

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 vaccine updates.

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## Trinity Health Earns Blue Distinction for Maternity Care

Trinity Hospital has again been recognized by Blue Cross Blue Shield of North Dakota as a Blue Distinction® Center for Maternity Care.

The hospital earned the Blue Distinction Center+ (Plus) designation, which signifies that Trinity’s maternity care is not only high quality but also cost-effective.

Facilities eligible for Blue Distinction must meet rigorous standards and show statistically significant differences in key clinical outcomes compared to their peers.

Kathy Schaefer, Director of Trinity’s Women’s and Children’s Services, says this latest recognition shows that Trinity Health is committed to providing quality care for women and newborns. “This designation is a tribute to everyone involved in our maternity care programs,” she said. “It’s their passion and expertise that continually drive us toward improving our delivery of safe, effective care for mothers and babies in our region.”

Among the criteria met by Trinity Health:

- Having a maternal quality improvement program

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## Western Dakota Gains CT Scanner

### Services at Williston Clinic Expand

The addition of a Philips Incisive 128-slice CT scanner will afford patients at Trinity Community Clinic – Western Dakota more opportunities for quality healthcare.

The computed tomography (CT) scanner uses digital detectors and an X-ray tube, along with computers, to create cross-sectional images of the body, thus creating images with more detail than normal X-ray images. CT images can show soft tissues, blood vessels, and bones in various parts of the body. Anatomy can be seen in three different planes.

This technology, which was installed at the Williston clinic in early April, will make it easier for patients, who will no longer need to travel elsewhere for CT imaging services, explained Tessah Richardson, clinic director at Western Dakota. Scheduling will be better, which will get patients appointments more quickly, she added. “It will also give us the opportunity to do pretty much everything Trinity Health in Minot does with CT.”

“We’ll be able to offer patients in the Williston region lung screening, calcium scoring, coronary artery evaluation, and more, just like we do here in Minot,” added Jim Coffin, RT(R), CT, ARRT, director of imaging services at Trinity Health, noting that the CT scanner has the capability of scanning “any anatomical structure” on the body.

With the CT scanner, providers at Western Dakota will be able to offer a continuity of care for patients who can come to the clinic, have the procedure performed by clinic staff, and then have the results read and interpreted by Trinity Health radiologists, Coffin explained. “In body imaging, CT scanners have become the backbone of radiology departments because of the speed, accuracy, and ability to utilize an ongoing technology that continues to improve.”

With the recent purchase of this CT scanner, the clinic can now offer the same list of MyChoice Health Checks that Trinity Health offers in Minot. MyChoice Health Checks are self-referred. (Cardiac imaging studies need to be approved by the radiology nurse practitioner.)

The MyChoice Health Checks include:

- **Abdominal Aneurysm:** Abdominal Aortic Aneurysm (AAA) is when the aorta, the largest artery in the body stretches and balloons in the abdomen, possibly rupturing. Symptoms can include abdominal pain or back pain that is severe, sudden, or constant; clammy skin; dizziness; nausea and vomiting; or rapid heart rate.
- **Stroke:** For those at risk of stroke or heart disease, or who have a family history of stroke or heart disease, the Carotid Artery Disease screening looks for build-up of plaque in the carotid arteries. Symptoms can include sudden severe headache, dizziness, blurred vision, sudden weakness, or numbness in the face or limbs.
- **Heart Attack:** Coronary Artery Calcium Scoring can detect developing plaque/calcium in the coronary arteries, which can lead to a heart attack.
- **Heart Disease:** An electrocardiogram can screen for signs of heart disease. An EKG can check your heart for rhythm, see if you have poor blood flow to the heart muscle, diagnose a heart attack, and check for abnormalities such as a thickened heart muscle.

To schedule **MyChoice Health Checks** in Williston, please call **701-774-0810**.

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Men’s and Women’s

Hearts Golf Scramble

Monday, May 24, 2021

Vardon Golf Club, Minot

Registration: 12:00 p.m.

Tee-Time: 1:00 p.m.

• \$500/team of 4

• 2 golf carts

• Lunch Provided

Team Registration: call Sherry Maragos 701-857-5221

or register online at [trinityhealth.org/heartgolf](http://trinityhealth.org/heartgolf)

Shoot a Hole-in-One for

\$10,000 or other fabulous prizes!

A Fundraiser

“fore”

the Heart



Thank you to the following sponsors:

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Sertoma Club of Minot

A fundraiser for the new Trinity Health

Regional Healthcare Campus and

Medical District



Trinity Health Expands  
Vaccination Eligibility

Trinity Health has opened COVID-19 vaccination appointments to everyone age 16 and older.

Previously Trinity sent invitations for vaccine appointments to patients based on federal and state guidelines that established which groups should be prioritized.

“All indications point to adequate vaccine supplies being available in the foreseeable future,” said Karim Tripodina, Director of Marketing and Community Relations. “We felt that now was the time to make it available to all age groups 16 and older in light of our goal to vaccinate as many people as possible, as soon as possible, to achieve the best benefit for our community.”

The vaccinations are free. To schedule an appointment, call Trinity Health’s Vaccination Line at 701-857-2515. People who live in rural areas may contact their local Trinity Community Clinic to arrange an appointment.

Occupational Medicine Services

Healthcare that Works! 701-857-7830

• DOT and pre-employment physicals

• Drug and alcohol testing

• Work injury management

• Hearing and vision testing

• Respiratory medical clearance

CT Scanner

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• Painful Legs and Feet: Hardening of the arteries in the legs, due to plaque, can diminish blood supply and cause pain in the legs and feet. The Peripheral Artery Disease (PAD) screening is available to check for PAD.

The results from these tests are interpreted by board-certified cardiologists, radiologists, and technologists. “Our MyChoice Health Checks are the best deal in healthcare,” Coffin said. “It’s a great deal and can be a lifesaver.”

He added, “Trinity Health is very proud and committed to continue investing in our Western Dakota clinic. We have been a part of the community for decades and will continue to be so.”

To schedule MyChoice Health Checks in Williston, please call 701-774-0810.



Trinity Health

Offers Rapid

Antigen Testing

Trinity Health has expanded its COVID-19 testing capability to include rapid antigen testing.

Rapid antigen tests detect specific proteins associated with coronavirus to determine whether an individual is likely to be infectious. The tests are useful for people who need evidence that they are negative for COVID-19 before getting on an airplane or other venue.

The nasal swab test is available by appointment for a cost of \$75. The rapid test takes about 15 minutes, and people leave with their results in-hand.

People with no COVID-19 symptoms who need proof of a negative test are eligible for the antigen testing program. A different test for symptomatic patients is still offered at Trinity Health’s drive-through test site. An administrative fee is charged for that test, which may be paid by a patient’s insurance.

Anyone interested in either test should call Trinity Health at 701-857-7817, and staff screeners will direct patients to the appropriate test.

Trinity Health

Speaker’s Bureau

Call Community Education

at 701-857-5099 for

available dates and topics.

[trinityhealth.org](http://trinityhealth.org)

Blue

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• Conducting drills and simulations for adverse events

• Developing protocols and procedures for managing hypertension and hemorrhage

• Meeting clinical outcome metrics at a higher standard than required previously

• Collecting race ethnicity data

This year, Blue Cross Blue Shield’s quality measures were expanded to include new protocols that better address equity issues. Studies show that racial and ethnic disparities persist across maternal care due to socioeconomic status and other factors. Last year, Trinity Health signed on to a national campaign to safeguard women’s health and educate women on the complications that can arise post-birth.

“Achieving excellence in quality of care is the ultimate goal of BCBSND’s Blue distinction programs,” said Chief Medical Officer Dr. Greg Glasner at BCBSND. “Trinity Hospital has achieved the designation of a Blue Distinction Center of excellence for its level of care for Maternity. We believe in recognizing those healthcare facilities that reach the highest level of quality for our members. As a Blue Distinction Center, Trinity Hospital has demonstrated its commitment to its patients as well as its expertise in providing specialty care.”

For more information about the program and for a complete listing of the designated providers, visit [www.bcbs.com/bluedistinction](http://www.bcbs.com/bluedistinction).





# Trauma Season Almost Here

The prairie crocuses are blooming, and baseball season is underway. Trauma season can’t be far behind.

Spring traditionally signals the start of “trauma season,” a periodic upturn in injury cases coming to the emergency department that corresponds with the months during spring and summer.



Gary Wease, MD

“As the weather gets nicer, people become more active. They’re out and about having a good time, possibly not being as careful as they should be about wearing helmets and buckling up. That’s when our trauma team gets busy,” said Gary Wease, MD, general surgeon and director of Trinity Health’s Trauma Program.

Data confirm that trauma season is a phenomenon, with injuries – especially injuries among children, following a seasonal pattern. The reason is obvious. During the summer months, kids are out of school. They sometimes lack adequate supervision, and they spend more time outdoors.

Dr. Wease says the increased number of injuries coming into the Trinity Emergency/Trauma Center stem from the usual sources – motor vehicles, bicycles, and all-terrain vehicles.

“Accidents involving all-terrain and off-highway vehicles are always a concern,” Dr. Wease said. “Off-roading can be a fun recreational activity, but ATVs can be unstable and hard to control, particularly at high speeds. Rollovers and collisions happen and often lead to an emergency-room visit.”

ATV accidents result in around 95,000 injuries and 600 deaths per year in the U.S, according to Dr. Wease, with 25 percent of those injured under age 16. “Our rate has doubled since 2017,” he added.

In North Dakota, all ATV riders under 18 must wear a DOT-compliant helmet. Other suggested gear includes goggles, long sleeves and pants, gloves, and over-the-ankle boots.

- Tips to avoid ATV mishaps are:
- Remember that an ATV is not a toy.
  - Don’t ride or operate an ATV while under the influence of drugs or alcohol.
  - Do not allow passengers on a single-rider ATV.
  - Don’t use on paved roads.
  - Operate at safe speeds.
  - Make sure young operators have adult supervision.

“As a Level II Trauma Center, we’re always ready to provide definitive care for any injury that comes through our door. But we would much rather that people stay safe and enjoy their summer,” Dr. Wease said.



# Check Out Our Progress

Every day, great progress is being made at the site of our new medical campus.

Check it out for yourself with our live cameras at [trinityhealth.org](http://trinityhealth.org)



# Farm Credit Services Funds Lifesaving Devices

Farm Credit Services of North Dakota has awarded Trinity Health Foundation \$20,000 as a recipient of the Rural Community Grant Fund (RCGF). The grant funds are being used to help purchase three Lifepak 15 heart monitor/defibrillator units for Trinity Health Community Ambulance.

Al Evon, director of Trinity Health Foundation, and Amy Thomas, director of Trinity Health’s air and ground transport services, accepted the check, noting that the Lifepak 15 devices are an upgrade from the former units, enabling Trinity Health to remain current with the latest technology. Lifepak units are rechargeable and portable, and have a lifespan of 8-10 years.

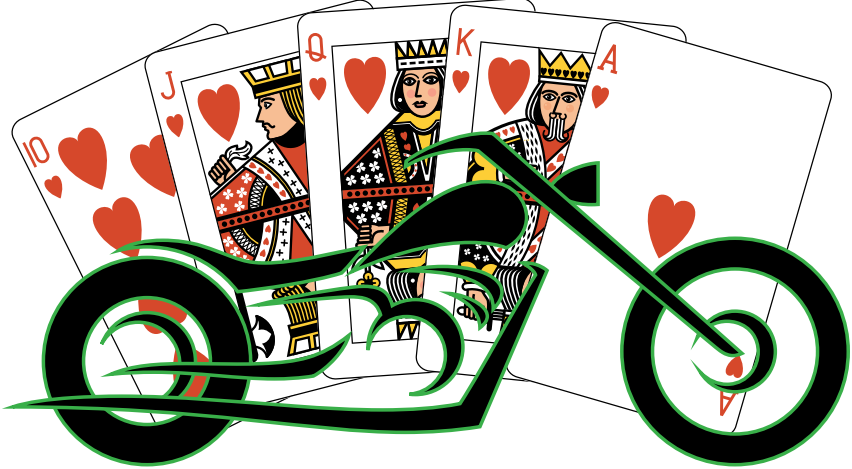
“The Lifepaks are necessary equipment for any unit providing critical care or performing any life-saving procedure,” Thomas said. “With Lifepak, we’re able to acquire a 12-lead EKG in the field and transmit it to the Emergency/Trauma Center. That lets doctors identify a STEMI heart attack immediately and activate protocols without delay. It’s a technology that saves lives and improves outcomes, not only for Minot patients but for those in surrounding communities.”

Trinity Health is the region’s premier healthcare provider with a substantial complement of healthcare services in the Bakken region, providing ALS ambulance service 24 hours a day, seven days a week for the City of Minot and nearly 2,000 square miles in the surrounding area. Trinity Health Community Ambulance performs approximately 10,000 responses per year with a total fleet of six ambulance vehicles.

“We are proud to provide grant funds to Trinity Health Community Ambulance to assist in purchasing Lifepak units with the goal of decreasing cardiac mortality in the region,” said Dan Beyer, SVP and Chief Lending Officer with Farm Credit Services of North Dakota. “Ambulance staff need to have the best life-saving equipment available to perform timely critical procedures and monitoring on patients during transport as well as when it’s continued in a critical care or hospital setting,” Beyer added.

Farm Credit Services of North Dakota, Farm Credit Services of Mandan, and AgriBank established the Rural Community Grant Fund to assist in the implementation and development of projects and programs in communities and rural areas in western North Dakota which have been impacted by mineral exploration.

The Rural Community Grant Fund is currently accepting applications for future funding requests. Interested parties can apply at [www.farmcreditnd.com](http://www.farmcreditnd.com).



# Run for the Heart

**P O K E R R U N**  
All Motor Vehicles Welcome

**June 19, 2021**

**Registration 10:00 a.m.**  
Dakota Lounge

**Helmets/Belts on 12:00 noon**

**\$20 for driver**  
**\$10 per passenger**

includes registration & lunch at the end of run

**For more information call Sherry at 701-857-5221.**

A fundraiser for the new Trinity Health Regional Healthcare Campus and Medical District



Trinity Health Auxiliary  
**Hearts Club**

**Route**  
Start Minot – Dakota Lounge  
Burlington – Idle Hour Bar  
Carpio – ZBar  
Mohall – Drinks  
Tolley – Wes’s Bar  
Kenmare – City Limits Bar  
Foxholm – The Hunters Den  
End Minot – Dakota Lounge

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Sertoma Club of Minot





# Trinity Health Employees Celebrate Years of Service

A total of 134 members of the Trinity Health team celebrated their milestone celebrations in the past year.

Typically, a banquet is held to honor these associates in February. However, for the health and safety of staff in the midst of COVID-19, the annual banquet has been postponed, said Renae Lenertz, VP of Human Resources with Trinity Health.

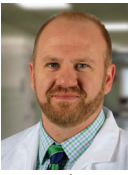
Those who are celebrating milestones, which range from 20 to 50 years, include:

**CELEBRATING 20 YEARS:** Ladon Ackerman, Retail Pharmacy Clerk, Pharmacy; Debra Allard, LPN II, Orthopedics; Joel Axness, Housekeeper-Clinic, Environmental Services; Rachel Barthnek, Pre-Certification Specialist, Business Office – Support Services; Carrie Bennett, PC Tech Lead, Information Technology; Shane Bjornson, Sr. Programmer Analyst, Information Technology; Andrea Boschert, Office Assistant II, Coding/Reimbursement; Elizabeth Bruner, RN III, Trinity Community Clinic – Velva; Mary Dick, Histotechnologist, Lab; Amber Ferm, Ward Secretary, NCF 2nd South, Trinity Homes; Cynthia Finley Mintie, RN III, Rheumatology; Marlene Fjeldahl, Communications Supervisor, Communications; Robyn Gust, Sports Medicine Manager, Athletic Training; Anne Haider, RN Case Manager Supervisor, Case Management; Judy Hammer, LPN II, Family Medicine; Kerry Hansen, Retail Pharmacist, Pharmacy; Barbara Hedges, RN III, Oncology; Alexia Heisler, Office Supervisor, Oncology; Mandi Henderson, RN II, Ob-Gyn; Charles Jenkins, Network Engineering Supervisor, Information Technology; Julie Kalamaha, RN, Ambulatory Surgery Center; Tonya Kellenberger, Lab Technician, Lab (Kenmare); Sylvia Klein, Records Analyst, Health Information Management; Patricia Kuhnhenh, RN, Emergency/Trauma Center; Kendra Larsen, Nurse Practitioner, Trinity Community Clinic – Velva; Tennielle Lemar, Pharmacy Informatics Tech, Pharmacy; Donovan Linner, CNA, NCF 4th East, Trinity Homes; Thomas Madsen, Distribution Assistant, Materials Management; Barbara Mandigo, House Supervisor, House Supervisors (Trinity Hospital – St. Joseph’s); Deanna Miller, Certified IV Tech, Pharmacy; Tara Miller, RN, CEPS/MIPS, Clinical Excellence & Patient Safety; Sarah Mullin, MD, Family Medicine; Aimee Muus, Assistant CancerCare Coordinator, Radiation Therapy; Jennifer Nelson, Physical Therapist, Rehab Physical Therapy; Pamela Olson, Reimbursement Specialist, Central Business Office; Susan Overmeyer, Administrative Assistant I, Outpatient Speech Therapy; Kristie Parkinson, Radiology Technologist, Diagnostic Radiology; Dianne Plesuk, RN III, Pain Management; Gregory Pugh, Cook, Nutrition Services; Dwight Remington, FNP-C, Pulmonology; Jennifer Rivinus, COA/OSA, Trinity Regional Eyecare – Minot Center; Patty Robertson, RN II, Allergy; Nasser Saffarian, MD, Nephrology; Jessica Schimetz, Assistant Unit Manager, Medical Nursing; Julie Seier, COA/OSA, Trinity Regional Eyecare – Minot Center; Lisa Smesrud, Record-Document Imaging Processor, Central Business Office; Elenita Sudbrink, CNA, NCF 4th West, Trinity Homes; Heather Sys, Administrative Director, Behavioral Health; Jennifer Thomas, Daycare Provider, Trini Tots; Samir Turk, MD, Cardiology; Terrie Umlah, Transcription Coordinator, Transcription; Roberta Valella, RN, Medical Nursing; Ruby Van Winkle, Sterile Processing Tech, Central Processing Unit; Jamie Vetter, RN, Emergency/Trauma Center; Danaka Walz, Director, Clinical Excellence & Patient Safety; Heidi Zaderaka, Cardiopulmonary Rehab Manager, Cardiac Rehab; Karen Zimmerman, Vice President, Chief Nursing Officer, Executive Office.

**CELEBRATING 25 YEARS:** Emily Atherson, Housekeeper I, Environmental Services; Kathleen Beeter, Director, Business Office; Amy Bergrude, Unit Manager, Intensive Care Unit; Tammy Brown, Telemetry Technician, Intensive Care Unit; Pennie Edwards, Radiology Technologist, Diagnostic Radiology; Linda Engelhard, RN II, Family Medicine; Judith Erickson, Ophthalmic Assistant-Certified, Trinity Regional Eyecare – Minot Center; Catherine Gamas, RN II, Pre-Admission Testing; Kory Goodman, CNA-Clinic, ENT; Lisa Hamilton, CNA, NCF 2nd West, Trinity Homes; Dorothy Hoff, LPN II, Internal Medicine; Frances Kraft, Nursing Supervisor, Nursing Service Office, Trinity Homes; Kenneth Lewis, Applications Programming Lead, Information Technology; Lance Mohl, Retail Pharmacy Director, Pharmacy; Ranelle O’Keeffe, Radiation Therapy Manager, Radiation Therapy; Christine Olson, Office Assistant II, Dermatology; Randy Schwan, Vice President Mission Integration, Executive Office; Thomas Seabolt Jr., RN, Chemical Dependency Unit; Carlene Solar, Secretary, Facilities Management; Carissa Sorenson, RN II, FirstCare/Family Medicine; Carolyn Steen, RN III, Podiatry; Judy Steeves, RN, Nursing Service Office; Janet Thiele, Special Procedures Technologist, Cath Lab; Nicole Underdahl, CRNA, Anesthesiology; Lynette Vondal, Nurse Practitioner, Radiology; Suzanne Watne, Administrative Director, Orthopedics and Trinity Regional Eyecare – Minot Center; Renda Wilson, Physician Service Director, Health Center – Medical Arts Operations; Denise Zahn, CRNA, Anesthesiology.

**CELEBRATING 30 YEARS:** Tammi Benno, RN, Kidney Dialysis; Janel Feehan, PACS Coordinator, Radiology; Carol Graves, RN, Mental Health Unit, Trinity Hospital – St. Joseph’s; Joan Hawbaker, RN III, Palliative Medicine Coordinator, Palliative Medicine; Kathy Kroke, RN, Rehab Nursing; Kimberly Leifson, Administrative Assitant I, Anesthesiology; Gloria Mantz, Patient Access Rep, Admitting; Dawn Mehl, Cashier, Nutrition Services; Julie Mosser, Facilities Director, Facilities Management; Sharlo Myklebust, Office Manager, Trinity Regional Eyecare – Devils Lake; Sandra Odegard, Surgical Technician Clinic, Surgery, Trinity Community Clinic – Western Dakota; Penny Saville, RN, NCF 4th West, Trinity Homes; Pamela Schestler, Social Worker Lead/LBSW, Case Management; Karen Sedevie, Clinical Charge Analyst, Revenue Management; Patricia Wood, RN II, Pre-Admission Testing.

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Brent Knudson, DO



Cody Pehrson, MD

## Precise Total Knee Replacement

### Pairing Surgical Expertise with Robotic Technology

Orthopedic surgeons Brent Knudson, DO, and Cody Pehrson, MD, offer total knee replacement using the Zimmer Biomet ROSA® Knee System. With this Robotic Surgical Assistant, our specialists can tailor your knee replacement just for you. Greater precision means less discomfort and recovery time, so you can get back to living life to its fullest.

Visit [trinityhealth.org/ROSAknee](https://trinityhealth.org/ROSAknee) to learn more.



TRINITY  
HEALTH

MAKING MORE POSSIBLE



## 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](mailto:DR4U@trinityhealth.org)

Join us on Facebook:  
[facebook.com/TrinityHealth.ND](https://facebook.com/TrinityHealth.ND)

## Make the choice to protect your health.

MyChoice Health Checks are low-cost screenings that make earlier detection and timelier care possible. You can choose which screenings you want and schedule quickly and easily with our imaging experts.

### MyChoice Health Checks help to identify risk factors that can lead to serious problems:

- **Heart attack**  
Calcium Score Screening \$60
- **Stroke**  
Carotid Artery Disease Screening \$35
- **Abdominal aneurysm**  
Abdominal Aortic Aneurysm (AAA) Screening \$35
- **Painful legs and feet**  
Peripheral Artery Disease (PAD) Screening \$35
- **Heart disease**  
EKG \$20

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

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



TRINITY  
HEALTH

[trinityhealth.org/screenings](https://trinityhealth.org/screenings)

## FirstCare Walk-In Clinic

Monday-Friday  
8:00 a.m.-8:00 p.m.

Weekends & Holidays  
9:00 a.m.-5:00 p.m.

## No Appointments Necessary Health Center – Medical Arts, Minot

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





The Doc Walk, as seen here in 2019, is hosted every year by Dawn Mattern, MD.

# Exercise is Medicine After COVID-19

When Dawn Mattern, MD – a board-certified healthcare physician in Family Medicine and Sports Medicine at Trinity Health – learned that between 30 to 40 percent of her student athletes could have myocarditis, post-COVID, she began to worry.



Dawn Mattern, MD

A study from Ohio State, and then Penn State, involving cardiac MRIs of post-COVID athletes, showed that between 35 and 40 percent had abnormal MRIs, indicating the possibility of myocarditis. Myocarditis is an inflammation of the middle layer of the heart wall, usually caused by a viral infection, such as COVID-19, but also including influenza and mononucleosis.

“It’s always on our list of worries” when a student athlete has had a virus, she said. “When you think that half of my athletes at Minot State are going to have COVID, I’m going to worry about them getting myocarditis.”

To kick off Exercise is Medicine Month, Dr. Mattern will host the annual Doc Walk on Wednesday, May 5, at 6:00 p.m., at Oak Park.

Luckily, she pointed out, the true rate of myocarditis was “very low,” which has been reassuring for her. “We’re not seeing that much myocarditis, which is an ultimate blessing,” she said.

Myocarditis statistics aside, what has been troubling for her student athletes – as well as for any athlete, regardless of age – is getting back into the swing of things, post-COVID. “Getting them back into exercise has been difficult for a lot of people,” she said. “They struggled with breathing issues and feeling they can’t perform at the level they used to.”

For those people, Dr. Mattern advised that physical activity – whether it’s regular exercise habits, participating in sports, or both – should be eased into. “It’s been tough for kids that are (COVID-19) positive in the middle of their season. They take 10 days off because they are isolating, and they think they can jump back in it.”

The process of getting back to normal activity is slow – but it is worth it to go slow; severe cases of myocarditis can weaken the heart, lead to heart failure, heart attack or stroke, arrhythmias, or sudden cardiac deaths.

To get back to a regular routine, Dr. Mattern said to take a week to gradually increase the intensity of your activity. If there are symptoms along the way, follow up with your doctor, she said. “If you’re starting to notice you’re getting short of breath, you’re not quite ready to do that.”

Shortness of breath, at rest or during physical activity, is one of the signs of myocarditis, Mayo Clinic said. Other symptoms include chest pain; arrhythmias; fluid retention with swelling of legs, ankles, and feet; fatigue; as well as other signs and

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The Speech Pathology team at Trinity Health are there to help patients of all ages with speech and language disorders.

# Speech Disorders Can Happen at Any Age

Speech disorders can happen to anyone, young or old.

According to the American Speech-Language-Hearing Association (ASHA), both children and adults can develop speech and language disorders – when a person is unable to produce speech sounds correctly or fluently or has problems with their voice or resonance.

Speech disorders can include:

- Aphasia
- Fluency/stuttering
- Pragmatics
- Dysphagia
- Dysarthria
- Voice production
- Cognitive deficits

Children, by a certain age, develop particular speech and language skills. When it takes longer to learn those skills, there may be a problem, ASHA said. Meanwhile, for adults, some speech and language disorders can start in childhood while others happen in adulthood after an illness, such as dementia or cancer (laryngeal or oral), or injury (traumatic brain or right hemisphere brain injuries).

The Speech Language Pathology team at Trinity Health, which includes Nadine Hagen, MS, CCC-SLP; Shanda Frantsvog, MS, CCC-SLP; Kristy Burchell, MA, CCC-SLP; Linnea Maxfield, MS, CFY-SLP; Devin Rearer, MA, CFY-SLP; and Malia Dolan, MS, CCC-SLP, see a fairly equal amount of pediatric and adult patients with hearing and speech issues.

Some children can’t produce speech sounds while others have difficulty expressing themselves vocally and in writing as well as organizing thoughts, Hagen explained. “To overcome learning challenges, the speech language pathologist helps individuals at any age develop and demonstrate communication skills to better participate in various communicative settings, follow instructions, and improve reading and writing skills.”

While children receive the assistance of a Speech/Language Pathologist privately or in schools to address all needs of communication, adult patients are treated in an outpatient rehabilitation setting.

Speech language pathologists offer the following services:

- **Screening:** An informal and limited evaluation of an individual with a suspected disorder to determine whether further assessment should be conducted. A physician’s order is not needed, and a patient would not be billed for this service.
- **Evaluation:** A thorough evaluation of speech and language skills using standardized test measures and/or informal testing procedures. Voice evaluations are conducted using perceptual analysis. Swallowing evaluations consist of clinical evaluations at bedside and modified barium swallow evaluations conducted in the radiology department.
- **Treatment:** An individualized therapy program to improve communication impairment and/or swallowing problems. A physician’s order is needed for most third-party payors.

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# Years of Service continued from page 4

**CELEBRATING 35 YEARS:** Brenda Black, SIM ND Coordinator, Simulation Truck; Tammi Fugere, Surgical Technician Supervisor, Trinity Regional Eyecare – Minot Center; Kamie Gotvaslee, Medical/Radiology Assistant, Radiology; Craig Gust, Grounds & Transportation, Facilities Management; Cynthia Havig, RN II, General Surgery; Deborah Hoverson, Nurse Educator, Nursng Service Office; Kathy Kallestad, Transcriptionist, Transcription; Toni Kremer, Accountant II, Corporate Finance; Laura Miller, RN II, Family Medicine; Patty Mosser, House Supervisor, Nursing Service Office; Barbara Rimatzki, RN II, Psychiatry; Bruno Rimatzki, Occupational Therapist, Occupational Therapy, Trinity Homes; Soni Struksnes-Weber, Lab Clerical Supervisor, Outreach Lab; Carol Walth, Director, Materials Management; Sue Wilson, RN II, Dermatology; Lois Zahn, Volunteer Coordinator, Activities, Trinity Homes.

**CELEBRATING 40 YEARS:** Lori Armstrong, Prep Cook, Nutrition Services; Curtis Dahly, Bio Med Tech II, Bio-Electronics; Marian Gullickson, Business Office Director, Trinity Homes; Rochelle Hickel, Transcriptionist, Transcription; Eugene Iverson, Bio Med Tech II, Bio-Electronics; Carol Knor, Retail Pharmacist, Pharmacy; Lori Lagge, Work Injury Supervisor, Work Injury Management; Karen Liepke, Instructor, Trinity Community Clinic – Western Dakota; Caron May, RN II, Neurology; Sherry Melby, Lab Manager, Lab, Kenmare; Kathryn Neubauer, Dietary Aide, Nutrition Services; Sharon Van Winkle, Charge Nurse, Surgery.

**CELEBRATING 45 YEARS:** Karen Holte, RN Medical Staff, Clinical Excellence & Patient Safety (CEPS); Valarie Kemper, Radiology Technologist, Diagnostic Radiology; Judy Myers, Buyer, Materials Management; Jan Panasuk, Office Assistant II, Family Medicine; Paul Simonson, HR Risk Consultant, Executive Office.

**CELEBRATING 50 YEARS:** Perla Hall, Medical Technologist, Lab.





# Hydrogel Option Makes Prostate Cancer Treatment Safer

It’s a common concern among men receiving radiation treatment for prostate cancer. Will the treatment result in unpleasant side effects, such as disruption of normal urinary, bowel, or sexual functioning?

Fortunately, Trinity Health now offers a pre-treatment procedure designed to reduce rectal complications after radiation therapy for prostate cancer, the most common cancer in American men.

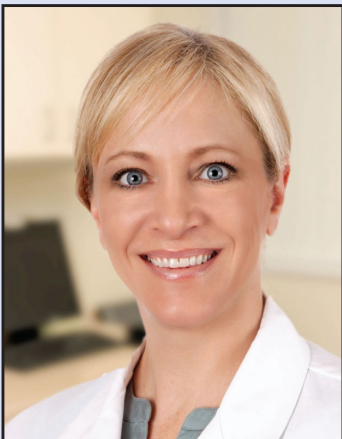
SpaceOAR™ Hydrogel is the first and only FDA-cleared spacer to help reduce the radiation dose delivered to the rectum of men undergoing prostate radiation treatments. The benefit to patients is fewer side effects and a better quality of life.

“Our risk rate for side effects is already exceedingly low,” said Michael Grant, MD, radiation oncologist at the Trinity CancerCare Center. “The hydrogel spacer provides patients an even greater degree of protection by creating a temporary space between the prostate and the rectum. It allows us to complement the patient’s radiation treatment to better target their cancer while preserving healthy tissue.”

Because of the proximity of the prostate to the rectum, prostate radiation therapy can cause unintended damage to the rectum, which can lead to fecal incontinence issues or other long-lasting side effects. SpaceOAR Hydrogel is an absorbable gel that is inserted via a minimally invasive procedure. The hydrogel spacer remains in place for about three months. After about six months, the hydrogel is naturally absorbed and cleared from the body in the patient’s urine.

“This is an important advancement for men facing difficult decisions about treating their prostate cancer,” said Trinity Health urologist Diane Bigham, DO, FACOS. “Knowing that an option like SpaceOAR can help limit the risk of damage to other organs during radiation treatment makes those decisions easier, especially for men with early- to mid-stage prostate cancer.”

SpaceOAR is just one example of Trinity Health’s precise cancer-fighting capabilities. With two Varian TrueBeam linear accelerators, the CancerCare Center offers precise radiation treatments utilizing technologies such as intensity-modulated radiation therapy (IMRT). IMRT delivers the highest dose of radiation to the target while sparing surrounding healthy tissue, thereby minimize side effects of external beam radiation treatment.



Diane Bigham, DO



Michael Grant, MD

# Eagle Awards



Carolyn Steen, RN  
Podiatry



Dianne Plesuk, RN  
Pain Management



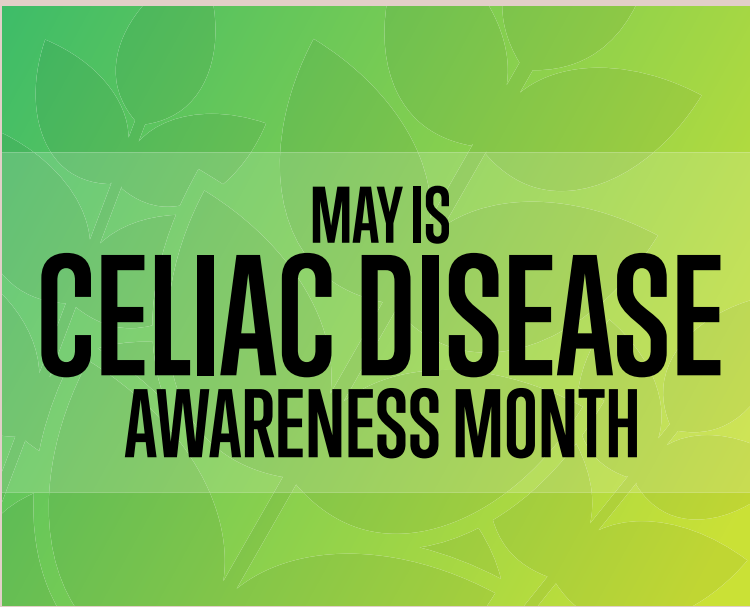
Kristen Johnston  
Physical Therapy

# Speech Disorders continued from page 5

- **Patient-family education:** Information relevant to the patient’s communication disorder and/or dysphagia. This may be provided in conjunction with the screen, the evaluation and/or the treatment.
- **Community education:** Information relevant to communication disorders and/or dysphagia to the general public.

“Family and friends play a vital role in the success of speech therapy,” Hagen said. “Speech language pathologists work with a team of family and other professionals to determine individual goals for the patient.”

Patients will require a physician’s referral. For further questions or for a free screening, please contact your local Speech Language Pathologist. Trinity Health Outpatient Speech Language Pathology in Health Center-West can be reached at 701-857-5286.



# Celiac Disease

By Kayla Cole, RDN, LRD,  
Outpatient Dietitian at Trinity Health

Having Celiac Disease for almost five years now, I try my best to keep up on the latest news, research, and products for both myself and my patients. Since May is Celiac Awareness Month, we are sharing some of the latest information regarding celiac disease.



Kayla Cole, RDN, LRD

First, here is some information from the Gluten Intolerance Group (<https://gfco.org/>).

## The GFCO Global Certification Mark

The Gluten Intolerance Group (GIG), an industry leader in the certification of gluten-free products and food services, announced it is rebranding the Gluten-Free Certification Organization (GFCO) mark to support its expanding presence in international markets. To date, over 60,000 products from 51 countries have earned GFCO certification. The GFCO certification program protects consumers

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# Exercise continued from page 5

symptoms of a viral infection, such as headache, body aches, joint pain, fever, a sore throat, or diarrhea.

Dr. Mattern noted that exercise is important to maintain health and prevent disease.

“This whole year has been about mitigation strategies, whether we’re handwashing or social distancing,” Dr. Mattern said. “The greatest mitigation is that you’re active and exercising.” It is advised to get 150 minutes of moderate activity in during a week. “Gardening can be a moderate activity,” Dr. Mattern said. “Lifting weights, taking your dog for a walk, vacuuming ... all of it.”



# Say hello to your baby!

See your baby’s face, fingers, and toes for the first time with Hello Baby, Trinity Health’s new prenatal imaging service. Hello Baby offers elective 2D and 3D/4D ultrasounds and keepsake pictures and video to expectant parents eager to get an early glimpse of their little one.

**2D ultrasound: \$65**  
**10 – 20 minutes, minimum 12 images**  
**3D/4D ultrasound: \$100**  
**20 – 30 minutes, minimum 20 images and one video**

**This service is done on a non-medical basis and is not a replacement for, or in lieu of, standard prenatal medical care.**



**Hello Baby**  
To schedule a session, call  
**701-857-3220**

[trinityhealth.org/hellobaby](https://trinityhealth.org/hellobaby)  
Trinity Health Advanced Imaging Center  
Health Center – Town & Country, 831 S Broadway, Minot



# Celiac

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with gluten-related disorders by confirming that a product meets strict standards for gluten-free safety. GFCO companies will have until 2022 to completely adopt the new mark on packaging.

## FDA Finalizes Rule Related to Gluten-Free Labeling for Foods Containing Fermented, Hydrolyzed Ingredients

The U.S. Food and Drug Administration issued a final rule to establish compliance requirements for fermented and hydrolyzed foods, or foods that contain fermented or hydrolyzed ingredients, and that bear the “gluten-free” claim. The rule pertains to foods such as soy sauce, yogurt, sauerkraut, pickles, cheese and green olives. Distilled foods, such as distilled vinegars, are also included in the final rule.

The final rule adds compliance requirements for hydrolyzed or fermented foods that use the “gluten-free” labeling claim, since gluten breaks down during these processes and currently available analytical methods cannot be used to determine if these products meet the “gluten-free” definition. The rule requires manufacturers of these food products to make and keep records providing adequate assurance that the food meets the definition of “gluten-free” before fermentation or hydrolysis; the manufacturer has adequately evaluated the potential for cross-contact with gluten during the manufacturing process; and if necessary, measures are in place to prevent the introduction of gluten into the food during the manufacturing process. The rule also discusses how FDA will verify compliance for distilled products. The definition of “gluten-free,” established in 2013, is not changed by this new final rule.

Below are a few updates from the Celiac Disease Foundation (<https://celiac.org/>).

## Senate Releases FY2021 Language Directing NIH to Study Celiac Disease

The Senate Appropriations Committee for the Departments of Labor, Health and Human Services, Education, and Related Agencies has released their FY2021 funding recommendations, which for the second consecutive year includes report language directing the National Institutes of Health (NIH) to support celiac disease research.

Beginning with CEO Marilyn G. Geller’s 2019 testimony to the House and Senate Appropriations Subcommittees, the Celiac Disease Foundation has been boldly advocating for NIH to develop a strategic plan to find a cure for celiac disease. The FY2021 appropriations report language provides detailed instructions on how NIH is to continue to proceed with the study of celiac disease.

## Society for the Study of Celiac Disease Releases Statement on COVID-19 Vaccination

The Society for the Study of Celiac Disease (SSCD) has released a statement on the COVID-19 vaccination and its safety for celiac disease patients. Read the full statement below or visit the SSCD website.

## SSCD Statement on COVID-19 Vaccination

With the recent news that the Food and Drug Administration has granted Emergency Use Authorization for a vaccine against SARS-CoV-2, the virus that causes COVID-19, patients with celiac disease are asking for guidance about the advisability of this and other COVID-19 vaccines in the context of celiac disease, an immune-mediated condition. As scientists and clinicians who care for people with celiac disease, we urge people with celiac disease to receive a COVID-19 vaccine that has met government regulatory approval. This includes agents comprised of RNA (a vaccine technology that has been in development and has undergone safety testing for years) and peptide (protein) vaccines.

During the onset of the COVID-19 pandemic, there was initial concern that people with celiac disease might be at a slightly increased risk of severe outcomes from SARS-CoV-2 infection, given prior studies suggesting risks related to pneumonia and viral infections. Studies thus far, including the international registry ([www.covidceliac.org](http://www.covidceliac.org)), have indicated no increased risk of severe outcomes.

## Treat Yourself – Once in a While

Last, but not least, we can’t leave out the most fun part: new food products! Now, yes, I am a dietitian, and I care about eating healthy and nutritious food, but it’s also about quality of life and enjoying some treats once in a while. These products include Nabisco® Gluten-Free Oreos® and Double-Stuff Gluten-Free Oreos®, Kraft® Gluten-Free Macaroni and Cheese, Cadbury® Mini Eggs, Hershey’s® Cookies ‘N’ Cream Egg, Nestle® KitKat® Mini Eggs, and Terry’s® Chocolate Orange Mini Eggs.



# Sun Safety Should Include Sunscreen

With spring here and summer around the corner, nicer weather and warmer temperatures invite people to spend more time outdoors.

This is a good time to remember to always wear your sunscreen.

Protecting your skin with sunscreen isn’t just to prevent sunburn. It can also help prevent skin cancer – the most common cancer worldwide – from developing.

The three most common types of skin cancer are basal cell carcinoma, squamous cell carcinoma, and malignant melanoma, explained Jennifer Hunter, MD, a dermatologist with Trinity Health. According to the Skin Cancer Foundation, sunscreen can reduce your risk of developing squamous cell carcinoma by about 40 percent and lower your melanoma risk by 50 percent.

As there are many functions of the skin, including protecting the inner organs from environmental stressors, it is important to protect the skin – and sunscreen can help.

“Men, women, and children over six months of age should use sunscreen every day,” the Skin Cancer Foundation advised. “This includes people who tan easily and those who don’t.” They also note that skin can be damaged by sun exposure even if you do not burn.

Sunscreen is an important tool that shouldn’t be limited to just the summer months, Dr. Hunter explained. “We’re exposed to UV rays year-round, even on rainy days, snowy days, and cloudy days.”

Dr. Hunter recommends the following tips to keep your skin safe year-round:

**Check the SPF on your sunscreen.** The SPF is the sun protection factor of sunscreen. “The number tells you how long the sun’s UVB rays would take to redden your skin if you apply the sunscreen exactly as directed compared with the amount of time without sunscreen,” the Skin Cancer Foundation noted. For example, a sunscreen with SPF 30, when used properly, would protect you 30 times longer than if you used no sunscreen. A sunscreen with an SPF of 30 or higher is necessary for casual exposure and extended outdoor activities, such as distance running, hiking, swimming, and outdoor sports. Dr. Hunter noted: “The higher the number, the better since there is a tendency to underapply sunscreen in general.”

It is also important to note that the sunscreen should be “broad spectrum,” which means that it blocks both UVA and UVB rays.

**Check the expiration date on the sunscreen.** Yes, sunscreen has an expiration date – and when it reaches that date, it begins to lose its effectiveness, Dr. Hunter said. It won’t become completely ineffective immediately, but over time, the efficacy of the sunscreen will diminish, she added. “Make sure you can find that date and honor it.”

**Use a lip balm with SPF 30 or higher.** Don’t forget about your lips which, according to the Skin Cancer Foundation, receive a lot of sun exposure, which makes the lips – especially the lower lip – a common spot for skin cancers.

**Wear your sunglasses.** According to the Centers for Disease Control and Prevention, sunglasses protect your eyes from UV rays and reduce the risk of cataracts. “They also protect the tender skin around your eyes from sun exposure,” they add.

The CDC advised that sunglasses that block both UVA and UVB rays offer the best protection.

**Be sure to cover up.** This can include ultraviolet protection factor (UPF) clothing, long sleeves and long pants, wide-brimmed hats, and protective gloves.

“If wearing this type of clothing isn’t practical, at least try to wear a T-shirt or a beach cover-up,” the CDC advised. “Keep in mind that a typical T-shirt has an SPF rating lower than 15, so use other types of protection as well.”

**Wear your sunscreen – and reapply.** The Skin Cancer Foundation recommends reapplying sunscreen every two hours of exposure, as well as immediately after swimming or excessive sweating.

**Apply sunscreen 30 minutes before you need it.** This allows the sunscreen to bind to your skin, the Skin Cancer Foundation noted. Dr. Hunter suggested putting it on the first thing in the morning if you know you will be outside for any period of time during the day, in a vehicle, or inside by windows; she notes that UVA rays can go through window glass.

**Apply an ample amount of sunscreen.** For the face and neck, Dr. Hunter noted the standard is to apply a teaspoon-and-a-half for each application; for the body, about one to two fluid ounces (or “a shot glass” worth) of sunscreen should be used.

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# Annual Golf Tournaments Benefit CancerCare Center Patients

The Trinity Health Foundation will host its 23rd annual Building Hope Women’s Golf Tournament on Monday, June 14, 2021. Along with the 9th annual Golf for Life Men’s Golf Tournament, which will be held Monday, August 16, 2021, the Building Hope Women’s Golf Tournament helps to generate funds to improve the lives of Trinity CancerCare Center patients. Both golf tournaments will be held at Souris Valley Golf Course, Minot.

Funds raised from these golf tournaments will benefit the CancerCare Patient Assistance Fund. In addition to providing direct financial support to those battling cancer, the fund provides patients with in-kind gifts, such as gas cards, wigs, fuel vouchers, and compression garments.

Whether it is participating as a golfer, becoming a sponsor, making a donation to the CancerCare Patient Assistance Fund, or providing a prize that can be used at the event, we invite you to be a part of this annual tradition to help provide assistance for local cancer patients.

However way you choose to help, you make a definite and immediate impact! Trinity Health Foundation greatly appreciates your support.

The following sponsorship opportunities are still available for both the Building Hope Women’s Golf Tournament and the Golf for Life Men’s Tournament: hat, water bottle, golf tee, hole-in-one, green & tee, fairway, and sand trap.

For more information, or if you have any questions, feel free to contact the Foundation Office at 701-852-5432 or 701-857-2430, or e-mail at [albert.evon@trinityhealth.org](mailto:albert.evon@trinityhealth.org) or [cody.mcmanigal@trinityhealth.org](mailto:cody.mcmanigal@trinityhealth.org).

Description	Both Events	Building Hope Only	Golf for Life Only
T-Shirt	<del>UNAVAILABLE</del> \$7,000	\$3,750	<del>\$3,750</del>
Hat	\$6,000	\$3,250	\$3,250
Water Bottle	\$5,000	\$2,750	\$2,750
Towel	<del>SOLD</del> \$6,000	<del>SOLD</del> \$2,750	<del>SOLD</del> \$2,750
Range Ball	<del>SOLD</del> \$4,000	<del>SOLD</del> \$2,250	<del>SOLD</del> \$2,250
Bag Tag	<del>UNAVAILABLE</del> \$3,000	<del>SOLD</del> \$1,750	\$1,750
Golf Tee	\$3,000	\$1,750	\$1,750
Hole-in-One	\$2,500	\$1,500	\$1,500
Green & Tee	\$2,500	\$1,500	\$1,500
Fairway	\$1,500	\$1,000	\$1,000
Sand Trap	\$1,000	\$750	\$750

## Sun continued from page 7

**Avoid tanning and sunburns.** Dr. Hunter warns against tanning or getting sunburns. “When you tan or burn, you’re damaging your skin,” she said, noting that you never want to tan or burn through sunscreen. When it comes to protecting your skin, “there is no such thing as a good base tan.”

**Store your sunscreen properly.** Like food, sunscreen can spoil if it is not stored properly. “The compounds in sunscreens are compromised in extreme temperatures,” Dr. Hunter said. “You never want sunscreens to melt or freeze.” Sunscreen should be stored in a cool, dark place. The Food and Drug Administration recommends that, when outdoors, sunscreen containers should be wrapped in towels or kept in the shade, as well as in coolers while outside in the heat for long periods of time.

**Be mindful of reflection.** UV rays can reflect off concrete, sand, and water. (And in the winter, it can also reflect off snow and ice, Dr. Hunter notes.)

**Avoiding peak sun times between 10:00 a.m. to 4:00 p.m., if possible.** The time when UV exposure is likely to be greatest is between 10:00 a.m. and 4:00 p.m., the American Skin Association noted. “Nonetheless, protection from UV rays during all daylight hours and weather conditions is important,” they added.

Lastly, Dr. Hunter advised not to be swayed by products, such as makeup or moisturizers, that have sunscreen in them. While these don’t need to be avoided, it is important that “dedicated sunscreens” – or regular sunscreens – are also used. “Dedicated sunscreens do not have an issue with dilution, and thus they will give you the SPF coverage as stated on the label if used as recommended,” she said.

She added that when applying multiple products, the order of application is important. When applying sunscreen, medication (such as medication for acne) should be applied first, and then sunscreen. After that, moisturizer, makeup, and the like can then be added.

Trinity Health Dermatology includes Jennifer Hunter, MD, and Ann Welch, FNP-C. For appointments or consultations, please contact Dr. Hunter at 701-857-5760 or Ann at 701-857-7382.



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

C O M M U N I T Y

CALENDAR

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

Events may be postponed or canceled due to COVID-19.  
Please watch our calendar at [trinityhealth.org/events](https://trinityhealth.org/events) for up-to-date calendar changes.

### Events

- May 4** – Keys to Diabetes will hold a Back to Basics Class, with the theme “Safety with Activity” at 5:30 p.m. in the Trinity Health Community Conference Room, located at Health Center – Town & Country (831 S Broadway, Minot). Reservations are required. Please call the Trinity Health Center for Diabetes Education at 701-857-5268 for more information.
- May 5** – To kick off Exercise is Medicine Month, Dawn Mattern will host the annual Doc Walk at 6:00 p.m., at Oak Park.
- May 17** – Rhonda Gunderson will present STOP THE BLEED® to the Sertoma Club.
- May 18** – Join a clinical dietitian on a Grocery Store Tour focused on Celiac Disease/Gluten Intolerance from 6:00 to 7:00 p.m. at the original MarketPlace Foods (1930 South Broadway, Minot). Learn how to navigate the grocery store while shopping for a gluten-free lifestyle, about safe and unsafe ingredients, label reading, foods that are naturally gluten free, gluten-free alternatives, and cross contamination. Space is limited, so please RSVP by calling 701-857-5268.
- May 22** – NorthStar Criticair will have a presence at EMS Kids Strong, at Fort Stevenson State Park from 4:00 to 7:00 p.m.
- May 24** – The Trinity Health Auxiliary will hold their annual Hearts Club Golf Scramble at Vardon Golf Club (7101 Co Hwy 15, Minot). Registration is at 12:00 p.m., with a 1:00 p.m. tee-time. The golf scramble is a fundraiser for the new Trinity Health Regional Healthcare Campus and Medical District. To register a team, please call Sherry Maragos at 701-857-5221 or register online at [trinityhealth.org/heartgolf](https://trinityhealth.org/heartgolf).

### Mobile Mammography

- May 4 .....TCC – Velva, 338-2066
- May 5 .....Northland CHC – Bismarck, 255-4242
- May 12 .....St. Luke’s Hospital – Crosby, 965-6349
- May 13 .....Tioga Clinic, 664-3368
- May 18 .....Johnson Clinic – Maddock, 438-2555
- May 19 .....Northland CHC – Turtle Lake, 448-9225
- May 20 .....CHI – Devils Lake, 662-8662

### Prepared Childbirth Classes

**May 8, June 12, July 10, August 14, and September 11**  
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

**May 13, June 10, July 8, August 12, and September 9**  
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](https://trinityhealth.org/familybirth_registration).