



Paul Keeling (l) and Clarence Aberle hard at work on the treadmill.

Healing Your Heart

In 1988, at the age of 48, my stepfather had bypass surgery for a heart attack. The evening of his attack, he had chest pains and fearing the worst, drove himself to the emergency room of St. Joseph's Hospital. "It's indigestion," they said. "Go home." So that is what he did.

When the pains didn't subside, he drove himself to the hospital a second time, where tests revealed he was having a myocardial infarction and showed blockage in four arteries. After successful surgery, he realized he was lucky to be alive, and at the time thought that if he lived another 10 years, he could say he'd lived a good life. He died in 2020.

A heart event or heart surgery isn't a death sentence and can serve as a strong motivator to change poor habits and create good ones. Trinity Health's Cardiac Rehabilitation program offers supervised exercise and lifestyle management to get patients on the right track.

To qualify for cardiac rehab, a patient must be referred by a physician. Referral usually follows heart surgery, a heart attack, coronary angioplasty, coronary stents, peripheral artery disease diagnosis, congestive heart failure, and recently added post-COVID debilitation. Cardiac rehabilitation has demonstrated benefits, yet fewer than 20 percent of eligible patients participate.

Cardiac Rehab is a team effort

Trinity Health's Cardiac team consists of professionals from many disciplines that contribute to one's overall health: nurses, respiratory therapists, exercise physiologists, diabetes educators, dieticians, pharmacists, and licensed mental health counselors.

"A patient that participates in our program is under an umbrella of really good protection," said Heidi Zaderaka, respiratory therapist and cardiopulmonary rehab manager. "We are trained to assess symptoms, teach safe ways to exercise, and help patients safely progress on their journey toward a healthy lifestyle."

Cardiac Rehab has three equally important parts:

Exercise training: All patients receive an individualized exercise prescription, which may include walking, stationary cycling, rowing, and resistance training – all ways that promote heart health. Patients are under the care of cardiac rehab professionals who monitor blood

pressure and heart rate to ensure safe exercising.

Education: Education is a key factor in long term success. Cardiac rehab staff design a modification program unique to patient needs that focuses on achieving and maintaining a healthier lifestyle.

Maintenance: Cardiovascular health will improve while on the program but will only be temporary unless regular exercise is adopted as a permanent lifestyle change. Long-term plans at Trinity Health allow patients to continue to exercise at the cardiac rehab maintenance program as long as space is available.

"We try to visit with patients about our program post-surgery, while they are still in the hospital. This is when they are at their most vulnerable and most willing to change," said Zaderaka. "Once given approval from their doctor, patients can come for up to 36 sessions, depending on insurance coverage. Every session includes 20 – 40 minutes of exercise, but education is part of everything we do. Patients learn safe ways to exercise, how to set goals, and better eating habits. They learn about nutrition: how to reduce salt, reduce cholesterol, and reduce fat. Patients also learn how to respond to risk factors with lifestyle modifications."



Trinity Health staff keep a close eye on cardiac output.

We help them understand they are on a journey, so the educational conversations are continual. Toward the end of their sessions, staff will start the conversation, 'What are you going to do from here?' We give them the tools to set long term goals."

Clarence Aberle knows the routine well: at age 72, Aberle is a repeat participant of cardiac rehab's services. His first experience in cardiac rehab was after having bypass surgery in 2019. He's returned due to a recent surgery where he received a mitral valve clip.

continued on page 2

INSIDE THIS ISSUE

Builders Wrap Up Weighty Food Drive

Staying Safe (and Warm) Outdoors

Weigh 2 Change Session Zero

Auxiliary Fashion Fundraiser: February Induced Euphoria

Welcome New Providers

Dr. Fauntleroy Receives Honor

Eagle Awards Presented

Trinity Health Foundation

Caring for the Caregivers

Hypertension and Chronic Kidney Disease Community Conference

Trinity Health 100 Years

Nurse Educator Receives Legendary Nurse Award

National Snack Food Month

Emergency Services Receive New Name



Trinity Health Welcomes New Year's Baby

It took all night, but Trinity Health finally welcomed several new babies into the world on the first day of 2022.

The first New Year's baby was Ashley Luna Olson, daughter of Ashley and Bobby Olson of Willow City.

Little Ashley arrived at 7:25 on New Year's Day weighing 7 pounds, 1 ounce, and measuring 20 inches.

Dr. David Amsbury performed the delivery, which went as planned, despite some snow and icy roads driving to the hospital. It's the Olson's fourth child and third daughter.

Asked if they had qualms about bringing a new life into the world during a pandemic, Mom replied, "Life goes on."

Trinity Health Auxiliary donated a gift basket in celebration of the first New Year's baby.



Check Out Our Progress
Check it out for yourself with our live cameras at trinityhealth.org



Builders Wrap Up Weighty Food Drive

During the holiday season, crews at the Trinity Hospital construction site competed in a friendly food drive, which soon turned fierce. The team with the most donations per employee, based on weight, would be the winner, securing a pizza party for the organization. The Lord’s Cupboard Food Pantry was chosen as the deserving recipient.



December 22, the final day to donate, crews arrived with full truck beds and pallets of nonperishable items. Linda Randolph, volunteer outreach coordinator, was overwhelmed by the generosity. “I was told not to expect much this time around,” she said. However, four pickups arrived full of food. “They used a payloader to unload the food. We got pallets of water and pasta, and cases of canned goods. It brought tears to my eyes,” she said. “We are so thankful.”

The total weight of the donated food was slightly less than six tons - 11,418 lbs. Johnson Controls and Main & Holmes Electric won the pizza party with a whopping team contribution of 7,340 lbs.



Staying Safe (and Warm) Outdoors

There’s nothing quite like spending time in the great outdoors, but in North Dakota, the great outdoors can become a bitterly cold place. Here’s how you can stay safe (and warm) while outside during the coldest season of the year.

Dress Properly

When going outside in winter, make sure body parts most often affected by frostbite are covered in warm, dry clothing. This includes your nose, ears, toes, cheeks, chin and fingers.

Be sure to wear a scarf or knit mask that covers your face and mouth, mittens or gloves, water-resistant boots, a hat, a water-resistant coat, and several layers of loose-fitting clothing.

Watch for Symptoms of Frostbite and Hypothermia

Frostbite occurs when exposure to freezing temperatures damages areas of a person’s skin and the tissues underneath. Frostbite symptoms include:

- Redness or pain in any skin area
- A white or grayish-yellow skin area
- Skin that feels unusually firm or waxy
- Numbness

Hypothermia is a potentially dangerous drop in body temperature, usually caused by prolonged exposure to cold temperatures. It often occurs at very cold temperatures but can occur at cool temperatures (above 40°F) if a person is wet (from rain, sweat or cold water) and becomes chilled.

Hypothermia symptoms include:

- Shivering
- Exhaustion
- Confusion
- Fumbling hands
- Memory loss
- Slurred speech
- Drowsiness
- Bright red, cold skin
- Very low energy

If someone is experiencing frostbite or hypothermia, seek medical attention as soon as possible. Get the person into a warm room or shelter, remove any wet clothing and warm the person under dry layers of blankets or clothing. For frostbite victims, place affected areas in warm-to-touch water. Do not use a fireplace, heat lamp, radiator, stove, heating pad or electric blanket for warming, and do not rub or massage affected areas.

Paying attention to outdoor conditions and dressing appropriately will keep you more comfortable and may also save your life.

Trinity Health Speaker’s Bureau
Call Community Education at **701-857-5099**
for available dates and topics.

facebook.com/TrinityHealth.ND

trinityhealth.org



Diabetes Prevention Program Weigh 2 Change

Diabetes can be prevented but not cured. Take control of your health and start making positive lifestyle changes with the help of a trained lifestyle coach and fun, engaging support groups.

Session Zero
March 1 or March 8
4:00-5:00 p.m.
Trinity Health Community Conference Room
Town & Country Center

You will learn about the yearlong program and its goals, complete a “Readiness to Change Questionnaire,” and you can ask questions to see if this program is right for you.

Eligibility for Participation:
☐ At risk for or have prediabetes ☐ Overweight
☐ At least 18 years of age ☐ Not pregnant
☐ Do not currently have diabetes

Cost: People who decide to commit to the program and are not covered by Medicare will be charged a fee of \$220, which covers educational sessions and materials for the entire year.

RSVP to 701-857-5268: Class sizes will be small and mask/face coverings required.

 **TRINITY HEALTH**
If unable to attend the Session Zero please call for more information 701-857-5107.

Heart continued from page 1

Aberle attends rehab three times a week and his workouts usually entail 20 minutes on the treadmill, 10 minutes on the elliptical machine, and 8 minutes of rowing. On this day, he will push himself to row for 10 minutes.

“I really enjoy this program,” he said before his workout. “I am sticking with it because I followed it before and did really well.” Once he has completed rehab, he will continue exercising at the YMCA.

Cardiac rehab is a new experience for Paul Keeling. The 53-year-old had a heart attack on Halloween, and two days later underwent coronary artery bypass graft (CABG) surgery. He has been a regular in the rehab unit since late November 2021.

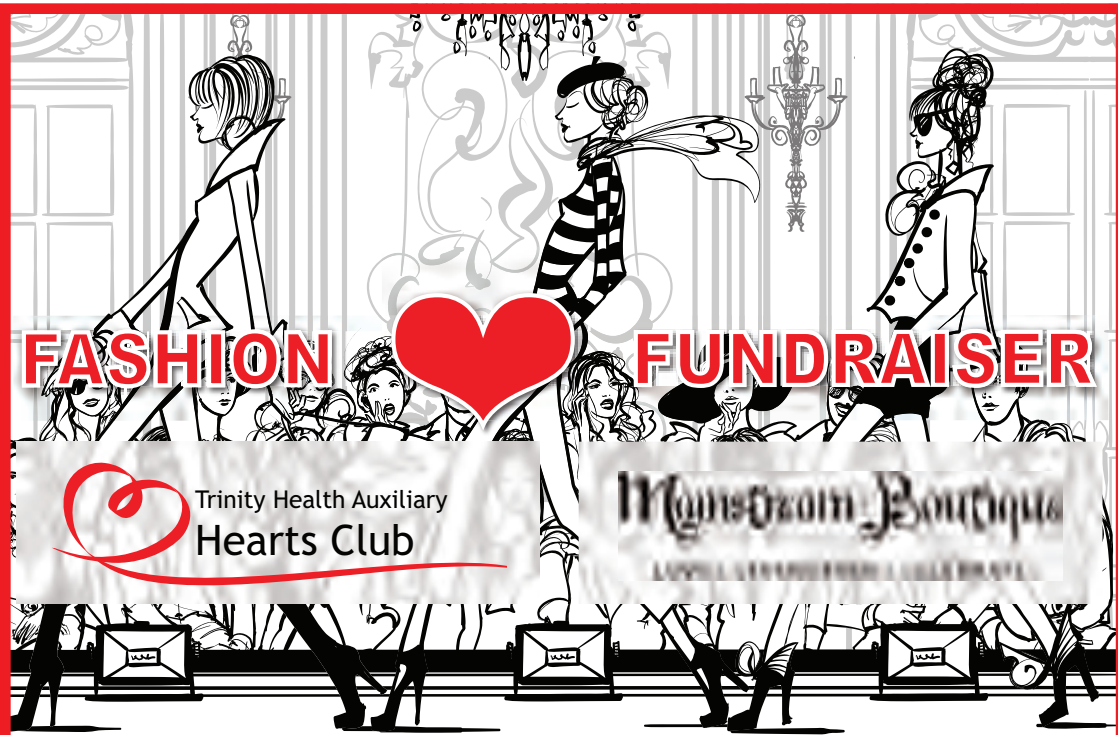
Keeling’s family history of heart disease played a large role in his health; however, he admits poor lifestyle choices may be likely contributors as well.

“My family has a lot of heart disease,” he said. “My dad had a heart attack at age 42, my mom had a heart attack, too. My diet wasn’t ideal,” he added. “I don’t really like vegetables, but I would eat a tomato if it were on a cheeseburger.”

Like Aberle, Keeling spends 20 minutes on the treadmill and is proud to point out that when he first started, he could walk for short periods of time at 1.8 mph. He is now up to a 3-mph pace, with increasingly challenging hill intervals. He also uses the elliptical machine and upper body cycle. Keeling’s maintenance will also include “a lot of diet changes,” as well as exercise. He takes his research seriously and pointed out that low sodium Triscuits have one third the sodium of regular ones.

For many like Aberle, Keeling, and my stepdad, Tom, heart disease was a wakeup call to make intentional choices that enhance one’s quality of life. Living to our fullest potential is a tall order, but ultimately up to us.

Trinity’s Cardiac Rehab program is certified by the American Association of Cardiovascular and Pulmonary Rehabilitation and is part of the Trinity Heart Team. If you would like more information to see if you qualify for cardiac rehab, talk to your healthcare provider.



Fashion Fundraiser: February Induced Euphoria

February is the worst of times, and the stressed of times. Christmas is over, and self-induced sugar highs of the holidays are in the rearview mirror. February, for many, is a continuation of long, dark days of sub-zero winter temperatures. The Google Misery Index (yes, this is real) shows February as a month of growing search trends for depression, anxiety, pain, stress, and fatigue. Citizens who live in cold climates remain upbeat by embracing the varying seasons. Well, if the Norwegians can find happiness in February, then we can too! And here’s a suggested fix: attend the Fashion Fundraiser, hosted by Mainstream Boutique and Trinity Health Auxiliary Hearts Club.

February 10, 6:00 p.m., Sleep Inn
Tickets: \$10
Trinity Hospital Gift Shop or log on to
<https://trinityhealth.org/auxiliaryFashion>

In its third year, the Fashion Fundraiser promises an evening of food, fun and music and will showcase fashion from local vendors.

“I’ve worked with Kristi and Dawn (store owners) for several years on various projects, and we have so much fun,” said Sherry Maragos, events director for Trinity Hearts Club. “We’ve teamed up for other fashion shows, as well as pop-up Christmas shops, which go over well with our audiences. What isn’t fun about shopping?”

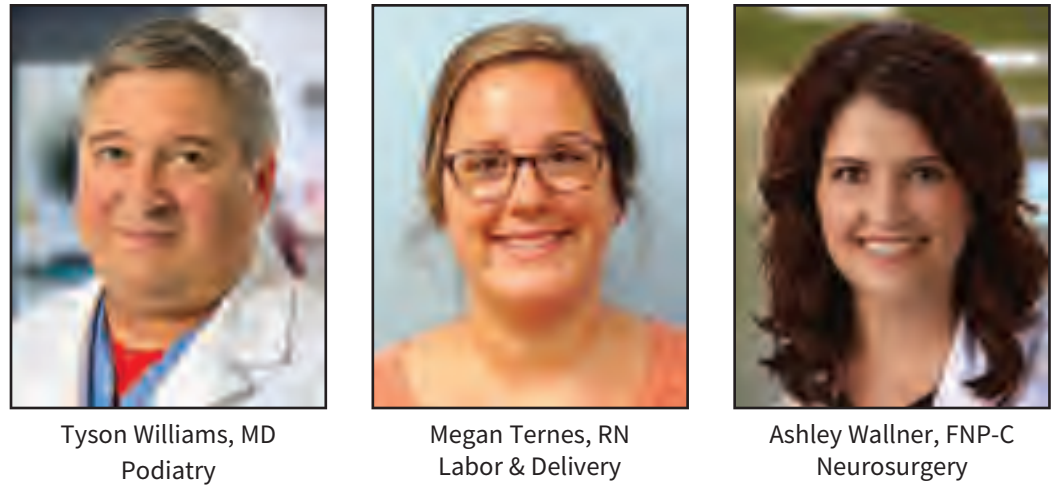
Ticketholders to this year’s event will also have a chance to win the Grand Door Prize, which is a diamond bracelet. “I call it ‘win your very own valentine,’” Maragos added.

A new addition to this year’s fashion event is the Gently Used Formal Wear Shop. Interested consignors have the option to model or display gently used prom or formal dresses and accessories they would like to sell at the Fashion Fundraiser. Contact Sherry at 701-857-5221 to secure your spot on the runway or sales floor.

“I see on social media young people from different communities selling formal wear and thought the Fashion Fundraiser might offer a new platform for them to display their clothes and accessories. When I shop, I like to feel and touch the fabric before I buy. The Fashion Fundraiser allows people the opportunity to showcase their outfits in a more personal way,” Maragos said.

Eagle Awards Presented

The Eagle Award is presented by the Minot Area Chamber/EDC, based on nominations from within the community. Thank you, Trinity Health employees, for all you do to make more possible!



If you would like to nominate someone for an Eagle Award, visit minotchamberedc.com

Welcome to Trinity Health

A board certified physician assistant, Danielle Pinckney, PA-C, is a member of our team of providers at FirstCare Walk-In Clinic. She earned a Bachelor of Arts degree in Dance Performance from the University of Wyoming, Laramie, before pursuing her medical career. She completed her master’s degree in Physician Assistant Studies at Union College, Lincoln, NE, and practiced in urgent care settings in Alaska, Louisiana, and Utah, before joining Trinity Health. In Louisiana she worked for Willis Knighton Health Services, where she was a 2015 Gold Star Service Recipient for outstanding patient care. A member of the American Academy of Physician Assistants, Pinckney is certified by the National Commission on Certification of Physician Assistants and by the Department of Transportation to conduct DOT physicals. When she’s not working, she enjoys spending time with her husband and three young children.



Danielle Pinckney, PA-C



Dr. Fauntleroy Receives Honor

Trinity Health Obstetrician/Gynecologist Jessie Fauntleroy, MD, has been recognized by the Idaho College of Osteopathic Medicine, receiving its Preceptor of the Year Award for 2021.

Dr. Fauntleroy was among 10 physicians named Preceptor of the Year, an award bestowed by the medical students themselves. She served as a preceptor to four of the school’s third-year medical students who carried out their clinical rotations at Trinity Health.

“The many physicians serving as preceptors for ICOM medical students have created strong clinical learning experiences for our third and now fourth-year students,” said Dr. Kevin Wilson, ICOM Associate Dean of Clinical Affairs. “Their commitment to medical education while juggling the many demands of a busy physician attests to their dedication and commitment to the medical profession.”

Preceptors educate student doctors, spending more than 130 hours working with each student in clinical areas, assigning tasks, overseeing their work and providing feedback to help each student grow.

A graduate of Ross University School of Medicine, Fauntleroy completed her Ob/Gyn residency at SUNY University at Buffalo and also holds a master’s degree in Health Management Systems.

Welcome to Trinity Health

A member of our Behavioral Health team, Bobbie Buseth, PMHNP-BC, is a psychiatric mental health nurse practitioner, board certified by the American Nurses Credentialing Center. She provides mental healthcare to patients dealing with a wide range of psychiatric conditions, from depression and anxiety to schizophrenia and bipolar disorder. A graduate of Maryville University with a Master of Science in psychiatric mental health nursing, Buseth began her healthcare career in 2008 as a certified nursing assistant at Trinity Homes. She continued to advance her nursing education, earning her LPN and RN degrees through Dakota College at Bottineau and Williston State College respectively. While at DCB, she received the Compassion of Nursing Award. In 2018 she obtained her Bachelor of Science in nursing from the University of Mary, Bismarck, and soon after completed her PMHNP degree. Buseth’s RN experience includes long term care, pediatric, primary care, and inpatient psychiatric nursing in association with Trinity Health, CHI St. Alexius, and Northland Community Health Center. She is a member of Sigma Theta Tau International Honor Society of Nursing.



Bobbie Buseth, PMHNP-BC

In Recognition and Thanks from the Foundation

Trinity Health Foundation is proud to list the names of individuals, organizations, and businesses whose gifts were received from October 1 to December 31, 2021. These contributions illustrate a generous and caring community, striving to bring the highest quality care to those we serve. We want to thank those contributors for their generous support of Trinity Health’s mission: “To excel at meeting the needs of the whole person through the provision of quality healthcare and health related services.” For more information on honoring the memory of a loved one through philanthropic giving, contact Trinity Health Foundation at 701-857-5432.

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In Recognition

continued from page 4

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In honor of our family
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In memory of Ava Dufner
Ronald & Donna Hensen

In memory of Becky Heinecke
DeAnne & Bob Finken

In memory of Brian Svangstu
Robert & Diane Svangstu

In memory of Buzz Lindley
Mike Deserly

In memory of Daniel & Robert Volk
Niki & Dale Roed

In memory of Dennis Christianson
Niki & Dale Roed

In memory of Edwina Wahlund
Karen & Hjalmer Carlson

In memory of Eleanor Semingsom
Audrey Olson

In memory of Fern Brilz
David & April Demaree

In memory of Gerald Heinle
Norma Anfinson

In memory of Julius & Florence Steffen
Jerry Steffen

In memory of Laura Howery
Kenny & Glenda Tofteland

In memory of Laurence Thompson
Opal Thompson

In memory of Lowell Latimer
Karen & Hjalmer Carlson

In memory of Pam Simonson
Greg Simonson

In memory of Rosamond Schan
Sharon Rollman

In memory of Ruby & Lloyd Enget
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Karen & Hjalmer Carlson

PASTORAL CARE
Anne Weddle
Aaron Herington, MD
United Methodist Women of Des Lacs

RADIOLOGY FUND
In memory of Debra Swenson
Cawley
Mike & Cindy Milkey

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In memory of Ava Dufner
The Pearl Nelson Family

In memory of Curt Talley
Brenda & Robert Demke
The Pearl Nelson Family

In memory of Edward Miller
Amy Bergrude

In memory of Epifania Moor-Brezini
Nermita Tack

In memory of Frederick Hattel
Sheila Hattel

In memory of James Stewart
Linda & Al Vosberg

In memory of Marion Eresman
Dusty & Jason Zimmerman

In memory of Robyn Gabel
Amy Bergrude

In memory of Verdine Jelleberg
Blanche & Leonard Schaan

In honor of all the wonderful staff at TCC-WD
Jessie Olson

In honor of Serena Zietz
Deb & Brian Boppre

TURKEY DRIVE
Alana Erickson
Amber Emerson
Amber Stephenson
Amy & Bradley Hofmann
Angie Hanson
Anna Edwards
Anna Larsen
Anne Haider
Anonymous Contributions
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Bailard Farm
Bill Austin
Boppre Law Firm PLLC
Brad Bonness
Brenda Willoughby
Brent & Tami Mattson
Brett Fried
Bruce & Nancy Anderson
Carla & Alan Robillard
Carlene & Larry Solar
Carol & Rodney Walth
Christopher Durrett

Caring for the Caregivers

New Resiliency Room offers respite for healthcare staff

The pandemic is not over and healthcare workers are not OK.

COVID-19 has profoundly impacted the world. We learned new terms and behaviors like pandemic, super spreader, herd immunity, self-isolate, social distancing and quarantine. Masks, at first awkward and in short supply, are now considered an accessory and come in colors and fabrics that coordinate with our wardrobes. Americans no longer wonder when things will return to normal and are resigned to the fact we are living a new normal.



COVID’s impact on healthcare – employees, systems, processes – is unprecedented. In the space of a single day, doctors and nurses face many life and death struggles. Those on the frontlines of acute care have seen a higher incidence of sickness and death than what one might experience in an entire career. Industry crippling nursing shortages require current staff to work additional shifts and longer hours to meet the needs of patient care. Nurses and nursing leadership are pulled from different departments to cover gaps in schedules. As we are well into the pandemic’s second year, the extra challenges and work demands are taking a physical, emotional, and mental toll on healthcare providers.

“COVID has tremendously impacted our front-line staff, especially our newer nurses. They have seen things in a short time that many providers only see over a lifetime. People are weary of this pandemic and fatigued from the emotional, physical, and mental wave of the events. It has left many struggling with mental health issues like post-traumatic stress disorder, that may require therapy, medication, and support to help them cope,” said Karen Zimmerman, chief nursing officer and vice president of patient care.

In the Trenches

Elin Busta completed her Bachelor of Science in nursing (BSN) in 2018 from South Dakota State University in Brookings. She chose nursing because she felt it provided her an opportunity to support patients during good or difficult times. “My passion has always been to connect with patients and support them emotionally when they are most vulnerable. In hindsight, I didn’t realize the gravity of my desire,” Busta said. She came to Trinity Health soon after graduation and worked in the Medical Unit.

Prior to COVID-19, Busta said a stressful day might include many patients moving in and out of the unit, which would require a lot of follow up administrative duties. “Stress back then was ‘comfort care’ stress, or ‘busy’ stress. We had a lot to get done, but we didn’t carry it home after work,” she said.

continued on page 8

Welcome to Trinity Health

A member of Trinity Health’s heart team, Sharon Wright, ANP-C, works closely with cardiologists and other clinical staff to provide comprehensive cardiovascular care to patients. She assists in various aspects of care, from patient assessment and education to assisting with cardiology procedures. A graduate of the University of Wisconsin Oshkosh with a Bachelor of Science in nursing, Wright completed her Master of Science in adult nursing practice at Marian University, Fond du Lac, WI. Her experience includes extensive practice in both clinic and hospital settings. She was associated with Trinity Health for several years, working in the areas of cardiac and surgical care. Most recently she was a family practitioner at CHI St. Alexius Health in Minot. A member of the American Association of Nurse Practitioners, Wright enjoys fishing and travel.



Sharon Wright, ANP-C

Hypertension and Chronic Kidney Disease Community Conference

March 24, 2022, 5:30-7:00 p.m.
Trinity Health Riverside

Learn what chronic kidney disease is and what you can do to prevent it from progressing.

Register at 701-857-3981
Light meal will be offered.

Call with questions: Kathy Larson 701-857-3981 or Michelle Fundingsland 701-857-5268

In Recognition

continued from page 5

Dakota College at Bottineau - Minot Site Nursing Students
Debra Crawford
Denice Wanner
Aaron Makens, MD
Alexandre Kindy, MD & Evelyne Kindy, MD
Ann Hoff, MD
Ashley Sarasan, MD
David Billings, MD & Denise Billings
Jeffrey Verhey, MD & Janelle Verhey
Kevin Franks, DO & Marie Franks
Kevin Moore, MD
Michael Savitt, MD
Roggie Reason, MD
Thomas Carver, MD
Dusty & Jason Zimmerman
Gae Avers
Greg Stack
Henry & Renae Lemar
Jan Laudenschlager
Janel & Greg Feehan
Jenene & Mike Kittleson
Jerry's Repair & Alignment
Jessica Anderson
Jody Foster
Joel & Sheilla Anderson
Julie & Mark Passaglia
Jutta Schmidt
Kara Gjerde
Karen & Robert Holte
Kari Keyes
Kathleen White
Kathy & Doug Larson
Ken Lewis
Kendra Larsen
Kolin & Glenna Johnson
Kortni Becker
Kris Weber
Kristel & Pat Ficek
Kristine & Sean Stanga
Kristy & Daniel Leier
Laureen & Robert Klein
Lindsay Knap
Lindsey Henley
Lois Zander

Lori & Barry Dockter
Mandi Henderson
Margaret Crawford
Marianne Wirtz
Mark & Bonita Leier
Marlene & Todd Fjeldahl
Mary Sadler
Michael & Dorothy Lukach
Michelle & Gary Rademacher
Michelle Martinson
Nicole Hendrickx
Nicole Spanier
Ordean Huus
Patricia & Lance Halvorson
Patrick & Linda Holien
Patty Mosser
RaNelle O'Keeffe
Renae Jensen
Rochelle Hickel
Rozan Loveday
Ryan Anderson
Sandy & Jake Boschee
Shane & Tara Jordan
Shar Grigsby
Shawn Smith
Sheila Hattel
Stacie & Jon Traeger
Steven & Kari Lysne
Susan Ness
Susan Olander
Swenson RV
Teresa Berntson-Hynson
Tom Mickelson

In memory of Carl Klein
Kathy & Raymond Beeter

In memory of Chad Tanberg
Rhonda & Joel Walter

In memory of Chase Fugere
Tammi Fugere

In memory of Dick Leavitt
John & Leslie Coughlin

In memory of Jeff Tanberg
Rhonda & Joel Walter

In memory of Kerry & Sandy Bacon
Amy Thomas

In memory of Max Zurcher
Dianna Duller

In memory of Ruth Gust
Robyn Gust

In memory of Sheldon Marshal Brandt
Sonia Jo McHenry

In memory of Tim Ladendorf
Pete Ladendorf

VERHEY CRITICAL CARE ENDOWMENT
Don & Connie Longmuir
Jeffrey Verhey, MD & Janelle Verhey
Kon-Hweii Lee, MD
Robert Durkin, MD

In memory of Clarisse Bell
Jeffrey Verhey, MD & Janelle Verhey

In memory of Della Neshem
Jeffrey Verhey, MD & Janelle Verhey

In memory of Edwina Wahlund
Jeffrey Verhey, MD & Janelle Verhey

In memory of James Stewart
Jeffrey Verhey, MD & Janelle Verhey

In memory of Robert Hale
Jeffrey Verhey, MD & Janelle Verhey

In memory of Yvonne Bursau
Allen & Diane Gustafson
Barb Melby
Bev & Terry Kongelf
Bob & Judy Rice
Butch & Lilah Dietrich
Chris & Karen Kelly
Chuck & Joan Massey
David & Deb Schwede
Debbie Fauske
Dennis & Melissa Flom
Don & Karen Polsfut
Doug & Rita Strand

Doug Bengson, DDS & Patti Bengson
Jeffrey Verhey, MD & Janelle Verhey
Rasphal Singh, MD
Robert Durkin, MD
Samir Turk, MD & Lori Turk
Dwight & Pam Remington
Gayle & Kathy Femreite
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Mike & Yanci Crider
Myron & Janis Allen
Paula Selland
Robbie & Sandy Rice
Robin & Joan Roberts
Terri Johnson
Tracey & Jason Bursau
Wade & Kristi Howe
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In honor of Dr. Jeffrey & Janelle Verhey
Heidi & Jamie Bender

WESTERN DAKOTA COMMUNITY CLINIC
Oasis Petroleum North America LLC
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TRINITY
HEALTH

100

CENTENNIAL SERIES



T.F. Gullixson, PhD, turning the first shovel of dirt where Trinity Hospital now stands. The photographer was Otto Ellison, a well-known businessman and longtime member of the Board of Trustees.



The C.A. Johnson house served as temporary quarters for the new hospital.

Trinity Health: The Beginning

1922: ‘Your attendance is urgently requested.’

It was early April 1922. A letter signed by more than a dozen Lutheran pastors was sent to congregations throughout North Dakota’s Northwest Territory. Would they consider attending a meeting in Minot to address a matter of high importance?

Rev. T.F. Gullixson, PhD, the letter’s author, wrote: “After the most careful preliminary consideration and consultation, the decision to establish a general hospital for the care of the sick and the training of nurses has been reached. A final organization meeting is set for April 25, where it is hoped to gather as many of our people as can be.”

Turnout was high. Parishioners from every corner of the region gathered at Zion Lutheran Church, where they formed the Trinity Hospital Association and launched a campaign to construct a hospital to serve the needs of the Northwest Territory and beyond. Trinity Health was founded.

Within a week, \$60,000 was raised and ground was broken on a 30-bed hospital unit, the lower west wing of Trinity’s present structure.

The Man Behind the Shovel
The leading figure in planning, organizing, and building Trinity Hospital was Rev. Gullixson, pastor of Minot’s First Lutheran Church. Despite its nondenominational status today, Trinity’s early years were dominated by the Lutheran communities that emigrated to North Dakota from Scandinavia.

Gullixson was elected first president of the Board of Trustees in 1922 and remained so until he was called to be president of Luther Theological Seminary in St. Paul in 1930. A man of vision, it was Gullixson who challenged Trinity Health to commit itself to the highest standards of service.

“Cursed be who doeth the work of the Lord negligently,” he declared in his dedicatory address. “Since the days when Jesus spent so large a part of his time in works of mercy, the ministry of healing is the work of the Lord.”

At the first annual meeting May 1, 1922, the association elected 21 members to serve on the Board of Trustees and appointed officers including Rev. Gullixson, president; Rev. T.S. Stockdal, vice president; Rev. J.R. Michaelson, secretary; and E.A. Shirley, treasurer. A.O. Fonkalsrud, MD of Mansfield General Hospital in Ohio was called to become the first superintendent and general manager. Others who were part of Trinity’s

leadership during its first two decades were Otto Ellison, J.W. Samuelson, Theodore Meyer, Halvor Halvorson, Peter Fugelso, W. M. Smart, and T. Welo.

‘A Steam Engine Exploded’
Completion of the first unit took several months, but patient care began almost immediately. The C.A. Johnson house, located at the Trinity site, served as temporary quarters. By fall of 1922, Luella Riste was hired as director of nursing, and the first nursing student, Lyla Erickson of Carpio, arrived to begin training:

“It was a beautiful September day in the fall of 1922,” Lyla recalled. “The staff consisted of only a few nurses at this time. A few patients had been admitted – some minor surgery had been done such as tonsillectomies, a couple of medical patients, and one very ill cardiac patient.”

She wrote about one afternoon when the fledging hospital was informed to get ready for an accident case involving three men. A steam engine had exploded during a grain threshing operation.

“Only one bed was available,” she recounted. “There was only one possibility and that was to set up two beds temporarily in the nurses’ dining room. One patient had been hospitalized only a few days when his condition became more critical. One evening while we were having our dinner, his sonorous respirations suddenly ceased. Our evening meal ended abruptly. Everyone did what they could, but there were no life support measures available in those days.”

Years later, Lyla would remember those early days of Trinity Hospital in the little house: “We got through the winter of 1922-23, but things were about to change. The new hospital was almost ready for occupancy. Soon the move was on. The little pioneer hospital with its few remaining patients was nearing its end. When the doors finally closed, those of us who had seen its beginning looked back with some nostalgia. Within a few weeks we were settled in our new hospital with all its modern equipment. A new era for Trinity had begun.”

Grow Faster, Please
As soon as the first unit was completed in 1923, Trinity Hospital was filled with patients. In 1924, a north wing and main entrance were added, facing what today is Burdick Expressway. That brought the total number of beds

continued on page 8

Nurse Educator Receives Legendary Nurse Award

Margo Dailey-Filipkowski, MSN, RN, a nurse educator with Trinity Health, has received one of this year’s Legendary Nurse Awards from the North Dakota Center for Nursing. Nikki Medalen, MS, BSN, who serves on the Center’s



Margo Dailey-Filipkowski, MSN, RN, (left) receives Legendary Nurse Award from Nikki Medalen, MS, BSN, North Dakota Center for Nursing.

Board of Directors presented Dailey-Filipkowski the “Evidence Based Practice Award.” It recognizes nurses who demonstrate clinical excellence by employing the most current evidence-based practices in patient care decision-making.

Margo joined the education department in 2009 as Trinity’s first nurse educator. She has worked with new graduates and experienced nurses in numerous departments and currently serves as clinical nurse educator in the Intensive Care Unit.

Margo, whose nomination was submitted by first-year nurse Angela Schultz, BSN, RN, called the honor humbling. “I always say embrace change. Without change we don’t become better,” she said.

Margo began her career as a CNA at Trinity Homes, which inspired her to pursue a nursing degree. She earned a Bachelor of Science in Nursing from Minot State University and joined St. Joseph’s Hospital’s critical care unit in 1992. She later received a master’s degree in nursing from the University of North Dakota.

The North Dakota Center for Nursing launched its Legendary Nurse Awards program in 2015 to honor exemplary nurses across the state.



National Snack Food Month

February is National Snack Food Month, which provides a great opportunity to focus on healthy snacking! Although it is not always necessary to snack between meals, preparing healthy snacks for road trips, busy workdays, etc. can help keep you on track with your nutrition goals.

Preparing healthy snacks in advance will help keep your body nourished and prevent an afternoon stroll to the vending machine that usually doesn’t have the healthiest choices. It is also important to make sure that when you snack between meals that you’re not snacking out of boredom. Staying hydrated by drinking enough water throughout the day will help with this.

When choosing a snack, make sure to avoid foods that contain a lot of simple carbohydrates (sugars) like candy bars and pop to prevent blood sugar spikes and crashes. Choosing and preparing snacks with adequate protein and healthy fats will curb your hunger until your next meal.

Here is a list of healthy and nutrient dense snacks that you can easily throw together and eat on the go: mixed nuts, hard boiled eggs, fresh fruits and vegetables, beef jerky, cottage cheese, apple slices or celery with peanut butter, Greek yogurt (with or without fruit), cherry tomatoes with mozzarella and basil, vegetables dipped in hummus, turkey and cheese roll-ups, and homemade trail mix.

Hunger during the day between meals doesn’t have to unravel New Years’ resolutions or good intentions to eat nutritiously. A little planning can go a long way.

Caring

continued from page 6

When COVID surfaced in Minot, the Medical Unit was designated as the COVID floor, and stress took on an entirely new meaning. “In the beginning, it was scary for everyone,” Busta said. “We had little knowledge about COVID, patients were scared, and supplies were hard to find. As a nurse, my job was to be compassionate, but it is hard to watch someone suffocate to death and not be affected. I’ve seen people as young as 21 die; I had a 56-year-old man beg me to help him breathe – most of these patients are unvaccinated. These are things I carry home from work and that keep me up at night.”

It’s a daily battle that shows no sign of slowing down. Since March 2020, the Medical Unit has experienced only one 24-hour period where staff did not have a COVID patient to care for.

Busta attended therapy sessions offered by Trinity Health but felt that was not enough. She became serious about mental health options for providers when she realized one of her colleagues was severely depressed. Motivated to influence change, she spoke to her superiors, led discussions on mental health issues, and soon found her passion shifting from patient advocacy to provider advocacy. This month, Busta will begin a new chapter in her nursing career as a nurse manager of the RehabCare Unit in Trinity Health St. Joseph’s Hospital.

Kate Zimmerman has felt similar pains and finds solace in belonging to a great team of professionals. Growing up, Kate Zimmerman watched her mom advance throughout her career, which influenced Kate to pursue nursing as well. “My mom worked in the ER, and as a floor nurse. She always had such amazing relationships with coworkers and patients. I remember being at the mall, she’d run into a former patient and they’d remember her. I thought that was so cool.”

Kate Zimmerman earned her BSN from Minot State University in July 2020. Her internship and practicum had been in the Medical Unit, and she’d really enjoyed her coworkers, so when offered a job, she asked to return to the Medical Unit.

Being a new nurse during the height of COVID was not easy. “How you care for the needs of a medical patient, versus the acute needs of a COVID patient is very different,” she said. “It was a steep learning curve. My coworkers created a “cheat sheet” for assessing a COVID patient, but after a while, you figure it out.

In nursing school, I remember reading about “Code Blue” or “Rapid Response” protocol and thought that might be a rare occurrence. But that’s not the case; during one shift, I had three rapid responses on one patient. Advocating for patients and talking to families can be so emotionally draining; it’s stressful for a new nurse, but you learn how to decompress. We rely on each other a lot.”

Staff attrition due to burnout is a large problem in hospitals everywhere and Karen Zimmerman knew it was critical to support employees’ overall well-being through different strategies. She’d read about Resiliency Rooms and decided to establish one in Trinity Hospital, which would require renovating a room to create a space of calm. Trinity’s resiliency room is painted a soothing tan, has soft flooring, ambient lighting and peaceful artwork. Inside, two full-body massage chairs, separated by a curtain, provide therapeutic support for tired muscles and minds. The Trinity Health Foundation assisted with costs and donated electronic tablets that provide meditation apps, and a small refrigerator contains water and ice packs for use. It is open to all employees.

Scientific data suggests that a well-developed serenity area for healthcare providers decreases stress and increases feelings of well-being and renewal.

“As we looked at ways to help employees, it was apparent that there was not a place to go to truly regroup or take a restful break,” said Karen Zimmerman. “Our breakrooms are often busy with several people in them; our lunch room is busy; and the chapel maybe used by visitors and is not always the first choice. We wanted to create a serene space where people can go to refuel and refresh – even if only for 5 minutes.”

The resiliency room was made possible by a generous Trinity Health Foundation donor and former nurse, Joanne Quale. The room is dedicated to Ruth Rexine, a Trinity Health nurse for over 50 years, and all nurses who tirelessly and compassionately care for their patients. The furnishings can be utilized in the current hospital and will be moved to the new campus when it opens.

If you are interested in donating to the resiliency room project please contact Jamie Swenson at Trinity Health Foundation 701-857-2870 or jamie.swenson@trinityhealth.org.



Trinity

continued from page 7

to 100, but it was still too small. In 1926, three additional stories were added to the main (north) wing, bringing capacity up to 150 beds. This too proved inadequate. Finally, in 1929, three additional stories were added to the original west wing, along with an additional operating room and a children’s department. That brought the total bed capacity to 220, completing the original four-phase construction plan that the founders envisioned. But Trinity’s growth was far from over.

A Distinguished Visitor

From the get-go, Trinity Health set a high bar for itself. Accreditation was achieved before the first unit was completed. After its opening, Trinity could describe itself as “a fully accredited, Class A Hospital, standardized under the rules and requirements of the American College of Surgeons.” It was among only 30 hospitals in the US on the honor roll of approved internship hospitals with the highest rating for performing state-of-the-art autopsies.

Trinity’s “commitment to excellence,” an early tagline of Trinity Health, didn’t go unnoticed. The March 1925 issue of The Trinity Hospital News recounted a visit by a distinguished guest:

“Dean Irons, dean of Rush Medical College in Chicago, expressed himself as ‘thunderstruck’ over the magnificence of Trinity Hospital, its layout, general plan, and suitability for hospital purposes. He said he never dreamed there were institutions of that caliber this far west.”



Emergency Services Receive New Name

Trinity Health Community Ambulance Service (CAS) and Northstar Criticair have integrated ground and air ambulance services under one division line, officially known as Trinity Health First Response.

CAS has served the region since 1981 and is the largest Advanced Life Support provider, responding to nearly 11,000 calls annually within a 2,000-square-miles area. NorthStar Criticair has provided critical care response and rescue for 30 years to northwestern North Dakota and eastern Montana through its Minot-based helicopter and fixed-wing services in Minot and Williston. A notable improvement will be the availability of First Response air ambulance services to transport patients to any facility within the United States.

“While the First Response helicopter can accept missions within 150 miles, the fixed-wing aircraft has the capacity to transport patients anywhere across the country,’ said Amy Thomas, director of Transport Services and First Response. “This capability allows us to streamline emergency transportation efforts, saving time and possibly the lives of those whom we are entrusted to deliver safely and quickly to their destination.”

In addition to ground and air transportation, First Response services include First Call dispatch center and the EMS education center.

C O M M U N I T Y

CALENDAR

For the latest updates, check online at trinityhealth.org

Mobile Mammography

- February 4.....Trinity Health Mohall Clinic, 745-6841
Trinity Health Kenmare Hospital (p.m.), 385-4296
- February 8Trinity Health Velve Clinic, 338-2066
Trinity Health Garrison Clinic (p.m.), 463-2626
- February 9CHI – Devils Lake, 662-8662
- February 24.....Tioga Clinic, 664-3368
- February 25.....St Luke’s Hospital – Crosby, 965-6349
- February 28 (tentative)Northland Community Health Center
in Bismarck (Women’s Way Event), 720-4347

Prepared Childbirth Classes

February 5, March 5, April 9, May 14, June 11, and July 9

Breastfeeding Basics

February 10, March 10, April 14, May 12, June 9, and July 14

Basics of Baby Care

February 7, March 7, April 4, May 9, June 6, and July 11

These classes are offered free-of-charge as part of Trinity Health’s community benefit mission. If you have questions, please call 857-2352. Sign up for classes at: trinityhealth.org/familybirth_registration.