



New Years' Resolution? That's so Last Year.

If you were to ask 100 people if they make New Year's resolutions, 73 of them would say yes. Of those, half would vow to eat better, the other half would pledge to exercise regularly. Two months later, only eight people would still be committed to their goal.

Change is hard. Big change is even harder. Most of us tend to think of change as uncomfortable, and in terms of loss. And yet, who doesn't want to be healthier, slimmer, richer, wiser, or happier? However, extremes don't work, and most big changes require many small changes. Creating a healthier, happier life can be very rewarding. This year let's not add to our stress level by pursuing grand results, or none at all. Let's instead focus on leaning into a healthy lifestyle in small baby steps, one month at a time.

JANUARY: Step outside your comfort zone
It is said the definition of crazy is to do the same thing repeatedly, while expecting change. But discomfort is a matter of perspective. In the book "Sometimes You Win, Sometimes You Learn," John Maxwell states adversity is a catalyst for learning, and a better teacher than success. Learning is a stepping stone for

improvement. This month pick your (discomfort) poison: have that difficult conversation; give up alcohol for 30 days; enjoy time alone; make intentional financial choices. Just make sure your choice stings a little to create mental toughness and resilience.

FEBRUARY: Get a physical
If you were given a car at birth and told it would have to last you for your entire life, chances are you would tend to every flat tire, oil change, suggested checkup, ping, ding, and knock in a timely manner. So why treat our bodies any differently? Contact a family medicine provider to inquire about your personal checkup and set an appointment without delay.

MARCH: Hydrate
Did you know our bodies rely more on water than on food? Depending on circumstances, temperature and physical exertion, an individual can live four to six weeks without food, but only three to five days without water.

60 to 70 percent of our body weight is water and replenishing daily is vital to proper body function. Water helps carry nutrients to our cells and is important in digestion. It provides

continued on page 2

2022: The Year to Focus on You

It's the time of year when many people decide that they want to change their lives in a positive way. Whether it be something as simple as eating more fruits and vegetables, or a more complex change, it ultimately comes down to the desire to make healthier decisions. Most people understand that for progress to occur, they must alter the decisions they've made in the past. The challenge lies in how to begin this process.

Trinity Health Exercise Physiology, located in the Minot Family YMCA, has the staff, knowledge and programming to get you moving toward a lifetime of optimal wellness. During a complimentary consultation, you can visit about your wellness goals and get aligned with the ideal program to reach them. One-on-one personal training offers the ultimate individual instruction and education, carefully progressed toward your success. If you prefer to work out with someone, Trinity offers couples and small group sessions. Trainers not only assist you toward physical improvement, but also target behavior modification strategies that can supplement your personal journey.

Many people think that personal training sessions are only for serious athletes or can be cost prohibitive. But this is not the case. Members pay a flat fee and can choose from a variety of packages that offer a fixed number of sessions, or unlimited class attendance. Not surprisingly, Trinity staff work with clients whose paths are personally motivated for a variety of reasons.

Bruce Carlson is a proud charter member of the Minot Family YMCA, which is to say he has been a member for decades. Because he lives outside of Minot, his workouts at the Y are varied and intentionally woven in to his trips to town for other reasons. He tries to work out two to three times a week.

In November, Carlson had the opportunity to participate in a guided elk hunt in Montana with his sons and brother. An avid hunter, Carlson had been on four elk hunts in his life, but had only fired his gun once. "They were disappointing, to say the least," he said. For this hunt, the 67-year-old knew he had to up his game. His companions were much younger, and he knew from his previous experience there would be a lot of walking. "I didn't want to be a boat anchor," he said.

Carlson worked with Russ Gust, exercise physiologist, for five weeks. "I told him I wanted to lose weight," Carlson said, "and he said to me, 'No, that is not the goal. You need to build your core strength to improve your stamina.' But I lost 15 lbs. anyway, which I am proud of."

Carlson and Gust met two to three times a week for personal sessions. On his "off days" Carlson had "homework" which entailed hiking hilly trails or climbing steps to the Minot High School football field, while carrying a 60 lb. pack. Sundays were his only day of rest.

"The days were grueling," he says of the hunt, "we were up at 4:30 and got to bed at 10, or later if we bagged an elk, but I couldn't have done it without Russ' help. He pushed me really hard, I give him all the credit."

Chloe Cannon, 26, a senior airman at Minot Air Force Base, works with a personal trainer for very different reasons. She wants to lose weight and needs "the extra push," and says her relationship with trainers has been a long term commitment.

As a kid, the Chicago native was active in sports and participated in basketball, swimming, dance team, and wrestling. "I was the only girl on the wrestling team," she said. "I took 4th in State." Exercise came naturally.

Once she joined the military, Cannon found that lifestyle changes and work contributed to poor eating habits and weight gain. Cannon joined the YMCA, purchased a package of training sessions,

continued on page 2

INSIDE THIS ISSUE

- An Ideal New Years Resolution
- Visitor Guidelines Update
- Letter From Trinity Health President & CEO
- Trinity Health Foundation Happenings
- Home Health/Hospice Director Appointed
- Hard Hat Insider
- Unleash Your Own Superhero
- Garrison Recognized as Vital Partner
- Trinity Health Auxiliary Fashion Heart Fundraiser
- Embrace Winter with Outdoor Activities
- Staying Healthy at all Life Stages
- Eating More for Volume and Fewer Calories



Bruce Carlson embracing Big Country and praising God for a good hunt.



Chloe Connor works hard with Russ Gust on upper body strength.

Resolutions continued from page 1

a moist environment for our tissues, and acts as a lubricant for joints and cushioning vital organs. Proper hydration helps flush toxins, keeps skin soft and stretchy and helps cool us down when we are overheated.

But how much should we consume? The general rule of thumb is to divide your body weight in half and drink that many ounces. For example, if you weigh 150 lbs., you should drink 75 ounces of water daily. Consume an additional eight ounces of water if you: exercise (every 20 minutes), travel, breast feed, drink alcohol (consume equal amounts of water for every drink), or live in a dry climate.

APRIL: Get 7-8 hours of sleep

Data shows that inadequate sleep contributes to irritability, decreased attention span, fatigue and headaches. Long-term effects of not getting enough sleep include slowed metabolism, which can lead to weight gain, diabetes, increased blood pressure, depression, and other health problems. Create good sleep hygiene by shutting off electronics 30 minutes prior to bedtime, keeping your bedroom cool, reducing noise, avoiding caffeine and other stimulants late in the day, and going to bed at a regular time.

MAY: Move with intent

Moving with intent is another way of saying get off the couch! Inactivity feeds on itself, so it is important to do something physical every day. You could vacuum the entire house; take an exercise class; go for a walk; mow the yard; shovel the walk; go to the gym; ride a bike; dance like nobody’s watching. The best exercise is the one you will stick with, so choose a variety of things that you enjoy and will continue. The commitment to move can be as varied and unique as your personality.

JUNE: Practice healthy eating choices

You cannot out-exercise bad eating habits and still lose weight or be healthy. Eating healthier isn’t about extreme dieting, eliminating certain food groups altogether, or skipping meals. It’s about creating balance and enjoying all kinds of food in moderation. There is a lot of information about how to eat healthy, but it doesn’t have to be difficult or expensive. Try one suggestion a week for the next month and you will have hit your goal: eat 4-6 servings of vegetables per day; limit sugar intake to 100 calories per day, which is about 6 teaspoons or 24 grams (suggested for women); eat alternative protein (meat free) one day per week; eat 2-3 servings of fruit. Easy peasy.

JULY: Organize and declutter

If your closet looks like a war zone, consider that too many clothes (purses, shoes, belts, etc.) creates chaos and stress, not calm, fashion-forward Zen. Organizing experts suggest creating three piles when downsizing: a keep pile, donate pile, and toss pile. For the weak at heart, ask a friend to give you unapologetic feedback on the outfits that “you might wear again someday.” Another suggestion I find useful: set a timer for 10 minutes and vow to get rid of 10 things. When the buzzer rings, give yourself permission to quit for the day. Continue three times a week for a month and you will have purged 120 items, 10 minutes at a time.

AUGUST: Reconnect

Globally, there is an increasing amount of research focusing on well-being on a national level. More and more countries are beginning to look at Gross National Happiness (GNH) as a measure of national health, in addition to Gross National Product (GNP).

Some of the countries that consistently appear high on the international rankings—“the happiest countries in the world”—are Denmark, Norway, Colombia, Israel, and Australia. Why these nations and not others? When researchers asked this question, they came up with one clear answer: People living in the happiest countries enjoy high levels of social support. This support can be the result of strong family bonds, intimate friendships, or a sense of communal solidarity. In the happiest countries, there is an emphasis on relationships. Set aside time each day to have a meaningful conversation with someone you care about. If that is too farfetched, make a list of 10 people from your life who were important, but with whom you have not kept in contact. Drop them a postcard and tell them how much they meant to you and why.

SEPTEMBER: Read a good book

Not just any good book, but one with a message that inspires intentional learning or change. Suggestion: Think about someone you admire, then read their autobiography. Pay attention to what makes them great/unique/admirable and incorporate one or two of those characteristics into your behaviors and thinking, as you work toward your broader perspective.

OCTOBER: Give back

Mahatma Gandhi said, “The best way to find yourself is to lose yourself in the service of others.” He was right. While working to help other people, volunteers also work to help themselves. Volunteering provides a deeper understanding of the culture, and unique experiences, whether you are in Africa, Tennessee, or close to home. Helping others also builds connections with like-minded people and teaches us about ourselves: things like integrity, curiosity, humility and service. You don’t have to leave home to assist. You can volunteer at local food pantries, women’s shelters, men’s shelters, humane societies, parks, zoos, schools, senior centers, service groups, summer camps, the list is endless.

NOVEMBER: Just say no

In our rush to be everything to everyone, sometimes we lose sight of the most important person in the room: ourselves. When flight attendants review emergency procedures before take-off, in the need of an emergency, they advise adults fasten their own oxygen supply before assisting children.

For many, saying no is very difficult. If we’re asked to help, our knee jerk reaction is yes. But saying yes isn’t always in our best interest. We run from meeting to meeting, errand to errand, commitment to commitment, deadline to deadline. This constant go, go, attitude creates stress. Although you might feel like saying no is selfish, the opposite is true. Saying no allows you to honor your existing commitments,

and free up time in your day so you can live a more balanced, less stressful life.

DECEMBER: Reflect and rejoice

This month allows you review and incorporate best practices from the year into December’s hyperactive frenzy of All Things Festive. Choose activities wisely and attend only those that speak to your soul and honor your intentions. Surround yourself with loved ones, not necessarily relatives. Continue your efforts of regular exercise, good nutrition and water consumption, staying away from the cookie/candy tables at parties and work. Resist the urge to overspend on gifts, buying things that people don’t need, or that you can’t afford. Help or donate to those less fortunate and carve out time for reflection and gratitude.

Replacing resolutions with small, meaningful changes can add up to big gains toward a balanced lifestyle.



Focus continued from page 1

and schedules workouts a couple of times a week.

“I have worked with trainers for six years, off and on,” she said. “I look at old pictures of myself and think ‘I want my 21-year-old body back.’ I want to feel good in my clothes again. Coming to the gym is one of those things I don’t really want to do but spending the money for personal sessions holds me accountable and keeps me coming back. After my workout, I can say I’ve done something.”

Cannon’s goal is to create new exercise habits and gradually wean the training sessions back to an occasional few. “I keep coming, but my goal is to work Russ out of a job,” she said.

In the meantime, Cannon says she intends to maintain the sessions for however long it takes to reach her goal.

Making positive change is not just about exercise, and the staff at Trinity Exercise Physiology understands that. Services include a variety of health risk appraisals and wellness assessments. These tools can help you visualize your improvement, and ultimately result in greater success over the long term. If you are living with chronic health conditions, there are program options to help you overcome many of the daily challenges you face.

To learn more or schedule an appointment with an exercise physiologist, contact Trinity Health Exercise Physiology at 701-857-2950 or 701-857-5626.

An Ideal New Year’s Resolution: Eye Exam

Looking for a New Year’s resolution that yields big benefits with minimal effort? Resolve to call Trinity Health in the New Year to make an appointment for an eye exam. Dilated eye exams are the only way to find out if you have glaucoma, the second



Darren Hill, MD

leading cause of blindness in the US. The most common form of glaucoma, primary open-angle glaucoma, develops slowly and usually without any symptoms – no pain, discomfort, or blurry vision. Nearly 3 million people have glaucoma and half don’t know it, according to the National Eye Institute. “Primary open angle glaucoma is typically a slowly progressive disease that affects each individual in a different way and at a different pace,” explained Trinity Health Ophthalmologist Darren

Hill, MD. “While there are likely many factors that play into the disease, eye pressure is the one factor we know how to control. The research shows that if we can reduce eye pressure, we can usually slow the effects of the disease.”

There is a good reason why glaucoma is often described as a stealthy enemy of sight. “It is oftentimes a silent disease, meaning that you can have significant damage before you notice any of the effects,” Dr. Hill said.

continued on page 3



TRINITY
HEALTH

HealthTalk

Marketing Department
Trinity Hospital – St. Joseph’s
407 3rd St SE
Minot, ND 58701
Toll free in ND: 800-247-1316

Visit our website:
trinityhealth.org
Join us on Facebook:
facebook.com/TrinityHealth.ND

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.

Visitor Guidelines Update

Trinity Health has adjusted visitation guidelines at both of its hospital campuses to achieve a better balance between safety concerns and patients’ emotional wellbeing.

Patients at Trinity Hospital and Trinity Hospital – St. Joseph’s are now allowed two visitors at a time, provided they have not been in contact with someone with a contagious disease or been ill themselves. Children will be permitted to visit if they are accompanied by an adult.

Visiting hours have been extended from 8:00 a.m. to 8:00 p.m. in most areas. Visiting hours in Behavioral Health Units may vary by program. Visitors are advised to consult with Nursing staff in the individual units.

One noteworthy change is that patients in isolation rooms are able to have a limited number of visitors under special guidance that includes donning PPE, among other precautions. Visitors are requested to leave the facility directly after visiting someone in isolation.

Visitors will be screened upon entry and mask requirements will continue to be enforced at all Trinity Health facilities. Hospital cafeterias, lobbies, and waiting rooms will also be open. As always, Trinity Health reserves the right to amend restrictions as warranted based on changes in the community’s health status.

Full visitor guidelines are located at www.trinityhealth.org.

Ideal continued from page 2

“Typically, your central vision is the last area of vision to be affected. This means that you can sustain severe and irreversible peripheral vision loss before you notice a significant change in your vision.”

The stealthy nature of glaucoma highlights the importance of getting an annual eye exam, whether you wear glasses or not. “If you have a family history of glaucoma and have not had a recent eye exam, I definitely recommend being seen.” Dr. Hill added.

Glaucoma is often described as a “plumbing problem” in the eye, like a clogged sink. At issue is the clear fluid (aqueous humor) that a healthy eye produces and that flows out through the eye’s drainage system. As long as your eyes’ fluid and drainage system is working properly, the inner pressure of the eye (intraocular pressure) stays within a normal range. However, if the system becomes clogged, fluid builds up and the intraocular pressure rises, which can damage the delicate optic nerve fibers and lead to vision loss.

There are several tests and exam findings that ophthalmologists follow to observe for progression of the disease, Dr. Hill said, adding, “Our team of optometrists and ophthalmologists are trained to screen for and treat glaucoma patients.” One diagnostic tool is Optical Coherence Tomography, which uses electromagnetic energy to map the surface of the optic nerve to provide more detailed information about the status of the many tiny individual nerve fibers that make up the optic nerve.

Treatment usually begins with topical eye drops, a laser procedure, or a combination of both. “There are several drops we use to accomplish this as well as an in-office procedure called selective laser trabeculoplasty (SLT),” Dr. Hill explained. “Surgical intervention becomes necessary when eye pressure is still uncontrolled on maximum drop therapy and testing reveals progression of the disease.”

Micro or minimally invasive glaucoma surgeries (MIGS) have improved glaucoma treatment in recent years. “All MIGS devices involve manipulation or implantation of devices in the iridocorneal angle (where the iris meets the cornea) inside the eye – this is where drainage of the internal fluid of the eye takes place. If flow can be improved through this system, a lower intraocular pressure is usually the result,” Dr. Hill said.

Two devices that have been approved by the US Food and Drug Administration within the last three years are the Hydrus Microstent and OMNI Surgical System. The Hydrus stent is a metallic stent approximately the size of a human eyelash that is inserted into the eye’s drainage system at the time of surgery. The OMNI device is a cannula or thin tube that is inserted through the drainage system. While being retracted, it releases a gel substance to dilate the drainage channels to further reduce pressure in the eye. No permanent device is left behind.

“The advantage of the OMNI device is that it is a repeatable procedure that can be performed as a standalone procedure (not combined with cataract surgery) and can also be used in severe stages of glaucoma,” Dr. Hill noted. “I have been combining the OMNI dilation procedure with the insertion of the Hydrus stent during cataract surgery to get the maximum reduction in intraocular pressure.”

The risk for glaucoma increases with age, affecting most commonly those 40 years of age and over. A person’s family – particularly African heritage and/or a positive family history of glaucoma in a first or second-degree relative – also plays a part. “Glaucoma is a disease that I like to catch early,” Dr. Hill said. “With the current technology available, we are unable to recover vision that is lost to glaucoma damage. However, we can dramatically slow the process.”

To make an appointment for an eye exam, please call Trinity Regional Eyecare – Minot at 701-857-3500 or Trinity Health Western Dakota in Williston at 701-572-7641.



Letter to the Community



John M. Kutch
President & CEO

Dear Friends and Neighbors:

Most of us take healthcare for granted. Like the water we drink or the electricity we use, we can’t imagine it not being there when we need it most.

Next year, Trinity Health celebrates 100 years of Making More Possible for the communities we serve. It’s been a privilege to be a reliable partner, caring for you and your family whenever you’ve needed us, regardless of race, gender, socioeconomic status or political philosophy.

For the last 21 months, Trinity Health has fought courageously against the deadly COVID-19 pandemic. Like many other healthcare institutions across the country, we find ourselves in the middle of a blinding blizzard. Recently, the State of North Dakota reached the unfortunate benchmark of more than 160,000 COVID-19 positive cases and nearly 2,000 deaths.

We are gaining patients ... and losing patience at the same time. Acute care (hospital care) is a hands-on responsibility. It can’t be delivered virtually but must be performed up-close and personally by highly-qualified, compassionate healthcare professionals. Our medical teams have heroically fought this battle since March 2020. Their physical, emotional and mental bandwidth has been stretched to the brink.

Unfortunately, unvaccinated COVID patients continue to flood hospitals and emergency rooms across the state. Although the care they receive at Trinity Health is second to none, there is concern that with a limited supply of beds and resources statewide, the resources required to care for a father’s heart attack, an elderly mother’s fall, or a young adult from an auto accident could be impacted.

During this public health crisis, healthcare workers have been referred to as heroes for their dedication and commitment to their patients and their calling. It is a title justly deserved, yet very much understated. Our nurses have tenderly held the hands of COVID-19 patients as they take their last breath. They have witnessed numerous unvaccinated patients beg for the vaccine after they have become infected and experienced the horror this disease can bring. They have touched and been touched by these lives. They have hoped, prayed and cried with many patients and their families. These nurses are heroes, and now is the time for you to be a hero.

There is a solution that can make a difference: vaccination.

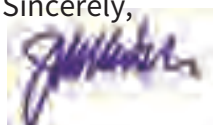
Science has clearly proven that the COVID-19 vaccine is effective at mitigating the effects of the disease. Each one of us can effectively change the direction of this virus before other variants develop and mutate into something even more debilitating. Imagine for a moment where we would be had there not been a vaccine for smallpox, polio, measles, rubella and other crippling diseases. It was a scientific breakthrough to discover those remedies that changed the world.

We live in a beautiful corner of the state and are blessed to be in Minot and surrounding communities. We are equipped with top notch, sophisticated medical professionals unlike other communities our size. Let’s take advantage of the latest breakthrough to protect our most priceless asset – our health – before it’s too late.

Please schedule a vaccine appointment with your nearest healthcare provider. There are no barriers to getting vaccinated.

I encourage everyone to protect your family, friends, neighbors and the hundreds of healthcare professionals who have been there for us. Please consider vaccination.

Sincerely,



John M. Kutch
President & CEO



Glaucoma treatment is most effective with early detection. This Optical Coherence Tomography unit maps the surface of the optic nerve to provide diagnosis and treatment guidance for glaucoma and other retinal diseases.



Pictured front row, left to right: Cody McManigal (Trinity Health Foundation), Dusty Zimmerman (Trinity Health Foundation), Jamie Swenson (Trinity Health Foundation), and Kathleen Gaddie (Ryan Chevrolet) along with Ryan Chevrolet staff.

Ryan Chevrolet: a Strong Partner for Local Cancer Patients

Ryan Chevrolet hosted its 8th Annual Pancake Breakfast in October and raised over \$14,000 for Trinity Health’s Cancer Exercise Rehabilitation Program.

In years past, the funds raised went to support larger national and international cancer research efforts like the American Cancer Society. But in 2020, Ryan Chevrolet decided to keep their support closer to home. They discovered the Cancer Exercise Rehab Program and Ryan Chevrolet owner/operator Kathleen Gaddie thought, “this is something we really want to get behind and support.”

This year, more than 400 people enjoyed breakfast served by the Ryan Chevrolet Team with coffee from The Station, a locally owned coffee shop. In addition to the flapjacks, sausage and coffee, breakfast-goers received a coupon booklet from Ryan Chevrolet and pink merchandise in exchange for their freewill donation. To make an even greater impact for our area’s cancer patients, Ryan Chevrolet matched every dollar donated during October.

If you ask anyone at Ryan Chevrolet, they’ll let you know they’re just getting started. “We look forward to finding new ways to improve and grow even more next year,” said Gaddie. “We’ll be back. No question about that. Everybody knows somebody who has had to deal with cancer. Ryan Chevrolet is honored to do its part to help our family, friends and neighbors in the fight.”



Pictured left to right: Rod Burgard, (Magic City Beverage), Dusty Zimmerman (Trinity Health Foundation), Dusty Wald (Magic City Beverage), Russ Gust (Trinity Health), Jamie Swenson (Trinity Health Foundation), Shane Jordan (Trinity Health), and John Butz (Magic City Beverage).

Local Businesses Host an ‘Ultra’ Event

The Trinity Health Foundation would like to thank Magic City Beverage and all the supporting establishments that participated in the Michelob Ultra fundraiser to fund services for area cancer patients. A total of \$14,250 was raised through several avenues, including the sale of pink beer, proceeds of Michelob Ultra sales, the sale of donation cards, and pink coolers that were auctioned at off-site establishments.

The funds will go towards the foundation's CancerCare patient assistance fund. Thank you again to Magic City Beverage and the establishments listed below to help make more possible for regional cancer patients.

Business that participated in the Michelob Ultra fundraiser for cancer patients include The Spot, Cowboys, Dockside, Arny's, Z bar, Ground Round, Aces Lounge, City Limits, The Joint, Broadway Liquor, Lamplighter, Ebenezer's, Buffalo Wild Wings, Sports on Top, Marketplace North Hill, Dakota Lounge, Capri Lounge, The Landing, and Hangover's Bottle Shop.



Pictured from left to right: Cody McManigal (Trinity Health Foundation), Jamie Swenson (Trinity Health Foundation), Tanner Bossert (Marketplace Foods), Zac Miller (Marketplace Foods), Shane Moe (Marketplace Foods), Craig Heupel (Marketplace Foods).

Marketplace Foods 15th Year Supporting Power of Pink

Marketplace Foods recently completed its 15th annual Power of Pink Cake Promotion. October 6-12, Marketplace Foods donated a percentage of all pink bakery product sales to the Trinity Exercise Rehabilitation Program. This year, Marketplace sales raised an amazing total of \$34,882.56.

Launched in 2007, the Cancer Exercise Rehabilitation Program provides clinical exercise and conditioning for cancer patients and survivors to help gain strength and resilience. Monies donated to the program fully sponsor a participant for three weekly group exercise sessions, conducted by a personal trainer for 12 weeks. Exercise programs are specifically designed to meet the needs of the patient, and often address aftercare challenges such as stamina, balance, body weight changes and more. To date, 633 patients have received scholarships to participate in Trinity’s Cancer Exercise Rehabilitation Program at the Minot YMCA.

Thank you, Marketplace Foods, for your continued support of and valued partnership in this worthwhile program!



Growing Demand Requires Additional Ambulance

Trinity Health Foundation is undertaking a fundraising effort to add an additional ambulance to the current fleet of vehicles utilized by Community Ambulance Service.

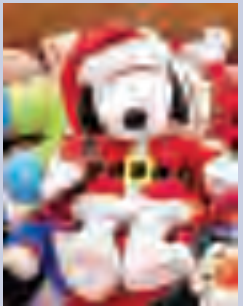
Community Ambulance Service (CAS) operates as the largest Advanced Life Support (ALS) service in northwest North Dakota. As the area’s only fully staffed ALS team of professionals, CAS provides advanced ALS ambulance service 24-hours a day, 7 days a week in Minot and nearly 2,000 square miles of the surrounding region.

Donations
online:
foundation.trinityhealth.org

phone:
701-857-5432

Community Ambulance Service has approximately 11,000 responses per year (30 per day), and with the increased population and subsequent growing demand for services, it has become necessary to add an additional unit to the fleet.

A new, fully equipped 2021 Crestline Type III ambulance will cost \$138,341. The Foundation has received a \$20,000 grant toward purchase of the new ambulance and received private donations over \$13,000, but still must raise more than \$100,000 to buy the ambulance. Donations can be made online at foundation.trinityhealth.org or by calling the Foundation at 701-857-5432 to discuss options.



Pictured from left to right: Dusty Zimmerman (Trinity Health Foundation), Roy Leavitt (Horn of Plenty Coordinator) and Cody McManigal (Trinity Health Foundation).

Horn of Plenty Donations Exceed Expectations

For the 10th year in a row, the Trinity Health Foundation raised money to benefit KHRT’s Horn of Plenty. The Horn of Plenty provides families within a 100-mile radius of Minot with assistance at Christmas. This help comes in the form of a turkey, perishable food items, a Marketplace Foods voucher, and children’s toys that can be used as Christmas gifts.

Through the generosity of Trinity Health staff, board members and other donors, the Foundation exceeded its goal by raising more than \$16,000. Trinity Health staff members also helped pack toys and deliver baskets to area families.

Home Health/ Hospice Director Appointed

Trinity Health has appointed Elizabeth Spence as director of Home Health/Hospice. She is responsible for managing the department’s care team as it provides a wide range of healthcare services to patients recovering from illness or injury or needing care as they face a life-limiting illness.




Elizabeth Spence

“I’m excited to lead our team as we strengthen our role in the future of healthcare,” she said. “My focus will be on fostering teamwork among talented clinicians to strive for excellence in patient care at all levels.”

A New York native, Spence lived in posts throughout the world with her husband, a member of the military. They moved to Minot Air Force Base in 2001. After completing her nursing education, she joined Trinity Health in 2007.

While at Trinity, Spence served patients in the ICU and the hospital’s 6th floor. She worked in clinic nursing and clinic management and later became a member of the Home Health/Hospice team as a staff nurse and manager. She left Minot for two years to care for homeless veterans in Florida before returning to Trinity Health. She is currently pursuing an advanced degree to become a psychiatric mental health nurse practitioner.

A member of the Florida Association of Nurse Practitioners, Spence has two children and two grandchildren. She enjoys crafting, dancing, and spending time with friends and family.



Check Out Our Progress

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

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

Trinity Health Speaker’s Bureau

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



Hard Hat Insider

Healthcare Campus and Medical District Update

New Healthcare Campus Designed for You – the Patient

In 1959, when Trinity Health dedicated a \$2.5-million-dollar expansion and modernization, the nation’s leading hospital authority hailed it as the embodiment of the modern hospital. “Look for the scientific and treatment facilities – the surgical suites, the laboratories, X-ray department and other special things,” said Russell Nelson, MD, president of the American Hospital Association.

Jump ahead to 2023, when Trinity’s new healthcare campus and medical district will be celebrated. Officials likely will extol a whole new set of attributes, such as how the project will impact the patient experience.

Twenty-first century hospitals are more patient-centered and holistic in their design, and Trinity Health’s new healthcare campus will be no exception. It will still be centered around a wide range of services and units intended to deliver high-quality care, but patient and family preferences, as well as staff needs, will be paramount. And these elements won’t be left to chance.

Dave Kohlman, facilities vice president, says the elements of patient safety, comfort, and privacy have been built into the overall design, a process that has been developed and fine-tuned over several years in consultation with experts and key clinical staff.

“Patients arriving at the new facility will notice a welcoming environment,” Kohlman said. “They’ll be dropped off at a canopy-covered entrance, protected from rain and snow. When patients leave the hospital, it will be a much more dignified exit. They’ll depart from a discharge lounge, so they don’t have to go through the main hospital.”


Another major design element will be what Kohlman describes as a “front house” and “back house” feature. The division will keep service functions separate from patients and their families and shield the sick and injured from public view.

In addition to having front- and back-house features, patient privacy will be greatly enhanced by the hospital having 100% private rooms. Studies have shown that healthcare facilities designed around patients, families, and staff needs improve healthcare outcomes, resulting in:

- Reduced patient stress and anxiety
- Fewer hospital-acquired infections
- More efficient workflow patterns and processes
- Greater patient satisfaction
- Increased patient safety
- Greater privacy and noise reduction

There will be open and well-lit lobbies and intuitive interior design that facilitates wayfinding. Add to that warm, natural materials that evoke a sense of comfort.

It will be more than a year before Trinity Health’s new healthcare campus and medical district opens its doors. Given what is in store, it can’t come too soon.



Major design element is described as a “front house” and “back house” feature.

It’s Beginning to Look a lot Like Christmas

Trinity Homes is pulling out all the stops on holiday decorating and celebrations, after its 2020 holiday hiatus due to COVID-19. One walk through the Atrium and you are awestruck by the 15’ tree, nestled deep in an evergreen forest occupied Santa and his elves.



Lois Zahn, Trinity Homes volunteer coordinator, stands amongst hundreds of community donated items, as she prepares gift bags for the resident Christmas party, held December 22. “We have been so blessed this year,” she said, referring to the generosity of those who donated.



Ness receives a Vital Partner award from Teresa Johnson for Garrison's commitment to community blood drives.

Unleash Your Own Superhero

If I were a superhero, my super power would be to save many lives at once with little effort. As a blood donor, I can do that.

Trinity Hospital depends on blood donors. In fact, every hospital in North Dakota depends on blood donors. Donated blood helps meet many medical needs, such as restoring the strength of a cancer patient, saving the life of a premature baby, and providing critical transfusion to someone in surgery. Every 2 seconds someone in the U. S. needs blood and/or platelets, according to Teresa Johnson, donor recruiter for Vitalant.

The amount of blood in the human body is generally equivalent to 7 percent of body weight. This estimate depends on how much you weigh, your sex, and even where you live. The average adult weighing 150 to 180 pounds should have 1.2 to 1.5 gallons of blood in their body, or 10 pints.

Blood donations only require one pint of blood, and although an estimated 6.8 million people in the U.S. donate blood and contribute to 13.6 million units of whole blood and red blood cells annually, it is not enough. Approximately 36,000 units of red blood cells, 7,000 units of platelets and 10,000 units of plasma are needed every day.

What happens to donated blood?

Donated blood is separated into red blood cells, platelets, and plasma. After a blood drive, a courier transports it to a lab in Fargo, where it's stored until cleared for community use. Test tube samples are sent to another lab out of state where they are tested for more than 17 blood borne diseases such as HIV, hepatitis, and Zika virus, to name a few. "It takes about 2.5 days after a donation for it to clear and be sent to community hospitals," said Johnson.

Red blood cells are typically used in surgeries where there may be a lot of bleeding, such as a trauma, heart surgery or an abdominal aortic aneurysm. Platelets are useful for cancer patients, or those with low platelet counts where there is potential for bleeding. Plasma is used for clotting factor deficiencies and burn victims. A regular day at Trinity Health might call for seven to 10 units of red blood cells for various needs such as surgeries, GI bleeds, cancer patients, or anemias. Jodi Gruneth, technical supervisor for transfusion medicine, says that Trinity Hospital maintains a daily reserve of 95 units and uses approximately 2800 units of blood per year.

"Red blood cells are viable for 42 days from the time of donation when stored between 1-6 degrees Celsius. Plasma can be stored up to a year when frozen, or five days once thawed; platelets are viable for three to five days from the time we receive them while stored at room temp," she said.

As a donor recruiter for Vitalant, Johnson also keeps a close eye on numbers. The overly enthusiastic, colorful tracking system on her office door speaks volumes about her passion to meet monthly goals that drive business and save lives. Johnson puts in a lot of "windshield time" as she covers communities across northwest North Dakota and into Montana. To stay organized, she plans blood drives 90 days out, as she strives to meet her monthly goals, which average 700 units.

"Goals are based on usage trend and demand. That means if my goal is 700 units, Vitalant has committed 700 units of blood that month to area hospitals," she said. "It can be hard in the winter to meet goals, especially when the weather is bitter cold, or the roads are bad. I have to think about our equipment working; maintaining the integrity of the blood once we have it; whether or not it's safe for people to travel. And yet, if we cancel a drive, it is hard to make up (quotas) to meet the current need."

Johnson points out that 80 percent of us will need a blood transfusion some time in our lives. "Nationally, 5 percent of the population will take time to donate. In North Dakota, only 2-3 percent of the population donates," she added.

In 2020 the need for blood was low due to COVID-19 and hospitals delaying nonessential surgical procedures. However, no one scheduled blood drives either, so "reserves were wiped out."

All of us have the power to make a difference. A quote from another superhero, Batman, underscores our potential: "It's not who I am underneath, but what I do that defines me."

Find your inner superhero and schedule an appointment today. Go to www.vitalant.org to learn more.

Garrison Recognized as Vital Partner

On a sunny October afternoon, I visited the bimonthly blood drive at the Garrison Community Center. It was the fifth blood drive (of six) scheduled for 2021, and even though the room was quiet, the air was full of energy as blood donors drifted in and out, sleeves rolled up or down, depending on the direction of traffic.

Dennis Ness, president of the Garrison Lamplighters Association and blood drive coordinator, personally greets each donor as they enter. He verifies their appointment, schedules an upcoming appointment for the December drive, and hands them the 2022 schedule. In the space of 60 seconds, donors have been acknowledged, vetted, appointed, and committed.

Those who fail to show up for their appointment, are called and reminded, which attests to the low attrition of regular donors. "We look after each other," Ness said. "That is what people in small communities do."

Heidi Rime, FNP-C at Trinity Community Clinic – Garrison, is a regular at the blood drives. Her 12:30 p.m. standing appointment allows her time to pop in during her lunch hour. "I think it's awesome that the community continues to support the blood drives throughout the year. Every time I come, I run into patients and others I know who make this a regular stop. These efforts benefit all of us."

The smooth operation and extra effort are not without merit. Garrison was recently recognized by Vitalant as a Vital Community Partner for hosting regular blood drives, every eight weeks, and the volume of blood it nets each year.

"Blood drives in rural communities are so important. How can we expect donors to drive two hours to their nearest blood center in Minot?" said Teresa Johnson, donor recruiter for Vitalant.

The average blood drive nets 40 units of blood. In 2020, 287 units of blood were donated at six Garrison blood drives. October's event brought in 50 units of blood, which puts 2021 donations at 260 units. With one more blood drive to go, Garrison is on trend to surpass last year.

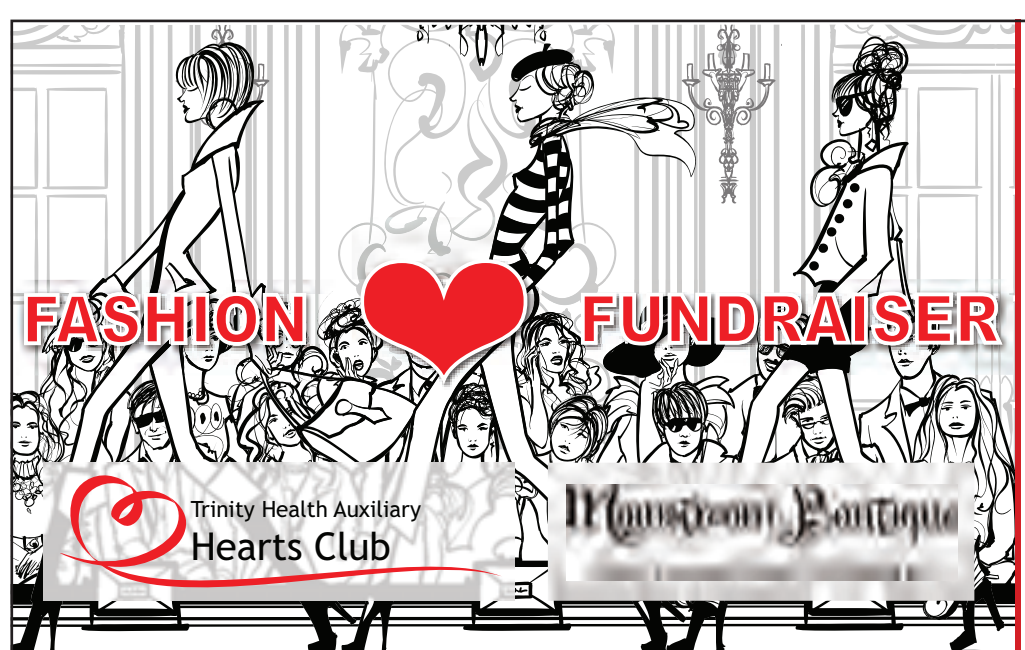
But that is not the only good news. Johnson points out that three lives can be saved with one donation, so 260 units of blood have the potential to save 780 lives, roughly 48 percent of Garrison's population. If those were lottery odds, there would be a long line.

Garrison's next blood drive is Feb. 17, 2022. Spaces fill up fast, but if you live in the area, or know of someone in need, stop in to donate. Appointments can be made by calling 701-833-2042.



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

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



Tickets: <https://www.trinityhealth.org/auxiliaryFashion>

February 10 • 6:00 p.m. • Sleep Inn • \$10
For more information contact Sherry 857-5221



Embrace Winter with Outdoor Activities

Sure, it’s winter, but the cold doesn’t have to keep you inside or stationary. North Dakota offers plenty of outdoor activities that are not only fun, but beneficial to your physical and mental health as well. What are you waiting for? Get outside and get moving!

Cross-Country Skiing

Cross-country skiing relies on your body’s own strength and stride to navigate snow-covered terrain. For this reason, cross-country skiing is an excellent exercise.

- Full-body workout – Cross-country skiing simultaneously works the lower and upper body, activating the “pulling” and “pushing” muscles of each region to create a full-body workout.
- Burns calories – Cross-country skiing burns more calories than any other form of exercise or sport. You can burn more than 1,000 calories per hour for intense skiing.
- Improves cardiovascular endurance and health – Because no single muscle group is overstressed with cross-country skiing, the activity can be sustained for hours, making it an excellent aerobic workout.

The Minot Park District grooms trails at the Souris Valley Golf Course, Oak Park and the Bison Plant for cross-country skiing and snowshoeing. For more information, visit <https://minotparks.com/cross-country-skiing/>

Downhill Skiing

Downhill skiing is a great activity for people of all ages and skill types. Plus, it’s beneficial for your physical and mental health.

- Improves balance and core strength – While you’re skiing, your core is constantly engaged as it works to stay balanced. Your engaged core will improve

muscle tone in your abdomen and overall core strength.

- Strengthens lower body muscles – You will most certainly feel your legs burning after a day of skiing. That’s because the sport puts you in a constant squat position, working your inner and outer thighs, hamstrings, quads and glutes.
- Boosts your mood – Getting outdoors and exercising promotes increased production of endorphins, which creates feelings of relief and happiness. You can also benefit from the added boost of vitamin D exposure from the sun, which is especially important in the winter when days are shorter.

You don’t have to go far to find great skiing. Bottineau Winter Park is open for skiing, snowboarding and tubing. For more information, visit www.skibwp.com.

Ice Skating

Ice skating is a great year-round exercise as many cities have indoor ice-skating rinks that allow you to enjoy the activity no matter the temperature outside. Stability, control and strength are key elements in the sport that make it a healthy activity for all ages.

- Improves joint flexibility – Because skating relies on quick foot movements and strong knees, your leg joints will no doubt receive a great workout.
- Endurance – Ice skating is an excellent way to build endurance as it requires you to use energy over an extended period. As with other sports, the longer you skate, the more you’ll improve your endurance.
- Weight management – Ice skating is a good way to burn calories while having fun. You can burn between 300 and 650 calories per hour, depending on the intensity of your skate.

The Minot Park District maintains four outdoor rinks: Corbett Field, Polaris Park, Roosevelt School, and Perkett School. The rinks are open from 4:00 to 9:30 p.m. Monday – Friday and 12:00 to 9:30 p.m. Saturday and Sunday. For more information, visit <https://minotparks.com/outdoor-rinks/>

Maysa Arena offers indoor skating; visit <https://minotparks.com/maysa-arena/> for public skating times.

Sledding

Sledding is a fun family activity and an excellent workout for children and adults!

Sledding works on our endurance, cardiovascular fitness and total body strength (between lugging a sled uphill and drudging through snowy terrain) and encourages core stability and control during the fast ride down.

Minot Park District offers sledding at Souris Valley Golf Course during the winter months (weather permitting). For a map, visit <https://minotparks.com/outdoor-rinks/>.

Ice Fishing

Ice fishing requires a great deal of focus and awareness. This takes your mind off internal conflict and stress. As a result, it helps to reduce anxiety, fight off depression and promote relaxation.

Believe it or not, ice fishing can be quite beneficial to your physical health, too. Walking to an ice-fishing hole or house, for example, can burn about 400 calories per hour. Plus, your back and shoulder muscles get a good workout when you’re shoveling snow and drilling holes.

Ice fishing is a popular activity in North Dakota, and no matter where you live, you don’t have to drive far to find a place to fish. Visit <https://www.ndtourism.com/articles/winter-fishing-nice-be-ice> for more information.

Staying Healthy at All Life Stages

There is an annual rite of American womanhood, the annual Pap and pelvic exam. Many of us did it, but most of us didn't want to; it was uncomfortable and embarrassing. Maybe we believed, as we were told, that it was a way to keep our lady parts safe and detect diseases before there was real harm. There is truth in that: the American Cancer Society estimates that more than 14,000 Americans were diagnosed with cervical cancer in 2021, and more than 4,000 died from the disease.

In the early 1940’s, Dr. Georgios Papanikolaou and a colleague, Dr. Herbert Traut, published Diagnosis of Uterine Cancer by the Vaginal Pap Smear. This test detailed how normal and abnormal vaginal and cervical cells could be viewed under a microscope and how they should be classified. The Pap smear was quickly adopted as the standard in cervical cancer screening and remains the primary screening tool today. Access to cervical cells is obtained through a pelvic exam.

“It is very important to have a cervical cancer screening. Cervical cancer is a slow growing cancer and can take several years (7-10 years) to develop. Therefore, routine screening can alert your provider to certain changes which will allow for early treatment



to prevent progression of abnormal cells,” advises Jessie Fauntleroy, MD, ob-gyn at Health Center – Town & Country.

Infection caused by the human papillomavirus (HPV) is the most important risk factor for cervical cancer. The American Cancer Society recommends HPV vaccination for boys and girls between ages 9 and 12. Children and young adults ages 13 through 26 who haven't been vaccinated, or who have not received all their doses, should get the vaccine as soon as possible. Each vaccine requires a series of shots, usually given in the upper arm.

“New recommendations allow for vaccination up to age 45. This should be

discussed with your provider,” Dr. Fauntleroy said. “There are many strains for HPV. Even if you currently have a form of HPV, vaccination can protect you from other forms (strains) of HPV. Overall, vaccination for HPV has significantly decreased cervical cancer rates.”

The American College of Obstetricians and Gynecologists (ACOG) recommends that screening begins at age 21 and continues every three years to age 29. Women 30-65 years old should be screened for HPV and cervical cancer every five years. Screening is not recommended after age 65 if a woman’s previous three screenings were negative, or

Eating for More Volume and Fewer Calories

Our relationship with food can be complicated. All too often, we eat for reasons other than hunger: when we are happy; when we are sad; when we celebrate with others; when we are tired and alone.

Another habit relates to timing, and how we get hungry prior to eating and full after eating. There is a tool called the ‘hunger scale’ that measures our hunger and fullness feelings or cues. Some people say they are never full, which causes them to mindlessly eat all the time. If you are not practicing mindful eating, you may have lost the ability to feel fullness or hunger. These senses are important when it comes to regulating our intake. Mindfulness is important with many things in our lives, especially when it comes to food and nutrition.

If you have lost your feelings of fullness or hunger, try this approach to bring awareness to your body’s natural cues. Using a scale of 1-10: 1 being “starving, weak, dizzy;” 5 representing “neutral, satisfied, not hungry or full;” and 10 being “so full you feel sick,” try to eat when you feel as though you are a 3 or 4. As you eat, pay attention to how you feel, and avoid eating over a 6 or 7 hunger rating. Most meals should take 15-20 minutes to reach the 6 or 7 hunger rating. Using a hunger scale can help you distinguish between physical hunger and psychological hunger. When you learn to recognize your hunger and fullness cues, this can be beneficial to your health and wellness.

After learning more about mindfulness and if you have a goal of maintaining weight or weight loss, you may be able to increase the volume in your meals to help with your fullness cues.

By adding certain foods to your diet and drinking more water, you can increase the amount of food you eat while staying within your calorie needs. Adding more liquids to your meals, such as soups and stews, is helpful to add more volume. Adding fiber is also another way to increase fullness. Sometimes referred to as “bulk” or “roughage,” foods such as whole grains, fruits, and vegetables are all excellent fiber sources.

January is national soup month, and this is an excellent time to try soup recipes to help with the volume and fullness cues. Soups come in many styles, savory, pureed, hot, cold, or sweet. Adding more whole grains, vegetables, and cooked dried beans are a way to increase fiber in your soup recipes.



Hunger scale found at [idealfit.com](https://www.idealfit.com)

Beef Barley Soup

This recipe is full of good fiber that has cholesterol lowering properties.
Prep Time 20 minutes Cook Time 7-8 hours on low Servings: 6

Ingredients

- 1 lb. lean ground beef
- 6 cups reduced sodium beef broth (48 oz. total)
- 1 (14.5 oz.) can tomatoes, diced
- ¾ cup diced pearl barley
- 1 ½ cups carrots, sliced
- 1 ½ cups celery, sliced
- 1 ½ cups onions, chopped
- 2 teaspoons fresh garlic, minced
- 2 tablespoons Worcestershire sauce
- 1 bay leaf
- ½ teaspoon dried thyme
- ½ teaspoon dried sage
- Fresh ground pepper to taste
- 3 cups fresh spinach leaves

Instructions

1. In a large nonstick pan, brown ground beef. Pour into a colander in sink, rinse and drain fat.
2. Place beef and all ingredients in the crockpot, except spinach. Mix together well.
3. Cover and cook on LOW for 7-8 hours or on HIGH for 3½ hours until veggies and barley are soft. Stir in spinach, cover and cook on high for 15 minutes. Remove bay leaf.

Nutrition Information

Calories: 186, Carbohydrates: 12g, Protein: 18g, Fat: 7g, Sodium: 175mg, Fiber: 2g.

Cheesy Vegetable Soup

This recipe was submitted by one of the participants in the “Weigh 2 Change” program. She said it is an easy recipe and always keeps the ingredients available, especially handy to make at the last minute when unexpected company shows up.

Servings: 8

Ingredients

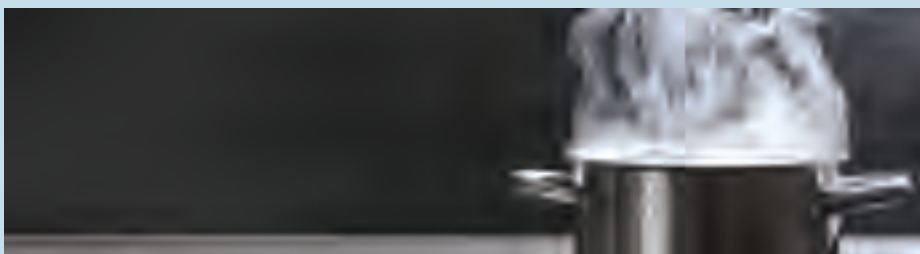
- 2 lbs. California Blend Frozen Vegetables
- 10 oz. can Rotel
- 10 oz. Kraft Velveeta 2% milk reduced fat melting cheese, cut into small pieces
- 56 oz. reduced sodium chicken broth

Instructions

1. Mix vegetables, broth and tomatoes in a large pot and bring to a boil.
2. Let simmer for 5 minutes or until vegetables are tender.
3. Add the Velveeta pieces. Stir until melted.

Nutrition Information

Calories: 135, Carbohydrates: 9g, Protein: 11g, Fat: 4g, Sodium: 1109mg, Fiber: 3g.



Stages continued from page 7

if the cervix is removed for noncancerous or precancerous reasons. Women with abnormal pap smears require more frequent follow up.

See your provider if you have symptoms of abnormal bleeding, pain, vaginal discharge, vulvar problems, pelvic discomfort, and infertility. If you have a family history of uterine, breast, ovarian, or colon cancer, a yearly exam which includes a pelvic exam, can assist in assessing for any signs of these conditions. However, further evaluation may be required.

“Healthy women should see a female health specialist regularly to maintain routine screening,” said Dr. Fauntleroy. “There are some conditions that patients are not aware of until they develop symptoms. Many of these conditions can be found during a routine exam prior to a patient developing symptoms. It is important to visit your ob-gyn regularly to stay healthy and prevent health problems at all stages of life.”

Trinity Health specialists in women’s healthcare can be found at various locations in Minot and Williston.

Health Center - Medical Arts, 400 Burdick Expy E.: David Amsbury, DO, Heather Bedell, MD, Tim Bedell, MD, Lori Dockter, PA-C, Jennifer Johnson, MD, and midwives Jayme Burman, CNM, and Erica Riordan, CNM. **Health Center – Town & Country, 831 S. Broadway:** David Billings, MD, Jessie Fauntleroy, MD, Margaret Nordell, MD, Carol Schaffner, MD, and midwife Gloria Berg, CNM. **Trinity Community Clinic – Western Dakota, 1321 W Dakota Pkwy, Williston:** Heidi Grondahl, WHNP-BC.

C O M M U N I T Y

CALENDAR

For the latest updates, check online at trinityhealth.org

Mobile Mammography

- January 5CHI – Devils Lake, 662-8662
- January 10Northland Community Health Center – Rolette
246-3391
- January 11Kenmare Community Hospital, 385-4296
- January 12 ...Northland Community Health Center – Turtle Lake
448-9225
- January 27Tioga Clinic, 664-3368
- January 28Trinity Community Clinic – Mohall, 745-6841
- January 28St Luke’s Hospital – Crosby, 965-6349

Prepared Childbirth Classes

January 15, February 5, March 5, April 9, and May 14

Breastfeeding Basics

January 13, February 10, March 10, April 14, and May 12

Basics of Baby Care

January 10, February 7, March 7, April 4, and May 9

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.