she was responsible for managing all aspects of the durable medical equipment (DME) outlet – from product and service lines to KeyCare’s team of DME professionals.

“Bonnie has demonstrated outstanding leadership and commitment since joining our organization,” said Renae Lenertz, Chief Human Resources Officer for Trinity Health. “Staff and colleagues respect her and have valued her perspective as a seasoned healthcare leader. Bonnie also brings a combination of expertise and qualities ideal for the human resources position. We look forward to her positive impact for our entire workforce.”

A Rugby native, Mattern earned a bachelor’s degree in Business Administration from the University of Mary, Bismarck. She was associated with Heart of America Johnson Clinic for 18 years, serving as director of human resources for 12 years and clinic administrator for five years. In 2010, she joined CHI St. Alexius Health Devils Lake Hospital, where she served as HR director before joining Trinity Health. With two grown daughters and two grandchildren, Mattern enjoys reading, exercise, outdoor activities, and spending time with family.



Bonnie Mattern

## Trinity Health Speaker’s Bureau

Call Community Education at  
**701-857-5099**  
to check for available dates and topics.



# How Diabetes Education Can Help You

If you have diabetes, you know how challenging it can be to manage.

You are expected to eat a healthy and balanced diet, get plenty of physical activity, monitor your blood glucose (sugar) throughout the day, take your medications as prescribed, all to reduce your risk for complications.

At times it might seem overwhelming but you can thrive with diabetes, and a diabetes care and education specialist can help.

As a member of your diabetes care team, diabetes care and education specialists work with you to develop a management plan that fits your lifestyle, beliefs, and culture. They will help you understand how to use devices like meters, insulin pens, pumps, and continuous glucose monitoring devices; and use the information from these devices and your lifestyle to identify patterns and opportunities for improvement. You will work together to find solutions to address your most pressing challenges.

Diabetes education provided by a diabetes care and education specialist can help people with all types of diabetes better manage their blood glucose, develop coping skills to address the daily challenges of the disease, reduce the risks for complications, decrease costs by reducing or eliminating the need for medications and emergency room visits, and help find and access cost-savings programs.

To help you, diabetes care and education specialists have developed seven key areas to focus on. A specialist can help you set priorities and coach you on each of these areas:

- **Healthy Eating.** Having diabetes doesn't mean you have to give up your favorite foods or stop eating in restaurants. In fact, there is nothing you can’t eat. But you need to know that the foods you eat affect your blood sugar.
- **Being Active.** Being active is not just about losing weight. It has many health benefits like lowering cholesterol, improving blood pressure, lowering stress and anxiety, and improving your mood. If you have diabetes, physical activity can also help keep your blood sugar levels normal and help you keep your diabetes in control.
- **Monitoring.** Checking your blood sugar levels regularly gives you vital information about your diabetes management. Monitoring helps you know when your blood sugar levels are on target and it helps you make food and activity adjustments so that your body can perform at its best.
- **Taking Medication.** There are several types of medications that are often recommended for people with diabetes. Insulin, pills that lower your blood sugar, aspirin, blood pressure medication, cholesterol-lowering medication, or several others may work together to lower your blood sugar levels, reduce your risk of complications and help you feel better.
- **Problem Solving.** Everyone encounters problems with their diabetes management; you can't plan for every situation you may face. However, there are some problem-solving skills that can help you prepare for the unexpected — and plan for dealing with similar problems in the future.
- **Reducing Risks.** Having diabetes puts you at a higher risk for developing other health problems. However, if you understand the risks, you can take steps now to lower your chance of diabetes-related complications.
- **Healthy Coping.** Diabetes can affect you physically and emotionally. It's natural to have mixed feelings about your diabetes management and experience highs and lows. The important thing is to recognize these emotions as normal and take steps to reduce the negative impact they can have on your self-care.

Diabetes may not have a cure, but you can manage it and live well. Ask your primary care provider about working with a diabetes care and education specialist. Medicare and most health insurance plans cover diabetes education when it is offered through an accredited diabetes education program, which has met rigorous criteria set by the U.S. Department of Health and Human Services.

The Trinity Health Center for Diabetes Education is located at Health Center – Town & Country, 1015 S Broadway, Ste 2, Minot. For more information, call 701-857-5268.



## Eagle Award Winners

Gardell Giffey  
Radiology



Steve Nyre  
Vision Galleria





# Radiologic Technology Program Receives Reaccreditation

The Trinity Health Radiologic Technology Program was recently reaccredited for another eight years – the maximum award possible – by the Joint Review Committee on Education in Radiologic Technology (JRCERT). Trinity Health has sponsored the program for over 80 years and in 2020 graduated its 250th radiographer!

A radiologic technologist (RT), or radiographer, is a vital member of any healthcare team. Radiologic technologists combine extensive knowledge of advanced medical imaging with a passionate drive to help others. They use their knowledge of physics, human anatomy, and the ever-advancing field of medical imaging technology to produce images that are interpreted by a radiologist, a medical doctor who specializes in interpreting medical images and performing radiologic procedures.

Radiologic technologists may also specialize in various advanced imaging modalities, including cardiovascular-interventional radiography, magnetic resonance imaging (MRI), computed tomography (CT), mammography, and bone densitometry. With further education, RTs may also pursue careers in radiation therapy, medical dosimetry, nuclear medicine, and sonography.

In order to become a radiologic technologist, one must obtain an associate or baccalaureate degree from an accredited community college or university; graduate from an accredited radiologic technology program; earn certification by passing the national ARRT exam in radiography; and possess valid state licensure, where applicable.

If this career sounds interesting to you, Trinity Health’s accredited 23-month Radiologic Technology Program is looking for the next class of students to begin their journey in this amazing career.

The program is accepting applications now through January 1, 2021, with the next class starting June of 2021. To be eligible to apply to this clinical program you must have, or be working toward, any associates or baccalaureate degree. You must also meet the program’s prerequisites found on our website at [trinityhealth.org/trinity-health-careers/school-of-radiologic-technology/](http://trinityhealth.org/trinity-health-careers/school-of-radiologic-technology/). Most of the program requirements are math- and science-based, along with general courses that most colleges require to obtain a degree.

For more information, please contact Michelle Bratton, Program Director/Education Coordinator of the Trinity Health Radiologic Technologist Program, at 701-857-2316 or [michelle.bratton@trinityhealth.org](mailto:michelle.bratton@trinityhealth.org)

# Trinity Health Employees Exemplify Customer Service Standards

On October 5, Trinity Health held its annual *ServiceFIRST* awards to honor Trinity Health staff for promoting *ServiceFIRST* principles: Focus, Identify, Respond, Satisfy, and Take Ownership.

The *ServiceFIRST* Awards are coordinated by Trinity Health’s Employer of Choice Committee, which aims to improve job satisfaction through engagement and participation, increase employee retention, and enhance patient satisfaction.

**The Awards and Winners**

**Care Provider:** The *ServiceFIRST* Care Provider Award honors employees with years of practice, experience, and dedication. The nominees demonstrate strengths of character, competence, and commitment to their profession. These employees portray *ServiceFIRST* qualities.

The winners are Jessie Fauntleroy, MD, a member of the ob-gyn team; Renee Harju, FNP-C, family medicine at Trinity Health East Ridge; Lucy Mwaura, RN, a surgical nurse at Trinity Hospital; and Heather Oswalt, RN, a nurse on the 5E medical floor at Trinity Hospital.

**Manage Up:** The “Manage Up” Award honors employees who are observed taking a proactive approach to resolve issues in an effective, timely, and positive manner.

The winners are Erica Clemens, RN, an infection preventionist at Trinity Homes; Karen Zimmerman, Vice President, Chief Nursing Officer; Ranelle O’Keeffe, radiation therapy manager at Trinity CancerCare Center; and Kathy Johansen, RN, unit manager of 5E medical floor at Trinity Hospital.

**Novice to Expert:** The “Novice to Expert” Award honors employees who are newer to their profession and have practiced for less than three years. The nominees demonstrate leadership and contribute energy, commitment, and enthusiasm to their profession.

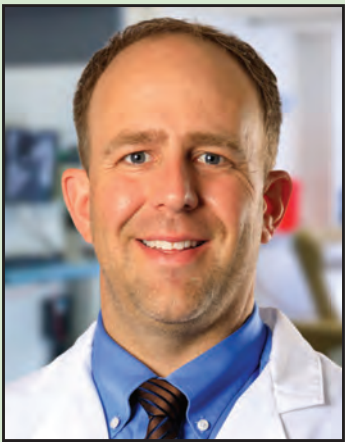
The winners are Nichole Oswalt, RN, an RN clinical trainer; Felix Petrar, RN, a surgical nurse at Trinity Hospital; Haley Holtorf, RN, a nurse on the 5E medical floor at Trinity Hospital; and Suzie Hebert, manager of Orthopedic Associates.

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# Trinity Health Welcomes ETC Physician

A member of our Emergency/Trauma team, Jon Solberg, MD, FACEP, FAWM, DiMM, is a board-certified emergency physician with expertise in wilderness and mountain medicine.

Prior to joining Trinity Health, he served as medical director of emergency medicine and urgent care at CHI St. Alexis Health, Bismarck. Since 2010, he has provided emergency care in civilian and military settings in Louisiana, New Mexico, North Dakota, Texas, and California. During his military service he was deployed to a combat support hospital at Forward Operating Base Dwyer in Helmand Province, Afghanistan.



Jon Solberg, MD  
FACEP, FAWM, DiMM

A native of Stanley, Dr. Solberg earned his medical degree from the University of North Dakota School of Medicine and Health Sciences, where he currently serves as chair of the Emergency Medicine Department. He completed his emergency medicine residency at Madigan Army Medical Center, Ft. Lewis, WA. Later, he earned a Diploma in Mountain Medicine from the Wilderness Medical Society and University of Utah. His training in mountain and wilderness medicine has equipped him to provide rescue and care for patients in the most austere environments. In 2018, he was medical officer for the Expeditions 7 team which drove the length of Greenland for the first time in human history. He also serves as team physician for AMSOIL SnoCross Championship Series and is the medical editor for Overland Journal, “the world’s premier publication for environmentally responsible, vehicle dependent, expedition travel.” Dr. Solberg is a fellow of the American College of Emergency Physicians and the Academy of Wilderness Medicine.



# Year-End Appeal: Nursing Scholarship

Four years ago, Trinity Health Foundation was made aware of the projected shortage of 1,000,000 nurses in the United States. The Foundation Board recognized the devastating impact on health and wellness that the nursing shortage could cause. As a result, the Foundation revised and expanded its Nursing Scholarship Program to attract more individuals to the profession of nursing.

Thanks to the generosity of past donors, 43 scholarships – worth a total of \$145,000 – have been given to deserving nursing students, said Jeffrey Verhey, MD, chairman of the Trinity Health Foundation Board. “However, the impact of the donations to the Nursing Scholarship Endowment Fund do not end with helping the students while they are in nursing school.”

Several scholarship recipients have now completed their nursing education and are employed as nurses.

“I am beyond grateful for the help you have given me and others through your generosity to the Trinity Health Foundation scholarship fund,” said Elyssa Handlen, RN, a nursing student who received a nursing scholarship in 2019 and is now on the nursing staff at Trinity Health. “Your generosity has allowed me to make my goals a reality. I am blessed every day to have a career

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# Trinity Health Welcomes Addition to FirstCare

Kallie Goodman, FNP-C, is a board-certified nurse practitioner and a member of our provider team at FirstCare Walk-In Clinic. Kallie is trained to manage the immediate needs of patients seeking care for the full range of non-emergent illnesses and injuries.



Kallie Goodman, FNP-C

A Minot native, Kallie completed pre-nursing requisites at Minnesota State University Moorhead before earning her Bachelor of Science Degree in Nursing from Medcenter One College of Nursing in Bismarck. She practiced pediatrics, GI, plastic surgery, and acute care nursing. She completed her Master of Science in Family Nurse Practice through Maryville University, St. Louis. She is a member of Sigma Theta Tau International Honor Society of Nursing.

Kallie enjoys spending time with her husband and three daughters. Together they enjoy going to the lake, snowboarding, and traveling – especially if there is a half marathon to run.

# GERMS

are all around you.

Stay healthy.  
Wash your hands.

CS294906-F [www.cdc.gov/handwashing](http://www.cdc.gov/handwashing)

## Service continued from page 6

**Visionary:** The “Visionary” Award honors employees who use creative thinking to build the pathway for development and implementation of new processes that contribute to improved patient care. The nominees serve as role models and motivate others to blaze new trails for providing services.

The winners are Danaka Walz, director of clinical excellence and patient safety; April Wheeler, director of physical therapy at Trinity Homes; Deb Boppre, director of health information management (HIM); and Joseph Slinger, a release of information (ROI) specialist with Health Information Management.

**Outstanding Team:** This award is presented to outstanding teams, committees, or units that consistently demonstrate exceptional teamwork and recognize the value of interdisciplinary practice. The actions of these teams are especially helpful in reinventing our work process to achieve improved outcomes and patient/staff/physician satisfaction.

The winners are Trinity CancerCare Reception (Lauren Young, Amber Shoemaker, Ayla Mosley, Jill McLemore, and Alexia Heisler); Organizational Development and Human Resources; Labor Pool Administration (Shelley Semrau, Sara Abrahamson, and Renae Lenertz); and 5E Medical Floor at Trinity Hospital.

Winners of the ServiceFIRST Awards were chosen from an anonymous review of nominations submitted by Trinity Health employees.

# Make Healthier Holiday Choices: 10 Tips

The holidays are often filled with time-honored traditions that include some of our favorite meals and foods. As you celebrate, think of little changes you can make this holiday season to create healthier meals and more active days.

- Create MyPlate makeovers** – Makeover your favorite holiday dishes to improve holiday recipes and get healthier results.
- Enjoy all the food groups at your celebration** – Prepare whole-grain crackers with hummus as an appetizer; add unsalted nuts and black beans to a green-leaf salad; include fresh fruit at the dessert table; use low-fat milk instead of heavy cream in your casseroles. Share healthier options during your holiday meal.
- Make sure your protein is lean** – Turkey, roast beef, fresh ham, beans, and some types of fish, such as cod or flounder, are lean protein choices. Trim fat when cooking meats. Go easy on the sauces and gravies — they can be high in saturated fat and sodium.
- Cheers to good health** – Quench your thirst with low-calorie options. Drink water with lemon or lime slices. Offer seltzer water with a splash of 100% fruit juice.
- Bake healthier** – Use recipes with unsweetened applesauce or mashed ripe bananas instead of butter. Try cutting the amount of sugar listed in recipes in half. Use spices to add flavor such as cinnamon, allspice, or nutmeg instead of salt.
- Tweak the sweet** – For dessert, try baked apples with cinnamon and a sprinkle of sugar instead of apple pie. Invite your guests to make their own parfait with colorful sliced fruit and low-fat yogurt.
- Be the life of the party** – Laugh, dance, and play games. Focus on fun and enjoy the company of others.
- Make exercise a part of the fun** – Make being active part of your holiday tradition. Have fun walking and talking with family and friends after a holiday meal. Give gifts that encourage others to practice healthy habits such as workout DVDs, running shoes, and reusable water bottles.
- Enjoy leftovers** – Create delicious new meals with your leftovers. Add turkey to soups or salads. Use extra veggies in omelets, sandwiches, or stews. The possibilities are endless!
- Give to others** – Spend time providing foods or preparing meals for those who may need a little help. Give food to a local food bank or volunteer to serve meals at a shelter during the holiday season.

Revised January 2016 [choosemyplate.gov](http://choosemyplate.gov)

### Brussels Sprouts with Pecans

Yield 8 servings  
(serving size: about 2/3 cup)  
These take just a brief turn in the pan—slicing the sprouts cuts down on their cooking time. The dish's sweet, buttery flavors mellow the bite of the Brussels sprouts.

**Ingredients**

- 2 teaspoons butter
- 1 cup chopped onion
- 4 garlic cloves, thinly sliced
- 8 cups halved and thinly sliced Brussels sprouts (about 1 1/2 pounds)
- 1/2 cup fat-free, less-sodium chicken broth
- 1 1/2 tablespoons sugar
- 1/2 teaspoon salt
- 8 teaspoons coarsely chopped pecans, toasted

Melt butter in a large nonstick skillet over medium-high heat. Add onion and garlic; sauté 4 minutes or until lightly browned. Stir in Brussels sprouts; sauté 2 minutes. Add broth and sugar; cook 5 minutes or until liquid almost evaporates, stirring frequently. Stir in salt. Sprinkle with pecans.

Nutritional Information		
Calories 82	Fat 3g	Protein 3.6g
Carbohydrate 12.6g		Fiber 3.9g
Sodium 207mg		

December 2002  
RECIPE BY Cooking Light

### Maple Orange Glazed Carrots

**Ingredients**

- 1 pound fresh carrots
- 2 tablespoons unsalted butter
- 1/2 teaspoon salt
- 1/4 cup maple syrup
- 1/3 cup orange juice
- 1/8 teaspoon cinnamon

**Steps**

1. Scrub the carrots with a vegetable brush while holding under cold running water. Peel the carrots and place into a colander.
2. Slice cleaned carrots into ¼ inch thick pieces on your produce cutting board.
3. In a large, wide sauté pan, heat the butter over medium heat until melted. Add the carrots and toss to coat; cook for 3-4 minutes.
4. Add the maple syrup and cook for 1 minute.
5. Add the orange juice; cover the pan and cook for 3 more minutes.
6. Uncover the pan and increase the heat to medium high. Stir the carrots occasionally and cook until almost all the liquid has evaporated. Watch carefully so they don't run out of liquid and scorch. If they are not tender enough and run out of liquid, add more orange juice as needed.
7. Remove from heat and sprinkle cinnamon over the carrots.

fightbac.org  
courtesy of Sandra L. Godwin and Richard W. Stone of Tennessee State University

## TAPP into your health!

Android™ & iOS™ versions available

With the Trinity Health Mobile App, you can:

- Access the MyTrinity Health eConnect Patient Portal
- Find all Trinity Health locations
- Search for a medical provider by name or specialty
- View the BabyBytes online nursery
- Search for pharmacies

Simply download the app to your mobile device. It's free!  
[trinityhealth.org/mobile](http://trinityhealth.org/mobile)



# Nursing Scholarships

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I love, in a facility that has helped me grow, and to serve the community I call home.”

It can also help existing nurses, such as Linnzi Aberle, RN, as they further their nursing careers. “As I transitioned from an LPN to an RN, I can do more in my current position, and I have more opportunities to work in other departments that as an LPN I could not do,” said Aberle, who works in the Ambulatory Surgery Center. “Without the help of the scholarship, I would have to take out more loans and have more of a burden to repay. I can’t explain enough how much it meant to me and my family to receive this great gift. I was so honored that out of all the applicants I was one that was chosen. I wish all future recipients the best of luck in your nursing profession.”

Gifts to the Nursing Scholarship Endowment Fund have the ability to change the lives of these scholarship recipients. Moreover, these gifts are also making a difference for the patients and loved ones that these nurses care for daily.

Thanks to a generous donor, the Trinity Health Foundation has \$100,000 in matching funds for the Nursing Scholarship Endowment Fund! This tremendous gift will enable Trinity Health Foundation to provide scholarships to even more students in the future. It also means that every donation made to the Nursing Scholarship Fund will go twice as far, since all gifts will be doubled until we reach the \$100,000 limit.

“Your generous gift today will change and save lives, and your gift can be in honor or memory of someone,” Dr. Verhey said. “Thank you for partnering with Trinity Health Foundation.”

The Nursing Scholarship Endowment Fund is a qualified endowment per the North Dakota Century Code. Therefore, 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 may carry forward any unused credit for up to three taxable years (financial institutions excluded). Individual donors may carry forward any excess credit for three years.


For more information on how to make a donation to the Trinity Health Foundation in the name of the Nursing Scholarship Fund, please visit: [trinityhealth.org/foundation](http://trinityhealth.org/foundation) and select “Donate to the Foundation.”

# Trinity Health Welcomes Psychiatrist

A member of our behavioral health services team, Marisa Jennings, MD, is a board-certified psychiatrist, experienced in treating a wide range of mental health conditions, including anxiety disorders, depression, bipolar disorder, and schizophrenia. She will provide outpatient care to adults using evidence-based treatments that help people achieve positive outcomes.

A Texas native, Dr. Jennings earned her medical doctorate from McGovern Medical School at UT Health, and completed her residency in adult psychiatry at Saint Louis University School of Medicine in Missouri. She has since practiced in the San Antonio area, where she was associated with the Methodist Healthcare System. Dr. Jennings is a member of the American Psychiatric Association.

Dr. Jennings is based at Health Center – Riverside, 1900 8th Ave SE, Minot. For appointments or consultations, please call 701-857-5998.



Marisa Jennings, MD



## 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.

C O M M U N I T Y

# CALENDAR

For the latest updates, check online at [trinityhealth.org](http://trinityhealth.org)

Events may be postponed or canceled due to the coronavirus.  
Please watch our calendar at [trinityhealth.org/events](http://trinityhealth.org/events) for up-to-date calendar changes.

## Events

- November 10** – Join a registered dietitian on a grocery store tour at the original Marketplace Foods at 2:00 p.m. The theme will be “Diabetes.” Space is limited, so please reserve your spot today! RSVP by calling the Trinity Center for Diabetes Education at 701-857-5268.

**November 11** – A free vein screening clinic will be held at the Advanced Imaging Center, Health Center – Town & Country, 1015 S Broadway, Minot, from 12:30 to 4:30 p.m. Appointments are required. To schedule a screening, please call 701-857-3220.

**Learn Life-Saving Steps: STOP THE BLEED® Training**

Someone who is severely bleeding can bleed to death in as little as five minutes. In fact, bleeding is the number one cause of preventable death after an injury. That’s why bleeding control — keeping the blood inside the body — is the purpose of STOP THE BLEED® training. This course empowers trained bystanders to take life-saving action if quickly needed — regardless of the situation or cause of severe bleeding.

We continue to witness or experience unexpected violence and injuries in our daily lives — on the highway, in the workplace, on the farm, at schools, at sporting events, and in other public places where we gather with an expectation of safety. **Let Trinity Health Trauma Services train you in the life-saving steps to stop severe bleeding. STOP THE BLEED® and save a life.**

This free one-hour course is available for your business, your school, your coaches, your family, and your community.

**Please call Trauma Services at 701-857-5700 for more information and to schedule a class.**

Source: [stopthebleed.org](http://stopthebleed.org)

## Mobile Mammography

- November 3 .....TCC – Mohall, 756-6841

November 4 .....Tioga Clinic, 664-3368

November 5.....TCC – New Town, 627-2990

November 9 .....Kenmare Hospital, 385-4296 (Sherry/Kris)

November 12.....Crosby Clinic, 965-6349

November 17 .....TCC – Garrison, 463-2626

November 18 .....CHI – Devils Lake, 662-8662

November 19.....Johnson Clinic – Maddock, 438-2555

November 23 .....Northland Community Health Center – Turtle Lake 448-9225

## Prepared Childbirth Classes

**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

**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.

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](http://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.