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Memory Loss, Dementia and Alzheimer's. What's Normal?

Consider this:

The average American spends 10 minutes a day looking for missing keys, your phone, favorite sunglasses, the tv remote or other misplaced items. Ten minutes x 365 days is approximately 2.5 days per year one spends looking for lost items. If you consider yourself an average American, this information may comfort you, confirming that you're in good company.

Many older adults worry about their memory and other thinking abilities. For example, they might be concerned about taking longer than before to learn new things (iPhone, anyone?), or they may forget an appointment or name of someone they know. These changes are generally indicators of mild forgetfulness, often a normal part of aging, not serious memory problems. However, the reasons for your cognitive slump might not be the ones you worry about. Dementia-like symptoms that are not dementia can also be traced to other factors such as lack of sleep, excess use of alcohol, medicine side effects, lack of exercise, fatigue or stress and may be reversible.



Ashley Sarasan, MD

"Slow cognitive decline is expected as we get older," says Ashley Sarasan, MD, gerontologist at Trinity Homes. "This is different than dementia, or what we now call cognitive impairment. However, the longer we live, the higher the chances are that we will have cognitive impairment," she added.

Dementia is an overall term for a particular group of symptoms. The characteristic symptoms of dementia are difficulties with memory, language, problem-solving and other thinking skills. Dementia has several causes which reflect specific changes in the brain. Sarasan is quick to point out that difficulties with memory in dementia patients look very different than mild neurocognitive disorders.

"A doctor will want to investigate how your memory loss may be affecting activities of daily living, such as driving, cooking, basic hygiene or managing finances. If these activities are compromised, then he or she would screen for dementia," she said.

Cognitive changes for dementia patients include:

- Disorientation: a person becoming lost in a familiar place, expressing confusion about the date or time of day, or having difficulty with directions.
- Memory loss: failure to recognize people and faces, which in later stages may include family or loved ones. Dementia patients can also experience decreases in short term memory, such as asking the same question repeatedly or forgetting recent events.
- Problems communicating: loss of social skills and lack of interest in socializing or being unable to follow a conversation.
- Difficulty with complex tasks: decreased concentration, difficulty planning or organizing events, following recipes, travelling to new locations.
- Problems with coordination: sometimes manifested as trembling, shaking or difficulty walking.

Psychological changes for dementia patients may include:

- Mood changes: mood swings, increased anxiety and agitation.
- Hallucinations of paranoia: in later stages, sufferers may believe close friends or family are dangerous or "out to get them."
- Decreased reasoning skills: neglecting safety, personal hygiene, exercise or nutrition. Giving away large sums of money or making careless purchases.

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Calisthenics for Your Brain

Just as physical exercise can keep your body stronger, mental exercise can make your brain work better and lower your risk of mental decline. Try to find exercises that you enjoy; the more pleasurable an activity is to you, the more powerful its effect will be on your brain.

Daily physical activity: for healthy adults, the Department of Health and Human Services recommends 150 minutes a week of moderate activity, such as a brisk walk. If you are not able to walk for 30 minutes, break your routine into 10-minute walks throughout the day.

Think Mediterranean: no, this does refer to sandy beaches by the sea, but rather to your diet. "The Mediterranean diet is rich in fruits and vegetables, whole grains, seafood, nuts and legumes, and olive oil," says Ashley Sarasan, MD, gerontologist at Trinity Homes. Choose low-fat protein sources, such as fish, beans and skinless poultry. What you drink counts, too. Too much alcohol can lead to confusion and memory loss. So can drug use.

Learn new things: take a course in an unfamiliar subject, read a book that challenges you, learn a language, try a new recipe, attempt to be ambidextrous. "If you continually play Sudoku, and your brain is becoming used to it, then find something that will cause your brain to work harder," says Sarasan.

Hard Hat Insider

Healthcare Campus and Medical District Update



From Dock to Doc: Supply Chain Sees Gains at New Campus

It takes a ton of materials to run a healthcare system. Making sure that those supplies, equipment and other goods are procured and delivered at the right time is the role of Supply Chain Management.

Trinity Health’s Supply Chain team appears to have as much longevity and experience as they have storage units. “Our mission is to deliver the highest value in supplies and equipment to support patient care,” said Carol Walth, who brings 36 years of experience to the Supply Chain mission, 17 years as director.

With Trinity Health poised to open its new healthcare campus next spring, Walth says her team sees an opportunity to achieve new heights of efficiency and effectiveness.

“A major change is that our warehouse will be on site; that’s going to be huge,” she said. “Par levels and deliveries will be able to occur in a more timely manner. There won’t be as many STAT calls or delays. Now, if a department needs something from the warehouse it might take 15 to 20 minutes to get it there. At the new campus, we’ll be right on site.”

Supply Chain Management will be located on the first floor-rear of the new hospital, perfectly positioned next to Central Processing, where medical/surgical instruments are cleaned, processed, stored and dispensed for patient care. “It’ll be a one-stop shop for the instrumentation,” Walth added.

Another advantage will be better vendor access. “We’ll have better communication between our buyers here in the department and hospital staff,” she said. “They’ll be able to come and look at whatever we’re ordering instead of us trying to describe something over the phone.”

A major improvement at the new campus will be multiple docks for unloading trucks. “Currently we have just a single dock; the new hospital will have four,” Walth noted. “Two will be recessed so a semi-truck can back up to the bay and be even with the dock. Another will be raised to accommodate box trucks, and a fourth will be ground level to allow miscellaneous trucks, such as the type Nutrition Services uses, to pull in and offload from the side.”

Multiple docks will help to eliminate wait time since more than one vendor can be accommodated at the same time. And trucks won’t have to show up as early in the day. In addition to the four main docks, garbage and waste will be dispatched via a separate dock.

Trinity’s Supply Chain team looks forward to enhancing its role regarding wastage reduction, maintaining inventory and preventing medical supplies from expiring in storage. The plan is to adopt a new system for maintaining PAR levels. PAR, which stands for periodic automatic replacement, is an inventory control system that tells a department what levels of inventory it should have in stock in order to fulfil demand. This is especially important in healthcare.

“We’re changing the PAR level,” Walth explained. “It’ll still be a PAR level, but we’ve gone to what they call a Kanban or a two-bin system. Instead of having to count everything daily, the PAR level of each item will be split into two bins. If the front bin is empty, staff will place it on the top shelf in their PAR room. We will pull the bin, replenish it, and move the back one to the front. It should save time and should also facilitate the rotation of supplies.”

And when medical professionals have all the supplies they require, they provide better, more efficient patient care.



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Memory continued from page 1

- Socially inappropriate behavior: making rude or explicit sexual comments publicly or to strangers.

Alzheimer’s disease is one cause of dementia. The brain changes of Alzheimer’s disease include the accumulation of abnormal proteins, as well as the degeneration of nerve cells. The brain changes of Alzheimer’s disease are the most common contributor to dementia.

“Eighty to ninety percent of major neurocognitive disorders are due to Alzheimer’s dementia, where plaque has been accumulating in the brain over many years,” said Sarasan. “There is not a definitive diagnostic test for Alzheimer’s dementia – treatments for all types of dementia are similar, with marginal efficacy. Diagnosing Alzheimer’s requires reviewing a patient’s clinical history, conducting an examination, imaging and blood work to rule out reversible causes.”

The U.S. Food and Drug Administration (FDA) has approved six drugs for the treatment of Alzheimer’s disease. Five of these drugs temporarily treat Alzheimer’s symptoms but do not change the underlying brain changes of Alzheimer’s or alter the course of the disease. The sixth drug, new to the market, seeks to lower plaque in the brain, and showed marginal improvement in clinical trials.

There are also non-drug treatments for Alzheimer’s disease, which are often used with the goals of maintaining or improving cognitive function, overall quality of life, and the ability to perform activities of daily living. Non-drug treatments include cognitive stimulation, music-based therapies and psychological treatment (for example, cognitive behavioral therapy). Non-drug interventions are the primary tools used to address agitation or aggression and are typically more effective than pharmacologic interventions and pose minimal risk or harm.

The differences between normal age-related cognitive changes (changes in memory, language and thinking) and the cognitive changes of Alzheimer’s disease can be subtle. Sarasan says people experiencing cognitive changes should seek medical help to determine if the changes are normal for one’s age, are reversible (for example, caused by a new medication or vitamin deficiency), or may be a symptom of Alzheimer’s or another dementia.

“If you are experiencing forgetfulness of any sort, bring it up with your provider. Early awareness allows for better planning and better quality of life,” she said.

To make an appointment with your primary care provider, call 857-DR4U.

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Walk-In Clinic Welcomes New Physician

Trinity Health is pleased to announce that Christine Cabrera, MD, has joined our provider team at FirstCare Walk-In Clinic. Dr. Cabrera is board certified in Family Medicine, with extensive experience serving the healthcare needs of patients for the full range of non-emergency illnesses and injuries.



Christine Cabrera, MD

Originally from Fergus Falls, Minn., Dr. Cabrera earned both her undergraduate degree in nutrition and her medical doctorate from the University of Minnesota. She completed her Family Medicine residency at the University of California, San Diego, and practiced for close to two decades in outpatient and clinic settings, primarily in Minnesota.

Dr. Cabrera is an avid reader and enjoys running and fitness activities. “My undergraduate degree was in nutrition, so keeping yourself healthy and fit to do the activities you want to do is something I love to discuss with patients,” she said.

She is also a mom to two active boys and says she looks forward to experiencing all that Minot has to offer.



Walt Wise as Elton John entertains the crowd at the Elton John/Billy Joel Tribute in September.

Thank You!

The Trinity Health Auxiliary Hearts Club wishes to thank corporate sponsors Mowbray & Son, Inc., M&S Sheet Metal, Inc. and Sertoma Club of Minot for their contributions to the Elton John and Billy Joel Tribute, held September 16 and 17.

Special thanks also go to table sponsors and individual ticket holders for your participation in this entertaining event.

All proceeds will be directed to the new Trinity Health regional healthcare campus and medical district.



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Vitamins and Minerals: What to Know

Vitamins and minerals are essential substances that our bodies need to develop and function normally and stay healthy. Knowing when you need a supplement, which kind of vitamins and minerals are best, and how much your body needs can be confusing.

Where do you start?

Food vs. Supplements

Experts agree – supplemental vitamins can't replace a nutritious diet.

According to Mayo Clinic, whole foods – such as fruits, vegetables, grains and dairy products – have benefits you can't find in a supplement, including greater nutrition, essential fiber and phytochemicals. Not to mention, these foods are easier on the wallet. “Vitamins and minerals obtained through food sources are likely cheaper and easier to absorb than those found in supplements,” said Kayla Cole, RDN, LRD, a dietitian at Trinity Health.

Examples of vitamin-rich foods include carrots, beans, peas, spinach, sweet potatoes, apricots, lean meats, poultry, fish, peanuts and peanut butter, whole grains, bananas, berries, citrus fruits, eggs and other dairy products.



Kayla Cole, RDN, LRD



Diabetes Journey: The Value of Education & Support

Over the past 50 years, medical advances have led to a more sophisticated understanding of the causes of Type 2 diabetes and to an abundance of new tools for managing it. But better treatments alone are not the total answer to successful diabetes management.

According to the Centers for Disease Control and Prevention, 37 million people of all ages in the United States have diabetes, or 11.3% of the population. In the last 20 years, the number of adults diagnosed with diabetes has more than doubled as the American population has aged and become more overweight or obese. Among those 65 years or older, the percentage of adults with diabetes increased to 29.2%.

Each patient with Type 2 diabetes faces a cascade of risks, including painful nerve damage, vision loss, kidney disease and heart disease, as well as foot and toe amputations.

Trinity Health’s Center for Diabetes and Nutrition Education, located in Town & Country Center, has been a partner in diabetes management for over a decade.

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Emergency Planning Saves Lives of Athletes

The 2013 Boston Marathon bombing may have generated more emergency action plans among sports teams than any event before or since. But 10 years later it’s fair to ask, are those plans up to date?

News headlines, whether about a mass casualty event or a single downed athlete, tend to galvanize people to action. But sports emergencies can happen at any time, which is why it’s important for schools and communities to keep their emergency plans top of mind and up to date.

“The biggest thing is to be prepared and have a plan for every game and every practice,” said Dawn Mattern, MD, FAMSSM, a board-certified Family Practice/Sports Medicine physician and medical director of Trinity Health Sports Medicine.

Trinity’s team of certified athletic trainers are equipped to respond to any contingency, whether injury management, mass casualty care, concussion management or emergency response. “Our role is to have action plans for every venue,” said Barb Nesheim, a 23-year veteran of Trinity’s Sports Medicine program. “We make an assessment at every site and ask, ‘What is the worst that can happen here?’”

With 16 certified athletic trainers, Trinity Sports Medicine professionals fan out among numerous teams in and around Minot and Bottineau. Even so, they can’t be present at every game and every practice, which is why it’s essential for coaches and teams to be prepared.

“It comes down to deciding who’s going to help the downed athlete, who is going to call for help, who’s going to open the gate and show the ambulance how to get to the gym,” Mattern explained. “Do we have the supplies that we need? Do we know how to access the AED (Automated External Defibrillator)? Those decisions have to be made for each specific site, and if you don’t think those things through, you won’t have a good outcome.”

Spectators can play a role. A bystander can be helpful directing an ambulance, for example. But spectators need to respect the working space of the athletic trainer who has the experience and know-how to handle on-the-field emergencies. “We don’t rise to the occasion; we do what we’ve been trained to do,” Nesheim said.

Athletic trainers have been a catalyst when it comes to encouraging entities to draft emergency preparedness plans for sporting events. “My hope is that they’ve been updated and not tucked away and forgotten,” Mattern said. Venues change over time due to construction activity, weather or ground conditions. For example, when Minot’s South Hill Softball Complex was under construction, Nesheim says she had to rethink what route an ambulance would need to take to get to a player on the field.

Meanwhile, Trinity Health is taking steps to improve its own readiness. The Sports Medicine team is engaged in efforts to expand the number of AEDs (automated external defibrillators) available to its certified athletic trainers in the hope of acquiring one for each trainer. “With any luck, none of them will get used,” Nesheim said.



Dawn Mattern, MD



Barb Nesheim, ATC

Vitamins continued from page 3

Choosing Supplements

While supplements do not offer all the benefits of whole foods, there are times when taking vitamins in the form of a pill, gummy or chewable may be appropriate. “Vitamins can fill in the gaps if you are unable to take in everything you need by food,” said Cole.

There are several factors to consider when deciding which vitamins to take including gender, age, deficiencies, quality, allergies and intolerances, disease or other conditions that affect nutrient intake. For example, if you’re pregnant or trying to become pregnant, nutrients like folic acid, iron and calcium are needed to protect your health and the health of your developing baby. Following menopause, additional calcium and vitamin D can help protect against osteoporosis and the risk of fractures.

If you don’t consume the recommended daily servings of fruit, vegetables and other healthy foods, you may benefit from a multivitamin that contains a variety of essential nutrients. “A multivitamin is considered a good starting place for most people who feel their diet is not complete,” said Cole. Multivitamins can also be beneficial if you are vegetarian or vegan, have food allergies or intolerances, or have a disease or condition that doesn’t allow you to digest or absorb nutrients properly.

Your primary care provider, a dietitian or a pharmacist can help determine your specific needs and the supplements best suited to meet them.

Safe Usage

In general, vitamins are safe, but they should be used wisely.

- 1) Look for “USP Verified” on the label. This label ensures the product meets strength, quality and purity standards set forth by the testing organization U.S. Pharmacopeia.
- 2) Avoid megadoses. Finding and maintaining the right balance of vitamins and minerals is important for good health. However, getting too much of some nutrients can be dangerous. “Avoid megadoses,” said Cole. “High-dose supplements can cause toxic levels of nutrients to build up in your body. Know the tolerable upper intake level of the supplement you are taking.”
- 3) Seek medical advice. Before taking any supplement, visit with your primary care provider, a pharmacist or dietitian, especially if you have any health problems or are taking medication. Many supplements have possible drug interactions and side effects.

Key Terms

In order to better understand vitamins and minerals, it helps to know a few key terms such as:

Recommended Dietary Allowance (RDA)

The amount of each vitamin and mineral needed daily to meet the needs of nearly all healthy people, as determined by the Food and Nutrition Board of the Institute of Medicine. RDAs for vitamins and minerals are based on your sex, age and physical condition, such as pregnancy.

Adequate Intake (AI)

An AI is a recommended intake level of certain nutrients based on estimates of how much healthy people need. It’s used when there isn’t enough data to establish an RDA.

Daily Value (DV)

This term, set by the Food and Drug Administration, is used on food and supplement labels. DVs are based on a 2,000-calorie-a-day diet, but your DVs may be higher or lower, depending on your calorie needs.

Percent Daily Value

What percentage of the DV one serving of a food or supplement supplies. For instance, if the label on a multivitamin bottle shows that 30% of the DV for a vitamin is provided, you’ll need 70% from other sources throughout the day to meet the recommended goal.

Tolerable Upper Intake Level (UL)

A UL is defined as the highest level of daily intake that is likely to pose no risk of adverse health effects. This amount includes how much of a nutrient you get from both food and supplements.

Source: Mayo Clinic

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 July 1–September 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.

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Fuel the Fight Hosts Successful Event for Gas Vouchers

Fuel the Fight is the premier fundraiser for Trinity Health Foundation’s gas voucher program. In 2017, Trinity Health Foundation began providing fuel vouchers to assist oncology patients with travel costs. Fuel vouchers help patients and their families who demonstrate financial need funds to travel to and from the Trinity Health CancerCare Center for treatment. Over 40% of Trinity CancerCare patients travel 50 miles or more each way for treatment.

The next year, the Fuel the Fight initiative began to help fund the growing number of vouchers provided to patients. Trinity Health Foundation partners with Dakota Square Arco and other businesses to “Fuel the Fight” against cancer. Proceeds from the event provide gas vouchers for CancerCare patients.

Fundraising for Fuel the Fight 2022 started in June with the launch of raffle tickets, which included 23 prizes donated from local businesses. This year’s prizes and winners are listed below.

Magic City Home and Leisure – UND Hockey Pub Table and Chairs – Kerry Hanson

Scheels – Gun Safe – Shannon Brown

Stereo Shop – 75-inch TV – Dr. Darrell Williams

Homesteaders Restaurant – Dinner for a Year – Vicki Fitzmaurice

Marco’s Pizza – Pizza for a year – Nermita Tack

Dakota Square Mall – Shopping Spree – Dakota Square Arco

Minot Country Club – Two Rounds of Golf for Four – Renae Gjellstad

Morelli’s – Red Bull Cooler – Erin Renner

Lor Spa – Four Rest & Relaxation Packages – Patty Getzlaff

Minot State University – Summer Theatre and Athletic Passes – Lori Hanson

Flower Central – Flowers for One Year – Rita Sommers

SOS – One Year Gym Membership – Kalli Schell

North Hill Grill and Chill DQ – Original Single Cheeseburger Combo and One Blizzard per week for a year – Kerry Hanson

Swenson RV – Big Mable Tube & Four Bass Pro Life Jackets – Elizabeth Bruner

Cash Wise – Pit Boss Smoker with Bag of Pellets and a \$100 Cash Wise Gift Certificate – Jim Grote

Superior Nutrition – One meal/week for One Year – Krystal Watne

Coca Cola – Vikings Tickets – Corallea Westling

Bountiful REI – Two Paintings – Krystal Watne

LBJ BBQ Catering – BBQ Party for 20 People – Naycee Harris

Up Your Axe – Party for Eight – Two Rounds – Sara Schilken

Too Dark Motor Sports – Remote Start – Randy Schwan

Verendrye Electric – \$200 Cash – Sheila Johnson

Trinity Health – Tour of New HealthCare Campus for Two – Al Hanson

Events

On June 12, the Nodak Speedway hosted Paint the Stands Pink. Proceeds from pink t-shirt sales and event fundraising efforts were designated for Fuel the Fight. Additionally, Homesteader’s Restaurant hosted a dine to donate on September 8 and raised \$1,000 for the cause. First International Bank employees participated in a jeans week fundraiser and raised \$1,000.



The Fifth Annual Fuel the Fight took place on Friday, September 9, at Dakota Square Arco in Minot. Fuel the Fight supporters stopped by Arco throughout the day to fuel gas tanks and the gas voucher fund. Anyone purchasing eight gallons or more of fuel was registered for a chance to win a year’s worth of free gas from Dakota Square Arco. The winner of this year’s gas for a year drawing was Kristen Fox. First International Bank and Trust sponsored this coveted prize.

Additional funds were raised through a silent auction, a percentage of that days’ sales donated from Dakota Square Arco, dunk tank, and a percentage of sales from the Hitchin Kitchen and Magic Bean food trucks. Although donations are yet to be finalized, this year’s event so far has raised over \$60,000.

If you would like to become a sponsor or more information about Fuel the Fight, contact Trinity Health Foundation at 701-857-2430 or visit: foundation@trinityhealth.org.



Year End Gifts Benefit Trinity Hospital and Provide 40% Tax Credit to Donor

As construction nears completion on the Trinity Health campus and medical district and we approach the end of 2022, Trinity Health Foundation encourages North Dakota residents to consider a year-end gift to the Healthcare Campus and Medical District Endowment. Not only are you helping create a legacy for future generations through your support to complete the new campus, but the benefit to donors in the form of tax credits is significant at 40%.

Here’s how it works: North Dakota residents can receive a state tax credit for a contribution of \$5,000 or more (lump sum or aggregate in one year) to a qualified North Dakota Endowment such as the Trinity Health Healthcare Campus and Medical District Endowment. In fact, all of Trinity Health Foundation’s endowments are qualified funds. The tax credit is 40% of the charitable deduction allowed by the IRS up to a maximum credit of \$10,000 per year per tax payer, or \$20,000 per year per couple filing jointly. Additionally, businesses (C corporations, S corporations, estates, limited liability companies, trusts and financial institutions) that pay ND income tax may take a 40% credit up to a total of \$10,000 for gifts to the qualified endowment fund of a qualified North Dakota charity. The tax credit may be carried forward for three additional tax years if it cannot all be used in one year.

Trinity Health includes a 100-year-old facility that serves patients in a 20-county service area. The current location was designed, constructed and enhanced over the last 100 years to accommodate the increasing number of patients, advanced technologies, medicines and updated equipment, without sacrifice to the high-level standard of care. However, our facility has become inefficient, so the time is right to replace it with a state-of-the art hospital designed to better meets the needs of our patients, staff and medical advancements in care and technology.

Help the Trinity Health Foundation reach our \$15 million capital campaign goal by contributing to complete the final touches of the project. Online donations can be made at <https://www.trinity-health.org/makehistory/>, or contact the Trinity Health Foundation at 701-857-2430 or cody.mcmanigal@trinityhealth.org for more information.

Your gift will be greatly appreciated and used for decades to come.

In Recognition continued from page 5

Stacie & Jon Traeger
Taletta Larson
Todd & Tesha Telin
Town & Country Credit Union
Tracy Evanson
Wade McDowell
Wendy Beeter
Winn Construction, Inc.

In memory of David Gunlikson
Geraldine Stewart

In memory of Doug Gietzen
Gene & Cathy Neal

In memory of Rae Lee
Jeff & Sandee Michalenko

In memory of Tom Widdel
LaVerne & Kandi Mikkelson

In memory of Yaletza Marron
Marivic Arciaga

TRINITY HOMES
In memory of Audrey Hensley
Darwin & Nancy Langseth
Mark & Dorothy Priess

In memory of Jennie Lang
Perrie & Pattie Benton

VERHEY CRITICAL CARE ENDOWMENT
Gae Avers

In memory of Doug Gietzen
Jeffrey Verhey, MD, & Janelle Verhey

In memory of Kathy Newman
Jeffrey Verhey, MD, & Janelle Verhey

In memory of Ken Swanson
Jeffrey Verhey, MD, & Janelle Verhey

In memory of Peggy Burckhard
Jeffrey Verhey, MD, & Janelle Verhey

In memory of Wallace Berning
Jeffrey Verhey, MD, & Janelle Verhey

WESTERN DAKOTA COMMUNITY CLINIC
Oasis Petroleum North
America, LLC
Whiting Oil & Gas Corp.

Doctor Joins Hospitalist Team

Trinity Health is pleased to welcome Sohaib Hussaini, MD, to our team of hospital physicians. Dr. Hussaini is committed to providing high-quality, compassionate care to patients. He is board certified in Family Medicine.



Sohaib Hussaini, MD

Dr. Hussaini received his medical degree from Windsor University School of Medicine in Saint Kitts and Nevis. Prior to obtaining his degree, he spent time managing a medical clinic devoted to helping New York residents overcome drug addiction. He subsequently completed his Family Medicine residency at the University of North Dakota School of Medicine and Health Sciences' Northwest Campus in Minot, where he served as the Chief Resident in his final year.

A Diplomate of the American Board of Family Medicine, Dr. Hussaini is a member of the American Academy of Family Physicians, North Dakota Academy of Family Physicians and American Medical Association. A New York City native, Dr. Hussaini's personal interests include basketball, boxing, cooking and travel.



New Guidance Means Smiles at Trinity Homes

After two and a half years of staff wearing masks and other face covering, residents at Trinity Homes are finally getting to see the faces of their caregivers.

The Centers for Medicare and Medicaid Services issued new guidelines for long term care facilities for managing the COVID-19 pandemic. The new rules provide a

welcome reprieve from some of the long-held mandates that nursing homes have adapted to regarding testing, masking and admissions.

Jessica Edgell, RN, director of nursing, says staff and residents alike have been excited to implement the new guidance. "The first thing we did was allow dining groups to return to the way they used to be. For a long while we had to deliver food trays to the residents' rooms; then they were allowed to dine in the same room, but everybody had to sit six feet apart, which meant no one wanted to use the dining rooms. Now, they can sit wherever and with whomever they choose. This past week, residents were back in the dining rooms, happy and visiting with each other and with staff."

Subsequent regulatory changes have included shedding mandatory eye protection. They also resumed large group resident activities. Following the announcement last week, the mask requirement continued for a few days, pending a round of precautionary testing. It was declared that on October 12 at midnight, staff could finally remove their masks.

"The residents were super happy," Edgell said. "Some had never seen their caregiver's face. All anyone could talk about was how nice it was to see everybody's full face."

Employees are still free to mask up if they wish, and they are required to do so if they've been in



Jessica Edgell, RN
Director of Nursing

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Diabetes continued from page 7

Accredited by the Association of Diabetes Care & Education Specialists, the Diabetes Center consists of a collaborative team of diabetes care and education specialists and dietitians who provide compassionate care, expert guidance and ongoing support to help patients meet their goals.

"Our job is to be a support system for patients for the long term. Through team-based care, we are advocates for good health throughout work and life challenges," said Andrea Anhorn, RN, BSN, CDCES.

"During one-on-one meetings, we sit with patients to review what their daily diabetes care looks like, discuss barriers and struggles, and identify ways in which we can help, based on their individualized needs."

In 2020, the Association of Diabetes Care & Education Specialists joined with six other healthcare organizations to co-publish a consensus report that outlined evidence for the increased use of diabetes self-management education and support (DSMES) in adults with Type 2 diabetes. The report recommended provider referrals at four critical times during diabetes disease management: at diagnosis; annually, or when not meeting targets; when complicating factors develop; when transitions and life and care occur.

The purpose of DSMES is to give people with diabetes the knowledge, skills and confidence to accept responsibility for their self-management. This includes collaborating with their healthcare team, making informed decisions, solving problems, developing personal goals and action plans, and coping with emotions and life stresses. However, despite considerable evidence that services are cost-effective and have a positive impact on diabetes-related outcomes, utilization of DSMES services is suboptimal. In the United States, less than 5% of Medicare beneficiaries with diabetes and 6.8% of privately insured people with diagnosed diabetes have used DSMES services.

Wayne Krefting has been a regular at the Diabetes Center for approximately three of his 30+ years of diabetes management. Referred by his provider, he sees Andrea Anhorn "about every four to six weeks" to help monitor medications and insulin levels. Krefting, 86, self-administers daily insulin shots to keep his blood sugar in check.

"One of the greatest things that's helped me is the Dexcom G6 sensor. It allows me to be able to see my reading all the time. It won't let me cheat. When I had to prick my fingers, I only did it when I knew my blood sugar reading would be low," Krefting admitted.

The Dexcom G6 Continuous Glucose Monitoring System (CGM) provides Krefting glucose readings every five minutes by sending data wirelessly to his iPhone. He is assisted with training and support by his diabetes care education specialist.

Krefting said that also consulting with dietitian Michelle Fundingsland, RDN, LRD, has influenced his decisions about food choices. He said he has learned how to make healthier eating choices and to control portions sizes on favorite foods, such as pasta.

"Our team assessments also look at many different areas where there may be non-scale victories," Fundingsland said. She says that lifestyle changes such as getting enough sleep, quitting smoking, drinking more water or counting steps all contribute to less stress and a better quality of life.

Diabetes care and education specialists collaborate with a person who has diabetes to create a plan of care that is personalized to an individual's lifestyle, culture, beliefs and environment. Sessions cover everything from how to use devices to interpret data to identify patterns and areas of concern. Together they work to find solutions to address the most pressing challenges.

Holly Burckhard, 23, has Type I diabetes, a diagnosis that was "devastating" when she found out at age 9. At that time, Anhorn was a nurse in the Pediatric Unit who fostered an interest in diabetes care and technology in children. The relationship between Burckhard and Anhorn began 14 years ago in the hospital and continues today at the Diabetes Center.

"Over the years, I've learned how to monitor my blood sugar and maintain pretty good control. Andrea's taught me how to count carbohydrates and provided a refresher on all the new food that I should be eating," said Burckhard.

Anhorn said the goal of the diabetes team is to ensure coordination between nutritional therapy, medication management, DSMES and overall health management. "We are available to educate about new medications, new technology, assist providers and facilitate lifestyle choices," she said. "Our goal is to support patients over their lifetime."

In addition to diabetes management, the Center for Diabetes and Nutrition Education also offers outpatient medical nutrition therapy for individuals who have other needs such as cardiovascular, food allergies, kidney disease, cancer, weight management, childhood and adult nutrition and more.

Other nutrition services offered include diabetes prevention program, community presentations, grocery shopping tours and cooking classes.

Talk to your provider to learn more about Trinity Health's Center for Diabetes and Nutrition Education, call 701-857-5268 or visit: www.trinityhealth.org/nutrition.



Andrea Anhorn,
RN, BSN, CDCES



Michelle Fundingsland,
RDN, LRD

Radiologic Technology Career

Trinity Health is looking for the next class of students to begin their radiologic technology career! If you have or are working toward any associate or baccalaureate degree and meet our minimum requirements, apply today to the Trinity Health Radiologic Technology Program. A new class of this 21-month program begins in August 2023.

Applications accepted through January 1. For more information, or to apply, visit www.trinityhealth.org/trinity-health-careers/school-of-radiologic-technology/



Low Fat Meat Substitutions

For some turkey is a Thanksgiving tradition but if you are aiming at reducing your dietary saturated fats you may want to consider eating turkey more often in replace of pork and beef. Non-fried poultry and fish are lower fat meat alternatives to diets high in red meats beef, pork and lamb.

The American Heart Association recommends that only 5-6% of caloric intake come from saturated fats, that's about 13 grams per day based on a typical 2,000 calorie diet. From 2013-2016 Americans on average consumed 11.3% of total daily calories from saturated fat.

Some common sources of saturated fats include red meats, cheeses, fried foods, egg yolks, whole milk and butter. Try replacing red meats with fish and poultry, switch to egg whites by removing the yolk, 1% or skim milk in replace of whole, avoid fried greasy foods, and limit adding butter and cheese to foods. Make sure to read nutrition labels to see what other foods may be high in saturated fats. Below is a chart comparing different meats and their nutritional facts.

Per 100 grams	Roast Beef	Pork Chop	Roast Turkey	Chicken Breast	Baked Salmon
Calories	265	250	195	195	170
Protein (grams)	26	28	28.5	29.5	24
Fat (grams)	17	14.5	8	8	7.5
Saturated Fat (grams)	7	5.5	2	2	1

Three Bean Turkey Chili (ten servings)

- 1 (20 ounce) package 99%-lean ground turkey
- 1 (28 ounce) can diced fire-roasted tomatoes
- 1 (16 ounce) can reduced sodium tomato sauce
- 1 (15.5 ounce) can pinto beans, rinsed and drained
- 1 (15.5 ounce) can kidney beans, rinsed and drained
- 1 (15 ounce) can reduced-sodium black beans, rinsed and drained
- 1 small onion, chopped
- 1 (4.5 ounce) can chopped green chilis
- 2 tablespoons chili powder
- 1 tablespoon minced garlic
- 1 teaspoon oregano
- 1 pinch ground cumin

Cook turkey in large skillet over medium to high heat until browned 7 to 10 minutes; transfer to a slow cooker. Stir remaining ingredients with turkey in slow cooker. Cook on low for 7 hours or high for 4 hours.

Smiles continued from page 7

close contact with an employee, friend or family member with COVID. Similar rules apply to visitors. "We ask visitors – if they have someone at home who is COVID positive, please wear a mask. Or if they're not feeling well, don't come in at all and delay your visit if possible."

Since federal and state rules dictated locking its doors in March of 2020, Trinity Homes has gone from no visitors to having a special visitation room to implementing strict screening of visitors, and now welcoming healthy visitors. The next change the center looks forward to is the ability to relax restrictions on volunteers and performing groups, who regularly visit and entertain residents.

Edgell says some have already questioned whether the relaxed mask policy is premature, but her response is, we all need to safely get back to normal.

"Our residents are the ones who are suffering not seeing our faces," she said. "They've been through a lot – especially those who've been here since the beginning of COVID. It's funny what just seeing someone's whole face can do for your day. If you don't get a lot of visitors, just seeing somebody smile makes people happy. So, I think it's really going to uplift the spirits of our residents."

Flu Shots Available Appointments Required

- Minot Vaccine Line: 701-857-2515
- Your Primary Care Provider's Office
- Trinity Health Rural Clinics

Quadrivalent protects against four different strains of flu.

Children under 3 years of age should see their pediatrician or primary care provider.

We bill all verified insurances. Please bring a copy of your insurance card.

\$75.00 for Regular dosage
\$115.00 for High-dose vaccine
\$80.00 for FluMist (nasal inhalation)

Pediatric Flu Shot Clinic

Saturday, November 12
Pediatrics, 3rd Floor
Trinity Health Medical Arts
Appointments required.

Please call **701-857-5413**

For children age 6 months to 18 years and their parents.

We bill all verified insurances. Please bring a copy of your insurance card.

COVID-19 vaccine available upon request.

Provided as a community service by Trinity Health

C O M M U N I T Y

CALENDAR

For the latest updates, check online at trinityhealth.org

Prepared Childbirth Classes

November 12, December 3

Breastfeeding Basics

November 10, December 8

Basics of Baby Care

November 7, December 5

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

November 3—Free Car Seat Checks are available from 1-5 p.m. at Minot Fire Station 1. Appointments required; call 857-7300 or by Facebook messaging Safe Kids Minot.

November 8—A Grocery Store Tour on Diabetes will be held from 2-3 p.m. in the original Marketplace Foods. Shopping for the right foods is critical to managing diabetes. In this tour, you'll learn what foods to look for and how to read and understand the components of a food label, including total carbohydrates, sugar, fiber and sugar alcohols. Please call 857-5268 to reserve your spot.

November 9—Trinity Health will have several departments participate in the Career Expo in the North Dakota State Fair Center.

November 11—The Vitalant bus will be in the parking lot outside Trinity Health's CancerCare Center for a blood drive from 10:30 a.m.-3 p.m. To make an appointment to participate in this community blood drive, call 857-5942 or 857-2434.

November 12—Join Mary Logue, MD, Dermatology, as she leads Story Time from 10:30-11:30 a.m. at the Minot Public Library. In addition to reading some of her favorite books, she will be teaching fun facts about the body's largest organ, the skin! Story time will also include an art activity and each child will receive a special goodie bag courtesy of Trinity Health, Aveeno and Neutrogena.

November 18—Free Car Seat Checks are available from 10 a.m.-2 p.m. at Minot Fire Station 1. Appointments required; call 857-7300 or by Facebook messaging Safe Kids Minot.

November 29—Amber Emerson, RN, Injury Prevention, will give a presentation on Falls Prevention at 9:30 am. in the Parker Senior Center as part of the Minot Commission on Aging's Good to Know segment.