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Spring Cleaning? Don't Overlook Your Medicine Cabinet

You could be a drug dealer and not even know it.

According to the 2019 National Survey on Drug Use and Health, 9.7 million people misused prescription pain relievers, 4.9 million people misused prescription stimulants, and 5.9 million people misused prescription tranquilizers or sedatives. The survey also showed that most misused prescription drugs were obtained from family and friends, often from the home medicine cabinet.

National Prescription Drug Take Back Day is on April 27 and aims to bring awareness to a crucial public safety issue: unused or expired medications lead to potential accidental poisoning, misuse and overdose. Pharmaceutical drugs can be just as dangerous as street drugs when taken without a prescription or a doctor's supervision. According to the Drug Enforcement Agency, the non-medical use of prescription drugs ranks second only to marijuana as the most common form of drug abuse in America. Since the fall of 2010, more than 15.2 million pounds of medication have been collected on National Drug Take Back Day.

"While National Drug Take Back Day is an excellent way to remind us to properly dispose of old or unused medicines, KeyCare Pharmacy provides year-round access to a secure medicine collection bin that provides a safe and convenient disposal option," said Lorelee Feininger, Pharm.D., RPH, director of retail pharmacy.

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Occupational Therapy: Putting the Fun in Functional

For most of us, our daily morning routine takes little thought. The alarm goes off, we get out of bed, plod to the bathroom, take a shower, brush our teeth, fix our hair and prepare for the day. Dressing may require zipping trousers, buttoning shirts, tying shoes - all of which we do without much effort.

Unless we can't.

When an event or illness change one's ability to complete everyday tasks, occupational therapists (OT) and occupational therapy assistants (OTA) help individuals regain daily life skills, based on personal interests and needs. OTs teach individuals to learn new ways to be as independent as possible.

That was the case for Larry Anderson, a recent patient in Trinity's Occupational Therapy program. Anderson, 75, originally came to Trinity Hospital for a routine biopsy, but during the procedure, he had a heart attack that required stent placement in four arteries. Recovery required Anderson to spend five weeks in the hospital, unable to move his hands or arms, as his breastbone healed.

An avid athlete and daily exerciser, Anderson was surprised at his level of fatigue and weakness once he was able to move around. "At four weeks, I was able to get up; I walked two steps to the wall and two steps back. I was panting. After lying in bed for so long, it felt like I was lifting the Empire State Building," he said. "I had no idea my body could deteriorate so quickly."

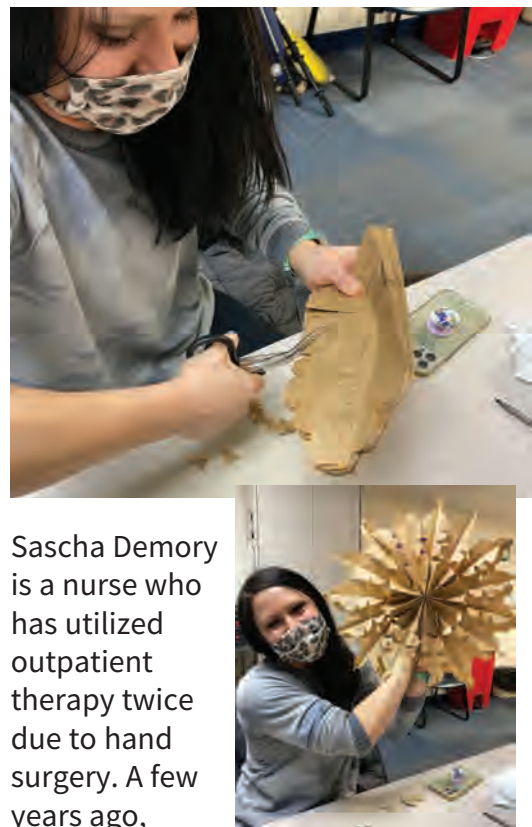
Once he was given the green light for rehab, Anderson was moved to RehabCare Occupational Therapy at St. Joseph's Hospital. To build strength and stamina, Kate Robert, certified occupational therapy assistant, had Larry use an upper body ergometer, otherwise known as the "arm bike." Additionally, he worked with weights, ropes and pulleys on push/pull exercises to build upper body strength, flexibility and balance. Robert would set a timer and add resistance as Armstrong's strength improved.

The hard work came when he had to relearn simple things such as undressing, moving to the shower, turning on the water, brushing his teeth and shaving. "Most of these things you take for granted," Anderson said. "The best feeling was the day I could go to the bathroom by myself."

More advanced therapy sessions took Anderson to the simulated apartment where he completed basic kitchen chores such as unpacking and putting away groceries, loading a dishwasher and removing items from the refrigerator. He passed with flying colors.

"I've had excellent care," Anderson said. "The therapists are so kind, which is important. They are here to help get me home."

Occupational therapy can take place in a variety of settings. Trinity's OTs and OTAs work in the acute care hospital, outpatient clinic, pediatrics, NICU, mental health services, Child and Adolescent Partial Hospitalization Program, Home Health and Trinity Homes. Because occupational therapy overlaps many facets of daily life skills, OTs are often part of a comprehensive team that works closely together and may include doctors, nurses, case managers/social workers, physical therapists and speech therapists. To coin a popular phrase, "It takes a village."



Sascha Demory is a nurse who has utilized outpatient therapy twice due to hand surgery. A few years ago, Demory developed trigger finger in both thumbs, a condition in which a finger gets stuck in a bent position due to inflammation of tendons that flex the fingers. After having surgery

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Like most of Trinity Health’s expansion projects, this 1959 addition was funded in part by gifts from donors.

Community Spirit Fueled Trinity's Advancement

“No institution, particularly medical, stands still in development. They either go forward or stagnate.”
(Trinity Health 25th anniversary celebration, 1947)

In 1922, the year Trinity Health was founded, medical science was in its infancy. Average life expectancy for males was 47 years, and the top 10 causes of death included pneumonia, tuberculosis, diarrhea and premature birth.

Nonetheless, Trinity Health’s leadership aspired to a brighter future. They defined a broad mission for the young hospital. Not only would it be a place of healing, it would be a teaching center committed to training the next generation of healthcare providers.

This commitment to scientific development led to the establishment of the Trinity schools of nursing, medical technology, radiologic technology, nuclear medicine and anesthesia. It spawned physician residency programs and resulted in an approach to healthcare that was remarkably advanced. Dr. Russell Nelson, president of the American Hospital Association and director of Johns Hopkins Hospital said it best: “Trinity Hospital and Minot (are) on the road to becoming a medical center (with) a fine spirit of teaching and scientific study usually found only in university medical centers – a spirit which has led to not only growth but also very high quality medical care to the people.”

In 1925, a figure important to Trinity’s advancement arrived on the scene. Dr. Angus Cameron, founder of the Northwest Clinic and Chief of Surgery at Trinity Hospital for many years, joined the medical staff. A Midwest native, Dr. Cameron came to Minot from the University of Minnesota School of Medicine where he served as assistant professor of surgery.

Those who knew Cameron remember him as an impeccable surgeon who demanded the best of himself and everyone around him. Orphie Wold, longtime director of surgery, recalled one afternoon when he approached her about a boy who was very ill with spinal meningitis. He showed her a bottle of penicillin, asked her to mix it for him and to observe him while he administered the drug. "I thought that was quite remarkable," Orphie recalls. "That was the first time that penicillin

had ever been used at Trinity Hospital. Later he told me, 'You and I saved that boy's life'."

Unlike some hospitals, Trinity Health had no deep-pocketed benefactor or sponsoring entity. It was formed as a charitable, not-for-profit institution dedicated to the ministry of healing. Those early days preceded modern methods of financing. Although the Trinity Health Auxiliary was a generous source of in-kind and financial support, a wide circle of friends would be needed to secure progress, and Trinity, through the Trinity Health Foundation, relied on those friends and supporters to fund its various projects.

Some 6,000 contributors were responsible for building Trinity Hospital, and those same contributors were appealed to again and again. In his dedicatory address, Board of Trustees President T.F. Gullixson expressed his gratitude: “We are trustees for thousands. We handle gifts that are holy. Among them are widows’ mites and the subscriptions coming from little farms where companionship with poverty is not unknown. These gifts are sacred and must be administered accordingly.”

When the need arose in the mid-1950s for a major modernization, contributions poured in from people of all walks of life in all regions of the northwest territory. Area newspapers followed the campaign closely, at one point telling the story of an Alexander man who appeared one day at drive headquarters and wrote out a check for \$1,000. Over three years the drive came very close to its goal, raising \$1.4 million of the total \$2.4 million project cost.

Today, the Trinity Health Foundation has embarked on a new venture, a Capital Campaign to raise \$15 million for Trinity’s new healthcare campus and medical district, scheduled to open in 2023.

Trinity Health emerged from the region’s communities, and those same communities have been instrumental in sustaining Trinity throughout its 100-year history. The Trinity Health

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Medicine continued from page 1

Trinity Health’s KeyCare Pharmacy, 400 Burdick Expressway East, is one of several locations in Minot that provide a convenient drop off for prescription drug disposal. The Medsafe receptacle is secured to the wall and is equipped with two separately keyed locks on the main door and a one-way medicine drop with lock. It is DEA and DOT compliant to accept controlled (Schedules II-V), non-controlled and over-the-counter medicines. It is not necessary to remove drugs from containers or blister packs, and patients do not need to remove or black out private information on bottles or packaging, such as their name and address, as the disposal method is completely confidential.

Feininger says that when the inner liner is full, it is removed from the collection receptacle by authorized persons, securely sealed and returned by common carrier for proper destruction. The liner is waterproof, tamper resistant, tear resistant and features a unique identification number for easy tracking. The service is funded by the North Dakota Board of Pharmacy and costs nothing for sponsors or end users, such as patients.

“It is not uncommon to see family members come in with bags of old prescriptions after cleaning out the medicine cabinet of a recently deceased loved one,” she said. “We are pleased to offer this service and feel it keeps our patients, their families and the environment safe.”

If there is a not a take back location in your community, the next best thing is to

- Take meds out of their bottle
- Mix them with something unappealing like used kitty litter or coffee grounds and add water
- Seal them in a bag or disposable container, mix and throw away

Unused prescription drugs thrown in the trash can be retrieved and abused or illegally sold. Unused drugs that are flushed contaminate the water supply. Proper disposal of unused drugs saves lives and protects the environment.

Keycare Pharmacy is open 8 a.m. to 8 p.m. Monday through Friday, and 9 a.m. to 5 p.m. Saturday and Sunday, and all holidays.

trinityhealth.org

Therapy continued from page 1

on each hand, she had occupational therapy to strengthen and increase range of motion In her hands. In September 2021, Demory’s trigger finger reappeared, affecting a different finger, and requiring another surgery.

“The first two surgeries went well, and my hands felt amazing,” she said. However, she developed a surgical site infection after her most recent surgery, which was very painful and required yet another surgery. “There was a lot of scar tissue and when the doctor mentioned I might experience a loss of strength, I decided to work really hard and do exactly what my OT recommended,” she said.

Demory credits her therapist for keeping her on task, both physically and mentally. Demory’s hand exercises to build strength and dexterity included making a tight fist, finger bending, finger to finger movements and using scissors.

“My therapist had me do every exercise in the book, and she kept it fun. When you’re working on function, little things are so important, physically and emotionally,” she said. “They measured the angles at which my joint bends and extends, my grip strength and documented pain level. They kept me focused on progress. At about week six, I picked up a cup of coffee and my therapist pulled out her pad and said ‘Hey, that’s a win!’

“I listen to my therapists and do what they tell me to do,” she added. “Their goal is to someday kick me out of therapy. My goal is to wave to my daughter and not have it hurt.”

facebook.com/TrinityHealth.ND

New Provider joins Gastroenterology

A member of our Gastroenterology team, Dan Saxon, FNP-C, is a board-certified nurse practitioner with extensive experience caring for people with a wide range of health conditions. He brings a depth of experience, having practiced in multiple health systems around the country as both a permanent and traveling nurse. Originally from Alabama, Dan received his Bachelor of Science in Nursing from Kaplan University in Iowa. He practiced in emergency and critical care settings in numerous states, including Texas, Nebraska, Missouri, New Hampshire, South Dakota and North Dakota, where he worked briefly for Trinity Health. He earned his Master of Science in Family Nurse Practice through Chamberlain College of Nursing, Downers Grove, Ill., which included a 10-month clinical rotation at Sanford Health in Sioux Falls. His experience includes service in the U.S. Navy Reserve as part of Operation Iraqi Freedom supporting the 3/23 Marines, 4th Marine Division. A member of the American Association of Nurse Practitioners, Dan enjoys outdoor exercise and reading.



Dan Saxon, FNP-C

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

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

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



trinityhealth.org/screenings



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

Series continued from page 2

Guest House, CancerCare Cottage, and numerous contributions benefitting cancer, heart, and hospice patients are testimonials to that community support.

The Trinity Health Foundation continues to make a positive difference in the health and wellness of the people we serve thanks to the financial stewardship of individuals, families, family foundations, corporations, foundations, civic clubs and other organizations who support Trinity’s mission. For more information, visit TrinityHealth.org/Foundation.



Trinity Health staff showing respect during an Honor Walk.

A Selfless, Treasured Gift

Established in 2003, National Donate Life Month is observed in April and helps encourage Americans to register as organ, eye and tissue donors and honor those who saved lives through the gift of donation.

Twenty people die each day waiting for a transplant. One donor can heal more than 75 lives through eye and tissue donation; or save up to eight lives through organ donation. Registering to be a donor can be as easy as checking a box on your driver’s license application. However, only one percent of people meet the criteria that allows one to donate.

Types of Donation

Deceased organ donation is the process of giving an organ, or part of an organ, at the time of the donor’s death for the purpose of transportation to another person. At the end of your life, you can give life to others.

To become an organ donor, blood and oxygen must flow through the organs until the time of recovery to ensure viability. This requires that a person die under circumstances that have resulted in a fatal brain injury, usually from massive trauma resulting in bleeding, swelling or lack of oxygen to the brain.

Only after all efforts to save the patient’s life have been exhausted, tests have been performed to confirm the absence of brain or brainstem activity, and brain death has been declared, is donation a possibility.

Living organ donation offers another choice for some transplant candidates, reducing time on the waiting list and leading to better long-term outcomes. Living tissue donation, birth tissue, is used to promote healing and treat burns and painful wounds.

Living organ donation was developed as a direct result of the critical shortage of deceased donors. A living donor is an option for patients who otherwise may face a lengthy wait for an organ from a deceased donor. To spare an individual a long and uncertain wait, relatives, loved ones, friends and even individuals who wish to remain anonymous may serve as living donors. On average, 1 in 4 living donors are not biologically related to the recipient.

Between 2014 and 2019, the number of living donor kidney transplants in the U.S. increased 24 percent and the number of living donor liver transplants climbed 87.1 percent, according to data from the Organ Procurement and Transplantation Network. A living organ donation may save two lives: patients who receive a living donor transplant are removed from the national transplant waiting list, making the gift of a deceased donor kidney or liver available for someone else in need.

If you are considering being a living donor, it’s important to note that living donation is not included in your deceased donor registration.

Pediatric transplants differ slightly from other organ donations — as organ size is critical to a successful transplant, children often respond better to child-sized organs. There are currently 1,900 children under the age of 18 waiting for a variety of organs, and more than 25 percent of them are under 5 years old. While pediatric donors range in age from newborns to 17, most are between 11 and 17 years old — though in 2020, more than 120 pediatric organ donors were babies under the age of 12 months.

Vascularized Composite Allografts (VCAs) involve the transplantation of multiple structures that may include skin, bone, muscles, blood vessels, nerves and connective tissue. The most commonly known type of VCAs are for hand and face transplants. This groundbreaking form of therapy returns vital function and identity to people who have suffered a devastating injury or illness.

VCA requires a specific authorization, separate from a standard donor registration. Authorization for VCA is never assumed as part of a registration to be an organ, eye and tissue donor. VCA authorization must be specifically stated by an individual on his/her donor registration or by the legal next-of-kin if authorizing the donation at the time of death.

Rituals of Honor

When it’s been determined that a patient at Trinity Hospital no longer shows signs of brain function, a care team is available to assist the family with decisions about their loved one. The team consists of a LifeSource coordinator, in charge of organ transportation; Pastoral Care; and a nursing supervisor. If the patient’s driver’s license or advanced directive indicate they are a donor, and they are an adult, the decision to donate is honored. If the patient is a minor, organ/tissue donation is a discretionary decision made by the legal next-of-kin.

Regardless of donor designation, the process can be emotionally difficult for survivors. “When the donor is an adult, our job as chaplains is to support the family as they grieve for their loved one, and as difficult as it is, help them find value in this final act of generosity,” said the Rev. Sylvester Onyeachonam, director of pastoral services. “When the patient is a minor, the family is mourning a death, but also is faced with the decision of donation. It is like a double layer of grief. The chaplain will discuss the possibility of organ donation and its value, while at the same time affirm their sorrow. The chaplain’s role is to support the family, regardless of the outcome.”

Donate Life Flag Raising: If the family consents, Trinity Health will conduct a flag raising ceremony in honor of the gift of life. The Trinity flag is lowered, and a Donate Life flag is raised on the hospital canopy roof and flies until the

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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



Arnold Buado, RN
Operating Room



Blendi Cumani, MD
Hand and Wrist Surgery

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

Gift continued from page 4

donation process is complete, or a minimum of 24 hours.

“The Flag Raising ceremony is a ritual that acknowledges the transfer of the gift of life from one person to another. It is in this context that a prayer is said for all involved,” said Onyeachonam.

The family can choose to attend and has the option of having an announcement made throughout the hospital so others can attend. The flag is lowered when the donation process is complete.

Walk of Honor: An Honor Walk is a quiet, yet profound and powerful way to give a hero’s goodbye and honor a gift that will save and enhance the lives of many. When the organ procurement team has determined the time for the patient to be transported to the operating room, Trinity staff line the hallway on the second floor of the main hospital and bow their heads in honor of the person donating life through organ donation, as the transport team travels down the corridor. Family and friends of the patient may participate if they wish to do so.

“The Walk of Honor is a time for loved ones to bid their final farewell,” Onyeachonam said. “It is their last opportunity to touch or stroke or kiss a loved one good bye, as the patient is being wheeled out of ICU to the OR. Due to the nature of relationships in critical care, this can also be a time of sorrow for many of the staff who served as caregivers to the patient. This activity is deeply emotional, reverent and prayerful.”

- How You Can Become an Organ Donor**
1. Due to recent law changes, you no longer are required to go to a Driver License Testing site to change your designation nor is it required to be printed on your driver license, permit or identification card. To change your donor registration in the North Dakota driver license database, visit <https://apps.nd.gov/dot>. Once you have completed the registry, you will receive a confirmation letter of your new donor designation. In the case of a minor (under 18 years old) the letter will be addressed to the “Parent or Guardian of.”
 2. Check the box on your driver’s license application when renewing or applying at the license center.
 3. Register as a donor on your iPhone. Sign up to be a donor in the Health App of any Apple mobile device like your iPhone or iPad. When registering, your device will give you the option to share your medical information for emergency access to designated emergency contacts or emergency services.



Alcohol Abuse in the Workplace

April is National Alcohol Awareness Month and the perfect time for businesses to evaluate their current alcohol testing program or consider incorporating one to enhance the safety of their workplace.

According to the National Institute on Alcohol Abuse and Alcoholism, nearly 14 million Americans, or 1 in every 13 adults, abuse alcohol or are alcoholics.

Numerous studies have been conducted on the workplace costs of alcoholism and alcohol abuse. The results are staggering, with reports ranging from \$33 billion to \$68 billion per year. These employees frequently miss work, file more workers’ compensation claims and endanger the health and safety of themselves and others.

“The drinking of alcohol, whether on or off-the-job, becomes an issue when it starts to affect the organization and when it puts people’s lives at risk,” said Trinity Health Occupational Medicine Representative Julie Eidemiller.

Establishing a testing program is the first step an employer can take in eliminating alcohol abuse in the workplace. Successfully incorporated testing programs create safer work environments, improve productivity, reduce liability and costs, and create greater employee retention through better morale and job satisfaction.

By offering breath alcohol testing services, Trinity Health Occupational Medicine can help. “Pre-employment, reasonable suspicion, random and post-accident are the conditions in which employers typically order a test,” said Eidemiller. “Testing under these circumstances reinforces the company’s alcohol policy and makes it clear to employees that alcohol abuse will not be tolerated.”

Trinity Health Occupational Medicine offers breath alcohol testing services at Trinity Health Medical Arts in Minot. Additional services offered include: DOT and employment physicals; vision and hearing testing; drug and alcohol testing; sleep apnea screening; work injury management; and respiratory medical clearance. For more information or to schedule an appointment, call 701-857-7840.

Occupational Medicine Services
Healthcare that Works!
701-857-7830



Men’s and Women’s Hearts Golf Scramble Monday, May 23

- | | |
|--------------------------|-------------------|
| Vardon Golf Club, Minot | • \$500/team of 4 |
| Registration: 12:00 p.m. | • 2 golf carts |
| Tee-Time: 1:00 p.m. | • Lunch provided |

Team Registration: call Sherry Maragos 701-857-5221 or register online at trinityhealth.org/heartgolf



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for \$10,000 or
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New Technology Helps Manage Babies Toward Better Health

Trinity Health Foundation recently funded the purchase of two GE Giraffe™ OmniBed™ Carestations for the Neonatal Intensive Care Unit, totaling close to \$83,000.

OmniBeds provide extremely low birth weight babies the opportunity to receive care in one bed, minimizing movements which have the potential to create major complications such as brain bleeds that can lead to lifelong morbidity. The beds provide easy care access for many procedures and serve as a warmer, when needed. Humidity can be added into the bed when it becomes an incubator providing critical treatment for NICU babies. OmniBeds also include a built-in scale making weighing procedures much safer for the baby, creating less stress and handling.

This equipment enhances the quality of care Trinity Health provides to NICU patients. Though not mandated, the OmniBeds help ensure better outcomes for the extremely low birthweight babies.

The OmniBeds will be used at Trinity Hospital and moved into the new hospital facility, once complete. The department hopes to equip the new NICU with a total of six OmniBed Carestations. Anyone interested in helping fund additional OmniBeds may contact Dusty Zimmerman at 701-857-5432 or dusty.zimmerman@trinityhealth.org for more information.



BIO Girls Minot Awarded \$2,000 for Three Years

BIO Girls is a self-esteem building program serving girls grades 2-6. According to its website, 6 in 10 adolescent girls battle low self-esteem, reporting they feel unhappy and unsatisfied with themselves most of the time. These are real issues that need to be addressed in order to prevent outcomes that may occur if these feelings are ignored. Outcomes such as the use of extreme methods to obtain weight loss, significant reporting of mental health issues, suicidal thoughts, suicide attempts, risky sexual behaviors and sexual violence.

Trinity Health Foundation is proud to support the efforts of BIO Girls Minot by donating \$2,000 to the program for the next three years. These funds will assist in providing resources for preventive programs that encompass life skills, mentorship, and coping tools to address and eliminate negative patterns and promote emotional and physical well-being.

BIO Girls mission to improve the self-esteem of adolescent girls through empowerment of self and service to others resonates with the Trinity Health Foundation. Positive support for girls within the areas of mental health and self-esteem is critical to their future success, creates good citizens and benefits all communities in our region. Programs like BIO Girls need our support to reach this demographic while we still have the opportunity to change the narrative.

Please visit www.biogirls.org for more information about BIO Girls.

Why we give....

“We are very proud to support Trinity Health’s effort to build a new, state-of-the-art health care campus in Minot. Many communities across the country are beginning to realize what Minot and Trinity Health have never forgotten: a locally owned and controlled health care system is the best predictor of high-quality health care for a patient population.

With the steady change of owners and leadership across many health care systems in the United States, we are grateful for Trinity Health’s steadfast leadership and commitment to stay the course and remain an integral component of the Minot community and northwest North Dakota.

Health care is often described as one of the most important components to evaluating a community’s quality of life. With Trinity Health constructing a new medical campus, Minot and northwest North Dakota’s top quality of life will be sustained for several generations to come.

Pringle & Herigstad, PC



Comfort for Kiddos

Going to the doctor can be scary, no matter how old you are.

Trinity Health Foundation supports young patients by offering stuffed animals to provide joy and comfort during a time that might be a little scary. Over 20 different departments give stuffed animals to their patients and as popularity has grown, requests for furry friends has increased as well. In 2018, 500 stuffed animals went home with little patients; last year (2021) the number increased to 3000!

In response, Trinity Health Foundation created a stuffed animal sponsorship program, with the Minot Kiwanis Club signing on as its newest sponsor. Each stuffed animal wears a t-shirt with the Trinity Health Foundation logo on the front and the sponsor logo on the back. Sponsors can choose from a variety of animals such as unicorns, kangaroos, dalmatians and more.

If you or your organization/business have a soft spot for furry friends and are interested in contributing to the stuffed animal program, please contact Jamie at the Trinity Health Foundation. 701-857-2870.

Why I give....

“Christmas Eve 2020 my mom was taken to Trinity ER for what we thought was simply weakness. We soon found out that she had a diabetic infection that was eating away at her body from the inside. She was airlifted to Bismarck where she remained in the hospital for three months, then transferred to Stanley for another three months.

I chose to donate to the Foundation because I feel that with a larger medical campus, when something like this happens, families will be able to keep their loved ones close by and support them through the whole process. It takes seeing something tragic to realize how necessary it is to give back to an important cornerstone of our community.

Elizabeth Lindsey, Office Assistant

Up Your Axe Empowers CancerCare Patients

Empowerment is the underlying theme at Up Your Axe, Minot’s local axe throwing establishment. Embodying this theme, Up Your Axe contacted Trinity Health Foundation to offer a partnership for Trinity CancerCare patients, to support and encourage people fighting a challenging disease.

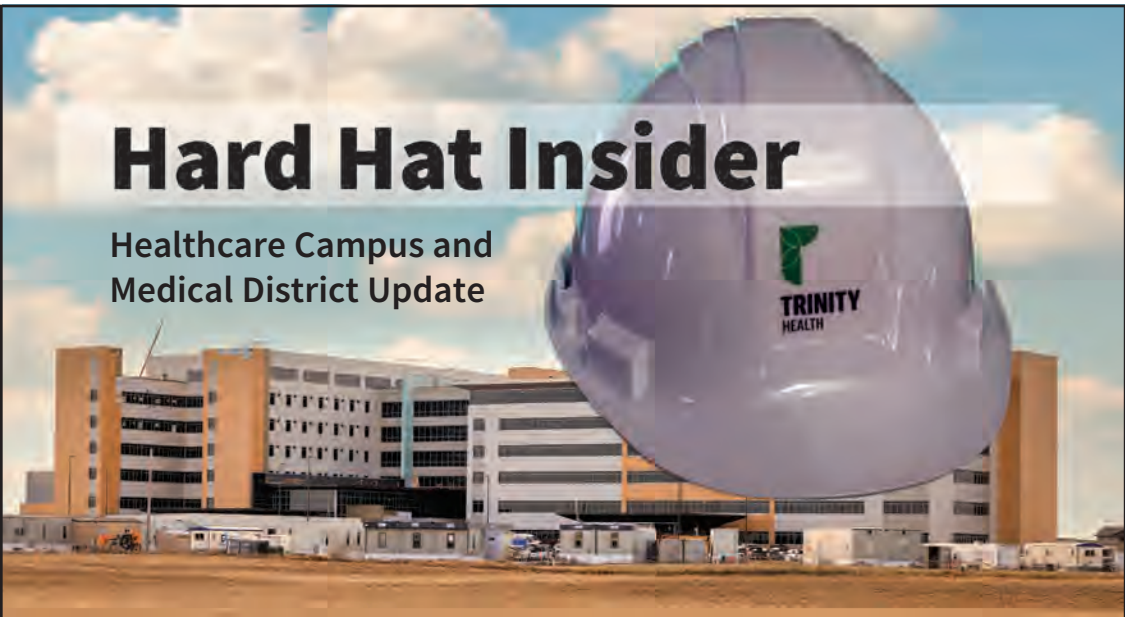
Trinity Health Foundation is happy to announce that anyone receiving care at Trinity Health CancerCare Center will be eligible to receive coupons for one hour of free axe throwing, courtesy of Up Your Axe. Facility social workers will coordinate distribution to patients interested pursuing this activity. Dusty Zimmerman, Trinity Health Foundation director, indicated, “We are truly grateful to community partners like Up Your Axe who go to every effort to support the community and friends and families fighting a cancer battle.”



UPCOMING
EVENTS!
2022

Trinity
Health
Foundation

- April 23 – Nursing Scholarship Banquet – Sleep Inn & Suites
- June 12 – Turn Nodak Pink – Nodak Speedway
- June 13 – Building Hope Women’s Golf Tournament – Souris Valley Golf Course
- August 15 – Golf for Life Men’s Golf Tournament – Souris Valley Golf Course
- September 9 – Fuel the Fight – Dakota Square ARCO



Hard Hat Insider

Healthcare Campus and Medical District Update

World Class Healthcare Facility

In April 1922, representatives from churches across the region gathered at Zion Lutheran Church in Minot to organize the Trinity Hospital Association. Within weeks, ground was broken and \$60,000 was raised for a 30-bed hospital unit, with plans to expand. Construction continued in 1924 and 1926, and by 1929, the four-phase building plan was completed, and the hospital grew from three to six floors. Throughout the following decades, Trinity Hospital completed additions in 1956, 1967 and 1981 to meet changing needs and growing healthcare demands.

Medicine, and how it is delivered, have changed dramatically over the last century. A new hospital design would need to accommodate synergy between departments, with consideration given to ease and availability of key areas for visitors and patients. The discussion for the new Healthcare Campus and Medical District master plan incorporated great care and attention to efficiencies, redundancies and procedural flow to create a state-of-the-art hospital that would deliver better patient care. An advisory committee, including board members, physicians and citizens, began meeting in 2015 to influence decisions and address issues unique to Trinity Health, and help develop gold standard care solutions. The hospital design included conclusions of an extensive three-year study that evaluated infrastructure requirements, such as water, sewer and electrical; traffic patterns and flows; and extensive analysis of clinical data and growth projections in healthcare services and consumer expectations. In 2018, as land was prepared for the construction of a new campus, the original master plan represented 110,000 design team hours, with the input and expertise of hundreds of staff at all levels of the organization.

“This healthcare campus and medical district is not about building or buildings, it’s about people,” John M. Kutch, Trinity president and CEO, said at the ground breaking. “The scope, scale and size of this project are significant, but it’s really about fulfilling our mission to improve the health of the people, the communities and the region that Trinity Health serves.”

The new hospital and the adjoining medical office building sit on just over 43 acres, with an additional 32 acres available for expansion. The hospital facility occupies about 600,000 square feet throughout six stories, and has 148 inpatient and ICU rooms, all of which are private and designed for only one patient per room. Currently, 500-600 workers arrive daily to work on its construction, which as of late February total approximately 1.1 million hours of labor. The medical office building occupies about another 200,000 square feet and is six stories as well. Trinity Hospital is projected to be complete by December 2022.

Four lanes on the east side of the building take visitors and patients to and from the medical building and main hospital entrance. The on-grade surface features approximately 1,400 parking spots; there are an additional 213 reserved underground parking spots.



Upon entering the main/east hospital entrance, a visitor arrives in the Atrium and is greeted by a front desk attendant. The Atrium is home to the Chapel, Gift Shop, Coffee Shop and Cafeteria. Once checked in, you will walk west to the escalator that will transport you to the second-floor reception area, elevators and other services.

The second floor of Trinity Hospital houses pre-op and post-op surgery and registration, the Emergency Department/ER Waiting room and Radiology. The third floor is devoted to women’s health and includes Obstetrics, Gynecological surgery, Neonatal Intensive Care Unit (NICU), Labor and Delivery, Pediatrics and Family Birth Center, to include 12 birthing suites. The fourth floor contains the Intensive Care and Progressive Care units, medical and surgical patient rooms; the fifth floor includes Surgical, Orthopedic and Neurological departments. True to its roots, Trinity Hospital’s sixth floor is shell space open for future expansion.

Both the hospital and medical office building were designed using state of the art technology and abundant use of natural light. As one moves throughout the buildings, sunlight and brightness accompany you, peeking through the many windows lining hallways and occupying rooms. Despite your surroundings (or because of), sooner or later you find yourself smiling, as you slowly realize the enormity of planning, execution and resources invested to create a unique, world class health care facility we are fortunate to call our own.

Join us next month in Health Talk as we introduce key features of the adjoining Medical Office Building.

Thomas Named Director of Transport Services

Amy Thomas, an ICU nurse with extensive critical care and flight nurse experience, has been named director of a newly created department, Trinity Health Transport Services.



Amy Thomas

Thomas now oversees Trinity’s First Response service line, a streamlined service that incorporates fixed- and rotor-wing air ambulance, ground ambulance, First Call Dispatch Center and EMS Education.

A Granville native, Thomas earned her Bachelor of Science in Nursing from Minot State University in 2006 and joined Trinity Health the following year. She has spent her whole career in the ICU and critical care fields. “I decided to become a nurse after one of my children, who’s now 18, spent 31 days in the NICU. I wanted to be like those heroes and become a nurse,” Thomas said.

After joining Trinity, she received flight nurse training and flew numerous missions as a crew member on NorthStar Criticair, Trinity’s critical care helicopter. In 2009, she was promoted to ICU assistant manager and in 2018 began a new venture as nurse manager of NorthStar.

Thomas says bringing all of Trinity’s emergency transport services together serves Trinity’s EMS mission well, allowing for better resource allocation and service to partners and customers.

When she’s not at the hospital, Thomas likes to garden and enjoys family outings at their lake cabin in the Turtle Mountains and alpine skiing.

Check out our live construction cameras at trinityhealth.org



Life-Saving Steps: STOP THE BLEED® Training

It is possible to bleed to death in as little as five minutes.

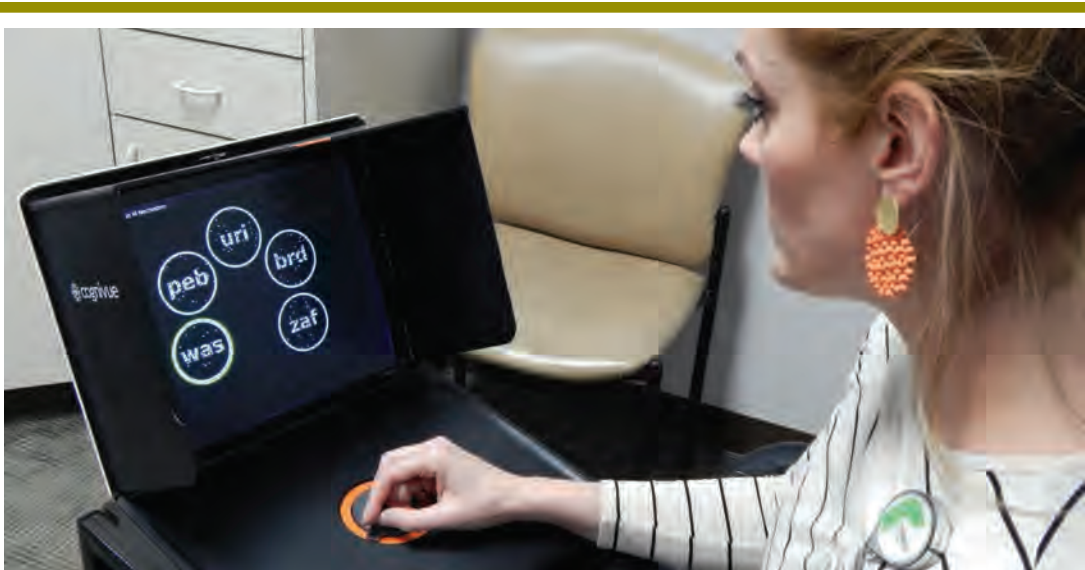
In fact, bleeding is the number one cause of preventable death after an injury. That’s why bleeding control — keeping the blood inside the body — is the purpose of STOP THE BLEED® training. This course empowers trained bystanders to take life-saving action if quickly needed — regardless of the situation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

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

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

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

Source: stopthebleed.org



Audiologist Tricia Nechodom, AuD, demonstrates Cognivue, a digital device to test for cognitive function, which studies show can be affected by hearing loss.

Hearing Loss #1 Modifiable Risk Factor for Dementia

If you’re among the many Americans who are unable or have not considered seeking treatment for hearing loss, there’s a revelation that could cause you to act.

Trinity Health Audiology has been tracking a growing body of evidence that points to a link between untreated hearing loss and cognitive decline. Studies show that people with hearing loss are significantly more likely to experience mental decline and even dementia than those with normal hearing, a point that should raise concerns for anyone who wants to remain sharp in their elder years.

"For many years, people have thought they could get by ok with hearing loss," said Trinity Health Audiologist Tricia Nechodom, AuD. "Research has repeatedly shown untreated hearing loss can cause people to withdraw from friends and family and may lead to depression and social isolation. More recent research continues to show untreated hearing loss can have a profound effect on overall health ranging from falls to dementia. Hearing health is part of overall health, and early intervention is key."

Nechodom has followed the research closely, especially the work from the Lancet Commission on Dementia Prevention, Intervention and Care, the 2020 Report. "The report looked at different risk factors for dementia across the lifespan," Nechodom explained. "It found that 12 potentially modifiable risk factors account for 40% of worldwide dementias. Hearing loss was the #1 modifiable risk factor in mid-life (ages 45-65) that could be identified and treated."

With such a strong foundation in research, Trinity’s Audiology clinic acquired a Cognivue cognitive screening device, and Nechodom has added cognitive screening as a best practice for patient care. Rest assured, cognitive screening isn’t an IQ test or “pop quiz.” It’s a screening that screens memory, visuospatial ability, thinking skill, processing speed and reaction time. The screening is a simple, automated assessment that takes about five minutes to complete.

While not every patient is a candidate for cognitive screening, Nechodom has made it part of her standard of care for patients with hearing loss to help

guide treatment plans. Instead of simply selecting hearing aids, appointments consistent of testing patients’ ability to hear in background noise, cognitive screening, patient goals and measures of quality of life. Recommendations for hearing care include communication strategies, hearing aids, listening therapy and regular follow-up appointments which are selected individually based upon each patient’s performance and needs.

Although the relationship between hearing and brain health isn’t totally understood, one theory is that the increased cognitive load that the brain experiences when trying to hear properly taxes the brain’s resources that would otherwise be available for memory and concentration. Another theory is that a diminished auditory process may lead to a shrinkage in brain cells. Yet another factor is the social isolation effect that many individuals with hearing loss experience, and it’s been shown that a lack of socialization can accelerate cognitive decline and dementia.

That hearing loss likely plays a more important role in brain health than previously thought is a huge finding. It also may help explain why some patients have been unsatisfied with their hearing aids in the past, because the ear-brain links had not been tested or properly considered when selecting treatment plans before. Shockingly, according to the Audiology Practice Standards Organization, more than 35 million Americans with hearing loss would benefit from hearing aids, yet only around 29 percent have pursued hearing aid treatment.

“Hearing loss is more than an ear-level problem, your brain goes through significant changes when you have even slight or mild degrees of hearing loss. Treating hearing loss early is critical, and according to the Lancet study, optimally between the ages of 45-65. As the Audiologist, we must consider hearing aids that restore clear sound to the brain, then offer listening therapy to reteach the brain to hear its best. We want patients to achieve their best outcomes, stay engaged socially and emotionally, and keep the hearing parts of the brain working as best as possible,” Nechodom said.



Test your Trinity Health IQ

How well do you know the history of Trinity Health? Soon you’ll have the chance to find out.

Starting April 4, Trinity Health will launch a community-wide scavenger hunt in celebration of our 100th anniversary. Each Monday in April, check Trinity Health’s Facebook page, @TrinityHealth.ND, for a clue. Simply take a selfie with the answer and email it to foundit@trinityhealth.org. Please be respectful of others and avoid getting anyone else in the picture. Those who have the correct answer each week will be put into a drawing for a \$100 Visa gift card. Bonus questions may be posted on Instagram, @trinityhealthnd, and twitter, @TrinityHealthND, so be sure to check those, too. Happy hunting!



Get Back to Preventive Care

Health screenings and routine checkups are the foundations of a healthy lifestyle. Yet many people have fallen out of the habit of checking in with their providers on a regular basis.

The coronavirus pandemic impacted lives in numerous ways – one was to discourage Americans from seeing their doctor and to stay current with health testing, particularly cancer screenings.

“COVID turned the world on its head,” said Aaron Makens, MD, family medicine physician with Trinity Health. “A lot of practices closed for a while. Many people were afraid to go to their doctor.”

The Journal of the American Medical Association reports an estimated 41% of US adults skipped medical care early in the pandemic, and many have been slow to return to those helpful routines.

“Especially when we’re younger,” Dr. Makens observes, “we’re healthy, and see ourselves as bulletproof. Then we get into our mid 30s and we start to see things happen. Many of us don’t go to a doctor until we have an issue.”

Health screenings and preventive health are important aspects of primary care. Even if you feel healthy, screenings are an essential tool for detecting health issues before they become more serious.

“Early detection is your best prevention,” Dr. Makens said. “It helps us identify problems before they get harder to control. When a patient comes

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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/100 years](http://www.Trinityhealth.org/100years)



Creative Easter Recipes

These recipes were chosen because they looked like fun and creative ideas that will make your Easter gathering unique. These recipes use simple ingredients to create elegant and delicious dishes incorporating healthy fruits and vegetables.

Bean, Potato and Veggie Breakfast Hash

INGREDIENTS

- 4 cups potatoes peeled and cubed
- Salt and pepper to taste
- 2 tbsp vegetable oil
- 1 can pinto beans drained and rinsed
- 1 cup zucchini chopped
- 1 red bell pepper chopped
- ½ cup mushrooms sliced
- 1-½ tsp garlic powder
- 1-½ tsp onion powder
- ½ tsp paprika

INSTRUCTIONS

1. Preheat the oven to 425 degrees Fahrenheit.
2. Toss the potatoes with 1 tbsp oil in a gallon bag. Then spread out on a parchment-lined baking sheet. Let the potatoes bake for 25 minutes. Take potatoes out of oven and toss.
3. Mix the remaining veggies, beans, and spices together with 1 tbsp oil in a gallon bag. Add these veggies to the potatoes and continue to bake both for 15 minutes.
4. Season with more salt and pepper if desired. Enjoy!

Roasted Strawberry, Basil and Goat Cheese Crostini

INGREDIENTS

- 4 to 5 ounces goat cheese
- 1 pound strawberries, hulled and cut into bite-size pieces
- 2 tbsp honey
- 2 tbsp extra-virgin olive oil
- 1 whole-grain baguette or small loaf of crusty whole-grain bread (about 14 ounces), cut into ½-inch slices
- Small handful of fresh basil leaves, torn into little pieces
- Freshly ground black pepper

INSTRUCTIONS

1. Preheat the oven to 350 degrees Fahrenheit with racks in the middle and upper third of the oven. Line two large rimmed baking sheets with parchment paper for easier cleanup. Set the goat cheese on the counter to soften up a bit.
2. On one baking sheet, toss the strawberries with the honey, then spread the strawberries into a single layer. Bake on the upper rack until the fruit is tender, juicy, and collapses on itself, 20 to 25 minutes, tossing halfway. Watch the fruit on the edges of the pan, as the honey can burn quickly.
3. Meanwhile, on the remaining baking sheet, brush the olive oil lightly over both sides of each slice of bread. Bake on the middle rack until the toasts are golden on top, 10 to 12 minutes.
4. Once the toasts are cool enough to safely handle, top each one with a smear of goat cheese, followed by a spoonful of roasted strawberries and their juices. Finish off the crostini with a sprinkling of torn basil and black pepper. Crostini are best served immediately.

Preventive continued from page 7

in for a visit, whatever their chief complaint is – that takes priority. But preventive care is something I try to work in at every visit, whether it’s cancer screenings or vaccinations.”

As a family care specialist, Dr. Makens sees patients at every age. “I think about kids with their milestones; are they current with their immunizations? Then we get to middle age and we start to emphasize lipid panels, glucose, and hypertension. Are they up to date with their tetanus shot? We try to be proactive.”

Starting routine checks early in life matters. “The little adjustments and changes you make early on can make a big difference,” Dr. Makens said. “If you’re on a sailing ship and you change your navigation just a couple of degrees and then go for a thousand miles, you end up in a totally different location.”

Dr. Makens has his own health screening checklist that he uses with patients based on their history, age, gender and other factors. He doesn’t discourage patients from seeking information online, especially from reputable sites like the American Heart Association, American Cancer Association and “academy” sites that cater to a certain medical specialty. “There are a lot of good tools,” he says. “The one thing I do tell patients is that when you see a lot of ads, that could be a red flag because maybe that site is funded by some interest that has a say in what you’re seeing on that website.”

By far, the best way to stay on top of good health is to establish a relationship with a provider. “Primary care doctors are so important,” Dr. Makens said. “Our goal to improve quality of life; we’re not here to pressure people or get them to eat some bland diet that tastes like Styrofoam. But we can help manage conditions and establish realistic goals that improve your life. Part of it is just having a human listen to you.”

About Dr. Makens

Aaron Makens, MD, is board eligible in family medicine, with expertise in the diagnosis and treatment of a wide range of health conditions for patients throughout their lifetime. Areas of focus include women’s health, pediatric care, chronic disease management, and routine checkups to promote wellness. Originally from Fort Lupton, a farming town in 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. He is a member of the American Board of Family Medicine.

Dr. Makens accepts appointments at 701-857-7969, with offices at Trinity Health Medical Arts. Or call Trinity’s physician referral line at 701-857-DR4U.

COMMUNITY CALENDAR

For the latest updates, check online at trinityhealth.org

Calendar

April 8 – Free car seat checks are available from 1-5 p.m. at Minot Fire Station 1, 2111 10 Street SW. Appointments required; call 701-857-7300 or Facebook message Safe Kids Minot.

April 12—A Cooking Class on Stir Fry Sauces will be held at 5:30 p.m., in the Trinity Health Community Conference Room, Town & Country Center. Learn how to make your own stir fry sauce that’s healthier than traditional store-bought, but just as tasty. Cost is \$10; call 701-857-5268 to register.

April 19—The Breast is Best Support Group will meet at 12 p.m., in Magic Bean Brewing Co. inside The Foundry. This interactive and supportive group 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.

April 20—The Stroke Support Group will meet at 7 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.

April 21—Free car seat checks are available from 10 a.m.-2 p.m. at Minot Fire Station 1, 2111 10 Street SW. Appointments required; call 701-857-7300 or Facebook message Safe Kids Minot.

Mobile Mammography

April 4Northland Community Health Center – Rolette, 701-246-3391

April 5CHI – Devils Lake, 701-662-8662

April 27Trinity Health Kenmare Hospital, 701-385-4296

April 28St. Luke’s Hospital – Crosby, 701-965-6349

April 29.....Tioga Clinic, 701-664-3368

Prepared Childbirth Classes

April 9, May 14, June 11, July 9, August 13 and September 10

Breastfeeding Basics

April 14, May 12, June 9, July 14, August 25 and September 8

Basics of Baby Care

April 4, May 9, June 6, July 11, August 8 and September 12

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.