

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.

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MaskUP

Save lives!



Winter is a Time for Snow, Ice, and Injuries

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 that burn fuel 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.



Amber Emerson, RN
Injury Prevention Specialist



Paying Attention to ADHD

Attention Deficit Hyperactivity Disorder, or ADHD, is defined by the National Institute of Mental Health as a disorder marked "by ongoing pattern of inattention and/or hyperactivity-impulsivity that interferes with functioning or development."

The American Psychiatric Association estimates that 8.4 percent of children, as well as 2.5 percent of adults, have ADHD. It is often identified in school-aged children at a time when they may have trouble paying attention, controlling impulsive behaviors, or being overly active.

Children that have ADHD tend to be hyperactive, explained William A. Sisa, MD, a pediatrician with Trinity Health. "They are very impulsive and sometimes they don't pay attention."



William Sisa, MD
Pediatrics

MASKS & FACE COVERINGS

DON'T:

Leave your nose uncovered

Leave your chin uncovered

Leave excess room around your nose, chin or cheeks

Remove your mask to talk or "store" it under your chin

Modify your mask or use masks with any openings

DO:

1. Extend the bottom of the mask under your chin

2. Make sure the top of the mask sits on the bridge of your nose

3. Ensure there are no gaps along your cheeks

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Winter Injury

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“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.



Kevin Franks, DO

Emergency Medicine

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.

☐ Battery-powered radio

☐ Manual can opener

☐ Battery-powered clock

☐ Paper plates, cups, and plastic utensils

☐ Cellular phone

☐ One gallon of water per person per day, allowing enough for four days

☐ First-aid kit

☐ Flashlights and batteries

☐ Four-day supply of prescription medicines

☐

☐ Blanket and cold weather clothing for each family member

☐

☐ Pet food and additional water for household pets

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.



Christian Eby, MD

A graduate of Finch University of Health Sciences/The Chicago Medical School, 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, SD. 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.



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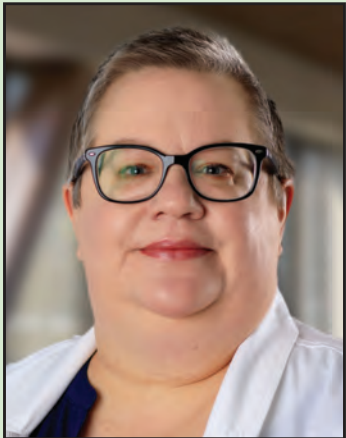
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Minot, ND 58701
Toll free in ND: 800-247-1316

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Trinity Health Welcomes Psychiatrist

Christine Hanson, PMHNP-BC, is a board-certified psychiatric mental health nurse practitioner and a member of our outpatient Behavioral Health Services team. With experience in both emergency medicine and psychiatry, she offers care to adults of all ages dealing with a broad range of mental health



Christine Hanson, PMHNP-BC

issues, from addiction to depression and anxiety. A native of Winnipeg, Manitoba, Canada, Christine earned her Associate of Science in Nursing from Northland Community and Technical College in East Grand Forks, MN. She completed her Master of Science in Psychiatric Mental Health Nursing at Frontier Nursing University, Hyden, KY. Prior to earning her master’s she practiced at hospitals in Fargo and Grand Forks for 10 years. Most recently she was associated with Sanford Health System in East Grand Forks and Hillsboro. Christine is a member of Sigma Theta Tau and the American Psychiatric Nurses Association.

When she is not engaged in her profession, she enjoys spending time with her husband, Des Lacs native Bruce Hanson, their son, and dogs.

Christine is based at Trinity Hospital – St. Joseph’s.



McKayla Kautzman, a senior student with the Trinity Health Radiologic Technology Program, was recently awarded the annual Michelle Keller Scholarship. With her are Michelle Bratton, program director, and Jim Coffin, director of radiology at Trinity Health.

Rad Tech Student Awarded Scholarship

McKayla Kautzman, a senior student with the Trinity Health Radiologic Technology Program, was recently presented with the annual Michelle Keller Scholarship.

The Michelle Keller Scholarship was established in 1992 by former Trinity radiologist Kenneth Keller, MD, in memory of Michelle, a respected employee, program director, and educator with the program. To compete for the scholarship, senior radiology students prepare scientific research papers that are judged anonymously. Kautzman’s winning paper was titled “Alzheimer’s Disease: The Deteriorating Effects.”

“The four senior students will also submit their papers to the NDSRT for its annual scientific research paper contest for an opportunity to present their topics at the state conference and compete for awards,” explained Michelle Bratton, current director of the program.

The Trinity Health Radiologic Technology Program is currently accepting applications for radiologic technology students now through January 1, 2021, with the next class starting in June 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/. 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 at 701-857-2316 or michelle.bratton@trinityhealth.org.

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 careless 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.

Pediatricians use the NICHQ (National Institute for Children’s Health Quality) Vanderbilt Assessment Scales to help diagnosis ADHD. Two copies of the form 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 intervention therapy 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 medication may be 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 one after the other. Those conditions include anxiety, autism spectrum disorders, depression, eating disorders, obsessive compulsive disorder (OCD), post-traumatic stress disorder (PTSD). “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 focusing on a task
- Trouble multitasking
- Excessive activity or restlessness
- Poor planning
- Low frustration tolerance
- Frequent mood swings
- Problems 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; Katharyn Burgardt, FNP-C; Ann Cadwalader, MD; Michael Holland, MD; Frederick Jones, MD; Friday Osuala, MD; Diana Peterson, MD; William A. Sisa, MD; Anthony Udekwe, MD; and Ndu David Ugobi, MD, are located at Health Center – Medical Arts, 400 Burdick Expy E, Minot. For appointments or consultations, please call at 701-875-5413. Thomas Carver, DO, and Allison Lesmann, 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.

Trinity Welcomes Infection Prevention and Control Coordinator

Trinity Health is pleased to welcome Michele Landry, RN, BSN, into the role of Infection Prevention and Control Coordinator.

Michele has an extensive public health background with the Virginia Health Department and was deeply involved with COVID -19 contact tracing and investigation. She loves working in public health and is a steward for infection prevention, communicable disease research and education, and a complete epidemiology aspect.

Prior to her public health experience, Michele worked as a home health nurse and on a progressive care unit.

Michele will be orientating and training closely with Sue Niebuhr, RN, who was the preceding Infection Prevention and Control Coordinator. Sue is preparing for retirement but has graciously agreed to stay on part time until the end of 2020.



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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 at bedside.
- **COVID-Positive Pediatric Patients:** 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 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 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 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 must 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 with each 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, Velva, 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 MAY 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 shore 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.



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 qualified 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 by the 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 ND 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 3rd St SE, Minot. For more information, please call Al Evon at 701-857-5432 or Cody McManigal at 701-857-2340.

For more information, visit the Foundation’s website at: trinityhealth.org/foundation/

Community Kindness



Melissa Weddell and Desire’e Steinberger, members of Trinity Health’s Community Kindness committee, accept a check from Tyrel Erickson, a member of the board with American Petroleum Institute Bakken Chapter, on November 18. The check was donated as an act of Community Kindness to help defray costs of meals for Trinity Health employees during the COVID-19 pandemic.

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 July 1, 2020, to September 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.

CANCER EXERCISE REHABILITATION PROGRAM In memory of My Mom, Theresa! Kristina Wolflick	CARDIOPULMONARY REHAB Canadian Pacific	SRT Communications, Inc. Star City Golf Course Tom Swantko Uncle Maddio's Pizza Vizient, Inc.	ND QUILTS North Dakota Department of Health
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In memory of Irene Reischke Melba Mogren	COMPASSIONATE FRIENDS Thomas Family Funeral Home	HEARING SCREENER Brenda & Ray Lakoduk	In memory of Audrey Sidener Ronald & Linda Garcia
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Avoid Major Errors in Planning Your Estate

Everyone looks forward to the new year and its promise of new opportunities. Did you know the old year might also yield rewarding returns? 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 to the people and organizations who mean the most to you. Here are five common mistakes to avoid in estate planning that will help you recognize the costly errors that could impact your family and your estate.

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 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.

Error # 2: Using Online DIY for Legal Help
Because the Internet makes it seem easy to prepare a will or trust online, some 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 were 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
Gifting 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 learn more about creative ways to help family and charity while reducing your taxes, visit Trinity Health Foundation’s Planned Giving Website.

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 tax. Be sure to take 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, <https://trinityhealthnd.giftlegacy.com>, where we have placed many **free** resources and planning tools that you can explore at your own time in the privacy of your home, or in conjunction with your attorney, CPA, or Financial Advisor.

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.

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.



Michael Savitt, MD, MSE

A Milwaukee native, Dr. Savitt earned his medical degree and Master of Science in Engineering from Duke University. He completed his surgical residency at the University of California at San Francisco, where he served as chief surgical resident. He accomplished his cardiothoracic surgery fellowship at the University of Minnesota and later returned to Duke for a clinical lung transplant sabbatical. 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 Ball Memorial Hospital in association with Indiana University School of Medicine. He is board certified by the American Board of Thoracic 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.



TRINITY
HEALTH

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857-DR4U

Physician Referral Service

Let our staff help you select a healthcare provider right for you.

Please feel free to leave a message after hours and your call will be returned the next regular business day, or email us anytime at DR4U@trinityhealth.org

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
James Sundley

TRINITY HOMES
In memory of DelRay Bangen
Monica Bangen

TRINITY REGIONAL EYECARE
Mildred Rothgarn

TRINITY TURKEY DRIVE
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 Bender

Trinity Welcomes Pediatrician

William Sisa, MD, is a pediatrician, dedicated to providing holistic care that promotes the well-being of children, adolescents, and their families. He is specially trained to manage the full range of children’s physical, mental, and emotional health problems, including acute and chronic conditions, behavioral difficulties, and developmental disorders.



William Sisa, MD

Dr. Sisa earned his Doctor of Medicine degree from St. George’s University School of Medicine, Grenada, and completed his pediatric residency at Lincoln Medical and Mental Health Center, a teaching hospital affiliated with Weill Cornell Medical College in New York City.

Dr. Sisa grew up in Ghana, where he won the Presidential Award for being the best student from one of the 10 regions in Ghana at the Junior High School level, after which he proceeded to Major in Science at the best high schools in Ghana (Presby Boys Secondary, Legon). Upon completion of high school, he started a remedial school in his home town which is currently a high school in Ghana.

He proceeded to the University of Ghana where he majored in Chemistry. Upon arrival in the United States, he worked as a quality control chemist at NicePak PDI helping to develop some of the HPLC methods used to test the Super Sani Wipe the most popular hospital disinfectant used in hospitals in the United States. Dr. Sisa was pursuing a graduate Studies in Biochemistry at The City University of NY before he decided to pursue medicine at the St. George’s University School Medicine.

During clinical years in NYC, he got interested in teaching and mentoring of high school students in the science field and completed several hours of volunteer work teaching. During residency, he participated in various research projects and had one of his research topics presented at the Society Academy of Emergency Medicine (SAEM) 2020 Conference in Washington, DC.

He loves driving, playing volleyball, and soccer.

Dr. Sisa’s office is located at Health Center – Medical Arts, 400 Burdick Expy E, Minot. For appointments or consultations, please call 701-857-5413.

Foundation Giving Guide

The Trinity Health Foundation can be used as a vehicle for donors to use to make a difference in the lives of others. The generous gifts made to Trinity Health Foundation provide financial assistance and programs for patients, 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 gifting guide are suggestions. Donations of any amount are welcome toward these current initiatives.

Generosity Card

Sometimes having a loved one admitted to the hospital may not be a visitor’s only concern. There are times when family members, especially those who need to be here for several days, do not have enough money for food. That is where a Generosity Card can make a big difference. As case managers meet with families to assess their needs, they provide these cards and help those in need receive a nutritious meal. Each gift of \$10 provides a meal at the Hospital Cafeteria for a family member visiting a loved one.

CancerCare Cottage

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

Horn of Plenty Turkey Drive

In partnership with KHRT and the Horn of Plenty, Trinity Health Foundation raises funds to provide a turkey, as well as perishable and non-perishable food, to families in need each Christmas. The goal is to provide a week’s worth of food to each family. Last year, more than 300 families received gift baskets 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 box of food.

Fuel the Fight

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

Community Ambulance Service

Community Ambulance Service responds to 10,000 calls per year, providing appropriate care and service to individuals representing a broad spectrum of age, height, and weight. Therefore, the ambulance crew needs to be prepared for any situation they may encounter. That preparation includes making sure that each emergency vehicle has the proper equipment such as pediatric restraints that assist in the transport of children, and a stair pro that assists in carrying patients down stairs when no elevators are accessible. Each gift of \$50 will assist in providing equipment for Community Ambulance.

Guest House

Made possible by the generosity of a caring Minot family, this facility provides families a place where they can rest and relax in peace, knowing that their hospitalized loved ones are

only a few steps away. Approximately 750 visitors per year stay in this facility. Each gift of \$90 provides a three-night stay for a family member visiting a loved one.

Verhey Critical Care Endowment

This fund is utilized for the ongoing improvement and success of Critical Care programs at Trinity Health. The Critical Care programs are especially important during a pandemic like COVID-19. The fund supports specialized staff training and development, acquisition of critical care equipment, acquisition of critical care medical air transport equipment for NorthStar Criticair, and other purchases that are vital to the operation of the Critical Care services provided by Trinity Health. Each gift of \$100 will help support critical care needs.

Hearing Screener

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 1,300 to 1,500 births per year, and Trinity Health’s Neurodiagnostic Department tests each infant born. If needed, a follow-up test is administered two weeks later at the Ear, Nose, and Throat (ENT) clinic. The age range of those tested ranges from premature (30 weeks gestation) to two weeks old. On average, five families that Trinity Health serves per year are impacted with permanent hearing loss.

Trinity Health Foundation would like to purchase a new hearing screener that can perform all the hearing tests offered for newborns and infants at Trinity Health. The total cost of this equipment is \$22,145. Each gift of \$100 will help obtain this equipment.

Nursing Scholarship Endowment

By 2024, the 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. In the past four years, we have awarded \$145,000 in scholarships to 43 nursing students. Our goal is to increase the fund so that even more students can receive financial help as they pursue their dream of becoming a nurse. By helping these future nurses obtain their education, your gift will impact the lives of patients daily and improve the health and wellness of our region. Each gift of \$100 will help provide scholarships to deserving students. Thanks to a generous gift, all donations up to \$75,000 will be doubled until the matching gift is exhausted.

Cancer Exercise Rehab Program

The Cancer Exercise Rehab 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, cardio-respiratory capacity, flexibility, and improve functional ability. Secondary goals include reducing the severity of therapy side effects, preventing unwanted weight changes, and improving quality of sleep, energy levels, mood, body image, and self-esteem. This program matches participants with a personal trainer for up to 12 weeks and is not covered by any insurance. In 10 years, more than 580 patients have completed this program at no cost to them. Each gift of \$500 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/.



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-through 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.

Mindful Eating: Think Before You Chew

This holiday season may seem different, and it may be helpful to take a moment to look at our eating habits. We may have become mindless with our sense of hunger. Did you know you were born knowing exactly how much to eat? Hunger is your body’s way of telling you that you need fuel. We may have learned to ignore that feeling 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 pleasing and nourishing to our body by using all of our senses to see, smell, and taste. Someone who eats mindfully acknowledges there is no right or wrong with their eating styles.

If you are not aware of your hunger or full feeling, there may be some tools for you to try. Some people use an eating awareness journal to assess their hunger and fullness rating using a scale of zero to 10, with zero meaning you are starving, five meaning neutral (not hungry or full), and 10 meaning very uncomfortably full. The 0-5 side of the scale should be used prior to eating and use the numbers 5-10 after eating. Using this scale can help people understand their hunger and fullness awareness visually.

One experiment you can try is the “Eating One Raisin: A First Taste of Mindfulness” exercise. Take one raisin, first hold it in your hand, look at it, imagine that you are viewing it for the first time in your life. Take time to see it, explore the highlights and the hollows, folds and ridges. Turn the

raisin over between your fingers, explore its texture and maybe do so with your eyes closed to enhance your sense of touch. Hold the raisin beneath your nose, and smell the aroma, notice if anything happens in your mouth or stomach. Slowly bring the raisin to your lips and notice how you are positioning it. Place it in your mouth, without chewing, and notice how your mouth is exploring it with your tongue. Prepare to chew the raisin, notice how and where it needs to be to chew. Take one or two bites and notice the experience of taste as you chew. Without swallowing yet, notice the sensation of the taste and texture and how it may change over time as the object changes in your mouth. When ready to swallow, see if you can detect the intention to swallow so it is experienced consciously before you actually swallow the raisin. Finally, see if you can feel what is left of the raisin moving down into your stomach, and sense how the body as a whole is feeling. (Source: *The Mindful Way Through Depression: Freeing yourself from Chronic Unhappiness.*)

Start working on your eating awareness with these simple steps. Prior to eating, ask yourself, “Am I physically hungry?” Or, “Am I eating out of habit, or do I feel anxious, stressed, lonely, sad, tired, or bored?” Use the hunger scale to rate your physical hunger level on a scale from 0-5. Eat slowly, sitting down, without distractions, and be aware. Consider keeping a food log and track the amount of food eaten. Record mood, thoughts, and feelings before, during, and after you eat. After eating, rate your physical fullness level on a scale of 5-10.

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 tbsp. brown sugar
- 1-1/2 tbsp. walnuts

Instructions:

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

Per ¾ cup serving size, 12 servings per recipe: 90 calories; protein 2g; carbohydrates 17g; fat 3g; Adapted from: CCE Chenango County SNAP-Ed

Healthier Stuffed Peppers

Ingredients

- ½ cup brown rice
- 1 cup water
- 1 pound lean ground beef
- 2 cloves garlic, minced
- 1 onion, chopped
- 2 green bell peppers
- 2 red bell peppers
- 2 yellow bell peppers
- 2 (8 ounce) cans natural tomato sauce
- 1 tablespoon Worcestershire sauce
- salt and ground black pepper to taste
- 1 teaspoon Italian seasoning
- ¼ cup grated Parmesan cheese, optional

Instructions:

1. Preheat oven to 350 degrees F (175 degrees C).
2. Bring brown rice and water to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until rice is tender and liquid has been absorbed, 45 to 50 minutes.
3. Cook and stir beef, garlic, and onion in a skillet over medium heat until meat is evenly browned and onion is softened, about 5 minutes.
4. Remove and discard the tops, seeds, and membranes of the green, red, and yellow bell peppers. Arrange peppers in a baking dish with the hollowed sides facing upward. Slice the bottoms off the peppers if necessary so that they stand upright.
5. Mix the browned beef, cooked rice, one can of the tomato sauce, Worcestershire sauce, salt, and pepper in a bowl. Spoon an equal amount of the mixture into each hollowed pepper. Mix the remaining tomato sauce and Italian seasoning in a bowl, and pour over the stuffed peppers.
6. Bake in the preheated oven, basting with sauce every 15 minutes, until the peppers are tender, about one hour. Sprinkle the peppers with grated Parmesan cheese after baking.

Nutrition Facts: Serving Size: ½ pepper: 6 servings per recipe: 291 calories; protein 19g; carbohydrates 29g; fat 11g; cholesterol 52.5mg; sodium 548.8mg. Adapted from Allrecipes.com

COMMUNITY CALENDAR

For the latest updates, check online at trinityhealth.org

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

Mobile Mammography

December 2	Crosby Clinic, 965-6349
December 3	Tioga Clinic, 664-3368
December 4.....	Trinity Community Clinic – Mohall, 756-6841 Kenmare Hospital (p.m.), 385-4296
December 7	CHI – Devils Lake, 662-8662
December 8	Trinity Community Clinic – Velva, 338-2066

Events

- December 5** — The Trinity Health Auxiliary will host a Pop-Up Christmas Shop at the Clarion Hotel, 2200 Burdick Expy E, Minot, from 9:00 a.m. to 5:00 p.m. This is a fundraiser for the Trinity Health Auxiliary and Hearts Club, who dedicate their volunteer time and financial resources to enhance the overall mission of Trinity Health. Masks and social distancing are required. For more information, please call 701-857-5221.
- December 8** — Join a Trinity Health clinical dietitian as they host a cooking class, “Recipes for 1 or 2,” starting at 2:00 p.m., at the Trinity Health Community Conference Room, located at Health Center - Town & Country, 1015 S Broadway, Minot. The fee for the class is \$10. Reservations are required, so please RSVP by calling 701-857-5268.

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 14, February 11, and March 11, 2021
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. 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 701-857-2352. 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.