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Dr. Knutson Elected Chief of Staff

Scott Knutson, MD, an emergency physician and frequent member of Trinity Health’s leadership team, has been elected Chief of Medical Staff for Trinity Health.

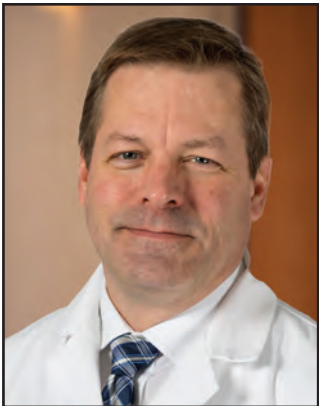
Knutson was selected by his peers and confirmed by the Trinity Board of Directors. Also elected to serve on the Medical Staff Executive Committee were Casmiar Nwaigwe, MD, vice chief of staff; and Timothy Bedell, MD, and Chittaranjan Routray, MD, both members-at-large. Jeffrey Sather, MD, will continue to serve as immediate past chief of staff.

Knutson will lead a medical team of over 250 primary and specialty care providers serving residents of Minot and northwest North Dakota. As chief, he’ll assume a leadership role in efforts to ensure quality medical care and will be a key leader in reviewing care processes and advising the health system on ways to improve clinical programs and services.

“It’s an honor to be elected chief of staff,” Knutson said. “This is a great opportunity and comes at an exciting time when we’re preparing to open a new healthcare campus and medical district that will help us achieve higher levels of quality in a facility that is patient and family centered.”

A graduate of the University of South Dakota School of Medicine in Vermillion, Knutson practiced at Minot Air Force Base from 1998 to 2002 as a flight surgeon for the 23rd Bomb Squadron. He completed his Family Medicine residency at UND’s Center for Family Medicine - Minot, where he received both the William J. Buckingham NDAFP and the Minot Community Preceptors Family Medicine Resident of the Year award in 2004.

In 2005, Knutson joined Trinity Health and continues to practice as an emergency physician.



Scott Knutson, MD

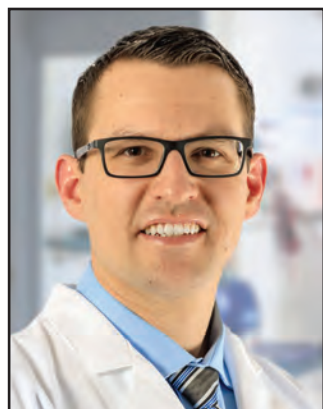
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Clarence and Paulette Foster (second and third from right) will forever hold Trinity Supply Chain staff Judy Myers, Nicholas Leier, Teresa Gathman and Sandy Holzer in high esteem. The crew sprang into action when Clarence suffered a stroke last November. He returned to work in April.

Stroke Procedure Gave Him a Chance to Survive and Thrive

Paulette Foster loves her job at Bel Air Elementary School, but during a tense wait at Trinity Hospital – hoping for good news about her husband’s stroke, it occurred to her she might have to quit her job. “I was thinking all this crazy stuff,” she said. “This is my husband and my best friend; I’ve got to take care of him – that was my first thought.”



Barry Amos, DO, DACR

to where the blood clot is located, and the clot is extracted with suction. If the suction method isn’t successful, a retriever device is deployed that wraps around the clot and pulls it out.

“There was a group of trials that released results in 2015,” Amos noted.

“The results were so striking – the trials were stopped early due to profound clinical benefit. In fact, the results overwhelmingly showed mechanical thrombectomy to be among the best medical treatments found in medical history.”

As a result of those trials, the American Heart and American Stroke associations changed their guidelines, adding thrombectomy as the standard of stroke care for patients with large-vessel occlusions who meet additional criteria such as exhibiting significant symptoms, presenting within a 24-hour time frame (preferably less), and having imaging results that show healthy brain tissue sufficient to justify the procedure.

To Paulette’s delight, her husband, Clarence Foster, met the criteria to undergo stroke thrombectomy.

Clarence, a buyer in Trinity Health’s Supply Chain Management Department, doesn’t remember much about his stroke. “I remember lying on the floor of my office and wondering why I was down there and why I couldn’t talk. I knew something had happened, but I didn’t know what.”

Most of the offices in Supply Chain Management surround the department’s reception area. It wasn’t long before Sandy Holzer, the department’s administrative assistant, heard a noise coming from Clarence’s office that didn’t sound right. She went to check and found him lying on the floor. Summoning help from her colleagues, Sandy and her co-workers sprang into action. They called 9-1-1 and helped with the crucial task of establishing as precisely as possible when Clarence’s symptoms first began – a key detail for triaging stroke patients to determine the best course of treatment.

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DAISY Award

The DAISY Award is an international program that rewards and celebrates the extraordinary clinical skill and compassionate care given by nurses every day. Trinity Health is proud to be a DAISY Award Partner, recognizing one of our nurses with this special honor each month.



May 2022:
Jayla Graham, RN
Family Birth Center/
Mom & Baby



June 2022:
Mark Olson, RN
Pediatric Unit, Trinity
Hospital

Patients, families and staff can complete an electronic nomination form at www.trinityhealth.org. Under the Patients & Visitors page, click on Employee Service Awards.



Trinity Hospital Gift Shop

Support friends and family with flowers or gifts

701-857-5205

Stroke

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Arriving at Trinity’s Emergency/Trauma Center, Clarence exhibited right-side paralysis and was completely aphasic (unable to speak) and unresponsive.

A head scan and subsequent angiography pointed to a large-vessel clot – the kind of stroke that is tailor made for mechanical thrombectomy. He received the clot-busting medication alteplase, then Amos performed the thrombectomy procedure. “We accessed the clot through the neck. It took two suctions, but after the second suction, the artery completely opened,” Amos said, adding, “The clots were some of the largest I’ve ever seen.”

After the procedure, Clarence was taken to the Intensive Care Unit. Paulette was joined by their daughter, Felicia, a nurse from Virginia, who was surprised at how well her dad seemed. “He couldn’t talk and appeared swollen, but we were amazed,” Felicia said. “Therapy came and had him do a lap around the ICU. I couldn’t believe it; I was like, wow!”

Clarence was transferred to a nursing floor where he continued to make rapid progress with help from speech, physical and occupational therapies. “The speech therapist was really good,” Felicia said. “She began by having him say his A-B-Cs, which was music to my ears. If she asked him a question and he said, ‘mmhmm,’ she’d say, ‘No, you need to enunciate and train your tongue to get moving.’” Within a few days Clarence was discharged home.

Shortly thereafter, Paulette decided to use the cell number that Amos had provided. “He gave me his number and said I could call him, and I did. I just wanted to say thank you. I thank God that he was there.”

The whole Foster family gives high marks to all who took care of Clarence – the nurses, inpatient therapists and other hospital staff, as well as the outpatient therapist who helped him get his strength back. Since the stroke, he has been taking daily walks and eating healthier. He’s lost about 50 pounds, and his diabetes has improved. Paulette still has her job at the school. “Everyone at the school was great, from the principal to the staff and even the kids,” she said. Clarence returned to work in April, four months after his stroke. How would he describe his outcome? “I would say excellent. I’m alive; I’m very pleased.”

Clarence’s case is no outlier. A review of performance metrics after one year of offering stroke thrombectomy shows that Trinity Health’s program lines up well with national standards. Amos anticipates even greater improvement with the move to Trinity’s new healthcare campus, where a larger Interventional Radiology suite will allow for better workflow processes and systems to improve revascularization times.

As always, the challenge is educating the public. If you suspect you or someone you know might be having a stroke, don’t wait to see if the symptoms get worse or go away. Go to the nearest emergency department at once or call 9-1-1.

“Time is brain,” Amos declared. “We’ve built a program here that can treat patients fast and effectively, but it doesn’t matter how good a job we do if people don’t act. They need to come in right away so we can do a CT. Waiting six or even three hours can diminish chances of a good outcome. Public awareness is the most important thing; that’s where it all starts.”

To recognize the signs of a stroke, BE FAST!

- B** – Balance (sudden changes in balance)
- E** – Eyes (sudden changes in vision, such as blurred vision or loss of vision)
- F** – Face (facial drooping)
- A** – Arm (can’t maintain arm elevation, starts to drift down)
- S** – Speech (slurred speech or difficulty getting the right words out)
- T** – Time (call 9-1-1)

Oncologist/ Hematologist Joins Cancer Team

Trinity Health is pleased to welcome Moayed Ibrahim, MD, to our cancer care team. A medical oncologist and hematologist, Ibrahim utilizes the latest anti-cancer therapies, including chemotherapy, immunotherapy and hormone therapy. He’s also skilled in the diagnosis and treatment of diseases of the blood and blood forming organs.



Moayed Ibrahim, MD

A graduate of the Hashemite University Faculty of Medicine, Jordan, Ibrahim did his internal medicine residency at East Tennessee State University/Quillen College of Medicine in Mountain Home, Tenn. After completing a fellowship in Geriatric Medicine at Baylor College of Medicine, Houston, Texas, he accomplished his Hematology/Oncology fellowship at Tulane University School of Medicine, New Orleans, La. He was selected as Chief Resident and Chief Fellow during his training.

Dr. Ibrahim is board certified in internal medicine and geriatric medicine and is board eligible in medical oncology and hematology. He has many peer-reviewed publications and was awarded multiple academic and research awards, including the 2020 American Society of Hematology Abstract Achievement Award. He says he takes pride in treating his patients as he wants his family members to be treated and believes shared decision-making is the cornerstone of a successful treatment plan.

A member of the American Society of Clinical Oncology, American College of Hematology, and American Geriatric Society, Ibrahim enjoys cycling, running, and walking his dog, Smoke.

facebook.com/TrinityHealth.ND



Summer Blowout Sale!

CONTACTS:

buy a year’s supply of contacts, get a FREE pair of sunglasses (from a select group)

GLASSES:

buy one pair of glasses, get a second pair 40% off!*



*No other discounts apply. Maui Jim, Vision Value and safety glasses excluded. Some restrictions apply. Sale ends Aug. 31.

Vision Galleria staff are available to help you select the quality eyewear that best fit your lifestyle.

Knutson

continued from page 1

He has served in numerous leadership roles and committees, previously serving as Chief of Staff from 2014 to 2018, and he continues to serve on the Board of Directors. Knutson also is a clinical instructor with the UND School of Medicine and Health Sciences, most recently serving as campus dean for the NW campus. He is proud to be part of the Minot Area Chamber/EDC, Military Affairs committee and Hon. Commander of the 5th MDG Support Squadron. He’s married to Shannon Knutson.

Dr. Olson Named Assistant Dean of NW Campus

The UND School of Medicine & Health Sciences has announced that Trinity Health emergency physician Paul Olson, MD, has been named assistant dean for the School’s Northwest Campus in Minot. Dr. Olson has been clinical assistant professor of emergency medicine with the medical school. He now assumes the role of Scott Knutson, MD, who has served as the School’s assistant dean in Minot for many years.



Paul Olson, MD

“I am an avid advocate for the medical community of northwestern North Dakota, and a believer in the need for medical education in our region,” Olson said. “I believe this advocacy encourages doctors to return here to provide care near home. I have always loved teaching and am looking forward to helping our region’s students be successful in their careers.”

A Williston native, Olson completed an undergraduate degree at UND in 1983 and earned his MD from the University of Iowa College of Medicine in 1987. After completing a residency in family medicine in 1990, at what was then the University of North Dakota Family Practice Center in Bismarck, Olson has practiced both family and emergency medicine in North Dakota for more than three decades. He is certified by the American Board of Family Practice.

As the primary representative of the SMHS and the Office of the Dean in North Dakota’s northwest region, the assistant dean in Minot develops and meets curriculum goals and objectives for the School, provides a resource for volunteer/clinical faculty, recommends physicians for clinical faculty appointments, and serves as a student advocate who organizes third- and fourth-year student clinical rotations in the community.

The assistant dean also functions as a liaison between Northwest Campus students and the SMHS, works with clerkship directors, chairs, and faculty to optimize education on the Northwest Campus, reviews campus electives, and cultivates links between the SMHS and local hospitals/clinics to encourage their participation in the School’s educational mission.

Finally, the assistant dean in Minot helps manage the School’s Minot Integrated Longitudinal Experience (MILE) third-year clerkship program. Through MILE, medical students work with preceptors in each of the region’s many specialties as they follow a panel of patients throughout the year, accompanying them to consultant visits and procedures and following them through hospitalizations.

“We are very pleased that Dr. Olson will provide continuity and continued leadership on our school’s Northwest Campus after the wonderful tenure of Dr. Knutson,” said Joshua Wynne, MD, dean of the UND School of Medicine and Health Sciences and vice president for Health Affairs at UND. “One of special attractions of the Minot campus to our students is the MILE program, and I know that the program and campus experience are in good hands going forward.”

Eagle Awards



Michael Holland, MD
Pediatrics
Trinity Health Medical Arts



Terri Beck, CT/MR
Technologist
Trinity Hospital

The Eagle Award is presented by the Minot Area Chamber/EDC, based on nominations from within the community. To nominate someone for an Eagle Award, visit minotchamberedc.com



Dr. Li assesses Carrie Montoya’s neurological balance and mobility with simple exercises.

Innovative Care, Born from Respect for Tradition

There is a sunny earnestness to Maria Li, MD, an unself-conscious grace and humility that endears her to patients and colleagues alike. It was in this spirit that when asked to speak to the Medical Careers II Class at Magic City Campus High School in May, she prepared in anticipation of planting a seed, to blossom a new generation of neurosurgeons.

After pleasantly describing her extensive, academia-filled journey to becoming a practicing neurosurgeon at Trinity Health, Li stopped for questions. “How much time off do you get?” a student inquired. Another asked how many years of education after high school would it take to become a neurosurgeon. So, Li, who completed a residency in neurosurgery, studied basic laboratory neuroscience for four years, and apprenticed with international experts during orthopedic spine, skull base and neurovascular surgery clinical fellowships, quickly did the math in her head before answering, “at least 16.”

The classroom was silent before a stunned disbeliever commented, “That’s like four times high school all over again!”

“Oh, my goodness, I felt like an anomaly,” she said when describing the event. “Here, the emphasis is on being free; not being constrained, but personifying autonomy, originality, creativity, and the entrepreneurial spirit. I think I failed my ‘sales pitch’ for neurosurgery.”

Li’s extended family originated in the northeast province of Shandong, China, before emigrating to Taiwan. Her parents immigrated to Canada by way of Switzerland, and later Africa, in 1973. Despite spending her formative years immersed in Western culture, Li was raised by traditional Chinese parents who held hard work, obedience and deference in high regard, which influenced her dedication to education. “Our culture is very much centered on the core values of obedience and respect of our elders,” Li said. “We validate our parents by how we conduct ourselves. If we don’t work hard, we reflect that we had unloving

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



TWO SHOWS: September 16 & September 17

6:30 p.m. Dinner • 7:30 p.m. Show

Clarion Hotel, Minot

Reserved Table of 6 – \$500 by Sept. 1. After Sept. 1 \$600

Walt Wise will be performing a tribute to Elton John and Billy Joel. Walt will be performing the Piano Man and the Rocketman’s greatest hits LIVE onstage. Sing and dance along with favorites like Crocodile Rock, Big Shot, You May Be Right, and many more. Our goal is to bring you the most authentic impersonators; Walt Wise has performed all over the United States including Las Vegas and Disney World. This tribute show is not to be missed! The tribute show will be held on two nights, that will not only include a fantastic show, but a wonderful dinner prepared by Homesteaders Restaurant.

Tables are limited – get yours today!
Trinity Hospital Gift Shop or
<http://trinityhealth.org/TributeShow>

For more information call Sherry 701-857-5221



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Raffle Drawing

- | | |
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| <ul style="list-style-type: none">• Taco Time Anytime• Pizza Please• Burger Bar• S’mores Please• Tailgate Grill Party• Vinyl Record Player with Album | <ul style="list-style-type: none">• Kid’s Play Piano• Crocodile Rock-ing Chair• Framed Limited Edition Lithograph of Farewell Yellow Brick Road Final Tour |
|--|--|

Tickets are \$5.00 each or 5 for \$20.00

Purchase your tickets at the Trinity Hospital Gift Shop

Need not be present to win.
Drawing September 17, 2022
Office of Attorney General License No. M-4063

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 March 1, 2022 – June 30, 2022. 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.

BIRTH CENTER

Anonymous Contributions
Sheila Hattel

BUILDING HOPE GOLF TOURNAMENT

Amanda Colebank
Ashlee Deschamp
Ashley Murphy
Becky Bertsch
Bonnie Schepp
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CANCERCARE CENTER

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Cathey Wallace
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Jim Grote
Minot High School - Magic City Campus Class of 2023
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Shirley Christensen
Souris River High School
Willow City Mission Quilters
Zion Lutheran Church

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Sharon Rollman
The Family & Friends of Sherry Leslie

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Lynn & Judy Stevens

In memory of Kristi Swartz

Blake & Shelly Carlson
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In memory of Rick Larson

Lynn & Judy Stevens

In memory of Roger Lunde

Alyce Ann Lunde

In memory of

Rosemarie Bennett

John & Cheryl Wallen
Lynn & Judy Stevens

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Tim & Rita Axtman

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The Family & Friends of

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Brenda & Ray Lakoduk

Brianna Schloer

Bryan & Lanette Keane

Carla & Alan Robillard

Hearst Foundation Grants \$100,000 to Capital Campaign

Trinity Health Foundation was awarded a \$100,000 grant for the new Trinity Health healthcare campus and medical district from the William Randolph Hearst Foundation.

The funds will be allocated to the Sexual Assault Nurse Examiner (SANE) interview and exam rooms in the Trinity Health Emergency Trauma Center (ETC). The two new spaces in the ETC provide a safe and confidential space during this traumatic experience and also provide a bathroom and shower for personal hygiene, which is a new feature.

Trinity Health partners with the Central Dakota Forensic Nurse Examiners (CDFNE) organization to provide proficient and compassionate care to victims of sexual assault in the region. In 2021, CDFNE saw 44 victims of sexual assault in Minot alone.

Hearst Foundations identify and fund outstanding nonprofits to ensure that people of all backgrounds in the United States can build healthy, productive and satisfying lives. Funds are awarded within the categories of culture, education, health and social service.

Trinity Health Foundation recently launched the healthcare campus and medical district Capital Campaign to raise \$15,000,000 to support the \$520,500,000 project. While in the early stages of the campaign, Trinity Health Foundation has raised \$4,600,000. Donations are being sought from regional and national foundations, corporate donors, private donors, and Trinity Health staff through fundraisers.

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

Make More Possible for 100 More Years.

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



SRT Communications Contributes Major Gift to Capital Campaign

Trinity Health Foundation was recently presented a \$500,000 donation for the new Trinity Health healthcare campus and medical district from SRT Communications. Leadership and board members from SRT Communications, Trinity Health and Trinity Health Foundation gathered on June 30 for the announcement and check presentation.

Kristi Miller, SRT board president, noted, "One of the core principles of cooperatives is Concern for Community. We live by this principle every day as we serve the people of North Dakota, and we see this principle in Trinity Health. This significant construction project truly demonstrates Trinity's drive and commitment to our communities."

"On behalf of our entire care team, thank you for this generous and amazing gift. It's thrilling and a bit humbling to accept a gift of this magnitude, coming from an organization with such deep roots in this community," said Trinity Health President/CEO John Kutch. "This donation will have a profound impact on our ability to transform healthcare delivery and to Make More Possible for the people of our region. Thank you from the bottom of our hearts."

Dedicated community partners such as SRT are critical to the success of the new Trinity Health healthcare campus and medical district. Trinity Health has been a community focused business and healthcare provider for 100 years. Support and partnerships such as this allow Trinity the ability to serve northwest North Dakota for another 100 years.

"Access to quality health services is crucial to any thriving community, and we are fortunate to have this new regional healthcare campus and medical district in our area," said SRT CEO and General Manager Cassidy Hjelmstad. "Like Trinity Health, SRT is committed to building out state-of-the-art services for communities throughout north central North Dakota. We are proud to support this capital campaign and, more importantly, to partner with Trinity for the future of healthcare in the region," she added.

SRT's Capital Campaign gift will support a corridor located between the medical office building and hospital which will provide public space for waiting, gathering or quiet reflection with internet access and charging stations. SRT will also provide various technology features and elements of the new campus.

Foundation continued from page 4

Carol Aldridge	Jessica Delorme	Melanie Fleming	Sylvia Klein
Carolyn & Kevin Seehafer	Jessica Schimetz	Melissa Faul	Tanya Gillen
Christina Davis	Jill McLemore	Melissa Mosser	Tara Miller
Codi Branson	Jocelyn & Peter Knoll	Melissa Regalado-Smith	Taylor & Kelly Wilson
Connie Hammond	Jordan Schmitt	Michael Peterson	The Dorsey & Whitney Foundation
Danaka Walz	Josie Alder	Michelle Martinson	Todd & Tesha Telin
Danya Brown	Jutta Schmidt	Michelle Varty	Tom Mickelson
David & Paula Hogue	Kasey Smestad	Mindy Raulston	Tracy Evanson
Deanne Johnson	Kate Zimmerman	Misty Mohl	Tricia Nechodom
Deb & Brian Boppre	Kathy Hedstrand	Natalie Quam	
Debra Zechman	Kathy Johansen	Noel Madsen	In memory of Ron Demers
Denise Panucci	Katie Johnson	Pamela Vandal	Deb & Brian Boppre
Desiree Steinberger-Blevins	Kelly Hackett	Patty Getzlaff	
Dianne Plesuk	Kelsey Artz	Pringle & Herigstad, P.C.	In memory of Sherry Leslie
Dorsey & Whitney LLP	Keri Larson	Regan Slind	Carol & Don Mohagen
Ann Hoff, MD	Keshia Gathman	Renae Grimes	
Marissa Jennings, MD	Kim Kraft	Robert Chandler	TRINITY HOMES
Roggie Reason, MD	Kim Perry	Rochelle Hickel	In memory of Judy Lary
Elaine Sweet	Kortni Becker	Rochelle Hudson	Joann Tanberg
Emily Jensen	Kris Weber	Roxanne Mosser	
Erin Gottschalk	Kristen Johnston	Sandy Holzer	VERHEY CRITICAL CARE
Erin Morin	Kristy & Daniel Leier	Sarah Rosales	ENDOWMENT
Heather Goff	Leila Wilson	Seth Thompson	In memory of Deborah Taylor
Hint of Whimsy Photography	Lindsay Hoes	Shannon Brown	Jeffrey Verhey, MD & Janelle Verhey
J.E. Dunn Construction Company	Lindsay Knaup	Shawn Smith	
Janell Roy	Lisa Andrysiak	Shelley & Wayne Semrau	In memory of Patrick Ryan
Jeannine Schrum	Lisa Brandt	Shelly & Randy Swearson	Jeffrey Verhey, MD & Janelle Verhey
Jeffyvonne Brown	Mandi Henderson	Sierra Harris	
Jennifer Hartlieb	Margaret Crawford	Stacie & Jon Traeger	WESTERN DAKOTA COMMUNITY CLINIC
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Hard Hat Insider

Healthcare Campus and Medical District Update

Focus on the Family

Families are not important things; they are everything.

That’s why the third floor of the new Trinity Hospital will be devoted solely to Women and Children’s services. It is where patients and visitors will find departments dedicated to the earliest beginnings of healthy family dynamics: The Family Birth Center, which includes Labor & Delivery and Postpartum units; the Neonatal Intensive Care Unit (NICU) and Pediatrics.

Family Birth Center

Nurse Manager of the Family Birth Center, Danya Brown, acknowledges that more, and larger rooms will be welcome, but the biggest change for her staff and patients will be that the two operating rooms are located on the same floor allowing C-Section deliveries and mom/baby recovery to occur in one place.

“Currently after a C-section, the baby and support person go to the postpartum unit, and mom goes to our post anesthesia care unit (PACU), which are in different locations,” Brown said. “In our new space, surgery and recovery are all within the Family Birth Center so mom and baby can stay together, which contributes to healthy mom-baby bonding.”

Hospital rooms are laid out in a horseshoe, with two nurses’ stations located on each end. There will be 12 labor rooms, doubling current availability, with two additional rooms designated for triage, where staff can monitor labor symptoms and care for any urgent pregnancy concerns. Additionally, the Labor & Delivery Unit has dedicated space for three antepartum rooms should a soon-to-be mom require specialized in-hospital care prior to being ready to deliver.

After delivery, the Postpartum unit provides respite for moms in one of 16 available private rooms with private baths. “We average 125 deliveries every month, so the new space will be put to good use,” Brown says.

NICU

Trinity’s NICU is located next to the Family Birth Center and is designed to support the family while providing care for the infant’s physical and developmental needs. The new layout enables families to be continuously involved and supported as an essential partner in their baby’s care.

There are 11 single rooms, plus three rooms assigned for twins, one room for triplets, and a room specifically designed for families to prepare for the transition home. Each room contains dedicated neonatal care equipment, and a space for families to relax, rest and bond with their baby. A family lounge also is available with a kitchenette and seating areas, if families wish to step away from their baby’s bedside.

Pregnancies of multiples carry an increased risk of delivering prematurely and it is not uncommon to be admitted to the NICU. “Historically, we did have two sets of triplets and three sets of twins in the hospital at the same time. It was a little crazy - all were premature and required a lot of care. It was a ‘holy cow’ kind of moment,” said Nicole Kummer, nurse manager of NICU and Pediatrics.

In addition to the extra room and workspace, Kummer is most excited about the safety and uniformity new equipment will provide the NICU. Due in part through funding from the Trinity Health Foundation, Kummer added six Giraffe Omnibeds that provide a controlled environment of light, sound, temperature and humidity for its occupants. “In the NICU, the tiniest babies are kept safe by decreasing stress and stimulation, which significantly impacts their overall health,” she said.

The NICU will have two new nurses’ stations with central monitoring, so the care team can monitor every baby. To aid in providing safe infant feedings, there is a dedicated milk prep room and two additional Lactation Rooms. The NICU has additional conveniences available such as procedure, supply and equipment storage rooms, a staff conference room and break room. However, convenience is not the primary driver of what the third floor will offer: there will be space, privacy and standardized efficiencies – all of which lead to more comfort and better patient care.

PEDIATRICS

The Pediatrics department will have 10 private rooms with a child-friendly design. Children and their families will have access to a large play therapy room, which Kummer says “is a crucial part of health and wellness for kids.” The unit will also have a large visitor lounge as well as all the amenities to provide safe, high quality patient care.

“For many families, their stay in Women’s and Children’s Services is their first experience with hospitalization and may often be their ‘first impression’ of Trinity Health. The Family Birth Center at the new hospital campus will offer families the optimum environment for care and bonding as a family throughout their stay, as they excitedly welcome another member into their family,” said Director of Women’s and Children’s Services, Kathy L. Schaefer.

According to Schaefer, the Neonatal Intensive Care Unit will offer infants needing intensive care a quiet, healing environment that also gives their families the privacy and attention needed. The Pediatric Unit will comfortably afford parents the ability to stay with their child during hospitalization in a child-focused environment.

“Women’s and Children’s Services care team members deliver family-centered care and will continue this important tradition at the new campus in spaces that optimally accommodate the families we serve,” she added.

O’Riley Presents at Conference in Rome

Christine O’Riley, PsyD, at Trinity Health Riverside, travelled to Rome in May to present at the Annual Conference of the Canon Law Society of Great Britain and Ireland. Her presentation titled, “Trauma, Stress and Consensual Capacity,” was based on her research and work as a Canon Lawyer for the Catholic Church. She has a master’s from Katholieke Universiteit (KU) Leuven, Belgium, and is a Licentiate in Canon Law (JCL) through the Vatican (Pontifical degree).



Christine O’Riley, PsyD

O’Riley, a retired Army Medical Service Corps officer, spent most of her career in healthcare facilities in Germany. She was Chief Clinical psychologist at Hanau Army Mental Health Clinic, and a clinical neuropsychologist at Landstuhl Regional Medical Center, where she evaluated and treated military personnel returning from combat zones.

As the Global War on Terrorism wound down, O’Riley felt she needed a break from the tragedy of war. Returning to university studies, she decided, would offer a different type of intellectual stimulation. “I love studying Theology and wished to study at a European university so I decided to attend KU in Leuven, Belgium with the idea of studying Theological Ethics,” she said.

While at KU Leuven, she was recruited to pursue her master’s in Law, Religion and Society, a three-year program that is a prerequisite for Canon Law, which included canonical studies, a comprehensive oral exam before a jury of faculty members, and a thesis to demonstrate her professional ability in the field.

“The program was really challenging,” she said. “First, I had to obtain a bachelor’s degree in Theology, then I had to learn Latin to read the decisions (in Canon Law).”

Her presentation to colleagues in May originated from her work as a psychologist working in mental health and as a canon lawyer working cases involving marital annulments. The Church has a formal process for Catholic annulment to determine, on a case by case basis, whether an individual marriage originally met the criteria of a valid marriage. The presumption is always that a marriage is valid, so it is up to those seeking annulment to prove otherwise.

“Annulments in the Church always go back to the time of consent,” O’Riley explained. “If you can demonstrate a problem existed prior to marital consent, then a Church Tribunal may grant an annulment. In previous times, experts in the church assessed the validity of claims, but these were generally handwriting experts (property and contracts) or medical experts, not mental health experts as a rule.”

Most Church law derives from Roman law, sacred scriptures, and Catholic tradition reaching a consolidation of sorts in the 12th century. Currently, the 1983 Code of Canon Law, expands the use of expert opinion to argue specific situations as needed. There appears to be a commonly held assumption that a “formal” mental health diagnosis is necessary to qualify a mental illness in annulment proceedings.

“But that’s not always the case,” O’Riley cautioned. “Diagnostics change and sometimes people are traumatized over a period of time, so we have to look more closely at individual circumstances or specific situations rather than search for a “formal” diagnosis. My goal at the conference was to discuss how complicated diagnostics are and suggest that a formal diagnosis is not necessarily a prerequisite for suffering a stressful or traumatic event that may have influenced the decision to marry. Thankfully, my fellow canonists share an interest in viewing canon law from different perspectives.”

O’Riley works at Trinity Health Riverside where she provides evaluation and treatment to adult patients due to trauma or illness.

Sunflower Award

The Sunflower Award is given for compassionate care and extraordinary service provided every day to patients at Trinity Health.



February 2022
Starlet Kaisler, CNA
4th Floor Surgical
Trinity Hospital



March 2022
Stephanie Bortner, CNA
Same Day Surgery
Trinity Hospital



April 2022
Jordan Danks, CNA
ICU
Trinity Hospital



May 2022
Alana Galindo, CNA
Progressive Care Unit
Trinity Hospital

Patients, families and staff can complete an electronic nomination form at www.trinityhealth.org. Under the Patients & Visitors page, click on Employee Service Awards.



Cookout with the Crew

August 9, 2022, 4-7 p.m.
Town & Country Center
Parking Lot, Minot

Meet the air and ground ambulance crews and enjoy a free brat or hotdog, chips, water and cookie! Plus, help us celebrate the 30th anniversary of our air ambulance service!



National Night Out
Tuesday, August 2, 5:30-8 p.m.
Roosevelt Park

Trinity Health is teaming up with the Minot Police Department and area businesses and organizations to promote public safety and recognize those who keep our community safe.

Join us at National Night Out to learn more about Trinity Health First Response Air and Ground ambulances, view special equipment displays by law enforcement, and MAFB K9 demonstrations.

- There will be:
- Free food and games
 - Educational booths
 - Prizes
 - Inflatables

SPECIAL THANKS TO OUR SPONSORS:
Trinity Health, SRT, Acme Tools, Souris Valley Fraternal Order of Police, Burdick Job Corps, Minotauros Hockey, Minot Police Department, Credit Union United Chapter

Innovation continued from page 3

uncaring parents who did not instill the correct values in us. As a child, I thought ‘my parents are older and wiser. They know better and have my best interest in their hearts, everything they say is for my own good. Therefore, I must do what they say.’”



Maria Li, MD, and Carrie Montoya reunite to share postsurgery stories of milestones in healing.

Another influence on Li’s work ethic was the organizational culture of the Montreal Neurological Institute, where she trained. “When I was coming through, I was at the tail end of that generation of neurosurgeons and professors who lived and breathed and slept in the Montreal Neurological Institute. These pioneering academicians didn’t have a home life, they slept there and died there. They didn’t have an outside life, they married the secretaries and the nurses who worked there. They were doing research, understanding and mapping the brain. It was an exciting time.”

Consequently, Li spent four years in the basic science research lab where her world revolved around rats, mice and cells. “This was the environment I grew up in and became used to, so from time to time, it’s been a difficult adaptation for me to transition to a community environment,” she said. Her first neurological job as an attending neurosurgeon was in 1999, where she attempted to marry the “ivory tower experience” with real-world US healthcare.

Years later, while on faculty at the University of Montreal, Li worked as a travelling neurosurgeon for eight years, which first brought her to Trinity Hospital in 2015 to work as locum tenens (temporary physician). “I was looking for an environment that would allow me to be up to date, perform excellent surgery and participate in a professional environment where others are curious and excellent in their work. I wanted to serve the community.” Li said.

At other institutions in the past, Li said her colleagues had no interest in innovative procedures and didn’t support her efforts to bring new ideas and technology to her practice. She felt that attitude was a disservice to patients and would not allow her to provide care to the best of her abilities, so she eventually left. “I wanted to do more, but they didn’t want me or anybody to do more. I am a healthcare provider and my calling is to be available and caring, to provide the best evidence based, patient-oriented, precise, safe care. That is my driving force,” she said.

Li’s journey to neurosurgery began after reading the book, “No Man Alone: A Neurosurgeon’s Life,” by Wilder Penfield. She was inspired by the fact that Penfield described himself as a weak young man whose mother’s dream for him powered his ambition to greatness.

“When I read about his journey, I thought about how actions and where you end up in life are determined by your own thoughts; what captivates your heart, mind, and soul. If you don’t have the desire to help other people, you’re not going to find happiness, because happiness is found in serving others. It’s all about being obedient, having the willingness to put your comfort and desires aside, enjoying the process of delayed gratification, and enjoying every day, even if you feel like you are not getting what you want every moment.”

When Li joined Trinity Health in 2021 as a full-time neurosurgeon, she appreciated that the hospital’s surgical environment included a team of professionals committed to excellence. In the office, she feels blessed to be accompanied by a supportive associate, Charles Wood, MD, and assigned talented and hardworking staff, nurses, and nurse practitioner.

“I had a very long, painful journey transitioning out of academics into community practice and finally found a home at Trinity where the leadership is so amazing that they understand my desire to help. When I try to improve service, I am not criticizing, which is how my efforts have been interpreted in the past. My colleagues, supervisors and administrators have made it possible for me to do more for the patients.

“I also have to thank the patients for the privilege of accepting me as a neurosurgeon and Dr. Tin-Maung, Chief of Anesthesia, for allowing me the opportunity to perform an awake surgery for brain tumor removal (craniotomy). Now, other patients also have that same opportunity,” she said. “That’s how I’ve been able to connect those two worlds: through phenomenal patients and phenomenal individuals who are inspired and hardworking. When you have leadership that is the model of what you’re looking for, then anything is possible.”

Editor’s note: In May 2021, Dr. Li performed an awake craniotomy to remove a tumor on Carrie Montoya’s brain, the result of stage four lung cancer. The decision to remain awake was due to the location and size of Montoya’s tumor. “Once I met Dr. Li, I knew things would be alright,” Montoya said. “It’s because of her that I am alive.”

To read Montoya’s story in the November 2021 Health Talk, visit: [HealthTalk Archives - Trinity Health](#)

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

Antioxidants: Bodyguards Inside Your Body

Antioxidants are man-made or natural substances that may prevent or delay some types of cell damage. According to the USDA, antioxidants remove free radicals from the body which can run rampant and damage cells, causing serious illness. Examples of antioxidants include vitamins C and E, selenium, and carotenoids, such as beta-carotene, lycopene, lutein, and zeaxanthin. The US Dietary Guidelines encourages Americans to eat more fruits and vegetables. Research has shown that people who eat more vegetables and fruits have lower risks of several diseases; however, it is not clear whether these results are related to the number of antioxidants in vegetables and fruits or other components in these foods, other factors in people’s diets, or other lifestyle choices.

High-dose supplements of antioxidants may be linked to health risks in some cases. Supplementing with high doses of beta-carotene may increase the risk of lung cancer in smokers. Supplementing with high doses of vitamin E may increase risks of prostate cancer and one type of stroke. Antioxidant supplements may interact with some medicines. Tell all your healthcare providers about any herbal or natural supplements you use.

Top 20 Foods High In Antioxidants
The USDA tested over 100 foods from all categories and developed an authoritative list of the top 20:

- | | |
|---------------------------|-------------------------|
| 1. small red beans | 13. Granny Smith apples |
| 2. wild blueberries | 14. pecans |
| 3. red kidney beans | 15. sweet cherries |
| 4. pinto beans | 16. black plums |
| 5. cultivated blueberries | 17. russet potatoes |
| 6. cranberries | 18. black beans |
| 7. artichokes | 19. plums |
| 8. blackberries | 20. gala apples |
| 9. prunes | 21. dark leafy greens |
| 10. raspberries | |
| 11. strawberries | |
| 12. red delicious apples | |

Christopher T. Reilly: [http://suite101.com/article/top-20-foods-high-in-antiox dants-a60889](http://suite101.com/article/top-20-foods-high-in-antiox-dants-a60889)

Don't like any foods on the list? Not to worry. The American Dietetic Association has jumped on the band wagon with their comprehensive guide to foods highest in antioxidants arranged by food groups:

Fruits: Many fruits are high in antioxidants, packed with vitamins, and beneficial in a myriad of ways. These include cranberries, red grapes, peaches, raspberries, strawberries, red currants, figs, cherries,

pears, guava, oranges, apricots, mango, red grapes, cantaloupe, watermelon, papaya, and tomatoes.

Dried Fruits: With the water removed, the antioxidant ratio is higher in dried fruits than in fresh. They can easily be carried with you in your purse, briefcase or car and they make a quick healthy snack. Consider taking along dried pears, plums, apples, peaches, figs, dates and raisins. However, be careful of sugar content; avoid dried fruits that have processed sugars added to make them sweeter.

Vegetables: Broccoli, spinach, carrots and potatoes are all high in antioxidants, and so are artichokes, cabbage, asparagus, avocados, beetroot, radish, lettuce, sweet potatoes, squash, pumpkin, collard greens and kale.

Spices and Herbs: Using lots of spices in cooking is good. Many are loaded with antioxidants, like cinnamon, oregano, turmeric, cumin, parsley, basil, curry powder, mustard seed, ginger, pepper, chili powder, paprika, garlic, coriander, onion and cardamom. Herbs include sage, thyme, marjoram, tarragon, peppermint, oregano, savory, basil and dill weed. All contribute complexity and flavor to your meals, but also are high in antioxidants.

Remember to eat a variety of fruits and vegetables in a myriad of colors. Don't just focus on the top 2 or 3 choices. Foods with darker, richer colors like orange, yellow, blue, and red tend to be higher in antioxidants, and with all these choices, you'll never become bored or run out of delicious, nutritious options. Variety is the spice of life.

Cereals and Nuts: Your morning corn flakes, oatmeal and granola bars pack a healthy punch, as do walnuts, hazelnuts, pistachio nuts, almonds, cashews, macadamia nuts and even that peanut butter sandwich.

Beverages: Contrary to popular belief, most of our antioxidants come from beverages. Apple juice, cider, tomato juice, pomegranate juice and pink grapefruit juice seem obvious, and green tea has become very popular as a source, but black tea and plain tea have high levels also. Here's good news for those who love that cup of joe in the morning: coffee is high but should be consumed in moderation. Note that adding milk to coffee or tea blocks antioxidants.

Speaking of moderation, red wine and especially beer (since it comes from grains) provide a big dose, and the health effects of moderate alcohol consumption have been well documented.

The recipes below pluck ingredients from many of the lists above and pack a healthy number of antioxidants in one simple meal. Enjoy!

Easy Three-Bean Chili

- Ingredients:
- 2 tsps. olive oil
 - 1 onion, chopped
 - 1 red bell pepper, chopped
 - 1 yellow bell pepper, chopped
 - 2 tsps. cumin
 - 2 tsps. chili powder
 - 1 (15-oz.) can kidney beans, drained
 - 1 (15-oz.) can garbanzo beans, drained
 - 1 (15-oz.) can black beans, drained
 - 1 1/2 cups frozen yellow corn, defrosted
 - 2 (15-oz.) cans diced tomatoes (with liquid)
 - to taste salt
 - to taste freshly ground black pepper

Directions:
Heat olive oil in a large saucepan pan over medium heat. Add onion, bell peppers, cumin with chili powder. (optional) Stirring occasionally, cook until vegetables are tender. Add kidney beans, garbanzo beans, black beans, corn and diced tomatoes. Add salt and pepper to taste. Reduce to medium-low heat and allow to simmer for 45 minutes. Serve warm.

<https://nutritiouslife.com/recipes/3-bean-chili-3/>

Antioxidant-Rich Roasted Veggies

- Ingredients:
- 1 beetroot
 - 5 small carrots
 - 1 small sweet potato
 - 1-2 tbsp extra virgin olive oil
 - 1 tbsp dried mixed herbs

Directions:
Preheat oven to 200 degrees. Wash all veggies and leaving the skin on, chop the beetroot and sweet potato into small chunks and split the carrots down the middle (or chop into small chunks, whatever you prefer). Place on a baking tray and drizzle with olive oil and sprinkle the mixed herbs over. Place into the oven and cook for approximately 20-25 minutes, turning veggies occasionally whilst cooking. Veggies can be enjoyed hot or cold.

www.amysavagenutrition.com

C O M M U N I T Y

CALENDAR

For the latest updates, check online at trinityhealth.org

Prepared Childbirth Classes
August 13, September 10 and October 8

Breastfeeding Basics
August 25, September 8 and October 13

Basics of Baby Care
August 8, September 12 and October 3

These classes are offered free-of-charge as part of Trinity Health’s community benefit mission. If you have questions, please call 701-857-2352. Sign up for classes at: trinityhealth.org/familybirth_registration.

Events

August 2 — Free car seat checks will be held from 1 to 5 p.m. at Minot Fire Station 1. Appointments required; call 701-857-7300 or by Facebook message Safe Kids Minot.

August 2 — National Night Out, a free community wide event, will be held from 5:30 to 8 p.m. in Roosevelt Park. Stop by for lots of free fun, food, inflatables and prizes. Trinity Health will provide education on summer safety, STOP THE BLEED® and hands-only CPR. Meet the First Response Air and Ground crews and check out the helicopter and ambulance. Trinity Health is a proud sponsor of this event.

August 15 — Golf for Life men’s golf tournament will be held at the Souris Valley Golf Course. This Trinity Health Foundation fundraiser benefits the capital campaign for the new medical campus and healthcare district. To register a team, contact Cody at 701-857-2430.

August 18 — Free car seat checks will be held from 11:30 a.m. to 2 p.m. at Minot Fire Station 1. Appointments required; call

701-857-7300 or by Facebook message Safe Kids Minot.

August 25 — Senior Safari will be held from 10 a.m. to 2 p.m., in Roosevelt Park Zoo. Sponsored by Trinity Health, the day provides seniors with free zoo admission, educational information from several Trinity Health departments and a discounted lunch from Minot Commission on Aging. To reserve your meal, contact MCOA at 701-852-0561.

Safe Sitter® Classes

To register, call Trinity Health Community Education at **701-857-5099**. Youth must be 11 years of age or older to participate.

One day classes are available on August 3 and 4, and are held from 8:30 a.m. to 2:30 p.m. in the Education Center at Trinity Health Riverside, 1900 8th Avenue SE. Class fee \$60.