



## Health Tip: Don't Neglect Bone Health

Bone density scans must feel like poor cousins next to their mammography counterparts. Both screenings are important to women's health, yet it's mammography that gets the pink gear and all the attention.

Thankfully, this changes each May as the Bone Health & Osteoporosis Foundation (BHOFF) works to generate awareness of good bone health and osteoporosis prevention during National Osteoporosis Month.

Osteoporosis is a bone disease that occurs when the body loses too much bone, makes too little, or both. As a result, bones become abnormally thin, weakened and easily broken. In severe cases, a fall or even mild stress such as coughing can cause a fracture.

"It's often called a silent disease because people generally don't sense that their bones are weakening," said Renee Harju, FNP-C, a family nurse practitioner. "Breaking a bone might be the first sign of osteoporosis."

Primary care providers like Harju are the BHOFF's most reliable allies. They perform wellness checks, order timely screenings and generally oversee prevention and management of the full range of medical conditions. "If I see that a patient has experienced a fracture that is disproportionate to the severity of the trauma, such as a fall from a standing height, I will recommend assessment for potential bone disease," she said, adding, "I also encourage bone density screening or DEXA scan as part of a wellness evaluation."

According to the BHOFF, osteoporosis is responsible for two million broken bones annually in the U.S.

Women are at a higher risk for osteoporosis after menopause due to lower levels of estrogen. One in two women and up to one in four men will break a bone in their lifetime due to osteoporosis. For women, the incidence is greater than that of heart attack, stroke and breast cancer combined. A man is more likely to break a bone due to osteoporosis than he is to get prostate cancer, BHOFF reports.



Renee Harju, FNP-C

While fractures are costly in terms of direct medical costs and lost productivity, the long-term consequences are frequently life-changing. Osteoporosis-related fractures most commonly occur in the hip, wrist or spine. Of the nearly 300,000 hip fracture patients suffer annually, one-quarter require admission to long-term care and half never regain previous function. Furthermore, a quarter of hip-fracture patients age 50 and over die in the year following the fracture.

The good news is that osteoporosis is preventable and treatable. Regular exercise and good nutrition are the chief modes of defense, especially as they involve getting the recommended daily amounts of calcium and vitamin D. Both nutrients are essential to help maintain proper bone formation and density. To underscore this guidance, Harju arms her patients with information that highlights the following items:

**NUTRITION** – Strive for an optimal diet, including adequate protein and calories as well as plenty of calcium and vitamin D. "I recommend 1,200 mg of calcium per day with 800 international units of vitamin D," Harju said.

**ALCOHOL** – Avoid drinking in excess (more than two drinks per day).

**EXERCISE** – Try to maintain a regular exercise schedule to improve bone mass and maintain bone density. Exercise also helps prevent falls by strengthening muscles and improving balance.

**SMOKING** – Quit smoking or avoid starting, as smoking is known to speed bone loss.

**AVOID FALLS** – Falling significantly increases the risk of osteoporotic fractures. Take measures to prevent falls, including the following:

- Remove loose rugs and electrical cords or any other loose items in the home that could lead to tripping, slipping and falling.
- Provide adequate lighting in all areas inside and around the home, including stairwells and entrance ways.

continued on page 2



## Trinity Earns 'Best Hospitals' Listing

Trinity Health's acute care hospital and its care teams have been recognized in the 2022 U.S. News and World Report "Best Hospitals" guidebook issue for excellence in heart care.

The issue features an insert by the American College of Cardiology (ACC) recognizing health systems that participate in the ACC's National Cardiovascular Data Registry program or that have earned ACC accreditation for their commitment to optimize patient care and outcomes.

Trinity Health participates in three ACC registries. One measures performance in the areas of cardiac catheterization and angioplasty. The other two set standards for treatment of heart attack patients and those with implantable devices to address heart arrhythmias.

"Your participation shows you are a leader in implementing high standards of care and protocols for your patients," a letter from the ACC stated. "We're pleased you're being recognized for your success and your commitment to continuous quality improvement in cardiovascular care."

## INSIDE THIS ISSUE

Exercise: The Miracle Pill

Pediatric Provider Joins Trinity Health

FASTER Athletic Program  
Opens Summer Sessions

Trinity Health Auxiliary  
Hearts Golf Scramble May 23

Planning for Your Future at Any Age

Trinity Health Foundation

Hard Hat Insider

New Facilities Director

A Tribute to Nurses

Do you have Celiac Disease?

Events Calendar



2021

# Exercise: The Miracle Pill

Submitted by Dawn Mattern, MD, Trinity Health Sports Medicine



Dawn Mattern, MD

In 2012, The Lancet, one of the best-known medical journals, declared a pandemic of physical inactivity. In 2020, another pandemic was declared. What is the relationship?

Three large studies, one each in South Africa, South Korea, and the United States, showed that those individuals who met the recommended physical activity guidelines had better

outcomes—less death, less hospitalization, less ICU admission, and even less infection with SARS-CoV-2 (COVID-19).

Exercise also helps in the prevention of coronary artery disease, hypertension, diabetes, osteoporosis, stroke, depression, anxiety and several cancers. Exercise is used in the treatment of many, many more diseases and ailments. Exercise, it seems, is the miracle pill.

Exercise is not defined by what workout you do, where you do the workout, what time in the marathon you get, or how sweaty your shirt was. The aim is ACTIVITY—walking the dog, working in the garden, raking leaves, shoveling snow, riding a bike, stretching, dancing, Crossfit, weightlifting, running, playing games. I recommend more: more often during the day, more than yesterday. Always strive to find more ways to move!

Since physical activity is so important to one's health, the American Medical Association and the American College of Sports Medicine created Exercise is Medicine™, a global effort to recognize physical activity and its benefits. Every visit with your healthcare provider is a time to discuss this valuable medicine, how you take it, when you take it, and if you need more.

Current physical activity guidelines encourage 150 minutes of moderate activity a week for adults and 60 minutes daily for children. Health benefits start within the first 15 minutes, so starting is the most beneficial! Activities should include both strengthening and aerobic activities.

May is Exercise is Medicine™ Month, a time to celebrate our ability to take hold of our health and improve for tomorrow. I save all my New Year's resolutions for EIM™ Month! My job was quiet during the pandemic due to no sports for quite a while. Now is the time for me to be busy, encouraging physical activity with everyone I meet to help put both pandemics closer to an end.

I look forward to our annual Doc Walk on May 4 at 6 p.m. in Oak Park. Last year was special, a return together. This year will be amazing, an opportunity to prevent, treat and heal!

**Doc Walk  
May 4  
6 p.m.  
Oak Park**

# Andreasen Joins Pediatric Team

A member of our pediatrics team, Melissa Andreasen, MSN, FNP-C, is a board-certified family nurse practitioner, dedicated to providing compassionate, evidence-based care to children and adolescents.



Melissa Andreasen, MSN, FNP-C

A graduate of Minot State University, Melissa earned her Bachelor of Science in Nursing in 2013 and began her nursing career as an RN with Trinity Health. She served patients in the addiction services, intensive care, and same day surgery units before shifting her focus to advanced practice nursing. While pursuing a Master of Science in Nursing from the University of Cincinnati, she worked part time as a clinical nurse instructor with Dakota College at Bottineau.

Andreasen completed her Family Nurse Practitioner training in 2020 and joined a private primary care practice as a family care provider, helping pediatric, adult and geriatric patients manage the full range of acute and chronic health conditions. She is board certified by the American Association of Nurse Practitioners.

Andreasen is located at Trinity Health Medical Arts and receives appointments at 701-857-5413.

# Density continued from page 1

- Avoid walking on slippery surfaces, such as ice or wet or polished floors.
- Review drug regimens to replace medications that may increase the risk of falls.
- Get regular eye exams to check vision.

Doctors measure the levels of calcium and other minerals in your bones using a DEXA scan to detect signs of osteoporosis. DEXA scans are simple and painless. Bone density tests can also determine how well osteoporosis treatment is working. Most women start screening at age 60-65, but you may need screening earlier if you've suffered a fracture. Like most screenings, the frequency depends on your age and risk factors. The standard recommendation is every two years.

DEXA scans can be ordered by a primary care provider and may be scheduled through Trinity Health's Imaging and Radiology Department. For more information or to schedule an appointment in Minot, call 701-857-2640. To schedule an appointment at Trinity Health Western Dakota Clinic in Williston, call 701-774-0810.



## Say hello to your baby!

See your baby's face, fingers and toes for the first time with Hello Baby, Trinity Health's new prenatal imaging service. Hello Baby offers elective 2D and 3D/4D ultrasounds and keepsake pictures and video to expectant parents eager to get an early glimpse of their little one.

**2D ultrasound: \$65**  
10-20 minutes, minimum 12 images

**3D/4D ultrasound: \$100**  
20-30 minutes, minimum 20 images and one video

**This service is done on a non-medical basis and is not a replacement for, or in lieu of, standard prenatal medical care.**



**Hello Baby**  
to schedule a session, call  
**701-857-3220**  
trinityhealth.org/hellobaby  
Advanced Imaging Center  
Trinity Health Town & Country  
831 S. Broadway, Minot

## Trinity Health Speaker's Bureau

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



**VISION Galleria**  
Affiliated with Trinity Health

Plaza 16,  
2815 16th St SW, Minot  
**701-857-7440**

## Make the choice to protect your health.

MyChoice Health Checks are low-cost screenings that make earlier detection possible. You can choose which screenings you want and schedule quickly and easily with our imaging experts.

**MyChoice Health Checks help to identify risk factors that can lead to serious problems:**

- **Heart attack**  
Calcium Score Screening \$60
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Carotid Artery Disease Screening \$35
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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**  
Williston appointments, call **701-774-0810**



trinityhealth.org/screenings



## HealthTalk

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



## FASTER Athletic Program Opens Summer Sessions

Registration is open for Trinity Health Sports Medicine FASTER Athletic programs, geared toward athletes entering grades 5-12.

FASTER is an acronym for Flexibility, Agility and Strength Together Equal Ready, and features different programs designed to provide athletic gains through sport specific strengthening, balance, core stability and injury prevention.

“Sessions include high intensity exercise periods with brief breaks to improve cardiovascular conditioning and simulate game activity,” said Darren Armstrong, manager of Therapy Services. “The Sports Medicine staff has also identified common sports injuries and incorporates activities into the sessions to lessen the risk of repetitive injury.”

FASTER programs are held June 6-July 29 and run one hour, twice a week for eight weeks. Sessions are scheduled for various dates and are targeted toward athletes who participate in volleyball, hockey, cheer and general sports. Locations include MAYSA Sports Arena and Our Redeemer’s, Nedrose, South Prairie and Velva Schools.

The cost for an eight-week session is \$125.00 and includes a discount toward a sports physical with Dawn Mattern, MD, MAYSA Sports Medicine Clinic, for participants in grade 7 and up. The registration deadline is May 13.

Visit [www.trinityhealth.org/faster](http://www.trinityhealth.org/faster) for more information or to access registration and waiver forms. Or contact Darren Armstrong at [Darren.armstrong@trinityhealth.org](mailto:Darren.armstrong@trinityhealth.org) or 701-857-3491.



## Trinity Hospital Gift Shop

Support friends and family with flowers or gifts  
**701-857-5205**



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](mailto:DR4U@trinityhealth.org)

[trinityhealth.org](http://trinityhealth.org)

[facebook.com/TrinityHealth.ND](https://facebook.com/TrinityHealth.ND)



## Men's and Women's Hearts Golf Scramble

### Monday, May 23

Vardon Golf Club, Minot  
Registration: 12 p.m.  
Tee-Time: 1 p.m.

- \$500/team of 4
- 2 golf carts
- Lunch provided

**Team Registration: call Sherry Maragos 701-857-5221 or register online at [trinityhealth.org/heartgolf](http://trinityhealth.org/heartgolf)**



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

**Shoot a Hole-in-One for \$10,000 or other fabulous prizes!**

**Thank you to the following sponsors:**

**Corporate Sponsors**

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**Team Sponsors**

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Exercisers left to right: JoAnn Lagge, Melissa Messerly, Donna Shafer, Fran Beierle, Betty Mautz, Terry Delong.

## Planning for Your Future at Any Age

When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthday. In 2020, the U. S. Census Bureau estimated 55 million Americans are 65 years and older. North Dakota has a relatively small 65+ population (123,000), but it represents 16.1% of the State’s population.

We are aging, not just as individuals or communities, but as a world. The National Institute of Health published a report on global aging and noted that in 2006, almost 500 million people worldwide were 65 and older. In 2030, that total is projected to increase to 1 billion – 1 in 8 of the earth’s inhabitants. The most rapid increases in the 65 and older population are occurring in developing countries, which will see a jump of 140% by 2030.

We can’t live forever, but we can live well, reduce arthritic pain, maintain mobility, help prevent dementia and Alzheimer’s, and minimize the limitations of aging far into our senior years. Exercise can do all that. This is especially important as the population of seniors grows. Here’s what the newest research tells us:

- Regular exercise decreases the likelihood of developing arthritis-related disabilities. For those with arthritis, not exercising can make consequences of the disease worse.
- Brain function improved for older women who walked only 1 1/2 hours per week.
- Working out for as little as 15 minutes three days a week

reduces the risk of dementia and Alzheimer’s by 40%.

- Regular exercise reduces mortality rates by 25% to 33% and increases life expectancy by one to two years by age 80.
- Unfit men have a 39% risk of death from cardiovascular disease and 44% risk of all-cause mortality.

Hedi Rime, certified family nurse practitioner (FNP-C), sees a variety of ailments of all ages in her practice at Trinity Health Garrison Clinic. But when it comes to exercise, her advice remains steadfast.

“Exercise doesn’t have to be costly or difficult. It can be as simple as walking 30 minutes a day, five days a week. Staying active is very important, especially if you have arthritis, and walking is the best weight bearing exercise to combat osteoporosis,” she said. “And be sure to hydrate. I tell my patients to drink plenty of water - half your weight in ounces every day.”

If a half gallon (or more) of water daily and two and a half hours of walking per week seems overwhelming, Rime recommends starting small and increasing as your endurance improves. “If you can’t do 30 minutes, then walk 10, or whatever time allows, and build up time. Something is always better than nothing.”

A few blocks away, a dedicated group meets to exercise three times a week at the Garrison Senior Center. The “Lamplighter Exercise Group” began approximately eight years ago as a way for participants to encourage

continued on page 6

# In Recognition and Thanks from the Foundation

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

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Elaine Kress

# Roaring 20s Gala Recap

Trinity Health Foundation is excited to announce a successful Return to the Roaring 20s Fundraising Gala on March 26, 2022.

Attendees of the Gala donned their best 20s apparel and celebrated 100 years of Trinity Health and the kickoff of the Trinity Health Healthcare Campus and Medical District Capital Campaign. Though final donations and expenses are still coming in, attendees raised over \$100,000 in support of the Capital Campaign. Funds were raised through event and VIP ticket sales, sponsorships, a live auction, silent auction, Purse-onalities auction, moose tag raffle, and several other on site fundraisers.



We would like to thank the following sponsors for their support of the event:

**Premier** – JE Dunn

**Platinum** – Dakota Square ARCO

**Gold** – First Western Insurance/First Western Bank, Mowbray & Son, Inc, Sleep Inn & Suites, Ten Adams, Trinity Health Cardiothoracic Surgery

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As a part of the fundraiser, Trinity Health Foundation conducted a raffle for a Moose tag and several Scheels gift cards. Congratulations to the following winners of the raffle:

**Moose Tag & \$250 Scheels Gift Card** – Shane Jordan

**\$300 Scheels Gift Card** – Darrell Williams, MD

**\$200 Scheels Gift Card** – Sean Stanga, MD

**\$100 Scheels Gift Card** – David Christie

## UPCOMING EVENTS!

### 2022

## Trinity Health Foundation

- Fuel the Fight – Paint the Stands Pink – Nodak Speedway June 12
- Building Hope Women's Golf Tournament – June 13
- Golf for Life Men's Golf Tournament – August 15
- Fuel the Fight – September 9



## Check Out Our Progress

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

Check it out for yourself with our live cameras at [trinityhealth.org](http://trinityhealth.org)

## Foundation

continued from page 4

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**Make More Possible  
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Visit Trinity Health Foundation website at:  
<https://www.trinityhealth.org/foundation/>

# Hard Hat Insider

Healthcare Campus and Medical District Update



## New Healthcare Campus Proceeds Toward Finish Line

Trinity Health’s new healthcare campus and medical district has months to go before the last tile is laid and paint applied, but key spaces look as though they’re nearly ready for patient care.

Construction manager JE Dunn and its crews have been working smoothly and deliberately to stay on track with a timetable that calls for construction to be completed in December 2022, followed by a moving-in period to organize, train and calibrate equipment. Opening is still projected to occur around spring/early summer of 2023.

“It’s super exciting to see how much closer we are to the finish line,” Vice President Randy Schwan told area journalists at a recent media tour. “We’ve all seen how the exterior is taking shape. Now we can see that the interior has progressed significantly with walls, flooring, cabinets and finishing work.

Finishing work is nearing completion on the lower floors, according to Facilities Vice President Dave Kohlman. “They’re doing the finishing work from bottom to top, so the lower floors look like they’re almost done. If you went up to some of the higher floors, you would find many different phases of construction going on.”

As you tour the first two floors, a theme emerges. Open spaces are light and airy. The overall mood is one of serenity. A color palette is also apparent, with colors selected by an Aesthetics Committee. “We’ve incorporated different colors. On some of the floors you’ll see colors considered to be healing colors. Pediatrics will have colors more appealing to kids,” Kohlman said.

Not far from the main entrance and within the medical office building are areas that will house a retail pharmacy and an outlet for durable medical equipment. Also nearby is the gift shop and cafeteria, which at this early stage appears roomy and well laid out with a serving line for beverages, and various areas for soups & salads and hot food. There’s also an after-hours vending and seating area. Drop-down cloud panels suspended from the ceiling provide an attractive way to reduce noise and create a sense of intimacy in a large space.

“This will be ready for a walk-through punch list in a couple of weeks,” said Kohlman, eyeing the cafeteria. A JE Dunn guide noted that among its finishing steps is to work through an area with a “punch list” that identifies every “I” to be dotted and “T” crossed.

As our tour continues, it’s up the elevator (or escalator, eventually) to the second floor where the all-important procedural platform is spread out. Here you’ll find the highly technological departments of imaging & radiology, ER, endoscopy and surgery, all with their digitally advanced and automated systems. A stroll past the MRI suite reveals walls and other surfaces lined with copper, the most effective shielding material for magnetic resonance imaging.



Drop down cloud panels reduce noise.



Large OR awaits equipment.



Cafeteria equipment waiting for placement.

Among the revelations on this tour is the “front house-back house” concept built into the design of the hospital is more nuanced than expected. Those terms instead delineate where the staff and patients move about without encountering others who might be there for non-patient reasons. This promotes a quieter, more efficient and more private patient care setting.

“Front house-back house doesn’t mean there’s an imaginary line that goes through the middle of the hospital,” Kohlman explains. It turns out there are front-house areas that extend all the way to the rear of the facility. “People can drop off a friend or family member in the Emergency Department (northwest side of the facility) and walk down a beautiful, naturally lit corridor all the way to the front to access the cafeteria and other amenities on the east side.”

*Next month: Designing a patient room to optimize healing.*

## Trinity Health Names New Facilities Director

Bruce Sepielli, a facilities manager with nearly 20 years of management experience, primarily in the healthcare sector, has been named senior director of Facilities Management for Trinity Health.



Bruce Sepielli

Sepielli will oversee facility operations across Trinity Health’s care system, including maintenance, facility upgrades, space utilization, environmental systems and safety.

“Bruce will be a great addition to our team,” said Dave Kohlman, vice president of facilities. “He brings significant experience that will be invaluable as we move into our new campus and continue to enhance our operational and physical environments to deliver outstanding patient care.”

Originally from the greater Orlando, Fla., area, Sepielli earned a Bachelor of Science in Business Management from the University of Phoenix. He began his career in facilities management at Loma Linda University Children’s Hospital and Medical Center, an 881-bed teaching hospital in California. He went on to hold similar positions at healthcare facilities in California, Louisiana, Texas and Virginia.

Most recently Sepielli served as the director of facilities management for Medxcel central region in Indiana, working at Ascension Health’s flagship facility in Indianapolis. During his tenure, he received multiple awards for sustainability actions and reducing energy usage. Prior to that he served as regional facilities manager for CBRE Global Workplace Solutions, which delivered facility services for health systems in Texas and Louisiana.

Sepielli reports to Kohlman, whose responsibilities for overseeing construction of Trinity’s new healthcare campus will grow more rigorous as the Spring 2023 opening nears.

## Age continued from page 3

each other on the personal path to fitness. Participants take turns leading the hour-long class that focuses on strength, balance and stretching, using weights, bands and balls. The group averages 6-10 participants a week who range from 60 to 92 years old. It is open to males, but so far has no takers.

More than just exercise, “Lamplighters” provides friendship, accountability and a social outlet with a healthy spin.

“I come because it is crucial to my well-being and independence,” said Donna Shafer, a founding member. “It gets me out of the house, and I enjoy the fellowship, the commitment and the camaradery.” Others nodded in agreement.

COVID-19 “knocked the pins out of the program” for over a year. But last fall, the group reconvened with renewed commitment to the program and each other. “When we started again, we cut our reps back to six (per exercise). Some of us used weights, some didn’t; but over time we’ve increased to 12 repetitions per exercise,” said longtime participant and occasional leader, Terry Delong.

On their “off days,” attendees participate in other activities: Donna attends other exercise classes; Fran enjoys yoga; Terry walks; Betty streams Silver Sneakers classes on the internet; Melissa swims laps. And everyone concurred that housework, laundry, gardening and cleaning easily qualify as brisk exercise.

Global aging is a success story: people are living longer and generally healthier lives. This represents the triumph of public health, medical advancement and economic development over disease and injury, which have constrained life expectancy. But a vibrant, independent life is also up to us. Regardless of ability or age, we are never too old to plan for our future.



## A Tribute to Nurses

I don't have much experience with nurses during a healthcare crisis. The only time I spent a night in the hospital was as a 10-year-old, which was many years ago. But memories linger.

I remember Dr. Libi as a kind man, who I thought was the smartest doctor in the world, because he'd detected a potentially dangerous health issue my parents were unaware of. Our family practiced common sense medicine: if a hot brandy with lemon and honey couldn't cure it, sooner or later you'd feel better anyway. Dr. Libi insisted I needed surgical intervention.

More importantly, I remember my nurse, Wayne Somebody: handsome, tall, slender, caretaker extraordinaire. Nurse Wayne paid attention to my maladies, both physical and mental. It was Halloween, a very important holiday when you're 10, and my hospital stay was interrupting trick or treating. To lessen my disappointment, Wayne bought me a movie theater-size box of Thin Mints. I was smitten, only to be horrified later when he administered a shot in my buttocks. My feelings for Wayne lasted for the duration of my hospital stay – two days. When his shift ended, I never saw him again, but I kept the box of Thin Mints for months afterward.

Wayne was caring, attentive, empathetic and confident – all words we continue to use to describe nurses today. Whether in a hospital, clinic, or long-term care setting, they are often the first faces we see after surgery, before our doctor arrives, or administering medications. Nurses assist with life-threatening crises, deliver babies, care for the elderly, and perform some of the most difficult and heartbreaking tasks in the medical world. They are the foundation of quality healthcare and front-line, every day heroes.

To all the Waynes out there, I speak for legions when I say thank you. Thank you for following your heart, despite the challenges you faced to get there. Thank you for listening to and advocating for your wards. Thank you for being at work, when you'd rather be home. Thank you for caring for my family as if they were yours. And thank you for your compassion toward patients who are sure to remember the act of kindness, even if they cannot recall your name.

The American Nursing Association recognizes May 6-12 as National Nurses Week to acknowledge nurses and the hard work they put in to making their patients feel comfortable. Below meet a few of our nursing staff who personify great passion for their patients, residents and profession. They are few of many.

### Bob Franca, LPN, Trinity Health Medical Arts

In the late 1970s, the national percentage of male licensed practical and licensed vocational nurses hovered around 4% of the total population. So, in 1982, when Bob Franca began his career at Trinity Homes as a certified nurse assistant (CNA), he was a leader among men.



Bob Franca, LPN

"My girlfriend heard that Trinity Homes was hiring. I had been in construction before that, and was working part-time at Miracle Mart. I was desperate for a full-time job," he recalled. "I applied for a job as a maintenance man and two days later they called and offered me a position as a CNA. After the first few weeks, I grew to love it."

Franca became a licensed Practical Nurse in 1998 and cared for residents at Trinity Homes until 2016. He currently works in the Podiatry department.

"The nursing home was where it all began for me and was a big influence in other areas of my life such as caring for residents, praying with families, and helping them get through the toughest times," he said. "But the Alzheimer's unit is my favorite by far," he added. "My jokes were funny every day!"

### Nicole Herr, RN, Trinity Hospital Surgical Unit

When Nicole Herr was in high school, her 2-year-old niece was diagnosed with leukemia. "I remember the call at school, what I was wearing, what they said, how defeated I felt. I knew at that moment that I was going to be nurse and I was going to help people in any way that I could," she said.



Nicole Herr, RN

Herr became a registered nurse and currently is charge nurse in the Surgical Unit of Trinity Hospital, where she supervises staff and collaborates with providers and case managers to meet patient needs.

Throughout her 18-year career, Herr has worked in different departments, such as the Operating Room (OR) and Post Anesthesia Control Unit (PACU), where she advanced her nursing skills. After a brief stint behind a desk, she realized her "heart was in patient care," so she moved to the clinic setting.

Herr returned to Trinity Hospital during the COVID-19 pandemic when healthcare was at its most vulnerable. "I enjoyed being in a fast-paced environment and decided to stay at the hospital after the need for clinic nurses wound down," she said. "It is nice to see many changes at the hospital since I left—changes for the good."

### Sara Schilken, RN, Trinity Hospital PACU

Growing up, Sara Schilken did not know that a near tragedy and insistent neighbor would influence her career choice.



Sara Schilken, RN

"When I was young, I cut the top of my finger off. The ER doctor said my finger should be amputated, but Lynette Deardurff, who ran the ER and was my neighbor, told the doctor 'No, you have to try to sew it on.' If she wouldn't have advocated for me, I wouldn't have a finger today," she recalled. "I never forgot that."

Schilken took nursing classes in college, but had second thoughts, so switched to education. "Nursing classes were hard, so I thought 'I'll be a teacher.' But after spending time in the classroom, I realized I was not meant for this (teaching)," she said. Schilken graduated in 2007 as an LPN, and in 2008 as an RN. She has worked in the PACU since 2011.

"I take care of patients little to elderly; there are so many I will never forget. I love the variety of simple surgeries to large cases that end up in PACU. It's a great place to work."

### Peggy Schmidt, RN, Trinity Homes

Stay-at-home mom, Peggy Schmidt, always dreamed of becoming a nurse.

"When my son was born, we almost lost him at 10 weeks. He had many health problems, so he ended up in the hospital a lot the first five years of his life," she said. "I saw how the nurses treated him and decided that I wanted to be a nurse so I could be the one who made things nice for others."



Peggy Schmidt, RN

Eighteen years later, her son graduated from high school, and the next month she enrolled in college. Schmidt graduated as an RN in 2007 and has been at Trinity Homes for five years, where she intends to stay.

"My mom worked in the nursing home in Harvey, and my brothers and I would walk over and visit the grammies who didn't have family nearby. That's where my love for the elderly started," she said. "I love my residents and love making them happy."

### Diane Deschambault, RN, Trinity Hospital Same Day Surgery

One could speculate that Diane Deschambault's desire to be a nurse is woven into her DNA, or perhaps in her drinking water.

"My mother and sister were nurses and I think they were my greatest influence," she said.

Deschambault has been a nurse for 38 years, over 26 of them on the Same Day Surgery Unit, where she is involved in direct patient care as a staff nurse and oversees the unit as a charge nurse. She said she's seen many changes during her career and marvels at how surgical procedures that used to require a three to five-day hospital stay, are now considered same day surgery where patients are sent home soon after.



Diane Deschambault, RN

"With the advances in modern medicine and technology, surgeries have become less invasive, requiring faster healing time and shorter hospital stays," she said. "I enjoy caring for people and get great satisfaction in helping in the healing of others."

# Do You Have Celiac Disease?

Kayla Cole, RDN, LRD, Outpatient Dietitian at Trinity Health

Celiac disease is a serious autoimmune disease that occurs in genetically predisposed people where the ingestion of gluten leads to damage in the small intestine.

When people with celiac disease eat gluten (a protein found in wheat, rye and barley), their body mounts an immune response that attacks the small intestine. These attacks lead to damage on the villi, small fingerlike projections that line the small intestine, that promote nutrient absorption. When the villi get damaged, nutrients cannot be absorbed properly into the body.

Celiac disease is hereditary, meaning that it runs in families. People with a first-degree relative with celiac disease (parent, child, sibling) have a 1 in 10 risk of developing celiac disease. Treatment for celiac disease is lifelong adherence to a strict gluten-free diet.

Celiac disease can be difficult to diagnose because it affects people differently. There are more than 200 known celiac disease symptoms which may occur in the digestive system or other parts of the body. Some people develop celiac disease as a child, others as an adult. The reason for this is still unknown.

Adults are less likely to have digestive symptoms, with only one-third experiencing diarrhea. Adults may have one or several symptoms, not always related to the digestive system, such as:

- unexplained iron-deficiency anemia
- fatigue
- bone or joint pain
- arthritis
- osteoporosis or osteopenia (bone loss)
- liver and biliary tract disorders (transaminitis, fatty liver, primary sclerosing cholangitis, etc.)
- depression or anxiety

- peripheral neuropathy (tingling, numbness or pain in the hands and feet)
- seizures or migraines
- missed menstrual periods
- infertility or recurrent miscarriage
- canker sores inside the mouth
- dermatitis herpetiformis (itchy skin rash)

## Does Your Child Have Celiac Disease?

Digestive symptoms are more common in infants and children who may have one or several symptoms. The most common symptoms found in children are diarrhea, decreased appetite, stomachache and bloating, poor growth and weight loss.

The number of ways celiac disease can affect patients, combined with a lack of specific training in medical schools and primary care residency programs, contributes to the poor diagnosis rate in the United States. Currently it is estimated that 80% of the celiac disease population remains undiagnosed.

Some people believe that they can learn to tolerate the symptoms. Unfortunately, even if your symptoms seem mild or you don't have symptoms at all, permanent damage to your body is happening. There is an average delay of 6-10 years for an accurate celiac disease diagnosis, so receiving a proper diagnosis is critical to your long-term health.

If you or someone you love is dealing with chronic issues with no definitive diagnosis, visit the Celiac Disease Foundation website ([www.celiac.org](http://www.celiac.org)), and see if this is something you should discuss with your primary care provider.

Read more below about our Celiac Disease grocery tour on May 10.

Adapted from [www.celiac.org](http://www.celiac.org).

## Gluten-Free Cream of Chicken Soup Replacer

The following recipe will replace one can of soup in recipes calling for condensed cream of chicken soup. If your recipe calls for two cans of soup, just double all ingredients. Use in your recipes exactly as you would canned soup.

Cook:	Total:	Prep:	Servings:	Yield:
10 mins	15 mins	5 mins	1	1 ½ cup

### Ingredients:

- ¾ cup gluten-free chicken stock
- ¾ cup milk
- 3 tablespoons cornstarch

### Directions:

1. Stir chicken stock, milk and cornstarch together in a small saucepan until cornstarch is dissolved.
2. Cook over medium heat, stirring constantly, until bubbling, about 5 minutes.
3. Reduce heat to medium-low; continue to cook and stir until mixture is very thick, about 5 minutes.
4. Remove from heat.

From [www.allrecipes.com](http://www.allrecipes.com).

# C O M M U N I T Y

# CALENDAR

For the latest updates, check online at [trinityhealth.org](http://trinityhealth.org)

## Calendar

**May 4**—Dawn Mattern, MD, will lead the annual Doc Walk at 6 p.m. in Oak Park

**May 6**—Free Car Seat Checks will be held from 1-5 p.m. at Minot Fire Station 1. Appointments are required; call 857-7300 or Facebook message Safe Kids Minot.

**May 10**—Trinity Health will provide educational information on injury prevention at Salute to Seniors held from 9 a.m. to 3 p.m. in the Minot Municipal Auditorium.

**May 10**—A Grocery Store Tour on Celiac Disease/Gluten Intolerance will be held at 6 p.m. in Marketplace Foods, 1930 S. Broadway. Learn how to navigate the grocery store while shopping for a gluten-free lifestyle, about safe and unsafe ingredients, label reading, foods that are naturally gluten free, gluten free alternatives, and cross contamination.

**May 17**— BIB's Breastfeeding Support Group will meet at 12 p.m. in Magic Bean Brewing Co. in The Foundry. For more information, call 857-5381.

**May 17**— Did you know someone who is severely bleeding can bleed to death in as little as 5 minutes? In fact, bleeding is the #1 cause of preventable death after an injury. A free STOP THE BLEED® class will be held at 6:30 p.m. in Trinity Health Riverside Education Center, 1900 8th Ave SE. To register, call 857-7300.

**May 18**—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 Jerilyn at 857-2449.

**May 19**— Free Car Seat Checks will be held from 10 a.m.-2 p.m. at Minot Fire Station 1. Appointments are required; call 857-7300 or Facebook message Safe Kids Minot.

**May 21**—Safe Kids Minot will have educational safety information at EMS Kids Strong at Fort Stevenson State Park.

## Mobile Mammography

- May 3 .....Northland Community Health Center – Bismarck (a.m.)  
720-4347/255-4242  
Northland Community Health Center – Bowbells (p.m.), 377-6400
- May 4 Northland Community Health Center – Turtle Lake, 448-9225
- May 5 .....Trinity Health Velva Clinic, 338-2066
- May 6 .....Trinity Health Garrison Clinic, 463-2626
- May 10.....Northland Community Health Center – Ray, 568-5600
- May 12 .....St. Luke's Hospital – Crosby, 965-6349
- May 13 .....Tioga Clinic, 664-3368
- May 17 .....CHI – Devils Lake, 662-8662

## Prepared Childbirth Classes

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

## Breastfeeding Basics

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

## Basics of Baby Care

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](http://trinityhealth.org/familybirth_registration).

## Wild About Safety

**Community Safety Day  
Tuesday, June 7, 2-7 p.m.**

Join us for a fun filled day at Roosevelt Park Zoo, free zoo admission courtesy of Enbridge.

Be sure to stop by the safety exhibitors to see their equipment, meet first responders, and take part in games, activities and displays.