Wintertime can be a busy time for the Emergency Trauma Center at Trinity Hospital, mainly because wintry conditions can be factors for injuries from falls.

Falls make up the most common injury seen at Trinity Health, not only during the winter, but year-round, said Amber Emerson, RN, Injury Prevention Specialist with Trinity Health’s Trauma Services. “People are in a hurry. Slips and trips are most common and even more so in the winter time, with ice and snow on the ground.”

While some injuries may only result in a simple bump or bruise, they could lead to more severe injuries, Amber says. Between October 2019 and March 2020, 74 percent of patients with ice- or snow-related falls seen at Trinity Health’s Emergency Room resulted in a fracture.

Amber stresses that it is important to “slow down and pay attention to the task at hand,” and not have any distractions when it comes to performing tasks, such as walking or driving, in wintry conditions.

Driving.

“There are more ‘fender bender’ type collisions related to snowy and icy conditions, simply from not being able to stop in time,” Amber said, adding that while many injuries from these accidents are less severe in nature, many do require medical attention.

The National Safety Council suggests preparing your vehicle for the upcoming winter season. This could include a flashlight, batteries, blanket, snacks, water, gloves, boots, and a first-aid kit. “Load your car with winter travel gear including tire chains, ice scraper/snowbrush, jumper cables, and road flares,” Amber added. (Kits with these items can be purchased as a bundle, or individually.)

Carbon Monoxide. Described as “the invisible killer” due to its odorless and colorless presence, carbon monoxide can be a danger. According to the Centers for Disease Control and Prevention, at least 430 people die from and approximately 50,000 people are hospitalized in the United States, due to accidental carbon monoxide poisoning.

“Proper maintenance is necessary for any appliance requiring fuel – gasoline, propane, wood, natural gas, etc. – to function,” Amber said. According to the National Fire Protection Association, heating and cooking equipment in the home are potential sources of carbon monoxide, as are vehicles or generators running in an attached garage.

Carbon monoxide detectors save lives. The National Fire Protection Association advises homeowners to install carbon monoxide detectors in a central location outside each sleeping area and on every level of the home. Emerson adds that batteries in carbon monoxide detectors, as well as smoke detectors, should be changed every six months.

Frostbite. The wind chill plays a large role.
Occupational Medicine

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701-857-7830

Kevin Franks, DO
Emergency Medicine

Trinity Hospital
Minot, ND 58701
407 3rd St SE
Trinity Hospital – St. Joseph’s
Marketing Department

A winter survival kit should include:

- Flashlights and batteries
- Paper plates, cups, and plastic utensils
- One gallon of water per person per day, allowing enough for four days
- Manual can opener
- Food that doesn’t require heating or refrigeration, such as canned meats, soups, and stews, cereal, and energy bars
- Drug and alcohol testing
- Medications
- Blanket and cold weather clothing
- Four-day supply of prescription medicines
- First-aid kit
- Battery-powered radio
- Battery-powered clock
- Cellular phone
- Paper towels, napkins, and toilet paper
- Manual can opener
- Four-day supply of prescription medicines
- Kitchen utensils
- Food that doesn’t require heating or refrigeration, such as canned meats, soups, and stews, cereal, and energy bars
- Fire and water alarm
- Knapsack
- Four-day supply of prescription medicines
- Petticoat

With seven locations across northwest North Dakota, we offer efficient and convenient care to employers.

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Winter Injury continued from page 1

“The colder the ‘real feel’ temperature, the faster frostbite can occur,” Amber said. “When temperatures drop below 0 degrees Fahrenheit, it is possible for frostbite to occur within five minutes to exposed skin.” It is best to be prepared, including covering exposed skin, “even when you’re not expecting to be outside long, such as when walking to the mailbox or across a parking lot,” she said.

Shoveling and Snowblowing Injuries. Shoveling snow and using a snowblower are among winter’s most grueling activities. High levels of activity in cold temperatures put many people at risk of heart attack, especially those with inactive lifestyles.

And, as mentioned, there is the threat of frostbite if you are doing this without wearing proper clothing. Kevin Franks, DO, an emergency medicine physician with Trinity Health’s Emergency Trauma Center, advised wearing layers of clothes, including warm, insulated, waterproof gloves, and two pairs of socks. “If you start noticing symptoms, get inside quickly to warm up,” he said.

Avoid Injuries While Enjoying the Winter Weather. Whether you are skiing, snowboarding, sledding, or skating, take safety precautions like learning basic skills or using the appropriate gear for the sport.

Are You Prepared?

Imagine you are at home on a cold winter day and suddenly the power goes out. Do you know how long the power can stay out? It is important to keep a winter survival kit at home, as well as in your vehicle.

A winter survival kit should include:

- Food that doesn’t require heating or refrigeration, such as canned meats, soups, and stews, cereal, and energy bars
- Manual can opener
- Paper plates, cups, and plastic utensils
- One gallon of water per person per day, allowing enough for four days
- Flashlights and batteries
- Battery-powered radio
- Battery-powered clock
- Cellular phone
- First-aid kit
- Four-day supply of prescription medicines
- Blanket and cold weather clothing for each family member
- Pet food and additional water for household pets
- Flashlights and batteries
- Manual can opener
- Paper plates, cups, and plastic utensils
- One gallon of water per person per day, allowing enough for four days
- Kitchen utensils
- Food that doesn’t require heating or refrigeration, such as canned meats, soups, and stews, cereal, and energy bars
- Fire and water alarm
- Knapsack
- Four-day supply of prescription medicines
- Petticoat

Trinity Health Welcomes Anesthesiologist

A Diplomate of the American Board of Anesthesiology, Christian Eby, MD, has extensive experience in both adult and pediatric anesthesia. He is highly qualified to provide safe and effective anesthesia care to ensure the comfort of patients undergoing the full range of surgical procedures.

A graduate of University of Minnesota Medical School/University of Minnesota, Dr. Eby completed a pediatric residency at the University of California, San Diego, and fulfilled his anesthesiology residency at the University of Southern California, Los Angeles. His training also includes advanced clinical instruction in pediatric anesthesia and pediatric critical care, which he completed at Children’s Hospital Los Angeles.

Dr. Eby has provided pediatric anesthesia care at hospitals in California and Nevada, and in 2014 began a lengthy association with Sanford Health, providing leadership for anesthesia and critical care programs at Sanford Health in Fargo and Aberdeen. Most recently he served as medical director of anesthesia services at Sage West Healthcare in Lander, WY.

Dr. Eby is a member of American Society of Anesthesiologists and Alpha Omega Alpha Honor Society.

He is based at Trinity Hospital.
ADHD continued from page 1

ADHD can have a negative effect on a child’s academic function and social interaction, which makes it important to speak to a pediatrician if a child shows signs of ADHD, Dr. Sisa noted. A child with ADHD might:

• Daydream a lot
• Forget or lose things a lot
• Squirm or fidget
• Talk too much
• Make more mistakes or take unnecessary risks
• Have a hard time resisting temptation
• Have trouble taking turns
• Have difficulty getting along with others

Symptoms typically first appear between the ages of three and six and the average age of diagnosis is seven years old, the ADD-Resource Center said.

If any of these symptoms present, it is important to speak with a pediatrician to get a diagnosis.

Psychiatrists use the NICHD (National Institute for Children’s Health Quality) Vanderbilt Assessment Scales to help diagnose ADHD. Two copies of these forms are given to the parent, one for them to complete and another for the child’s teacher to complete, Dr. Sisa said.

Once ADHD is diagnosed, the right treatment option is found. Behavior therapy intervention is the first method of treatment that is attempted. Such intervention may include school-based interventions, social skills training, and psychotherapy. If that does not improve things, combination therapy which involve behavior intervention and use of medications is employed.

The common medication is a stimulant medication called methylphenidate, a controlled substance used to treat ADHD, is used. Depending on the severity of the ADHD, therapy and medication can be done at the same time, Dr. Sisa added.

According to the ADD Resource Center, it is common for a person to have comorbid conditions either in tandem with ADHD or separately. Those conditions include anxiety, autism spectrum disorders, depression, eating disorders, and substance use disorders.

“Having comorbid factors also means you have to think about referring to specialists to help with management of the child,” Dr. Sisa explained. “If the child is having conditions like conduct disorder, etc., you can bring on a child psychologist to help with that.”

ADHD symptoms can continue through adolescence and adulthood; in fact, between 30 to 70 percent of children with ADHD continue having symptoms into adulthood. While some people with ADHD have fewer symptoms as they get older, some adults continue to have major symptoms that interfere with daily functioning, Mayo Clinic said. According to Mayo Clinic, signs of adult ADHD can include:

• Impulsiveness
• Disorganization and problems prioritizing
• Poor time management skills
• Problems getting or staying on task
• Trouble multitasking
• Excessive activity or restlessness
• Poor planning

Though problems and following through and completing tasks
• Hot temper
• Trouble coping with stress

Trinity Health’s Pediatric department is dedicated to providing compassionate, patient focused care and education for children and their families. Kayla Bubach, FNP-C, Kathryn Burgard, FNP-C, Ann Cadwalader, MD, Michael Holland, MD, Frederick Jones, MD; Friday Osuala, MD; Diana Peterson, MD; William A. Sica, MD; Anthony Udoweke, MD; and Nidu David Ugobi, MD, are located at Health Center – Medical Arts, 400 Burdick Expwy E, Minot. For appointments or consultations, please call 701-875-5413.

Thomas Carver, DO, and Allison Lyszmann, FNP-C, are based at Health Center – West, 101 3rd Ave SW, Ste 204, Minot. For appointments or consultations, please call 701-857-3133. Steve Mattson, MD, is based at Trinity Health South Ridge, 1500 24th Ave SW, Ste 103, Minot. For appointments or consultations, please call 701-857-5343.

If you are an adult and any of the symptoms for ADHD present, speak with your primary care provider.
Visitor Guidelines for Trinity Health

To protect our patients, staff, and community from coronavirus, Trinity Health requires that masks/face coverings be worn in all our facilities at all times and that visitor restrictions be respected. Thank you for helping us reduce the spread of COVID-19.

Hospital Visitor Restrictions Effective 11/6/20

NO VISITORS ARE ALLOWED except for the following:
- Pediatrics/Neonatal Intensive Care (NICU): Two parents or legal guardians.
- Family Birth Center: One support person; same individual the entire time.
- End-of-Life: Three visitors. Visits by minor children must be pre-approved.
- Same Day Surgery and Outpatient Procedures: One visitor who must stay in patient room.
- Home Caregiver: One visitor allowed at discharge.
- Emergency Trauma Center: One visitor allowed in each room.

COVID-Positive Patient Guidelines:
- One parent or legal guardian allowed in the room and must remain in the room. Donning and doffing of personal protective equipment (PPE) required while in the room. Visitors will be escorted from the building when visitation ends.
- COVID-Positive Maternity Patients with Newborn: One support person will be allowed in the room and must remain in the room. Donning and doffing of PPE required while in the room. Visitors will be escorted from the building when visitation ends.
- COVID-Positive End-of-Life: All visitors must be approved. Donning and doffing of PPE required while in the room. Visitors will be escorted from the building when visitation ends.

Visiting hours: 10:00 a.m. – 7:00 p.m. Adult visitors only. No visitors allowed who have symptoms or are known COVID-positive.

Outpatient Visitor Restrictions Effective 11/16/20

NO VISITORS ALLOWED to accompany a patient being seen in a Trinity Health outpatient location except for the following:
- Pediatric clinic: One parent or guardian
- OB/GYN clinic: One asymptomatic adult visitor to accompany patient with lifting restrictions
- Home caregiver: One caregiver who may remain in room for duration of training/education
- Surgical patient: One support person before and immediately after procedure
- Wheelchair transport: One caregiver for transport
- Power of Attorney: One documented POA
- Minor patient: One parent or guardian
- CancerCare Center: One asymptomatic adult visitor per patient

Adult visitors only. No visitors allowed who have symptoms or are known COVID-positive. These guidelines apply to the following outpatient locations: Health Center – Medical Arts, Health Center – East, Health Center – West, Health Center – Town & Country, the CancerCare Center, Health Center – Riverside, Plaza 16, Trinity Health South Ridge, Trinity Health East Ridge, dialysis clinics at Trinity Hospital – St. Joseph’s and Belcourt, and community clinics in Williston, Vehla, Mohall, Kenmare, Garrison, and New Town.

MASK/FACE COVERING MANDATORY
- Masks must be worn in every Trinity Health facility throughout your visit. This includes while visiting in a patient’s room.
- Due to a limited supply of masks to hand-out, anyone entering a Trinity Health facility is REQUIRED TO BRING AND WEAR THEIR OWN FACE COVERING.
- Visitors seen without a mask will be asked to wear one.
- Visitors MUST BE DENIED ACCESS if they refuse to comply with the mask policy.
- If masks are not worn appropriately, Trinity Health reserves the right to ask a visitor to leave.

The Centers for Disease Control and Prevention (CDC) recommends wearing a mask or cloth face covering as a safeguard against the spread of COVID-19, regardless of symptoms.

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

Thank you for choosing Trinity Health and for helping to keep our facilities safe for all patients, visitors, and staff.

COMMUNITY

How You Can Impact Our Mission Today

Do you want to make an immediate, impactful gift to support the work of Trinity Health Foundation and make a difference in the lives of people in our region? A donation of cash is a simple and easy way for you to help our cause.

Here are some easy ways you can make an immediate gift:
- Mailing a Check. You can send us a check or money order.
- Giving Online. Visit our website (trinityhealth.org/foundation) to make an online gift. Your gift will be processed quickly and safely.
- Direct debit. You can transfer funds directly from your bank account to us.
- Making a Designation. Please let us know if you want your gift used for a specific purpose by indicating the purpose in a memo or letter.

Timing is important. Keep this in mind for year-end tax planning.

Did you know that you can mail a check that is postmarked on December 31, 2020, and, even if we do not receive or cash the check this year, you will still receive a deduction in the year that you mailed the check?

Consider an IRA Rollover Gift, which is a charitable gift made by the owner of an IRA directly to a charity. If you are age 70½ or older, making direct charitable gifts from your IRA, up to $100,000 per year, is often the best way to give. It is easy to do! Simply contact your IRA custodian to initiate the process. In addition, IRA charitable rollover gifts are not reportable as taxable income.

How Gifts of Cash Can Benefit You

- Your gift can be put to immediate use to further our programs and activities.
- You may benefit from a charitable income tax deduction and tax savings. An individual who makes a gift to a qualified charity may take this deduction if they itemize their deductions when filing their income tax return.
- North Dakota residents may receive a state tax credit for a contribution for $5,000 or more (lump sum or aggregate in one year) to a qualified North Dakota endowment. The tax credit is 40 percent of the charitable deduction allowed. Thus, IRS up to a maximum credit of $10,000 per year per taxpayer or $20,000 per year per couple filing jointly. Additionally, businesses (C corporations, S corporations, estates, limited liability companies, trusts, and financial institutions) that pay N.D. income tax may take a 40 percent credit up to a total of $10,000 for gifts to the qualified endowment fund of a qualified North Dakota charity. All of Trinity Health Foundation’s endowment funds are qualified under this law. The tax credit may be carried forward for three additional tax years if it cannot all be used in one year.

Please consider a donation today to Trinity Health Foundation to help us further our important work. Your gift to us can make a difference in the health and wellness of you, a family member, loved one, friend, neighbor, staff member, or co-worker.

If you have any questions about our most immediate needs and how a gift of cash can make a meaningful impact, please contact us. We would be pleased to assist you and answer any questions that you have.

Trinity Health Foundation is located at Trinity Hospital – St. Joseph’s, 407 5th St SE, Minot. For more information, please call Al Eron at 701-857-5432 or Cody McManigal at 701-857-2340.

For more information, visit the Foundation’s website at: trinityhealth.org/foundation/
Avoid Major Errors in Planning Your Estate

Everyone looks forward to the new year and its promise of new opportunities. Did you know the eld year might also yield rewarding results? As you look ahead, consider some year-end decisions that can make a big difference, not just for the new year, but for years to come. There are many pitfalls to avoid when planning your estate. Poor planning is one of them and can result from a mere omission in assets or failure to plan. Another pitfall can involve making the wrong decisions about how to transfer your assets. Many investment accounts allow for the transfer of assets to beneficiaries of your estate.

Our bequest language for purposes of state “intestacy laws” typically leaves a family, but you have no say in how your property is divided or who gets what. State “intestacy laws” typically leaves a percentage of your estate to your family, but you have no say in how your property is divided or who gets what. Make sure you create a plan so that your lifetime intentions are carried out. Legal Help

Error #1: You don’t have a plan

Many people don’t realize they need a plan. As a result, they fail to make a will or create a plan during their lifetime. Nearly 70 percent of adults in America do not have a will. Not having a plan means that the distribution of your assets will be dictated by your state’s law. State “intestacy laws” typically leaves a percentage of your estate to your family, but you have no say in how your property is divided or who gets what. Make sure you create a plan so that your lifetime intentions are carried out. Legal Help

Error #2: Using Online DIY for Legal Help

Because the Internet makes it seem easy to prepare a will or trust online, many people do not feel the need to consult an attorney in their planning. However, these “do it yourself” plans often fail to consider variations in state law. Worse, many of these plans would not hold up legally if there was a change in federal tax law. For these reasons, it is important to use an experienced estate planning attorney when creating your plan.

Please contact us if you would like to be referred to a qualified attorney who can help you achieve your goals.

Error #3: Failure to Properly Designate Beneficiaries

Have you designated beneficiaries for all your assets? If so, have you reviewed your designations recently? Most investment accounts allow for the designation of a beneficiary (IRAs, 401(k)s and company plans). Because beneficiary designations absolutely control who receives your assets, it’s important to periodically review your designations. Please contact us if you or your attorney would like a copy of our bequest language for purposes of designating our organization as a beneficiary of your estate.

Error #4: Failure to Maximize Annual Gifts

Gifiting your property during your life is perhaps the oldest and best way to minimize future estate taxes. Many people fail to realize the prudence of making annual exclusion gifts each year to family members. Over the long run, you can transfer significant sums of money out of your estate and reduce your taxes. There are also strategies such as charitable lead trusts that can help you leverage your exemptions and allow you to give even more. To be even more creative, you can explore at your own time in the resources and planning tools that you create. These free resources can help you create a plan that maximizes your gifts to your family in addition to helping the causes and charities you support, like Trinity Health Foundation, further their mission. Plus, if you are a North Dakota resident, the state offers a Tax Credit for Planned or Deferred Gifts. North Dakota residents may make a qualified deferred gift to a qualified North Dakota nonprofit organization, like Trinity Health Foundation. The tax credit is 40 percent of the charitable deduction allowed by the IRS up to a maximum of $10,000 per year per taxpayer or $20,000 per year per couple filing jointly. The tax credit may be carried forward for three additional tax years if it cannot all be used in one year.

Error #5: Failure to Take Advantage of the Gift Exemption

Above and beyond the annual exclusion gift limit, you are permitted to make gifts during your life up to the federal gift exemption amount without owing any gift tax. Making lifetime gifts is a simple and effective way to minimize estate taxes and to make advantage of the current generous gift exemption before it expires.

Trinity Health Foundation can help you avoid these errors.

To assist you in planning your estate, Trinity Health Foundation can provide you with a free estate planning guide. You can request this guide by calling the Foundation at 701-857-5432, or e-mailing foundation@trinityhealth.org. You may also visit Trinity Health Foundation’s Planned Giving Website.

To learn more about creative ways to help family and charity while reducing your taxes, visit Trinity Health Foundation’s Planned Giving Website.

Trinity Welcomes Cardiothoracic Surgeon

A member of our heart and lung team, Michael Savitt, MD, MSE, is a cardiothoracic surgeon with over 20 years of surgical experience. His expertise covers a broad range of innovative and minimally invasive techniques for coronary bypass and valve surgery including transcatheter aortic valve replacement (TAVR). He is also an expert in lung resection and surgical treatment of lung and esophageal cancers.

A Milwaukee native, Dr. Savitt earned his medical degree and Master of Science in Engineering from Duke University and completed his surgical residency at the University of California at San Francisco, where he served as chief surgical resident. He accepted his cardiothoracic surgery fellowship at the University of Minnesota and later returned to Duke for a clinical lung transplant fellowship. Dr. Savitt has maintained a dynamic practice at heart and lung centers in the Midwest. Most recently, he served as a cardiothoracic surgeon and associate clinical professor at IU Health Ball Memorial Hospital in association with Indiana University School of Medicine. He is board certified by the American Board of Cardiothoracic Surgery.

A member of the Society of Thoracic Surgeons and the Western Thoracic Surgical Association, Dr. Savitt has been a frequent lecturer on cardiothoracic topics and has authored numerous manuscripts for various medical journals.

Dr. Savitt is based at Health Center – West, 101 3rd Ave SW, Ste 202, Minot.

Michael Savitt, MD, MSE

857-DR4U

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.

In Recognition

continued from page 5

In memory of Julius & Florence Steffen

Jerry Steffen

In memory of Madonna Harmon

Cassandra Harmon

In memory of Robin Borud

Jamey Stone

TRINITY HOMES

In memory of DelRay Bangen

Monica Bangen

TRINITY REGIONAL EYECARE

Mildred Rothgang

TRINITY SWELLSDALE

Jerry Ray

Sandra Haugen

In memory of Caroline Wittmayer

Harvey & Diane Wittmayer

VERHEY CRITICAL CARE ENDOWMENT

Wesley Hagen

In honor of Jeffrey Verhey, MD & Janelle Verhey

Heidi & Jamie Jemmer

857-DR4U

Physician Referral Service
Ryan Chevrolet Donates to Foundation

Trinity Health Foundation wishes to thank Ryan Chevrolet, their staff members, and the members of the community who participated in the drive-thru pancake breakfast on October 24, 2020.

Through the pancake breakfast and employee donations, more than $11,600 was raised for Trinity Health’s Cancer Exercise Rehabilitation Program, which will enable patients to participate in an exercise program that assists them emotionally, mentally, and spiritually. This program is not covered by any form of insurance. However, because we believe so strongly in this aftercare program for patients with a diagnosis of cancer, we provide them with the ability to participate in the Cancer Exercise Rehabilitation Program at no charge to them,” said Al Evon, director of Trinity Health Foundation. “All costs of the program are covered through the funds that we raise.”

To date, more than 600 patients have benefited from this program.

Foundation Giving Guide

The Trinity Health Foundation can be used as a vehicle for donors to make gifts up to $120,000 that provide a tax benefit to the donor of the lives of others. The generous gifts made to Trinity Health Foundation provide financial assistance for patient care, equipment and facility upgrades, as well as continuing education and training to improve patient care and safety.

The amounts listed by each item in this giving guide are suggestions. Donors can work with staff toward these initial guidance campaigns.

CancerCare Cottage

Made possible through the generosity of a North Dakota family whose wife and mother were both treated for cancer, the Cottage offers a welcoming and caring place for out-of-town cancer patients and families. It provides a place to stay while receiving treatment at the CancerCare Center. On average, 20 families use the cottage per year and stay in it one to three nights away from home for four to six weeks at a time. Each gift of $35 provides one week’s stay for a cancer patient and family currently going through treatment.

Horn of Plenty Turkey Drive

In partnership with KHRM and the Horn of Plenty, Ryan Chevrolet donates funds to provide a turkey, as well as perishable and non-perishable food, to families in need during the holidays. The goal is to provide a week’s worth of food to each family. Last year, more than 330 families participated in the program at this critical time of the year. Each gift of $15 will purchase a turkey for a family, and each gift of $45 will provide an entire week’s worth of food.

Fuel the Fight

More than 50 percent of the patients served at Trinity Health’s CancerCare Center and Research Institute are at least 50 miles from the hospital. The cost of this commute can become a financial burden when a patient must travel to the hospital for treatment over a period of weeks. To assist patients who demonstrate a financial need, Trinity Health partners with the CancerCare Center to provide fuel vouchers to patients. Each gift of $15 will provide a fuel voucher for an oncology patient.

Community Ambulance Service

Community Ambulance Service responds to calls that require providing appropriate care and service to individuals representing a broad spectrum of age, height, and weight. Therefore, specialized equipment and credentials needed to prepare for any situation they may encounter. That preparation including equipment and specialized staff training is especially important during a pandemic like COVID-19. This fund supports special equipment development, acquisition of critical care equipment, acquisition of critical care medical transport equipment for NorthStar Criticair, and other purchases that are vital to the operation of the Critical Care transport services provided by Trinity Criticair. Each gift of $100 will help support critical care transport services.

Serving Screening

When a baby is born, it is relatively helpless. The child relies on others to take care of it. However, infants can’t tell us what they hear or whether they even hear at all. Trinity Health handles 3,100 to 5,000 births per year, and Trinity Hospital--Lincoln Medical Department tests each infant born if needed, a follow-up test is administered 2 to 3 weeks later at the Ear, Nose, and Throat (ENT) clinic. The age range of those tested ranges from premature to newborn --- 30 weeks gestation --- at 2 to 3 weeks. On average, five families that Trinity Health serves per year are impacted with permanent hearing loss.

Horn of Plenty Turkey Drive

This fund helps to provide the growing support and success of Critical Care programs at Trinity Health. The Critical Care Cottage is a valuable and exceptionally important during a pandemic like COVID-19. The fund supports special equipment development, acquisition of critical care equipment, acquisition of critical care medical transport equipment for NorthStar Criticair, and other purchases that are vital to the operation of the Critical Care transport services provided by Trinity Criticair. Each gift of $100 will help support critical care transport services.

Nursing Scholarship Endowment

By your gifts, United States will face a shortage of 1,000,000 nurses! That shortage could have a devastating effect on healthcare. Trinity Health Foundation is building a vibrant and talented pool of nurses.

Our goal is to increase the fund so that more students can receive financial help as they pursue their dream of becoming a nurse. By helping these future nurses obtain their education today, you are impacting the lives of patients and daily improve the health and wellness of our region.

Thanks to a generous gift, all gifts of $45 will be doubled until the matching gift is exhausted.

Cancer Exercise Rehab Program

The Cancer Exercise Rehabilitation Program provides clinical exercise and conditioning for cancer patients and survivors to help them gain strength and resilience. The primary goals of the program are to help individuals build muscle mass, muscle strength and endurance, improve heart health, increase energy levels, mood, body image, and self-esteem. This program matches individual therapy side effects, preventing unwanted weight changes, and improving overall quality of life. Each gift of $50 will provide funding for one patient to complete the program.

To donate to the Trinity Health Foundation, visit trinityhealth.org/foundation/donate-to-the-foundation/.
Mindful Eating: Think Before You Chew

This holiday season may seem daunting, but it may be helpful to take a moment to look at our eating habits. We may have become mindless with our food choices. Did you know you were born knowing exactly how much to eat? Hunger is your body’s way of telling you you need fuel. You may have learned to ignore that feeling eating along the way, so we eat until we are stuffed. Perhaps we are a member of the “clean plate club” or eat all your dinner if you want dessert, instead of stopping when we have had enough. Reconnecting with our hunger and fullness signals helps us be more mindful.

Mindfulness is often defined as deliberately paying attention, both internally and externally. Mindfulness is being aware of what is present mentally, emotionally, and physically in each moment. Mindful eating is allowing yourself to become aware of what food has to offer, through growing, preparing, and consuming. The food we choose to eat should be both nourishing and nourishing to our body by using all of our senses to see, smell, and taste. Someone who eats mindfully acknowledges there is no magic in eating. We can give mindful eating a try and see if we can become more mindful with our eating habits.

If you are not aware of your hunger or fullness, there may be some tools for you to try. Some people use an eating awareness journal to assess your hunger and fullness rating using a scale of zero to 10, with zero meaning your body is hungry and 10 meaning you are starving, five meaning neutral and after you eat. After eating, rate the scale should be used prior to eating and after eating the numbers 5-10 after eating. The 0-5 side of the scale should be used when you are hungry, five meaning neutral and fullness is being aware of what is present internally and externally. Mindfulness is being aware of what is present mentally, emotionally, and physically in each moment. Mindful eating is allowing yourself to become aware of what food has to offer, through growing, preparing, and consuming. The food we choose to eat should be both nourishing and nourishing to our body by using all of our senses to see, smell, and taste. Someone who eats mindfully acknowledges there is no magic in eating. We can give mindful eating a try and see if we can become more mindful with our eating habits.

Start working on your eating awareness with these simple steps. Prior to asking yourself, “Am I physically hungry?” Or, “Am I eating out of habit, or do I feel anxious, depressed, lonely, sad, tired, or bored?”

Use the hunger scale to rate your physical hunger level on a scale from 0-10. The scale ranges from not hungry (0) to very uncomfortably full. The 0-5 side of the scale is used when you are hungry, five meaning neutral and fullness is being aware of what is present internally and externally. Mindfulness is being aware of what is present mentally, emotionally, and physically in each moment. Mindful eating is allowing yourself to become aware of what food has to offer, through growing, preparing, and consuming. The food we choose to eat should be both nourishing and nourishing to our body by using all of our senses to see, smell, and taste. Someone who eats mindfully acknowledges there is no magic in eating. We can give mindful eating a try and see if we can become more mindful with our eating habits.

Try these simple recipes this holiday season. They are full of flavors, textures, and visually colorful. Now you can give mindful eating a try and see if you can become more mindful with your eating habits.

Grape and Yogurt Salad

Ingredients:
• 2 lbs. seedless grapes, washed and cut in halves
• 4 oz. neufchatel cream cheese, softened
• 1/2 cup non-fat vanilla Greek yogurt
• 1 tsp. brown sugar
• 1/2 cup unsalted almonds

Instructions:
1. In a large bowl, beat the cream cheese, yogurt, and brown sugar until blended. Add grapes and toss until evenly coated.
2. Top with brown sugar and walnuts. Cover and refrigerate until serving.

Prepared Childbirth Classes

December 12, 2020; January 2, February 6, and March 13, 2021

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. The classes will be held virtually.

Breastfeeding Basics

December 10, 2020; January 4, February 11, and March 11, 2021

Learn about all things breastfeeding: positions, latch, skin-to-skin contact, how to know when baby is getting enough, and more! Enrollment is limited. Registration is required. The classes will be held virtually.

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 701-285-2352. Sign up for classes at: trinityhealth.org/familybirth_registration.

The Centers for Disease Control and Prevention recommend 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.

For the latest updates, check online at trinityhealth.org/events for up-to-date calendar changes.