



Athletic Trainers Prioritize Safety

Americans enjoy sports - for fun, exercise, community-building and comradery. It induces the highest of highs and the lowest of lows. From championships to catastrophic injuries, athletic trainers are present to keep participants safe and engaged in activity.

The Centers for Disease Control indicates that the overall injury rate of all high school sports is 2.44 injuries per 1,000 athlete exposures. Injury rates in collegiate sports are two to six times higher. For 20 years, medical committees, rules committees, and researchers have used this data to drive the development,



implementation and evaluation of injury prevention programs.

Health care providers on the front lines of athletic injury treatment and prevention are athletic trainers – the first responders for acute injuries and medical emergencies.

Certified Athletic Trainers (ATCs) are often confused with personal trainers, but their education, skill set, and job functions are different. An ATC must have a bachelor's or master's degree and be certified by the Board of Certification of Athletic Trainers. All ATCs also are licensed by the North Dakota Board of Athletic Trainers. The American Medical Association and Department of Health and Human Services both recognize ATCs as allied health professionals.

Trinity Health's Sports Medicine Department consists of 15 ATCs who practice in collaboration with physicians and health team members who keep the welfare of patients their top priority. Athletic trainers provide primary care, injury and illness prevention, wellness promotion and education, emergency care, examination and clinical diagnosis, therapeutic intervention and rehabilitation of injuries and medical conditions. Not only are the responsibilities encompassing and

diverse, but Trinity's Sports Medicine team travels the region caring for athletes with Minot Public Schools, Minot State University, Minotauros Hockey, Sabre Dogs Baseball, Minot Youth Baseball, Dakota College at Bottineau, as well as 10 other area high schools.

"There used to be off seasons between sports, but there's no such thing anymore," said Darren Armstrong, manager of Sports Medicine and Exercise Physiology. "Our people work long hours and really hard."

ATCs cover practices, training room hours, and conduct follow-up visits to



injured athletes. They travel with teams at the high school and college level and attend home games of sporting events in Minot. Ask Armstrong who's working a game, and he reaches for his athletic trainer schedule, which is a multicolored calendar where each color represents someone assigned to a specific event. It resembles a vibrant rainbow after a very long rain.

"It's the only way we can keep track, which is important for athlete follow up and sharing injury protocol amongst our staff. We use documentation software that lets our staff share athlete injury information in a Health Information safe environment," he said. "Athletes, parents and coaches expect that our team communicates with each other so that our plan and message is consistent for the evaluation and recovery plan of an athlete."

In 2021, Trinity Health ATCs added a new role to their arsenal of patient care: assisting COVID-19 testers at drive through sites and maintaining COVID- safe versions of programs for high school and college athletes. The drive through testing went away; COVID safety protocol did not.

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Poison Prevention

According to Safe Kids Worldwide, poisoning is the third leading cause of unintentional injury death among children ages 1 to 19. Everyday household items such as personal care products and cleaning products can be harmful to kids if left within their reach.

March is National Poison Prevention Month, and the perfect time to childproof your home against accidental poisoning. Safe Kids Worldwide offers the following tips:

- Check your home for products like cleaning supplies, liquid laundry packets, personal care products, plants, pesticides, alcohol and medicine. Make sure these products are up and away, out of children's reach and sight. Consider storing these items in cabinets secured with child-resistant locks.
- Keep all household cleaning products in their original containers.
- Never leave cleaning products or personal care products unattended while you are using them.
- Read and follow product labels. Check for ingredients that can be harmful to kids and make sure you use and store products according to the label.
- Throw away old products. Check your bathroom, garage and other storage areas in your home for products you no longer need.
- Install carbon monoxide detectors in your home. Carbon monoxide is a colorless and odorless gas that can lead to severe illness and even death.

Medication Safety

Medicines are the leading cause of child poisoning. In 2017, nearly 52,000 children under the age of six were seen in the emergency room for medicine poisoning.

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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.



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

Athletic

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“Our athletic trainers do pre-competition COVID testing for college athletes before they board the bus. We are responsible for tracking and verifying positive tests, maintaining state reporting requirements, providing a safe environment in training rooms and identifying COVID symptoms,” Armstrong said. “What we need to do changes weekly, but we’ve been willing to adjust according to the science and governing bodies’ suggestions, while maintaining a safe environment for our athletes to compete in.”

Trinity’s Sports Medicine Department is closely tied to its medical director, Dr. Dawn Mattern. Dawn Mattern, MD, FAMSSM, is a board-certified Family Practice/Sports Medicine specialist and a Fellow in the American Medical Society for Sports Medicine. She’s been with the department almost 20 years and shares that the goal of sports medicine is to restore people to life and activity.

“Athletic trainers are my go-to multi-tools. They are able to keep all of our kids as safe as possible as well as work with them through injury or illness. They can be an athlete’s confidant-advocate-therapist-parent-coach-motivator-protector-lifesaver all in one,” she said.

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



TRINITY
HEALTH



CENTENNIAL SERIES



Trinity’s Indomitable Spirit

A 1931 issue of Trinity Hospital News didn’t sugarcoat the problem: “It is not news by this time to say that we are in the throes of one of the worst financial depressions in several generations. With money scarce, it has become difficult even to collect for the service we render.”

The article describes a sharp rise in the number of extreme cases of illness – a direct result of the financial depression. “People just do not go to the doctor or to the hospital until they feel that they must.”

Then comes this admission: “The aggravated illness of such a large number of patients has created a new nursing problem – extremely ill patients require a great deal more care than one who is not so critically ill. The result is a nursing problem which makes a heavy drain upon the nursing staff.”

Those words have a familiar ring.

The coronavirus pandemic that wreaked havoc on the healthcare industry worldwide may be the greatest challenge Trinity Health has faced since those days of the Great Depression. A multivolume book could be written about the daily battles Trinity Health’s leaders and care teams waged. When would the anticipated surge in COVID-19 patients arrive? Would staffing levels be enough? Would the supply chain hold up? What community partners could be enlisted, and would staff have the courage to keep going?

In a series of letters to employees and the community, Trinity Health President and CEO John Kutch took a cue from his 1931 predecessor and didn’t flinch from truth-telling: “We are gaining patients ... and losing patience. Our medical teams have heroically fought this battle. Their physical, emotional and mental bandwidth has been stretched to the brink.”

He also reinforced employees’ sense of purpose: “Why do we do this? Our community needs us. Like we have done during floods, an anhydrous explosion, and so many other trials, we will do what it takes to provide excellent healthcare for our neighbors,

families, and communities. We will prevail – together.”

A Through Line Through History

If there is one line that runs through Trinity Health’s 100-year history, it is a sense of purpose, buoyed by an indomitable spirit. Whether problems involved staff shortages, space issues, regulatory demands, rising costs, cuts in government reimbursement, or a pandemic, Trinity Health has always summoned its own strength and that of the community to carry the day.

Nearly every one of Trinity’s 10 decades has been punctuated by a watershed moment aimed at taking the care system to the next level.

After World War II, veterans and war workers came streaming home, creating the greatest demand yet for hospital services. Trustee chairman Rev. Reinhardt Ulvilden declared, "Trinity is crowded beyond the danger point." A \$500,000 fund drive was launched for a six-story addition to the hospital's east side.

The next decade produced problems that went beyond space and finances. Medical science after the war enjoyed a period of rapid advancement with orthopedics, rehabilitation medicine, and trauma care among the specialties that benefitted from the war experience. Trinity Health took stock of itself and found many of its facilities wanting. Essential services such as surgery, lab and x-ray were scattered throughout the six floors, making it difficult to respond to emergencies like the Westland Oil fire in the late 1940s. In 1954, Trinity’s Board of Trustees embarked on a major construction program to expand and modernize Trinity Hospital. Two of its members, H. H. Westlie and Theodore Thompson, led a regional campaign. Close to 1,000 volunteers were organized in seven divisions to do the actual solicitations for gifts and pledges. It was the biggest fund drive ever attempted in North Dakota, according to The Minot Daily News. At ceremonies dedicating the new addition, American Hospital Association President Russell Nelson, MD, who trained at Trinity,

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HealthTalk

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Colonoscopy: Don’t Let the Prep Deter You

“It’s not the procedure, it’s the prep.” That’s a common phrase you might hear from someone reluctant to get a colonoscopy. Stories of having to drink a gallon of strange-tasting liquid have undoubtedly scared many away from taking advantage of the life-saving procedure, even though prep routines are easier to stomach than they used to be.

Ira Michaelson, MD, gastroenterologist with Trinity Health, confirms that colonoscopy preparation has improved in recent years, with better-tasting fluids and lower-dose regimens that make it easier to complete the prep process.

“Whatever people have heard; colonoscopy prep has improved,” Dr. Michaelson said. “The important point is that the prep is well worth the bother because the cleaner the colon, the better the exam. It’s easier for us to identify polyps and remove them before they become cancerous. If the prep is not done properly, you may have to reschedule your colonoscopy.”

The Centers for Disease Control and Prevention lists colorectal cancer as the third most common cancer in men and women (if you exclude some forms of skin cancer). It is the third leading cause of cancer-related deaths in the U.S. In 2018, the latest year for which data are available, just over 141,000 new cases of colon and rectum cancer were reported. Some 52,163 people died.

“The good news is that while colorectal cancer is the third leading cause of cancer deaths, it’s also one of the most preventable,” Michaelson noted. “More than 90 percent of people survive if they take advantage of early screening to detect and remove pre-cancerous polyps.”

Colonoscopy uniquely provides this advantage. Pre-cancerous lesions called polyps can be removed during the exam, which means a colonoscopy can prevent cancer. Other screening methods such as home stool tests are also useful. If they produce a positive result, however, they must be followed up with colonoscopy.

The American Cancer Society recommends that regular screening to detect polyps begin at age 45 for typical individuals and earlier for people at greater risk. The greater risk group includes persons with a family history of cancer (especially colorectal cancer), people who tend to develop polyps, and those with a history of inflammatory bowel disease.

Persuading people to take advantage of timely colorectal screening remains a challenge for health professionals, but it is improving. According to the CDC, the percentage of U.S. adults aged 50 to 75 years who were up-to-date with colorectal cancer screening increased 1.4 percentage points, from 67.4% in 2016

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congratulated the community: "Look for the scientific and treatment facilities—the surgical operating rooms, the laboratories, the x-ray department and many other special things. Here is where you find the modern hospital, the future hospital."

The modernized hospital sustained a high level of care for many years, but the explosion in technology and medical innovation created the need for one more building expansion before the turn of the century. A \$13.8 million renovation and expansion project provided crucial features – a redesigned surgery complex, expanded radiology department, and a new south entrance. It paved the way for fiber optics and minimally invasive surgeries, and the coming digital revolution. At the project’s 1984 dedication, Board Chairman Chester Reiten summed it up well: “We’ve never stood still,” he said.

A 21st Century Regional Care System
Today, Trinity Health is on the verge of its greatest achievement yet – a healthcare campus and medical district that will vault Trinity beyond its original walls and into the next century. Slated to open in 2023, the new campus will serve as a model for a 21st century regional care system. At

the 2018 groundbreaking, Mr. Kutch called the venture the biggest change yet in Trinity’s history. “What hasn’t changed is our commitment to always look ahead and improve ourselves in ways that will provide the most exceptional care possible for our patients, their families, and the communities we serve.”

He is quick to point out, however, that a health system isn’t about bricks and mortar, it’s about people – the staff, physicians, managers, community partners, Board of Directors, and patients. By luck or by design, Trinity Health has managed to draw into its circle people with an indomitable spirit. Not only do they show up, they put up with brutal hours and unexpected setbacks. They study, read journals, train and retrain just to stay sharp. And they do it with a smile and a human touch.

Together, their efforts have echoed through Trinity Health’s history, serving as living proof that if you do the right things every day, you’ll make it to 100 and then some.

Visit <https://www.trinityhealth.org/100years/> to read more about Trinity Health as we celebrate 100 Years of Making More Possible.

Welcome to Trinity Health

A member of our primary care team, Dr. Makens is board eligible in family medicine, with expertise in the diagnosis and treatment of a wide range of health conditions. His areas of focus include women’s health, pediatric care, chronic disease management, and routine checkups to promote wellness. Originally from Fort Lupton, Colorado, Dr. Makens received his undergraduate degree from the University of Chicago and served as a combat medic in Iraq as part of the Texas Army National Guard. He earned his medical doctorate from St. George’s University School of Medicine, accomplishing his clinical training at Cincinnati Jewish Hospital. His family medicine residency was completed at Minot’s Center for Family Medicine, a program of the University of North Dakota School of Medicine and Health Sciences. Dr. Makens is a member of the American Board of Family Medicine and is located at Trinity Health Medical Arts. Call 701-857-7969 to make an appointment.



Aaron Makens, MD

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Here are some tips from Safe Kids Worldwide to prevent medicine poisoning:

- Keep medicine up and away, out of reach and sight of children. Put all medicines and vitamins at or above counter height where kids can’t reach or see them.
- Consider places where kids get into medicine. Children often find medicine kept in purses or on counters and nightstands. Place bags and briefcases on high shelves or hang them on hooks, out of children’s reach and sight.
- Remember products you might not think about as medicine such as vitamins, diaper rash creams and eye drops. Store these items out of reach and sight of children, just as you would over-the-counter and prescription medicines.
- Give medicine safely to children:
 - o Read the label and know what's in the medicine. Make sure you don’t give your child more than one medicine with the same active ingredient.
 - o Follow the dosing directions on the medicine label.
 - o Use the dosing device that comes with the medicine.
 - o Write clear instructions for caregivers about your child’s medicine, including what medicine to give, how much to give and when to give it.
- Don't refer to medicine as candy. While saying medicine is candy may make it easier to get younger children to take medicine, it may encourage them to try it on their own.

Poison Help
Save the Poison Help number in your phone and post it visibly at home: 1-800-222-1222.

The Poison Help line is not just for emergencies; you can call this free, 24-hour, confidential phone line with questions about how to take or give medicine, concerns about plants, chemicals, carbon monoxide, bites, stings, and more. You also can use the Poison Help online tool: www.poison.org

For more information about poison prevention, visit www.safekids.org or www.aapcc.org/prevention

Trinity Health is proud to serve as the lead agency for Safe Kids Minot. To learn more, donate, or volunteer, call Amber Emerson, RN, Safe Kids Minot Coordinator, at 701-857-7300, or follow Safe Kids Minot on Facebook: @safekidsminot





Trinity Health Foundation Receives \$50,000 Toward Capital Campaign

A donation made in the spirit of Community is contributing toward a healthcare legacy that will impact generations far into the future.

First International Bank & Trust (FIBT) recently donated \$50,000 to Trinity Health Foundation’s Capital Campaign in support of the new medical complex currently under construction. The hospital and medical facility are projected to open Spring 2023 and will cost an estimated \$500 million. To contribute to the cause, the Trinity Health Foundation has committed to raise \$15 million through corporate and private donations throughout the region.

“One of our main bank values is to leave a mark on our communities. Supporting the efforts of the Trinity Health Foundation is a great way for us to help impact Minot and the surrounding area,” said John Drady, First International Bank & Trust central market president. “FIBT is passionate about funding projects that create and sustain a strong community base. I can’t imagine a better way to do that than by partnering with Trinity and contributing to the health and wellness of our community members.”

“First International Bank & Trust’s continued partnership with Trinity Health Foundation is a testament to their commitment to Minot and the residents living throughout the 20-county region we serve,” Trinity Health Foundation Director, Dusty Zimmerman, said. “We are so grateful to FIBT and their generous \$50,000 contribution will kickstart the \$15 million Capital Campaign we are undertaking. Our organizations share a deep-rooted legacy that speaks to North Dakota values and we are proud to continue that partnership.”

First International Bank & Trust is owned by Watford City Bancshares, Inc., which is owned by the Stenehjem family. First International Bank & Trust is a full service, independent community bank, a member of FDIC and an equal housing lender. First International Bank & Trust has been in business since 1910 and today operates 31 locations in North Dakota, South Dakota, Minnesota and Arizona. More information about the company can be found at FIBT.com.

Trinity Health Foundation was established in 1922 to assist in the establishment of the Trinity Hospital. Over the last 100 years, the foundation has been supported through the financial stewardship of individuals, families, foundations, corporations, civic clubs and other organizations, with the purpose of significantly impacting healthcare and the quality of life in the region. Through generous donations, Trinity Health Foundation fulfills its mission of creating a system of care that provides the most significant impact on health and wellness throughout northwest North Dakota.



Foundation Gala Guaranteed to be The Cat’s Pajamas

The Trinity Health Foundation is thrilled to announce the “Return to the Roaring 20s Fundraising Gala” on March 26, 2022. This premiere event will be a swanky opportunity to raise funds for the Foundation’s \$15 million capital campaign towards Trinity’s new Healthcare Campus and Medical District.

We’re taking a trip back in time to honor the glory days of the 1920s when it all started here at Trinity. At this premiere Gala event, we will reflect on Trinity’s legacy serving patients in western North Dakota and eastern Montana for 100 years and celebrate the future of healthcare for area residents as we prepare to open our new Healthcare Campus and Medical District in 2023.

The Gala will be filled with 20s themed fun, music, opportunities for donating, the Purse-onalities auction, a VIP Speakeasy, and information about the new facility. It will be the bee’s knees, so wear your finest formal, semi-formal or 20s themed outfit.

“We’re promising a fantastically 1920s evening with unique auction items, good food and beverages, couples’ photos, flappers and gangsters, and classic décor to take you back to the old days of Minot,” said Dusty Zimmerman, Trinity Health foundation director.

Social will begin at 6:00 p.m., with dinner served at 7:00 p.m. The event will be held at the Sleep Inn & Suites event center in Minot, ND.

Sponsorships are available starting at \$500, table sponsorships start at \$1,000, and individual tickets are available for \$100 per person. Pre-Event and Afterglow VIP Speakeasy events are \$20 per person.

To purchase tickets, sponsorships, make a donation, or for more information, visit trinityhealth.org/gala or contact the Trinity Health Foundation at 701-857-5432 or dusty.zimmerman@trinityhealth.org.



Once in a Lifetime Opportunity

Thanks to the North Dakota Game & Fish Special Allocation Lottery and the generosity of Scheels, Trinity Health Foundation is sponsoring a limited time raffle.

Raffle tickets are being sold for the opportunity to win a moose tag, which will be valid for any moose in any zone throughout North Dakota. Tickets are \$50 each and are limited to 1,000 tickets. Standard North Dakota Game & Fish regulations apply.

For a \$50 contribution, you could win any of the following:

- 1. Any Moose Tag & \$250 Scheels Gift Card**
- 2. \$300 Scheels Gift Card**
- 3. \$200 Scheels Gift Card**
- 4. \$100 Scheels Gift Card**

Tickets: \$50 each
limited to 1,000 tickets

All proceeds will be earmarked for the \$15 million Capital Campaign for the new Trinity Health Healthcare Campus and Medical District.

To purchase raffle tickets, or for more information, contact the Trinity Health Foundation at **701-857-2430** or [**cody.mcmanigal@trinityhealth.org**](mailto:cody.mcmanigal@trinityhealth.org). *The drawing will be held at the “Return to the Roaring 20s Fundraising Gala” on March 26, 2022, at the Sleep Inn & Suites. Ticket holders do not have to be present to win.*

100 Years of Making More Possible

Follow along as we share our history, memories and photos on the Trinity Health Centennial website. We’d love to have you join us on this journey, and we’d love to hear your story.

Visit: www.Trinityhealth.org/100years



What is the Trinity Health Foundation?

Trinity Health Foundation was established in 1922 as a financial support mechanism to the newly established Trinity Hospital. The goal then, and now, is to support the efforts of Trinity Health in providing the highest level of healthcare to patients in over 20 counties across northern North Dakota and Montana through funding of equipment, education, employee support, and facilities.

Trinity Health Foundation supports programs and initiatives that have both a direct impact on patients and families along with those that indirectly affect the care provided by Trinity Health. Facilities such as the Guest House and the Trinity CancerCare Cottage are maintained and operated by the Foundation to provide comfortable settings for out-of-town patients and families during their time at Trinity. Funding is also provided for capital improvements including equipment and facility upgrades, educational and training opportunities for staff, scholarship programs in several medical fields, and other community initiatives that impact regional healthcare. With eight endowments and 23 targeted funds, the Trinity Health Foundation provides support to nearly every element of patient and family care at Trinity Health.

Trinity Health Foundation currently offers the following endowments and targeted funds to which you may direct your gift. If you specify your gift to an endowment, a portion of the fund may be utilized each year, while the remaining balance continues to generate revenue well into the future. North Dakota does provide significant tax incentives for gifts to endowments. When you give to a fund that is not an endowment, the entire fund may be utilized to fulfill the intended purpose at any time.

Trinity Health Foundation Endowments

Trinity Health Capital Improvement Endowment provides funding for facilities and equipment upgrades including the new hospital campus

CancerCare Endowment provides long-term funding for the Trinity Health CancerCare Center

Dr. Frank and Pamela J. Shipley CancerCare and Critical Care Endowment provides an enduring and consistent source of funding for the CancerCare and Critical Care needs within the Trinity Health System

Holland Pediatric Endowment funds items related to pediatric care

Nursing Scholarship Endowment provides scholarships to students enrolled in qualified nursing programs

Michelle Keller Radiologic Technology Endowment provides scholarships for students enrolled in the Trinity Hospital School of Radiologic Technology program

Verhey Critical Care Endowment contributes to the ongoing improvement and success of Critical Care programs at Trinity Health

Willie and Ruth Bodien Endowment funds and promotes education regarding Hospice and end of life care

Trinity Health Foundation Funds

Trinity Health Foundation Fund provides funding where it is most urgently needed

Trinity Health Auxiliary Fund provides financial resources to enhance the overall mission of Trinity Health

Birth Center Fund supports labor & delivery, NICU and the nursery

CancerCare Center Fund supports the prevention, diagnosis and treatment of cancer

CancerCare Cottage Fund supports the operations and maintenance of the cottage facility where out-of-town patients and families may stay while receiving treatments

CancerCare Patient Assistance Fund provides both financial and non-financial assistance to CancerCare patients

Cancer Exercise Rehab Program Fund assists patients to regain their physical bodies after oncology treatments

Cardio-Pulmonary Fund supports programs and services for patients with heart and lung conditions

Children’s Fund supports Trinity Health’s efforts to provide the best medical care for children

Diabetes Fund assists individuals to effectively manage their diabetes and provides public education on the subject

Emergency Trauma Center (ETC) Fund supports the operation and maintenance of the ETC

Generosity Card Fund provides those with limited means, who are visiting a loved one in the hospital, with a cafeteria meal

Guest House Fund supports the operation and maintenance of the

Trinity Guest House where loved ones may stay in close proximity when a family member is receiving medical care

Home Health and Hospice Fund supports the daily operation of Home Health and Hospice programs

Kenmare Community Hospital and Clinic Fund supports the daily operation and maintenance of these facilities

Kidney Dialysis Unit Fund supports treatment of those who need dialysis and provides public education

Mental/Behavioral Health Fund supports Trinity Health’s care of those with mental and behavioral challenges

Organizational Development Fund provides for the education and training of Trinity Health team members

Pastoral Care Fund supports Trinity Health chaplain staff in providing spiritual care to patients and families

Radiology Fund supports the daily operations and maintenance of equipment for Radiology departments

Trinity Community Clinics Fund supports the daily operations and maintenance of Trinity’s Community Clinics (gifts may be designated to a specific clinic, e.g. Garrison, Mohall, New Town, Velva, Western Dakota)

Trinity Homes Fund supports the operations and maintenance of this facility

Trinity Regional Eyecare Fund supports the daily operation and maintenance of Trinity Regional Eyecare facilities in Devils Lake, Minot, and Williston

For more information on the Trinity Health Foundation please visit www.trinityhealth.org/foundation or contact us at 701-857-5432 or dusty.zimmerman@trinityhealth.org.

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



Patricia Kettel
Mammography Technologist
Breast Imaging



Anthony Udekwe, MD
Pediatrics



Blakelynn Escherich
Financial Counselor
Business Office



Angie Heintz
Nurse Practitioner
Trinity Health FirstCare



Hard Hat Insider

Healthcare Campus and Medical District Update

A New Beginning

In 2008, during a difficult year of a national recession, dozens of states raised fees, fired workers and shuttered tourist attractions to overcome spending deficits. In contrast, lawmakers in Bismarck contemplated what to do with a \$1.2 billion budget surplus. North Dakota’s unemployment was 3.4 percent, among the lowest in the country, and one of the state’s biggest concerns was how to find people to take 13,000 unfilled jobs.

As western North Dakota poised itself to become the nation’s oil producing center and Minot Air Force Base contended for an additional B-52 squadron, it became clear to those paying attention, the population and its healthcare needs were changing. Anticipated growth, along with aging facilities, changing technology and care delivery requirements compelled Trinity Health to create a plan for its evolving future as well.

Trinity’s Board of Directors explored the availability of property that could adequately serve as the location of a new hospital and medical campus. The committee conducted feasibility studies on potential locations, including its current downtown residence, and announced in 2009 that Trinity Health had purchased a 43-acre plot, located in southwest Minot, from Dakota Acres. An adjacent 32 acres was added in 2015.

“The organization performed a very thorough study of future healthcare needs, including the area’s traffic patterns, power and water redundancies, and more,” noted Dave Kohlman, vice president of facilities. “Healthcare delivery today is vastly different than it was even 20 years ago, and that evolution will continue to drive change over the next century. Trinity Health chose the most appropriate property to accommodate that evolution and serve the region for generations to come.”

For the next nine years, the Trinity Board of Directors met with architects, engineers and contractors to detail an ambitious scope of work that outlined what the new healthcare campus and medical park district would physically look like.

“Through it all, our strategic plan hasn’t wavered: To serve the patients of this community and the region-at-large with a state-of-the-art healthcare campus and medical district we will all be proud of,” said Pat Holien, board chairman.

At the groundbreaking ceremony in 2018, Randy Schwan, vice president of mission integration, pointed out that “Trinity is moving more than dirt in what was once a farmer’s field; it is ‘Making More Possible’ for future generations in Minot and Northwest North Dakota.” The medical district, projected to cost around \$500 million, is one of the most significant construction projects in the Midwest.

The once dormant land began transformation from wheat field to future home of Trinity Hospital and medical district. Dirt work and initial ground construction included:

- Crews moving 170,000 cubic yards of earth for site improvement
- Fitting of 3 miles of underground storm sewer, sanitary sewer lines and water lines
- Installation of 1,394 pylons 70 feet deep into bedrock, to support medical campus structures
- Cement for the hospital pours requiring 28,000 cubic yards, which equates to 2,800 fully loaded concrete truck deliveries
- Steel for the entire structure requiring 57 construction sequences and consisting of 6,300 tons (or 12.6 million pounds) of steel

Significant advancements continued in 2019 with the site’s utilities, foundation, superstructure, exterior envelope, MEP (mechanical, electrical, and plumbing), and other activities. For example, first placement of asphaltic paving occurred on the perimeter road and main access road to the campus, including curb and gutter. The south parking area pavement was completed, as well as sidewalk from the property to 37th Avenue Southwest. Additional site and utility work included installation of transformer pads and electric gear adjacent to the Central Energy Plant (CEP), and completion of site rough grading at the building perimeter. Installation of underground fuel tanks and distribution piping also took place. Masonry and auger-cast piles, foundations and backfill were finished.

Crews wrapped up the Emergency Room access and parking structure, and made progress on grade-level, subgrade, and raised parking. All concrete was completed at the elevated floor decks in both the hospital and medical office building. Medical, electrical, and plumbing continued to progress within the hospital, medical official building, and building connector.

In early 2020, Trinity Health announced it had selected JE Dunn Construction as the new construction manager to complete the healthcare campus and medical district. JE Dunn’s North Dakota-based team conducted thorough evaluations of the completed work, future plans, contracts and current material and inventory projections. By September, the project was back on track and projected for completion toward the end of 2022.

Coming next month: Trinity Hospital Sneak Peek

Welcome to Trinity Health

Stacy Flaten, FNP-C, is a board-certified nurse practitioner and a member of our Behavioral Health team. She works with doctors, counselors, and other healthcare professionals to provide inpatient care to people with mental health and addiction issues. With close to 20 years of nursing experience, Stacy has cared for patients across the lifespan, practicing primarily in medical-surgical, NICU, and orthopedic settings in Fargo, Minot, and Bismarck, often in leadership positions. She earned her Bachelor of Science in Nursing from North Dakota State University in 2003 and completed a Master of Science in Nurse Education from the University of Mary, Bismarck, in 2015. She served on the nursing faculty of Minot State University for four years from 2014 to 2018. Later, she developed an interest in behavioral health nursing. She continued to advance her education, completing post-master’s training as a family nurse practitioner through Purdue Global University. Stacy is a member of the American Nurses Association.



Stacy Flaten, FNP-C

BLOOD DRIVE

Because of you, life doesn't stop #vitaltolife


Blood Donors are Vital!


Trinity Health Community Blood Drive

Wednesday, March 16
10:00 a.m.-2:00 p.m.
Town & Country parking lot by Trinity Health CancerCare Center

Did you know that by donating one unit of blood, you can save three lives? Join us on March 16 at the Vitalant Donation Bus on the north end of the Town & Country parking lot by Trinity Health CancerCare Center on South Broadway. It takes less than an hour to save a life, who one day might include a loved one.

Schedule your appointment by calling 857-5942 or 857-2434.
Please note: masks are required at this facility.

 **GIVE BLOOD | vitalant.org**

vitalant.

Case Management Director Named

Amy Bergrude, a nurse with 23 years of critical care experience, has been named director of Case Management for Trinity Health.



Amy Bergrude

Case managers work closely with physicians, nursing staff, and family members to coordinate hospital care as it relates to resource management, discharge planning, and transition to post-acute care after patients leave the hospital.

“Our goal is to help patients navigate the continuum of care to enhance quality of life, prevent readmissions, and increase patient satisfaction,” Bergrude said.

A Minot native, she earned her Bachelor of Science in Nursing from Minot State University in 1998 and joined Trinity Health upon graduation. She has worked as a critical care nurse throughout her career, initially becoming a staff nurse in the Intensive Care Unit and later the unit’s nurse manager.

A member of the American Association of Critical Care Nurses, Amy and her husband of 23 years have two boys. Her hobbies include crafting, reading, working in her yard, and camping and spending time at the lake.



The Magic of Family Meals

Life is different than it used to be, in countless ways. Families are busier with the demands of work and school, extracurricular activities and after-work commitments. When we finally have downtime, there’s a new Netflix show to be binged, hundreds of TikTok videos to be watched, and unread emails needing responses.

With life moving at breakneck speed, who has time to sit down for a family meal? While traditional family meals may seem outdated and unrealistic, they matter more than ever. Research shows that gathering and eating together offers a variety of physical, mental and emotional benefits for children and adults alike.

Physical Health Benefits

- Family meals help children develop better eating habits. Meals prepared at home tend to be more balanced and nutritious than restaurant or take-out food, with more protein, vitamins and fiber, and less saturated fat, sugar and sodium.

A study published in the Journal of Pediatrics found a connection between the frequency of shared family meals in adolescence and reduced odds of obesity or weight issues ten years later. The study concluded that families should attempt to gather for at least one or two meals each week to help protect their kids from weight struggles later in life.

- When kids are present at mealtime, parents may eat healthier, perhaps to model good behavior and provide better nourishment for their kids.
- During family meals, people tend to eat slower and talk more, which allows more time for digestion and helps prevent overeating because there is more time to recognize fullness.

Mental & Emotional Health Benefits

- Family meals are the perfect opportunity for parents to catch up, reconnect and find out what’s happening in their children’s lives. Conversation helps parents recognize potential issues their children may be having and facilitate more parental guidance and open communication.
- By encouraging children to talk about their day and genuinely listening to their responses, parents are communicating to their children that they are valued and respected.

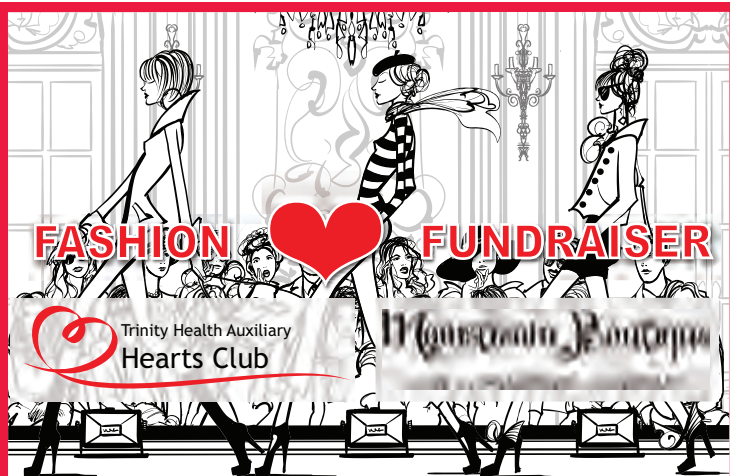
- Like routine reading, conversation at the dinner table helps younger children build their vocabulary and enhance social skills such as table manners.
- Children thrive on predictability – knowing what will happen and when. The routine of family meals provides a sense of security and a feeling of belonging.
- For teens, studies have shown that family dinners contribute to higher grades in school, increased self-esteem, and lower risk of substance abuse, teen pregnancy and depression.

Family Meal Tips

Finding the time as a family to sit down and routinely share meals can be hard, but it doesn’t have to be. Here are some tips for making family meals easier:

- Set a schedule for which nights you will all eat together and stick to it.
- If dinners are too difficult, try family breakfasts or lunches.
- Plan and shop for food once weekly. Having food on hand saves time and energy.
- Involve the family in planning meals. Take the kids shopping and encourage them to choose what items they’d like to eat.
- Keep meals simple. A slow cooker can be your best friend!
- Double or triple portions and freeze food for busy nights.
- Share the responsibilities: food prep, table-setting and clean-up. Rotate the tasks.
- Give yourself grace. An occasional fast-food meal or TV dinner to save your sanity won’t hurt anyone.

Remember, it’s less about what’s on the table than who’s at the table. Your children may not remember what they ate, but they will remember the memories of being together.



Thank You

The Trinity Health Auxiliary Hearts Club and Mainstream Boutique would like to thank all attendees and the following sponsors for participating in our Fashion Fundraiser, February 10.

- Mowbray & Sons Plumbing & Heating, Inc. corporate sponsor
- Oliver’s Attic
- Sabrina’s Creations
- DMI DJ Service
- Mary Kay® cosmetics - Lee Clouse
- Handmade Hippie
- Brittany Bailey Boudoir Photography
- Lexi’s Fashions

All funds will go toward the Capital Campaign for the new Trinity Health Regional Healthcare Campus and Medical District.

SAVE THE DATE



Hearts Golf Scramble

May 23, 2022

Watch for more details coming soon!

No phones invited!

Whether you are dining with your family or friends, sitting alongside colleagues or on a date, your cell phone is not welcome at the dinner table. Focusing on your phone sends a message to your company that you’re not interested in having a conversation and enjoying a meal with them.

In addition, your cell phone is covered in germs. Imagine how many times you touch your cell phone after touching something else (think public handrails, your money, a stranger’s hand), or think of all the surfaces you have set it down on. While you might wash your hands often, you probably rarely disinfect your phone, if ever. Having your phone at the dinner table, or using it while eating, means you are contaminating your meal with germs.

For your health and happiness, keep your phone off the table; better yet, turn it off or put it in a place you won’t be tempted to check every ding or ring. The value of sharing a meal and being truly present and invested in the people and conversations at the table are far too valuable to miss.

Colonoscopy continued from page 3

to 68.8% in 2018. This represents an additional 3.5 million adults screened for colorectal cancer. That means fewer people are dying of colon cancer, but still more than necessary.


Screening is essential because colorectal polyps and colorectal cancer don’t always produce symptoms, especially early in the course of the disease. Someone could have polyps or colorectal cancer and not know it, which is why getting screened regularly for colorectal cancer is so important.

Symptoms, if they do appear, may include

- A change in bowel habits
- Blood in or on a bowel movement
- Diarrhea, constipation, or feeling that the bowel does not empty all the way
- Abdominal pain, aches, or cramps that don’t go away
- Unexplained loss of weight

Research is underway to determine whether other factors, such as healthy lifestyle choices, can reduce colorectal cancer risk. Medical experts often recommend a diet low in animal fats and high in fruits, vegetables, and whole grains to reduce the risk of other chronic diseases, such as coronary artery disease and diabetes. Such a diet also may reduce the risk of colorectal cancer. Studies also suggest that increasing physical activity, limiting alcohol consumption, and avoiding tobacco could be helpful.

For more information about colorectal screening, contact your primary care provider or Trinity Health’s Gastroenterology Department at 701-857-7389. Assistance in finding a primary care provider is available by calling 857-DR4U.



March: Celebrate a World of Flavors

March observes National Nutrition Month and this year’s theme, “Celebrate a World of Flavors,” gives us the opportunity to try new cuisines, and learn from other cultures. Whether planning a trip across the world or just across town, we can expand our palates with new and exciting flavors of the world.

Many people identify with the phrase “food is culture,” so when trying someone else’s native foods, we also share in their cultural history. You may become worried about trying new foods for the first time, so to avoid the stress, there are a few things to keep in mind.

First, do your homework. Research the menu ahead of time and know what types of foods you tend to like or dislike. For example, if you dislike fish, then raw fish sushi may not be a good first choice for Japanese cuisine. With a bit of menu preparation, you may be able to find a vegetarian sushi option that you would prefer.

This next suggestion may feel like a contradiction, but you must be willing to try something new. If you do not have an open mind, then you cannot expect to find something new to enjoy. When tasting new foods, you may not immediately find something you like, but don’t get discouraged! The art of food exploration is to use food as a medium to better understand other cultures. We can appreciate what another culture eats without necessarily preferring the same foods.

With the relationship between food and culture being so strong, it is no wonder that millions of people travel every year to festivals that celebrate food and traditions. Oktoberfest in Munich, Germany, features traditional German food such as kielbasa, spaetzle and wiener schnitzel. Closer to home, Minot’s Norsk Høstfest is North America’s largest Scandinavian festival and features foods such as rømmegrøt, lefse, lutefisk and much more. Even theme parks get in on the action with Disney World’s EPCOT International Food and Wine festival showcasing cuisines from six continents.

For sound nutrition, remember to fill half your plate with fruits and vegetables, experiment with different grains, choose low protein foods, and complete your meal with dairy. Consume sugary desserts in moderation. For more information visit the Academy of Nutrition & Dietetics website at eatright.org/national-nutrition-month.

Something new to try at home: Bubble Tea

Bubble Tea is Taiwan’s most famous culinary export. A relatively new confection since the 1980s, these drinks are now found all over the world. Traditionally prepared as a mixture of milk, tea, and tapioca pearls, many variations exist for this treat. For less sugar and calories substitute skim milk, Splenda, and reduce amount of added tapioca pearls. Enjoy!

- 1 cup of tapioca pearls
- 1 tablespoon sugar

- 4 cups freshly brewed black tea
- ½ cup whole milk

Mix together and serve cold with oversized wide straw. Recipe above serves 3-4. For added challenge, prepare your own tapioca pearls at home as well.

Are You at Risk for Chronic Kidney Disease?

It’s common knowledge that hypertension is a risk factor for cardiovascular disease and stroke, but it’s safe to say fewer people know it’s also a major risk factor for chronic kidney disease.

To raise that awareness, Trinity Health will present a community education event, “Kidney Disease and Hypertension,” March 24 from 5:30 to 7:00 p.m. at Health Center – Riverside, 1900 8th Avenue SE.

“Nearly 1 in 2 U.S. adults have high blood pressure, and high blood pressure is the second leading cause of kidney failure after diabetes,” said Clinical Dietitian Michelle Fundingsland, RN, LRD.

“Unfortunately, many Americans learn of this connection only after it’s too late.”

Chronic kidney disease can lead to kidney failure, in which case dialysis or a kidney transplant is needed to survive. The Centers for Disease Control and Prevention estimates as many as 1 in 7 adults in the US have chronic kidney disease (CKD) and most aren’t aware of it. That’s because CKD often produces no symptoms until the disease has advanced.

Fundingsland says she hopes the community event will make people more informed about their risk factors so they can take steps to prevent CKD. Such steps include medications to control high blood pressure, and lifestyle changes such as weight control, reducing sodium intake, moderating alcohol use, and becoming more physically active.

Several speakers will be featured at the event, including Roggie Reason, MD, internal medicine, who will be on hand to answer questions. To register or for more information, call 701-857-3981.

Community Education event

Kidney Disease and Hypertension

March 24
5:30 to 7:00 pm
Trinity Health Riverside Education Center, 1900 8th Avenue SE

To register
701-857-3981

C O M M U N I T Y

CALENDAR

For the latest updates, check online at trinityhealth.org

Mobile Mammography

March 1	Trinity Health Velva Clinic, 338-2066
March 2	CHI – Devils Lake, 662-8662
March 4	Tioga Clinic, 664-3368
March 22	Northland Community Health Center in Bismarck (Women’s Way Event), 720-4347
March 23	St Luke’s Hospital – Crosby, 965-6349
March 24	Trinity Health Kenmare Hospital (p.m.), 385-4296
March 25	Trinity Health New Town Clinic, 627-2990

March 1 or 8 – A Weigh 2 Change Session Zero will be held at 4:00 p.m., in the Trinity Health Community Conference Room, Town & Country Center. 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. People who commit to this program and are not covered by Medicare will be charged \$220, which covers educational sessions and materials for the entire year. For more information or to register, call 701-857-5268.

March 4 – Trinity Health is a proud sponsor of Minotauros hockey. Plan to be at Trinity Health night when the puck drops at 7:35 p.m. against the Austin Bruins.

March 8 – A Diabetes Grocery Store Tour will be held at 6:00 p.m., in Marketplace Foods, 1930 S. Broadway. Shopping for the right foods is critical to managing diabetes. In this tour, you’ll learn what foods to look for and how to read and understand the components of a food label, including total carbohydrates, sugar, fiber, and sugar alcohols. For more information or to register, call 701-857-5268.

Prepared Childbirth Classes

March 5, April 9, May 14, June 11, July 9 and August 13

Breastfeeding Basics

March 10, April 14, May 12, June 9, July 14 and August 25

Basics of Baby Care

March 7, April 4, May 9, June 6, July 11 and August 8

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.

March 11 – Free car seat checks are available from 1:00-5:00 p.m. at Minot Fire Station 1, 2111 10 Street SW. Appointments required; call 701-857-7300 or Facebook message Safe Kids Minot.

March 15 – The Breast is Best Support Group will meet at 12:00 p.m., in Magic Bean Brewing Co. inside The Foundry. This interactive and supportive group is guided by moms and facilitated by Trinity Health’s International Board Certified Lactation Consultant and Certified Lactation Counselors. All mothers welcome—expecting, new and experienced. For more information, call 701-857-5381.

March 16 – The Stroke Support Group will meet at 7:00 p.m., in Trinity Health Riverside Education Center, 1900 8th Ave SE. This group is open to all stroke survivors and caregivers. For more information, call 701-857-2449.

March 24 – Free car seat checks are available from 10:00 a.m.-2:00 p.m. at Minot Fire Station 1, 2111 10 Street SW. Appointments required; call 701-857-7300 or Facebook message Safe Kids Minot.