

COVID-19: Trinity Health continues to keep our staff, patients, families, and community safe. Please visit trinityhealth.org/coronavirus for vaccine, testing, treatment, and other current information.

INSIDE THIS ISSUE

- James Schmidt, MD, Honored by Medical Graduates
- Golf for Life Tournament Helps CancerCare Center Patients
- Rad Tech Program Graduates Class of 2021
- Terry Altringer Receives Pharmacy Award
- Fireworks Safety
- Fore! (The Heart)
- Elton John and Billy Joel The Tribute Show September 24 and 25
- Keeping an Eye on Healthy Vision
- Using Salsa as a Healthy Summer Addition
- Building Hope Tournament Raises over \$32,000
- Community Calendar

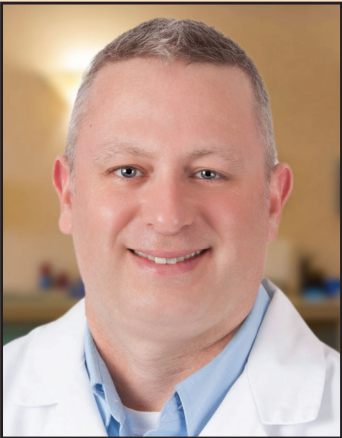


Sun Safety: Protection from UV Rays

While protecting your skin using sunscreen is important, there are other parts of the body – such as your eyes – that should be considered as well.

Every hour spent without eye protection can increase the risk of developing serious eye diseases. It is also important to note that because UV rays are invisible, most people don’t know they are harming their eyes.

“Regardless of the current health of your eyes, being outside on a bright day without eye protection, especially between the hours of 10:00 a.m. and 4:00 p.m. when UV rays are at their strongest, may lead to problems with your vision,” said Brad Schimke, OD, an optometrist with Trinity Health. He added that overexposure can result in a common condition known as photokeratitis, which is like a sunburn on the surface of the eye that is



Brad Schimke, OD

continued on page 2



Preparing for Back to School

It may seem like school just ended for the summer, but it is never too early to be prepared for the next school year.

In addition to the basics, such as school supplies or new clothes, a student’s health and well-being should also be taken into consideration. This includes standard hearing and vision checks and getting the proper vaccinations.

Hearing Checks

Hearing checks for children are important. According to the Centers for Disease Control and Prevention, 14.9 percent of children between the ages of 6 and 19 have low- or high-frequency hearing loss of at least 16-decibel hearing levels in one or both ears.

And the need for hearing checks may be more important than ever, especially with the number of medical appointments missed because of the COVID-19 pandemic.

“With last year being atypical in the way education was delivered, whether it was in-person with masks or remotely, the first signs of hearing loss may have gone undetected,” said Jerrica Maxson, AuD, an audiologist with Trinity Health Audiology. She noted that undetected or untreated hearing loss could have a greater impact on a student’s education. “It’s harder to learn. It’s harder to access that education. If it continues in that fashion, it could put those kids with undetected hearing loss at a greater disadvantage.”

According to the American Speech-Language-Hearing Association (ASHA), hearing screenings during childhood are vital for early identification and management of hearing loss. In addition to a newborn hearing screen, additional hearing screens are recommended during well child checks. The American Academy of Pediatrics and Joint Committee on Infant Hearing suggest that children should get their hearing checked at ages 4, 5, 6, 8, and 10, and then, due to an increased risk of hearing loss secondary to unprotected noise exposure, at ages 13 and 15.

However, as hearing screening may not be performed in all school districts, parents are encouraged to consider having hearing checks prior to the start of the new school year.

“We assess the health of the ear canal and ear drum, visually,” Maxson said. “Then we assess the child’s ability to detect soft sounds at the pitches that are important for understanding speech.”

Through this testing, the audiologists at Trinity Health incorporate age-appropriate games, which helps keep their attention longer. “Depending on their age, we test them differently,” Maxson said.

The appointment takes a half hour, with the first five minutes spent obtaining a hearing medical history of the patient, followed by 15 minutes of the actual testing. The remainder is used to counsel the patient on the results.

As reported by ASHA, it is well recognized that hearing is critical to speech and language development, communication, and learning. They add that children with listening difficulties due to a hearing loss or auditory processing problems continue to be at risk for developmental delays.

The behavioral effects of hearing loss can be like those of children with attention deficit disorders, learning disabilities, language problems, or cognitive delay, Maxson said. Some common behaviors include:

- Difficulty attending to spoken language
- Frequently asking for repetition
- Fatigue when listening
- Inappropriate (wrong) answers to simple questions
- Isolation from peers
- Reading difficulty
- Easily frustrated

Trinity Health Audiology includes Kelsey Artz, AuD, Jerrica Maxson, AuD,

continued on page 2

School continued from page 1

and Tricia Nechodom, AuD. Their office is located at 101 3rd Ave SW, Suite 203, Minot. Depending on insurance, a referral may be needed to see an audiologist. For more information, call 701-857-5986.

Wellness Visits

Wellness visits are important annual appointments that should be on parents’ to-do lists as they prepare their child for school.

Parents are advised to call their pediatrician and make an appointment, preferably in June or July, said Diana Peterson, MD, a pediatrician with Trinity Health.

Wellness visits help to track growth and developmental milestones; to give parents and pediatricians the opportunity to discuss any concerns about a child’s health; and to get children scheduled for vaccinations to prevent illnesses like measles, whooping cough (pertussis), and other serious diseases.

Students entering kindergarten need to get vaccinations for diphtheria, tetanus, pertussis, polio, measles, mumps, rubella, and varicella. Students entering the sixth grade need to get vaccinated for tetanus, diphtheria, pertussis, and a menactra shot for meningococcal meningitis. When they turn 16, there is the MenB vaccination, a two-dose series of shots geared for meningococcal B, a different strain of meningococcal meningitis.

Gardasil, an optional vaccination for human papillomavirus (HPV), is recommended for children age 11 and up. The COVID-19 vaccine is also available, approved for children 12 and up.

“If they’re behind on something, we’ll catch them up,” Dr. Peterson said.

To schedule a wellness check, contact a Trinity Health pediatrician.

Trinity Health’s team of pediatricians includes: Katharyn Bugardt, FNP-C; Ann Cadwalader, MD; Michael Holland, MD; Frederick Jones, MD; Allison Lesmann, FNP-C; Friday Osuala, MD; Diana Peterson, MD; William Sisa, MD; Anthony Udekwe, MD; and Ndu David Ugobi, MD. They are based at 400 Burdick Expy E, Minot. For appointments or consultations, please call 701-857-5413.

Steve Mattson, MD, is based at 1500 24th Ave SW, Ste 103, Minot. For appointments or consultations, please call 701-857-5343.

Joseph Stonehocker, CPNP-PC, is based at 1321 W Dakota Pkwy, Williston. For appointments or consultations, please call 701-572-7711.

Vision Checks

The American Optometric Association (AOA) recommends that an eye examination is as essential to preparing for going back to school as getting school supplies.

A comprehensive eye and vision exam, conducted by an optometrist, can detect and test for a full range of disorders that affect children’s learning.

“As a general rule, the age at which most children should be examined depends upon their family history,” said Jill Martinson, OD, an optometrist with Trinity Heath. “If there is a strong family history of amblyopia (lazy eye) or strabismus (crossed eye), the child should have their first examination by age two.”

In absence of those factors, she said, all children should be examined prior to age five. “Other factors that can alter the recommended age of first examination include history of prematurity or developmental delays.”

“Even if a child should pass a vision screening, they should receive a comprehensive eye exam if they show signs or symptoms of a vision problem, are not achieving up to their potential, or are spending excessive time and effort to achieve academically even minimally,” the AOA said.

Signs indicating that a child has a vision problem can include:

- Complaints of discomfort and fatigue
- Frequent eye rubbing or blinking
- Short attention span
- Avoiding reading and other close activities
- Frequent headaches
- Covering one eye
- Tilting the head to one side
- Holding reading materials close to the face
- An eye turning in or out
- Seeing double
- Losing place when reading
- Difficulty remember what they read

The most common eye-related ailment in children is refractive in nature, meaning that the child’s vision could be optimized by glasses, Dr. Martinson said. “The next most common childhood ocular findings are lazy eye or crossed eye. “These conditions require a dilated examination to determine if the cause is primarily muscle-related or focus-related. In some cases, glasses may correct these conditions. In other cases, the children may require surgery.”

The incidence of lazy or crossed eye is generally 3 percent of the population and is widely influenced by family history, Dr. Martinson said, adding that the need for glasses increases as the child ages. While it is much less common, children may develop eye conditions that are typically found in older adults, such as cataracts, glaucoma, or retinal problems.

“Many of the childhood conditions are not preventable, but early detection and intervention are key,” Dr. Martinson said. “Over the last several years, doctors have noted a significant increase in the rate of myopia (nearsightedness) in children across the world. So far, the only significant modifiable risk factor for the amount of myopia a child develops is time spent outdoors. We are not

continued on page 3

Sun continued from page 1

not only painful, but could potentially cause permanent damage to the eyes. In addition, UV rays can cause tissue growth on the whites of the eyes, and there is always the danger that skin cancer may develop around the eye(s).

Children are especially vulnerable because they aren’t as likely to wear UV protection as adults do, Dr. Schimke said. Others at risk for UV-related eye damage include people with retinal disorders, patients who have had cataract surgery, and people taking certain medications that make their eyes more sensitive to sunlight, he said.

The lifetime accumulation of harmful UV rays has been linked to cataracts as well as age-related macular degeneration, a disease that can ultimately lead to permanent vision loss.

“The more your eyes are exposed to bright sunlight, the more subject they are to irreversible damage. Fortunately, it’s never too late to start protecting your eyes,” Dr. Schimke explained. “One of the best ways, naturally, is to wear sunglasses that filter out at least 98 percent of UV rays.”

Sunglasses obtained from an optician are a good choice because you can be sure that they will block out the appropriate amount of radiation. While there are even contact lenses available that filter out some UV radiation, lens wearers should also use sunglasses, since these contacts don’t block out all harmful rays. The Centers for Disease Control and Prevention note that sunglasses that block both UVA and UVB rays offer the best protection.

The American Academy of Ophthalmology offers these tips for buying the best sunglasses to protect your eyes:

- **Choose sunglasses that block 99 to 100 percent of both UVA and UVB radiation.** Labels can sometimes be confusing. Some indicate sunglasses offer 100 percent protection from UVA/UVB radiation, others offer 100 percent UV 400 protection. Rest assured, both will block 100 percent of the sun's harmful radiation.
- **Doubt the UV protection label?** Take your sunglasses to an optical shop or to your optometrist. Most have a UV light meter that can test the UV-blocking ability of sunglasses.
- **Buy oversized.** The more coverage from sunglasses, the less sun damage inflicted on the eyes. Consider buying oversized glasses or wraparound-style glasses, which help cut down on UV entering the eye from the side.
- **Don't be fooled by color.** While dark lenses may look cool, they do not block more UV rays.
- **You don't need to pass on cheap sunglasses.** Sunglasses don't have to cost a lot of money to provide adequate eye protection. Less expensive pairs marked as 100 percent UV-blocking can be just as effective as pricier options.
- **Don't forget the kids.** Children are just as susceptible to the sun's harmful rays as adults. Start them on healthy habits early.
- **Consider polarized lenses.** Polarization reduces glare coming off reflective surfaces like water or pavement. This does not offer more protection from the sun but can make activities like driving or being on the water safer or more enjoyable.

If you are in need to have your eyes checked, Trinity Health provides eye and vision care in three Regional Eyecare locations.

Optometrists Jill Martinson-Redekopp, OD, and Brad Schimke, OD, and ophthalmologists Darren Hill, MD, Evelyne Kindy, MD, Darrell Williams, MD, and Chad Wolsky, MD, are based at 2815 16th St SW, Minot. For appointments or consultations, call 701-852-3937.

Ophthalmologist Mark Raymond, MD, is based at 1321 W Dakota Pkwy, Williston. For appointments or consultations, please call 701-572-7641.

Ophthalmologist Robert Dicken, MD, is based at 404 Hwy 2 E, Devils Lake. For appointments or consultations, call 701-662-4085.

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James Schmidt, MD, Honored by Medical Graduates

James Schmidt, MD, a hospitalist with Trinity Health, is among physician faculty who were honored in May during commencement ceremonies at the University of North Dakota School of Medicine and Health Sciences in Grand Forks.

Dr. Schmidt, who is clinical instructor of family and community medicine at UND’s Northwest Campus in Minot, was named Outstanding Physician-Teacher by medical graduates. The awards are presented annually to medical faculty at each of the medical school’s campuses in Minot, Bismarck, Grand Forks, and Fargo.

“As a community-based institution, the School could not carry out its educational mission without the dedication and sacrifice of our voluntary faculty members,” said Joshua Wynne, MD., M.B.A., M.P.H., vice president for health affairs and dean of the School. “We are fortunate to have many dedicated physicians from across North Dakota who go beyond the call of duty in giving our students the benefit of their time, experience, knowledge, and wisdom.”

A Minot native and 2004 graduate of the UND School of Medicine, Dr. Schmidt joined Trinity Health after completing his residency training at the Northwest Campus. He is board certified by the American Board of Family Medicine.



James Schmidt, MD

SAFESITTER

Nationally approved, medically accurate training program designed for 11 years old and older.

Safe Sitter® teaches adolescent babysitters how to handle crises, how to keep their charges secure, and how to nurture and guide a young child. Safe Sitter® babysitters help children stay safe and sound while their parents are away. In the process, these students 11 years old and older emerge as more confident, responsible, and compassionate teens and adults.

During this one-day course, students listen, practice, and learn an array of topics including:

- Choking and rescue breathing
 - Safety for the sitter
 - The business of babysitting
- Accident management
 - Child development
 - Hands-only CPR

2021 Summer Class Schedule

July 8, 9, 15, 16, 22, 23
August 5, 6

All classes are 8:30 a.m.-2:30 p.m.
Trinity Health Riverside, Education Center
1900 8th Ave SE, Minot

Due to the high demand for this class, the course fee of \$50 must be paid in advance. Registration is required; please call the Trinity Health Community Education Department at 701-857-5099. Students must have a mask or face covering.



DAISY/BEE Awards



May DAISY
Melissa Eggen, LPN



May DAISY
Rosanne Schaefer, RN



May BEE
Leslie Avery, OA



May BEE
Nicole Peterson, OA

If you would like to nominate an associate for a DAISY or BEE Award, please visit our website at trinityhealth.org/patients-visitors/employee-award-programs.

Golf for Life Tournament Helps CancerCare Center Patients

The Trinity Health Foundation’s 9th annual Golf for Life Men’s Golf Tournament will be held on Monday, August 16.

The Golf for Life tournament, along with the Building Hope Women’s Golf Tournament (the 23rd annual was held June 14), help generate funds to improve the lives of Trinity CancerCare Center patients.

Proceeds raised from these tournaments 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 Funds, or providing a prize that can be used at the event, Trinity Health Foundation invites you to be a part of this annual tradition to help provide assistance for local cancer patients.

Description	Golf for Life
T-Shirt	\$3,750
Hat	\$3,250
Water Bottle	\$2,750
Towel	\$2,150
Range Ball	\$2,150
Bag Tag	\$1,750
Golf Tee	\$1,750
Hole-in-One	\$1,500
Green & Tee	\$1,500
Fairway	\$1,000
Sand Trap	\$750

However 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 the Golf for Life tournament: Hat, Bag Tag, Golf Tee, Green & Tee, Fairway, and Sand Trap.

For more information, or if you have any questions, please feel free to contact Al Evon at 701-857-5432 or albert.evon@trinityhealth.org or Cody McManigal at 701-857-2430 or cody.mcmanigal@trinityhealth.org.

Eagle Awards



Mahli Blowers
Office Assistant Manager



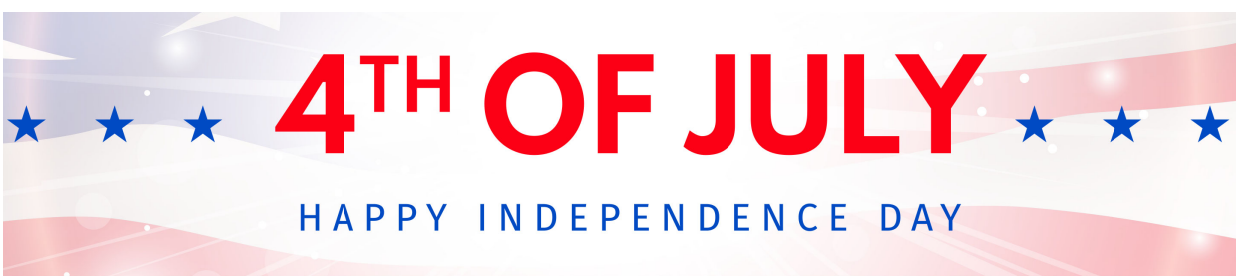
Deanne Johnson
Case Management

The Eagle Award is given by the Minot Area Chamber of Commerce to members of the community who exemplify excellent customer service. For more information or to make a nomination, visit: www.minotchamber.org/about/chamberawards/

School continued from page 2

certain of the exact mechanism, but research has shown to decrease the rate of myopia development. Current studies are investigating the role of medication and specialty contact lenses to help limit the amount of myopia development in childhood.”

As vision may change frequently during the school year, the AOA recommends that children receive an eye examination every year, or more frequently if specific problems or risk factors exist or if recommended by an optometrist. Be sure to schedule an eye examination with your optometrist. Jill Martinson, OD, and Brad Schimke, OD, are based at 2815 16th St SW, Minot. For an appointment or consultation, please call 701-852-3937. For an appointment at Trinity Regional Eyecare-Western Dakota, 1321 W Dakota Pkwy, Williston, call 701-572-7641.





The Trinity Health Radiologic Technology Program graduated its most recent class on May 13. Pictured, from left, are: Michelle Bratton, program director of the Trinity Health Radiologic Technology Program; program graduates Ranie Becker, McKayla Kautzman, Jessie Shaver, and Ashleigh Rodgers; Renae Stratton, program clinical coordinator; and Jim Coffin, director of Radiology at Trinity Health.

Rad Tech Program Graduates Class of 2021

The Trinity Health Radiologic Technology Program graduated four students on May 13.

The students include: Ranie Becker, R.T.(R)(ARRT), and Ashleigh M. Rodgers, R.T.(R)(ARRT), both of Minot; McKayla M. Kautzman, R.T.(R)(ARRT), of New Salem, ND; and Jessie Shaver, R.T.(R)(ARRT), of Farmington, Missouri.

On April 17, during the 2021 Dakota Strong Virtual Conference presented by the North Dakota Society of Radiologic Technologists and South Dakota Society of Radiologic Technologists, the students submitted scientific research papers. Three of the Trinity Health students placed: Ashleigh received first place for her paper on Proton Therapy and its Use in non-Small Cell Lung Cancer; Ranie, for her paper on Celiac Disease; and McKayla, for her paper on Alzheimer’s Disease.

While Jessie has taken a job closer to her family in Missouri, the remaining three graduates will become radiologic technologists at Trinity Health, said Michelle Bratton, JD RT(R)(MR), program director and education coordinator with Trinity Health Radiologic Technology Program.

Upon successful completion of the program, the students received a certificate, making them eligible to take the national ARRT registry exam. The students took and passed this exam, recognizing them as professional and competent entry-level radiographers, Michelle said.

Radiographers, or radiologic technologists, are vital members of any healthcare team. RTs combine extensive knowledge of advanced medical imaging with a passionate drive to help others. RTs use their knowledge of physics, human anatomy, and the ever-advancing field of medical imaging technology to produce images that are interpreted by a radiologist – a medical doctor who specializes in interpreting medical images and performing radiologic procedures. RTs may also specialize in various advanced imaging modalities, including cardiovascular-interventional radiography, magnetic resonance imaging (MRI), computed tomography (CT), mammography, and bone densitometry. With further education, RTs may also pursue careers in radiation therapy, medical dosimetry, nuclear medicine, and sonography.

The Radiologic Technology Program is a 22-month, hospital-based program that follows previous instruction, such as earning an associate or baccalaureate degree from an accredited community college or university; graduation from an accredited radiologic technology program; earning certification by passing the national ARRT exam in radiology; or possessing valid state licensure, where applicable.

The Class of 2023 will begin the program on August 2.

The program will accept applications for the next class this fall, with a January 1, 2022 deadline. For more information or to register, contact Michelle at 701-857-2316 or michelle.bratton@trinityhealth.org.



Learn Life-Saving Steps: STOP THE BLEED® Training

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

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

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

Please call Trauma Services at 701-857-5099 for more information and to schedule a class.

Source: stopthebleed.org

Altringer Receives Pharmacy Award

Trinity Health is pleased to announce that Terry Altringer, PharmD, Pharmacy Clinical Supervisor, has been honored by the North Dakota Pharmacists Association with the 2021 prestigious Bowl of Hygeia Award.



The Bowl of Hygeia Award recognizes pharmacists who possess outstanding records of leadership and service to their communities. Established in 1958, the award is recognized nationally by the American Pharmacists Association.

“Receiving this award has been both humbling and inspiring,” Terry said. “I’m humbled by the fact that I work with amazing colleagues who are equally and even more deserving than I, and I’m inspired to know there is still so much work to accomplish in the pharmacy profession and in the interest of patient care, which is why I and my colleagues come to work each day.”

Born and reared in Portal, ND, Terry earned his Doctor of Pharmacy degree from North Dakota State University College of Pharmacy in 1997. Following a one-year post-graduate residency at the VA Medical Center in Fargo, he joined Trinity Health’s Pharmacy Department in 1998.

Throughout his more than 20 years of service, Terry has helped advance the professionalism of the pharmacy department. In addition to his role as clinical supervisor, Terry holds the job title of Residency Program Director, having helped establish a nationally accredited post-graduate residency program.

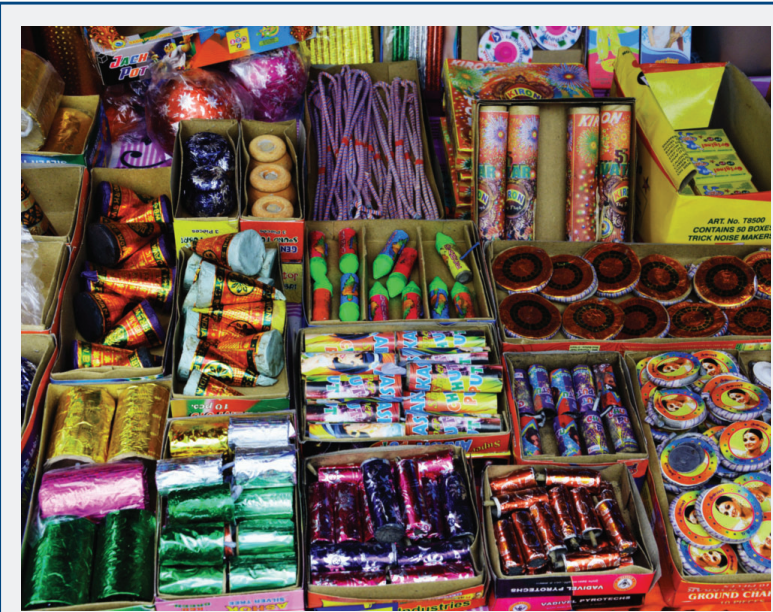
His activities and responsibilities at Trinity Health are extensive and include the review, selection, and integration of new medications and therapies into practice, medication safety and quality, research, education, cost containment and optimization strategies, development and integration of new programs and strategies to enhance the application of pharmaceutical care across the care continuum.

He serves on a wide range of health-system teams and committees and chairs or facilitates several of them. One of his most recent accomplishments was working closely with his manager, another colleague, and the senior leader team at Trinity Health to secure grant funding and authorization to launch an ambulatory care pharmacy service. Over the years Terry has helped facilitate clinical research studies conducted at Trinity Health and he has secured several grants to help provide education and advancement of new programs.

Terry has been a leader among his colleagues. He has served as secretary of the District Two Pharmacy Association and is an active member and past president of the North Dakota Society of Health-Systems Pharmacists. He serves as a reviewer for articles submitted to the American Journal of Health-Systems Pharmacists. Since 1998, he has been an adjunct preceptor with the NDSU College of Pharmacy and has helped prepare students for their pharmacy careers. In 2004 Terry was awarded the Distinguished Young Pharmacist for the state of North Dakota, which is an award nominated by peers given in recognition for individual excellence and outstanding service to the profession of pharmacy.

Terry has been active at his local church congregation serving on the trustee board and as a confirmation teacher. He has also served as the president of Our Redeemer’s Christian School. Terry is a certified USA swimming official and volunteers his time at local and state sanctioned swim meets. He has also previously coached youth basketball at the Minot Family YMCA. Terry and his wife, Heather, have four children. He enjoys spending time with family and friends, camping, fishing, hunting, and golfing when time allows.

Visit our website at trinityhealth.org



Fireworks Safety

According to the Consumer Product Safety Commission’s annual report from 2019, fireworks were involved with an estimated 10,000 injuries treated in hospital emergency departments across the country.

This does not include the 12 reports of non-occupational, fireworks-related deaths that occurred that year. The report noted that children younger than 15 years of age accounted for 36 percent of the estimated fireworks-related injuries; nearly half of the total estimated injuries occurred with individuals younger than 20 years of age.

The report also showed that 15 percent of firework injuries were eye injuries.

Rhonda Gunderson, RN, BSN, trauma program manager with Trinity Health’s Trauma Services, suggests the following tips to help avoid common fireworks-related injuries:

- Never lean over lit fireworks when lighting the fuse. Back up to a safe distance right after lighting them.
- If you find unexploded fireworks, leave them be. Never try to relight or handle them. Soak them with water and throw them away.
- Keep a bucket of water or a garden hose nearby the area where you’re lighting fireworks.
- Never point or throw fireworks at another person.
- Light fireworks one at a time, then move away from them quickly.
- Never carry fireworks in a pocket or shoot them off in metal or glass containers.
- After fireworks are done burning, douse them with plenty of water before throwing them away to prevent a trash fire.
- Do not experiment with homemade fireworks.
- Parents and caretakers should always closely supervise teens using fireworks.
- Parents should not allow young children to handle or use fireworks.
- Only use fireworks outdoors.
- Be sure to wear eye protection when fireworks are being lit.

Trinity Health Speaker’s Bureau

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

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
400 Burdick Expy E
Minot

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



FORE! (The Heart)

The Trinity Health Auxiliary Hearts Club would like to send out a huge thank you to everyone who came out to support their cause at their most recent fundraisers.

First, on May 24, the annual Men’s and Women’s Hearts Golf Scramble was held at Vardon Golf Club, Minot. Then, on June 19, the Run for the Heart Poker Run was held, beginning at Dakota Lounge in Minot.

The Auxiliary would like to thank the following sponsors: First International Bank & Trust, JE Dunn Construction Company, Mowbray & Son, Inc. and M & S Sheet Metal Inc., Pringle & Herigstad, P.C., Ryan Family Dealerships, and Sertoma Club of Minot.

The fundraisers, as well as the overall mission of the Auxiliary Hearts Club, were dedicated to the new Trinity Health Regional Healthcare Campus and Medical District, located in southwest Minot.

The Auxiliary Heart Club’s next fundraiser is Elton John and Billy Joel: The Tribute, which will be held in two shows on September 24 and September 25.

Walt Wise will be performing a tribute to Elton John and Billy Joel with the Rocketman’s and Piano Man’s greatest hits live onstage. This tribute show, which includes a fantastic show and a wonderful dinner prepared by Homesteaders Restaurant, is not to be missed!

A reserved table of eight is \$600. Tables are limited – get your tickets today at the Trinity Hospital Gift Shop, located on the second floor at Trinity Hospital, or online at trinityhealth.org/TributeShow.

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



Trinity Health Auxiliary
Hearts Club

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



TWO SHOWS: September 24 & September 25

6:30 p.m. Dinner • 7:30 p.m. Show
Clarion Hotel, Minot

Reserved Table of 8 - \$600

Walt Wise will be performing a tribute to Elton John and Billy Joel. Walt will be performing the Piano Man and the Rocketman’s greatest hits LIVE onstage. Sing and dance along with favorites like Crocodile Rock, Big Shot, You May Be Right, and many more. Our goal is to bring you the most authentic impersonators; Walt Wise has performed all over the United States including Las Vegas and Disney World. This tribute show is not to be missed! The tribute show will be held on two nights, that will not only include a fantastic show, but a wonderful dinner prepared by Homesteaders Restaurant.

- **Raffle for Fantastic Prizes** including a heart diamond bracelet!
- **Silent Auction**

Tables are limited – get yours today!
Trinity Hospital Gift Shop or
<http://trinityhealth.org/TributeShow>

For more information
call Sherry 701-857-5221



Keeping an Eye on Healthy Vision

Vision is a very important human function, which is why ensuring you have healthy vision is an important task that should never be put off.

Get a comprehensive dilated eye exam. A dilated eye exam, the National Eye Institute said, is “the only way to check for eye diseases early on when they’re easier to treat – and before they cause vision loss.”

“For a full comprehensive exam, the idea is we are looking at every part of the eye under a microscope, using special lenses to see it under more magnification that we can’t see with the naked eye,” explained Darren Hill, MD, an ophthalmologist with Trinity Health. “In addition to looking at the front structures of the eye, the dilation helps us look at the important structures in the back – the retina, the optic nerve – as well as the blood vessels that feed those structures.”

The appointment itself takes about 45 minutes to an hour, Dr. Hill said. He noted that people who do not have underlying health issues and who regularly see an optometrist can get these exams every one to two years. However, for people with diabetes or other eye diseases, or a family history of eye disease, “it would be a good idea to get an exam at least annually.”

Find out if you’re at risk for eye diseases. Having a family history of eye problems, as well as other factors, such as being overweight or obese, can put someone at a higher risk of some eye diseases, the National Eye Institute said.

Among the things that are commonly seen, the “big three” are macular degeneration, diabetic retinopathy, and glaucoma, Dr. Hill noted, stressing that annual exams are important for people who have a family history of eye diseases or diabetes.

Eat right for your eyes

The American Academy of Ophthalmology recommends keeping an eye – pun intended – on what you eat, especially since some foods can be extremely beneficial for the eyes.

- **Orange-colored vegetables and fruits with vitamin A.** Vitamin A is an eye-healthy nutrient as the retina needs plenty of vitamin A to help turn light rays into the images we see, plus, eyes can stay moist enough to prevent dry eye with vitamin A. Carrots and sweet potatoes, as well as fruits such as cantaloupes and apricots, are well-known sources of vitamin A.
- **Fruits and veggies rich in Vitamin C.** Vitamin C is also critical to eye health as it helps protect the body from damage caused by some things we eat (fast foods, for example), unhealthy habits (smoking), and environmental factors (the sun’s rays). Good sources of vitamin C include citrus fruits, such as oranges, tangerines, grapefruit, and lemons. Antioxidants can prevent or at least delay age-related macular degeneration and cataracts.
- **Vitamin E.** Another important antioxidant is vitamin E, which helps keep cells healthy. Vitamin E can be found in avocados, almonds, and sunflower seeds.
- **Cold-water fish with omega-3 fatty acids.** Diets rich in omega-3 fatty acids from cold-water fish may help reduce the risk of developing eye disease later in life. These fish include salmon, tuna, sardines, halibut, and trout.
- **Leafy green vegetables rich in lutein and zeaxanthin.** Lutein and zeaxanthin are antioxidants found in the pigments of leafy green vegetables and other brightly colored foods. They are key to protecting the macula, the area of the eye that gives us our central, most detailed vision. Kale and spinach have plenty of these nutrients. Other foods with useful amounts of lutein and zeaxanthin include romaine lettuce, collards, turnip greens, broccoli, and peas. And while not leafy and green, eggs also are a good source of these nutrients.
- **Beans and zinc.** The mineral zinc helps keep the retina healthy and may protect your eyes from the damaging effects of light. However, zinc can lower the amount of copper in your body, which we need to help form red blood cells. Fortunately, you can increase both at once with all kinds of beans (legumes), including black-eyed peas, kidney beans, and lima beans. Other foods high in zinc include oysters, lean red meat, poultry, and fortified cereals.

Take care of your health.

- **Get active.** “Being physically active helps you stay healthy,” the NEI said. “It can also lower your risk of health conditions that can cause eye health or vision problems – like diabetes, high blood pressure, and high cholesterol.”
- **Quit smoking.** “Smoking is not only bad for your lungs, but it also increases the risk of diseases like macular degeneration and cataracts, as well as harming the optic nerve,” the NEI said.



Darren Hill, MD



Cookout with the Crew

Cookout with the Crew was held at Town & Country on May 18. Members of the community were able to meet Trinity Health’s EMS crews, which include our ground and air ambulance services.



EMS Kid Strong

Fort Stevenson State Park in Garrison hosted EMS Kid Strong, an event to support children’s safety as well as give members of the community the opportunity to meet local everyday heroes – members of local emergency medical services, on May 22. There, people were able to check out NorthStar Criticair and the SIM-ND vehicle, which provides on-site training to Critical Access Hospitals, EMS units, and other medical providers across North Dakota.



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
Trinity Health Advanced Imaging Center
Trinity Health Town & Country, 831 S Broadway, Minot



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Trinity Health Western Dakota
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701-774-8785




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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

Eye

continued from page 6

Protect your eyes


Every day, you can take simple steps to protect your eyes.

- **Wear sunglasses.** Even on cloudy days, it is important to wear sunglasses that block 99 to 100 percent of both UVA and UVB radiation.
- **Protective eyewear is important.** Protective eyewear, such as safety glasses or goggles, can protect your eyes during activities such as playing sports, doing construction work, or doing home repairs, where your eyes could potentially be damaged.
- **Give your eyes a rest.** Resting your eyes after long periods of computer exposure can help protect vision. The recommendation made by the National Eye Institute is: for every 20 minutes you are working at a computer, you should look at something else about 20 feet away for 20 seconds.
- **Wear contacts correctly.** “Always wash your hands before you put your contact lenses in or take them out,” the NEI said. “Be sure to disinfect your contact lenses and replace them regularly.”

Optometrists Jill Martinson-Redekopp, OD and Brad Schimke, OD, and ophthalmologists Darren Hill, MD, Evelyne Kindy, MD, Darrell Williams, MD, and Chad Wolsky, MD, are based at 2815 16th St SW, Minot. For appointments or consultations, call 701-852-3937.

Ophthalmologist Mark Raymond, MD, is based at 1321 W Dakota Pkwy, Williston. For appointments or consultations, please call 701-572-7641.

Ophthalmologist Robert Dicken, MD, is based at 404 Hwy 2 E, Devils Lake. For appointments or consultations, call 701-662-4085.



Using Salsa as a Healthy Summer Addition

By Katie Skarda, RDN, LRD

Fresh salsa is a great way to add more flavor to a meal or a snack during a hot summer day. As a bonus, it also has many essential nutrients and health benefits! For instance, tomatoes are a great source of vitamin C, which is a powerful antioxidant that plays an important role in the health and function of immune cells. Tomatoes are also the best food source of lycopene. Lycopene is a powerful phytonutrient & antioxidant that has the ability to neutralize free radicals in the body, helping prevent chronic inflammation and disease.

On the contrary, some salsas can be very high in sodium. Many store-bought salsas contain a heavy amount of salt, which can have a negative effect on your health. This can be reduced if you create your own homemade recipes. By making your own homemade salsa, you can get all the nutrient benefits without the added sugar, salt, and fillers. Another fun idea for the summer is switching up traditional salsa for a fruit salsa, which can be a refreshing topping on fish tacos or grilled chicken.

Low Sodium Homemade Salsa

Ingredients

- 1/3 cup fresh cilantro
- 4 large cloves of garlic
- 5 medium tomatoes
- 1 medium onion
- 1-2 jalapeño peppers (depending on size and heat); you can also use chipotle peppers
- 1 can (10-14 oz) no salt added tomato sauce
- 1 tbsp fresh lemon juice

Directions

1. Mince the garlic, jalapeño, and cilantro finely.
2. Chop onions and tomatoes to desired size.
3. Add all ingredients in a large bowl, then mix in the tomato sauce and lemon juice.
4. Taste the finished product to determine if you have enough jalapeño for your desired heat level. Remember you can always add more but you can’t take it out once you have added it.

*Caution: Be careful when cutting the jalapeño peppers. Do not touch your eyes, nose, or mouth until you have thoroughly washed your hands.

<https://skipthesalt.com/low-sodium-homemade-salsa/>

Fruit Salsa

INGREDIENTS

- 1 cup diced pineapple
- 8 strawberries, diced
- 2 kiwi, diced
- 1 mango, diced
- 1 orange, diced
- 1 jalapeño, deseeded, and deveined, diced
- 1/2 cup cilantro, chopped
- 1/4 cup mint, chopped
- 1 lime, juiced and zested
- 1 teaspoon grated fresh ginger

INSTRUCTIONS

1. Combine ingredients in a bowl.
2. Stir and cover for at least an hour before serving.
3. Serve with cinnamon tortilla chips or on your favorite dishes.

<https://www.kathysvegankitchen.com/fruit-salsa-recipe/>

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Building Hope Tournament Raises over \$32,000

The Trinity Health Foundation’s 23rd Building Hope Women’s Golf Tournament raised over \$32,000 for the Trinity CancerCare Center’s Patient Assistance Fund. The June 14 tournament included 36 teams of four – a sold out tournament, said Al Evon, director of Trinity Health Foundation.

Connie Busch, lead mammographer with Trinity Health, was the guest speaker. She spoke of her 33 years as a mammographer with Trinity Health (and as lead mammographer for the last 23 years), her family’s experience with cancer, and her own personal journey as a breast cancer survivor.

The winners of the tournament were: 1st place: Jade Teske, Holly Johnson, Melissa Spelchen, and Katie McGlenen; 2nd place: Kathy Kragh, Eileen Kraft, Jill Alexx, and Mckayla Titus (team was sponsored by Bremer Bank); 3rd place: Linda Schafer, Lorelee Clay, Nadene Johnson, and Pat Bresh; and last place: Jodi Pederson, Breann Zietz, Sara Abrahamson, and Karen Hannegrefs (sponsored by Pederson Chiropractic/Zietz Electric). The contest winners included: JoAnne Colebank, longest putt; Deb Allard, closest to the pin; and Dawn Ystaas, straightest/longest drive.

Trinity Health would like to thank the following sponsors:

Towel Sponsor: First International Bank & Trust

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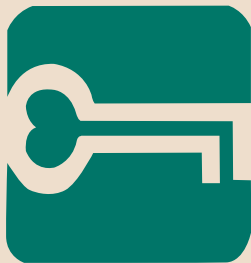
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Trinity Health Foundation would also like to thank the following who donated door prizes: American Football Association, ArtMain, Badlands Restaurant & Bar, Hampton Inn & Suites, Kenmare Country Club, Minot Family YMCA, North Dakota State Fair, Preferred Restaurant Group Inc., Roosevelt Park Zoo, Scheels, Swanston Equipment Corporation, Theodore Roosevelt Medora Foundation, Total Nutrition, Uncle Maddio’s Pizza, and Vardon Golf Club



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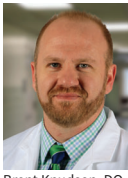
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Monday-Friday 9:00 a.m.-8:00 p.m.



Brent Knudson, DO



Cody Pehrson, MD

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C O M M U N I T Y

CALENDAR

For the latest updates, check online at trinityhealth.org

Events may be postponed or canceled due to COVID-19.

Please watch our calendar at trinityhealth.org/events for up-to-date calendar changes.

Events

July 6 – Keys to Diabetes Success meet at the Trinity Health Community Conference Room at 5:30 p.m. The topic of discussion is “Back to Basics Class: Equipment and Supply Safety.” Reservations are required. Call Trinity Health Center for Diabetes Education for more information at 701-857-5268.

July 21 – The Stroke Support Group will meet at 7:00 p.m. at Trinity Health Riverside, 1900 8th Ave SE, Minot. For more information, call Jerilyn Alexander, RN, Stroke/STEMI coordinator, at 701-857-2449.

July 23-31 – Trinity Health will have an informational booth about its new medical district at the North Dakota State Fair.

July 23-31 – The Trinity Health Auxiliary Hearts Club will host ‘Park for the Heart’ in the Trinity Health Riverside parking lot during the North Dakota State Fair.

July 24 – Trinity Health will participate in the North Dakota State Fair Parade. Come to the parade to see NorthStar Criticair, Community Ambulance Service, SIM ND, and the Sports Medicine trailer.

July 27 – Safe Kids, Trinity Home Health, and a hands-only CPR educational booth (provided by Community Ambulance and Trinity’s Stroke/STEMI department), will be set up at the North Dakota State Fair’s Family Day.

July 29 – Informational booths from Trinity Home Health/Hospice, Trinity Regional Eyecare, Trinity Homes, stroke (with free blood pressure checks), audiology, and trauma/injury prevention will be set up at the Senior Festival at the North Dakota State Fair.

Mobile Mammography

July 7 ..Northland Community Health Center – Turtle Lake, 448-9225

July 9CHI Clinic – Devils Lake, 662-8662

July 12Trinity Community Clinic – Velva, 338-2066

July 13St. Luke’s Hospital – Crosby, 965-6349

July 14Tioga Clinic, 663-3368

Prepared Childbirth Classes

July 10, August 14, September 11, and October 9

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., Trinity Health Riverside Education Center, 1900 8th Ave SE, Minot.

Breastfeeding Basics

July 8, August 12, September 9, and October 14

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., Trinity Health 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.