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Trinity Health Earns Most Wired Recognition

Trinity Health has achieved recognition as one of the nation’s most wired health systems. The renewed designation is the result of a national survey conducted by the College of Healthcare Information Management Executives (CHIME).

CHIME’s 2022 Digital Health Most Wired survey assessed more than 38,000 healthcare organizations to identify those that are most effective in applying advanced technologies to their clinical and business operations to improve healthcare in their communities. Trinity Health was recognized for achieving Level 7 certification for both acute and ambulatory care settings.

Trinity Health President and CEO John M. Kutch said renewal of Trinity’s most wired status provides added confirmation that Trinity Health is a leader in the digital hospital movement.

“Trinity Health is proud to once again make the Most Wired list and pleased to earn certification for acute and ambulatory care,” Kutch said. “A key part of our strategic planning has been to leverage technology to optimize performance in the areas of clinical quality and safety, infrastructure and business management.”

The Digital Health Most Wired survey and recognition program serves as a comprehensive digital health check-up for healthcare organizations across the world. As success in digital health increasingly determines the quality of patient care, the scope of the CHIME Digital Health Most Wired survey reflects the progress of leading healthcare providers as they reinvent healthcare for a new century.



The Schmitt Family: April, Addison, Brady and Beau.

Dermatology Team Rallies to Help Fireworks Victim

Trinity Health dermatologist Mary Logue, MD, will never forget the bright young girl who came to her office in July.

Eight-year-old Addison “Addi” Schmitt of Burlington had been doing what countless North Dakota youth do around the Independence Day holiday – lighting fireworks.

Amusement turned to tragedy, however, when one of the fireworks exploded in her face, leaving Addi with a severe blast injury.

Her parents, Brady and April Schmitt, rushed their daughter to the nearest emergency room which, at the time, was Tioga Medical Center. Addi received stitches, but knowing she would need specialty care, the provider referred her to Trinity Health and Dr. Logue.

“I was born and raised in rural central Illinois, so I know what it feels like to lack access to specialists,” Logue said. “It was a no-brainer to kick myself into gear to accommodate Addison in any capacity that I could.”

A mom, a former teacher, and a board-certified dermatologist, Logue has a passion for pediatric dermatology. After earning her medical doctorate from the University of New Mexico, she completed her intern year in pediatrics at Children’s Mercy Hospital in Kansas City. She returned to UNM to complete her dermatology residency.

April Schmitt says Logue called them and got Addi in right away. “She immediately started doing what she felt was best for Addi. It was after hours, but Dr. Logue and her nursing staff stayed and were very helpful.”

“My staff is incredible,” Logue said proudly. “They know that I prioritize urgent cases involving kids. As soon as they got the fax, they communicated it right away, and we got her scheduled the same day. My staff was willing to stay late and come in early to support Addi’s medical care.”

At that time, Logue optimized repair of Addi’s stitches and then arranged to get her scheduled in Trinity’s Emergency/Trauma Center early the next morning for debridement. The ER providers and staff were quick to mobilize and accommodate the dermatology team despite the unexpected and unique nature of her medical needs. Emergency physician Scott Knutson, MD, oversaw Addi’s sedation for debridement, which is a process of removing foreign objects such as debris or shrapnel from the skin to improve healing and long-term outcomes. This procedure is time-sensitive and critical for effective wound management to minimize scarring and what are called “traumatic tattoos” which become much more difficult to remove after 72 hours. “When you live in a rural community, it is difficult to get access to specialists within that critical time, so I knew I had to do everything possible right now to improve her long-term outcomes.

“I performed skin care while Dr. Knutson managed the medicine that put her into a light sleep,” Logue explained. “I basically performed a form of dermabrasion on Addi’s face to improve scarring and minimize traumatic tattoos so she could have the best possible long-term results. This is what I love about rural healthcare. You get to work with salt-of-the-earth people who really know how to rally together and make things work in a moment’s notice.”

Having trained at large academic hospitals, Logue was able to consult with her colleagues, and she put the Schmitts in contact with a pediatric plastic surgeon at Mayo Clinic in Rochester. Addi’s upcoming appointment will be the next step in her restorative process. “I’ve made myself available to be on speaker phone during their appointment at Mayo so they don’t have to feel like they’re navigating on their own,” Logue noted.



Mary Logue, MD



Grocery Store Tours & Cooking Classes 2023

Grocery store tours and cooking classes provide a unique learning environment and are a great way to learn and ask questions. In the grocery store, participants review and discuss specific foods and labels. At cooking classes, new flavors or techniques can be sampled. The tours and classes also provide a sense of support as participants share the same journey. Join a Trinity Health Registered Dietitian Nutritionist for a small group tour or cooking class to learn healthy and delicious ways to prepare meals.

JANUARY 10 • HEALTHY SWAPS Cooking Class (\$10), 2-3 p.m. Trinity Health Community Conference Room, Town & Country Center. Learn some healthy and easy swaps that can be used to transform recipes into healthier options.

FEBRUARY 7 • DASH EATING PLAN FOR HEART HEALTH Grocery Store Tour (Free), 2-3 p.m. Marketplace Foods, 1930 South Broadway. Find out how heart health relates to grocery shopping and learn about heart healthy label reading that follows the DASH diet (Dietary Approaches to Stop Hypertension).

MARCH 14 • DIABETES Grocery Store Tour (Free), 6-7 p.m. 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 food labels, including total carbohydrates, sugar, fiber and sugar alcohols.

APRIL 11 • STIR FRY SAUCES Cooking Class (\$10), 5:30-6:30 p.m. Trinity Health Community Conference Room, Town & Country Center. Learn how to make your own stir fry sauce that's healthier than traditional store-bought sauces, and just as tasty.

MAY 9 • CELIAC DISEASE/GLUTEN INTOLERANCE Grocery Store Tour (Free), 6-7 p.m. Marketplace Foods. Whether you have Celiac disease or are curious about a gluten-free lifestyle, learn how to navigate the grocery store while shopping for gluten-free foods. We will cover safe and unsafe ingredients, label reading, foods that are naturally gluten-free, gluten-free alternatives and cross contamination.

SEPTEMBER 12 • MEDITERRANEAN DIET Grocery Store Tour (Free), 6-7 p.m. Marketplace Foods. Learn how to shop for foods in the grocery store that follow a Mediterranean-style diet. A Mediterranean diet is a heart-healthy eating plan that emphasizes vegetables, beans, whole grains, fruits, nuts and seeds and plant-based oils, while enjoying the traditional flavors and cooking methods of the Mediterranean.

OCTOBER 10 • LOW/NO SALT Cooking Class (\$10), 5:30-6:30 p.m. Trinity Health Community Conference Room, Town & Country Center. Lower sodium does not have to mean tasteless! In this class, we'll show you how to add more flavor to your meals without adding extra sodium.

NOVEMBER 7 • DIABETES Grocery Store Tour (Free), 2-3-p.m. 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 food labels, including total carbohydrates, sugar, fiber and sugar alcohols.

DECEMBER 12 • COOKING FOR 1 OR 2 Cooking Class (\$10), 2-3-p.m. Trinity Health Community Conference Room, Town & Country Center. Do you struggle to cook for only one or two people? In this class, we'll share tips and recipes for doing just that.

Space is limited! RSVP by calling 701-857-5268 or learn more by visiting www.trinityhealth.org/services/diabetes-nutrition/grocery-tours.



'Tis the Season for Overindulgence. How to Find Balance.

The inaugural Thanksgiving gathering generally kicks off our overcommitment to holiday festivities. The one-day event unfolds after weeks of fastidious attention paid to planning, organizing, cooking, eating and cleaning. Our family ritual is engrained through decades of practice: eat too much, lay around watching football or take a nap, eat too much again.

Black Friday shopping requires focused premeditation: the mall route is mapped out based on large discounts of desirable merchandise in key locations. Strategic planning maximizes merchandise coups amongst heavily discounted treasure. Retail sales are even more tantalizing if they require waiting in the dark morning hours and promise savings to only a select few, those first in the door.

Segue to December, rife with unspoken expectations of additional obligations such as parties, programs, travel, eating out, shopping, baking, wrapping, decorating, visitors and little sleep.

Too much of a good thing adds to holiday stress. But here's the conundrum: how does one maintain nutritional, physical and mental balance without having to add more "to dos" to an already overextended agenda?

Goal: Have a plan and stick to it.

Plan your meals in advance. Life runs smoother if you have a set meal plan with approximate times to eat. Skipping or going too long between meals usually backfires and contributes to overeating, says Michelle Fundingsland, RDN, LRD, at Trinity Health outpatient services.



Michelle Fundingsland,
RDN, LRD

Goal: Set a timer to avoid overeating.

Slow down. Nerve receptors in our stomach are activated 15-20 minutes after we begin eating, sending signals to our brain telling us we are getting full. To slow yourself down, Fundingsland suggests eating with your opposite hand, using chopsticks or watching yourself eat using the video camera on your phone. "Aim to be halfway done eating 10 minutes into your meal," she adds.

Goal: Limit sugar intake to 6 teaspoons (or 25 grams) a day.

Eat more whole vegetables and whole fruits. If vegetables are part of the main entree, serve a pile of greens on the side. If you think fruit is only good for an occasional snack, then serve it at the end of each meal for dessert, such as a nice pear or cooked apple with cinnamon.

Goal: 10 minutes, twice a day will get you closer to your goal.

Stay Active. Exercise usually takes a back burner during the holidays. The goal is 150 minutes each week, or 30 minutes five days a week, says Tanya Gillen, exercise physiologist. "If you are tight for time, break it down even further. Take a 10-minute walk around the mall before you start shopping. Move during commercials. Set a timer and leave your desk to move around the office."



Tanya Gillen

Goal: Redefine what counts as exercise.

Try a new activity with your family. "Do something with the kids," advises Gillen. "Go snowshoeing, sledding, ice skating or choose games that incorporate movement." Maybe it's time to dust off the Twister game.

Goal: As the Nike commercials suggest: Just Do It.

Begin your New Year's Resolution early. Gillen stresses that it is not necessary to wait until January to get fit. She suggests setting small goals during the week, even if that means parking further away from the door at work, or dancing to Christmas music while you clean.

Goal: Get at least 7 hours of sleep at night.

Sleep well. Most Americans are sleep deprived. Not getting enough sleep is associated with increased hunger, high blood sugar, poor concentration, impaired problem solving and more illness. Sleeping at least 7 hours per night protects you from fatigue and illness.

Goal: Take note of special moments.

Count your blessings. Make time for reflection every day and focus on things that brought you joy and happiness. Special times and memories are the most treasured gifts and will linger in our hearts and memory.

LCSW joins Behavioral Health Team

A member of our Behavioral Health Team, Jeanne J. LeMay, LCSW, is a licensed clinical social worker with extensive experience working with individuals, couples and families as they deal with mental and emotional health issues.

Throughout her career, LeMay’s focus has been helping clients find strength and resilience as they work through life situations. Among her special interests is working with survivors of domestic violence and other forms of trauma.

A longtime Minot resident, LeMay was born in Mohall. She earned her Bachelor of Social Work from Minot State University and her Master of Social Work from the University of North Dakota, Grand Forks. She is returning to Trinity Health, having first joined our staff in 2016.



Jeanne J. LeMay, LCSW



50% Off All Frames*

Second Pair 40% Off

End of the Year Inflation Buster Blowout

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

December 1-31, 2022

Plaza 16, 2815 16th St SW
Minot, ND



*No other discounts apply. Maui Jim, Value Vision, Safety Glasses excluded. Some restrictions apply.

Trinity Health Speaker’s Bureau

Call Community Education at

857-5099

for available dates and topics


Fireworks

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Despite her family’s misfortune, April has nothing but praise for the entire medical team who took care of Addi, especially Dr. Logue. “She was very responsive and helped Addi feel very comfortable,” April said. “She even gave me her personal phone number, and whenever I messaged her, she answered all my questions.”

Addi, meanwhile, is eager to return to a normal life, which includes playing basketball and volleyball.

“Addison is so brave, sweet and sassy in the best way possible! It was a pleasure to take care of her. I think her long-term outcome is going to be great,” Logue said. “I’m a mother as much as I am a doctor. I would hope that what was done for Addi would be done for my little boy.”



Hard Hat Insider

Healthcare Campus and Medical District Update

Medical Building Chic but Welcoming

Construction continues in the new hospital as empty galaxies of space transform into identifiable rooms and work stations for patients, guests and employees. But in its shadow to the north, Trinity Health’s Medical Office Building is nearly complete and awaits move-in day, much like its new residents.

With roughly 200,000 sq. ft. of space, the Medical Office Building (MOB) is one-third the size of the hospital and has five floors of offices that house approximately 20 departments. All floors are directly linked to the hospital via “connectors,” and like the hospital, the sixth floor of the MOB remains unfinished and available for future expansion.

Shortly after breaking ground in 2018, an Aesthetics Committee was formed and tasked to collaborate with the architect of record and lead designer in creating a healing environment in both properties that exuded calm and tranquility.

“The first decision was to decide the theme, which influenced everything else moving forward,” said committee member, Alison Frye. “Once that was decided, the design team presented color schemes that included walls, accents, trim and all textures – such as fabrics, flooring, window coverings and furniture.”

In May 2020, a few committee members visited The Merchandise Mart in Chicago, where they spent two dizzying days trekking through 4 million sq. ft. of showrooms looking at sleeper sofas, patient recliners, office chairs, and waiting room, cafeteria and office furniture. Sights were set on narrowing their selections to several manufacturers.

That September, the selected vendors came to Minot and set up displays in a Trinity Health warehouse. Directors and assistant directors were invited to attend the showcase and asked to rate the furniture in order of preference. After the votes were tallied, over 100 desks and nearly 1,500 chairs were purchased for the MOB, based on staff recommendations.

To keep items in their intended place, the fabric patterns picked for each floor are similar, but in different colors, based on the floor’s theme. Themes for floors one through five are: water, earth, living things, air and fire. Artwork also will correspond to each floor’s theme and will be reminiscent of local scenery.


“Each floor has a unique i.d. The desks and task (office) chairs are the same throughout the building, but waiting room chairs will have different colors, so if one is moved to another location, we know where it belongs,” Frye said.

Trinity’s recognizable green will be featured in spaces like the ER corridor and cafeteria at the hospital.

For a sneak peek, below is a list of the departments relocating to the MOB in spring 2023:

Floor 1:

- Patient Registration
- Pre-Admission Testing
- Community Resource Center (Library)
- New Retail Pharmacy with drive up window
- New KeyCare Medical
- Outpatient Lab
- Kidney Dialysis Unit




Floor 2:

- Cardiac Rehab
- Urology
- Cardiology
- Infectious Disease
- Pulmonology
- Ultrasound

Floor 3:

- Neurology
- Neurosurgery
- Nephrology
- OB/GYN




Floor 4:

- Hand Surgery/Hand Therapy
- Rheumatology
- Podiatry Foot & Ankle Clinic
- Orthopedics/Sports Medicine

Floor 5:

- Gastroenterology
- General Surgery
- Cardiothoracic Surgery
- Ear, Nose, & Throat
- Audiology
- Clinic Operations



Special attention was paid to patient-centered elements to create positive reactions for all populations within the hospital and MOB. As Trinity Health’s healthcare campus and medical district nears completion, patients and staff will notice many wonderful changes. However, the commitment to comfortable visits, faster healing and improved outcomes remains steadfast.



Enerbase Donates \$25,000 to Capital Campaign

Trinity Health Foundation announced a \$25,000 donation for the new Trinity Health healthcare campus and medical district Capital Campaign from Enerbase Cooperative Resources. The check was presented in October to Trinity Health Foundation Director, Dusty Zimmerman, and Development Officer, Jamie Swenson, by Enerbase CEO Tony Bernhardt.

“We are grateful to Enerbase in their support of our new state-of-the-art healthcare facility which will care for patients in a 20-county region. Generous support from regional entities like Enerbase helps create a healthy community and economy. The support from Enerbase provides a private family consulting room in which medical staff can share medical updates, surgical progress, prognoses and other delicate medical information with loved ones,” said Zimmerman.

Trinity Health Foundation is in the midst of the Trinity Health healthcare campus and medical district Capital Campaign to raise \$15 million to support the \$520.5 million project. To date, Trinity Health Foundation has raised \$5.1 million. Donations are being sought from regional and national foundations, corporate donors, private donors, and Trinity Health staff through fundraisers.

Construction on Trinity Health’s hospital and medical office building is expected to be completed in January 2023. Prior to move-in, equipment installation and acclimation in the new environment is required for several months to verify accuracy. Full occupancy and opening are anticipated for spring 2023.



Trinity Health Foundation Receives Gift from Haugen Family

Trinity Health Foundation was recently awarded a gift of \$100,000 from Donald and the late Donna Haugen.

The donation from Donald and Donna Haugen was directed to the Trinity Health CancerCare Center to support cancer patients receiving care at the center. Funds may also be used to purchase equipment and for facility upgrades at the CancerCare Center.

“Mr. Haugen’s generous donation to the CancerCare Center will provide significant support as we continue to serve cancer patients throughout our 20-county service area. We cannot thank Mr. Haugen enough for this very thoughtful and monumental gift,” said Dusty Zimmerman, Trinity Health Foundation director.



Enbridge Donates \$20,000 to Capital Campaign

Trinity Health Foundation is pleased to announce it received a \$20,000 donation for the new Trinity Health healthcare campus and medical district Capital Campaign from Enbridge.

“We are so appreciative of Enbridge in their support of our new state-of-the-art healthcare facility which will care for patients in our 20-county region. Generous support from our regional oil industry partners like Enbridge helps create a healthy region and economy. We appreciate Enbridge representing the industry with support of regional healthcare for the next 100 years,” says Dusty Zimmerman, director of Trinity Health Foundation.



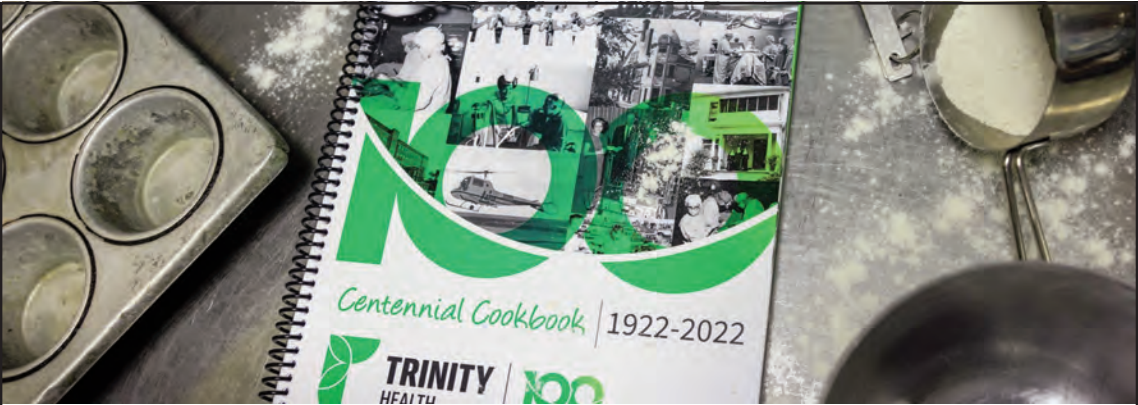
Turkey Drive to Benefit the KHRT Horn of Plenty

Trinity Health Foundation would like to thank those that have generously contributed to our Annual Turkey Drive! We have already raised \$9,627.12 or 64.2% of our goal of \$15,000. This year, we will be raising funds until December 2. Given the increased cost of goods, the amount to donate a turkey is still \$15 but the amount to donate an entire basket of food is now \$55.

The Horn of Plenty provides families within a 100-mile radius of Minot with assistance right before Christmas. This help comes in the form of a turkey, perishable food items (potatoes, onions, milk, butter, etc.), a Marketplace Foods voucher for non-perishable food items, and toys that can be used as Christmas gifts if the family has children. The Horn of Plenty does not provide the family with one meal – it provides a week’s worth of groceries at a critical time during the year. In the past three years, more than 1,000 families have benefitted through the Turkey Drive and the Horn of Plenty. Last year, the families served had more than 550 children between the ages of infant to 16 years old.

If you know of a family in need of assistance, you may nominate them online at

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Centennial Cookbook

The Trinity Health Centennial Cookbook is available for purchase just in time for the holiday season! Proceeds benefit the new healthcare campus and medical district.

\$20 each or 2/\$35



Cookbooks can be purchased in the Trinity Hospital Gift Shop, Foundation office and online at trinityhealth.org/foundation



The 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.



Trinity Health Foundation Funds AEDs for Surrey Fire Protection District

Trinity Health Foundation recently funded the purchase of two automated external defibrillators (AEDs) totaling \$3,456 for the Surrey Fire Protection District.

During a recent athletic event, a medical emergency occurred that required the use of Trinity Sports Medicine’s AED equipment. Had it not been available, the outcome could have been vastly different for the injured party. As a result of this emergency, the Surrey Fire Protection District decided to enhance their cardiac lifesaving equipment through the addition of two AEDs.

“Trinity Health Foundation is proud to partner with regional emergency services crews and equip them with the tools they need to care for their communities. We were thrilled to answer Surrey’s call for support in their endeavors to better serve their community by providing this critical equipment,” said Dusty Zimmerman, director, Trinity Health Foundation.

Horn continued from page 4

www.khrt.com/family-form-submission. Applications must be received at the KHRT Studio by 5 p.m. Wednesday, November 30. Please remember families cannot nominate themselves.

- Horn of Plenty Donations:**
 - Mailed to Trinity Health Foundation
PO Box 5020, Minot, ND 58702
 - On-line at www.trinityhealth.org/foundation/donate-to-the-foundation
 - Call the Foundation Office at 857-2430



Prize sponsor First International Bank & Trust gathered with representatives of Dakota Square ARCO and Trinity Health Foundation to present the fuel vouchers. Front row l to r: Jamie Swenson, Dusty Zimmerman, Trinity Health Foundation; Lori Zavalney, Dakota Square ARCO; winner Kristin Fox; Brock DesLauriers, Denise Larson, First International Bank & Trust; Back row: Cody McManigal, Trinity Health Foundation; Perry Olson and John Drady, First International Bank & Trust.

‘Free Gas’ Presented from Fuel the Fight Event

Kristen Fox from New Town was selected from “a box full of names” to receive the top prize at the 5th Annual Fuel the Fight cancer fundraiser held in September at Dakota Square ARCO. “Free Fuel for A Year” provides Fox \$75 in gas per week for 52 weeks, for a total award of \$3,900.

“I found out I won a few days after the event, and couldn’t believe it,” Fox said. “I was so excited to learn that from all names in the box, mine was picked. This is so awesome!”

First International Bank & Trust (FIBT) sponsored the award for a third year. “One of our corporate values is ‘Leave your Mark on Our Community,’ and Fuel the Fight is a great way for FIBT to do that in Minot. With so many families affected by cancer, we all have a connection and reason to fight against it,” said Minot President, Brock DesLauriers. “We are honored to support that fight and contribute to this great event year in and year out.”

Proceeds from the event go to the Trinity Health Foundation and are used to provide prepaid gas vouchers to assist with transportation costs to and from treatment for patients and their families. Since 2017, Fuel the Fight has provided over \$95,000 in fuel assistance.

“The Fuel the Fight campaign continues to be paramount in providing travel assistance for patients needing oncology services at Trinity CancerCare,” said Shane Jordan, director at Trinity Health CancerCare Center. “Our service region is very large and as a result, patients can be required to travel roundtrip distances of 100 miles or more in order to receive treatment. These treatments can be multiple times per week, so the expense adds up very quickly. It is important for patients to be able to focus on their treatments instead of the stress that can come from wondering how they are going to afford getting to and from them.”

Lori Zavalney, owner of Dakota Square ARCO and a driving force behind Fuel the Fight, says knowing people who struggled with cancer inspired her to want to help in a meaningful way. “The partnership with Trinity Health Foundation is invaluable - I could not do the fundraiser without them. The CancerCare Center does such good work, I am a big supporter,” she said.

Not one to rest on her laurels, Zavalney is always on the lookout for new businesses to participate and new ways to draw an even larger crowd. “Next year I hope to have a live auction and a marching band. I always want to make it better,” she added.

trinityhealth.org/foundation/

Year End Appeal - Guest House



“This Guest House has been a Godsend to our family twice - the hospitality is outstanding. We were at ease knowing we were just seconds away from our loved one. Thank you for all your generosity.”

Guests from Starkweather, ND

Since 2008, Trinity Health Foundation’s Guest House has sheltered over 21,000 patient/family nights. Its mission is simple: to provide family members a comfortable respite near their loved ones in the hospital. The relocation of Trinity Health healthcare campus and medical district to southwest Minot will not stop us from fulfilling this critical mission in the future.

It is the intention of Trinity Health Foundation to build a new Guest House and relocate all services to preserve the benefit to families of being located within walking distance of the hospital. Although facility details are currently in the planning stages, we are committed to providing a similar level of service at the new campus.

We are currently raising funds for the new Guest House and hope to begin the design and construction soon. Because all elements of the new facility are not yet confirmed, we do not have final design and construction costs. However, estimates for the new Guest House are around \$6 million.

We are on our way to raising funds with an estimated \$2 million from existing funds, along with a sale or repurposing of the current building. Generous contributions from donors like you, and those who have been blessed by the Guest House in the past, will contribute to our ability to complete the project.

To make a contribution online, please visit www.trinityhealth.org/foundation/year-end-appeal-guest-house. Or contact us at 701-857-5432 for more information.



Avoid Emergency Room Visits During the Holidays

Landing at the emergency room can be difficult any time of the year. But it's especially fraught during the holidays when you may be far from home or entertaining out-of-town guests.

Susann Krueger, MS, nurse manager, says that Trinity's ER treats an average of 90 patients a day most days of the year. However, there are traffic spikes during the holidays and community events that contribute to larger numbers of patients showing up for treatment.

"The holidays are definitely a busy time of year and it always seems we see an increase in volume the day after a holiday," she said.

Prevent Emergencies

The holidays tend to be about excessive consumption: more alcohol, more salt, more sugar, more food in general. So, it's no surprise that many holiday ER trips are because of overindulgence. It is important to remember that the rules of healthy living and consequences of poor choices are not suspended for the season.

Holiday mishaps at home also contribute to an increase in ER visits. Be careful when hanging decorations in hard to reach areas and look out for things in your home that could prove hazardous such as open fireplaces, poisonous plants like mistletoe and electrical issues.

Know When to Go the ER

Many health issues that arise during the holidays are not necessarily medical emergencies. Those that should be treated immediately include chest pain, stroke symptoms, excessive uncontrolled, bleeding or difficulty breathing. Severe stomach pain that is accompanied by other symptoms such as coughing up or vomiting blood, dizziness or fainting should also be treated immediately in the ER.

Stick with urgent care for sprained muscles, broken bones and cuts that need stitching up. Trinity Health FirstCare Walk-in Clinic offers convenient and immediate care for individuals experiencing a nonemergent illness or injury. Located at 408 Burdick Expressway East, FirstCare's hours are 8 a.m.–8 p.m., Monday through Friday; 9 a.m.–5 p.m. weekends and holidays.

ER Etiquette

If you do end up at the hospital, be prepared to wait. ER staff treat patients in order of severity or illness, so your sprained ankle might get trumped by another person's heart attack. "We try to see everyone as quickly as possible, but we do need to prioritize patients by severity of illness. Our goal is to give the best medical care and customer service to all our patients," Krueger said.

To make things easier for the ER staff, arrive with your i.d., a list of medications you use regularly, and an insurance card if you have one.

Enjoy the spirit of the season and be safe. If you do end up in the ER, remember the doctors and nurses are people too, and it's their holiday season as well. A little holiday cheer, even in the emergency room, can go a long way.



Trinity Health Schedules EMT Course

Trinity Health First Response is accepting registrations for its winter-spring emergency medical technician (EMT) course. The course, led by experienced EMS professionals, will run January 5 through June 29, 2023.

An EMT cares for patients at the scene of an incident and has the skills to assess a patient's condition and manage respiratory, cardiac and trauma emergencies. They are often the first responders to a scene and are critical in determining a course of treatment that may contribute to saving lives.

The U.S. Bureau of Labor Statistics projects the need for EMTs and paramedics to grow 7% from 2021 to 2031, which is approximately 20,000 openings projected each year. Many of those openings are expected to result from the need to replace workers who transfer to different occupations or exit the labor force.

Trinity Health EMT classes are scheduled to meet Monday and Thursday evenings through March and on Mondays and every other Thursday from April through the remainder of the course. All classes will be held from 6 to 10 p.m. in the Trinity Health Riverside Education Center at 1900 8th Avenue SE.

Students must be certified in basic life support (BLS) prior to taking the course. The cost is \$1,300. To register or for more information, contact Trinity Health EMS Education at 701-858-6310.



Stay Safe at Holiday Get-Togethers

It's that time of year where we deck the halls with holiday decorations and the house fills with family and friends for festive, celebratory gatherings. A family friend hosts an annual Christmas gathering for 40 relatives, relishing the loud, boisterous chaos that is music to his ears. One can only imagine the sounds of adults talking over each other, post-meal dishes clinking in the kitchen, and squeals of delight as presents are opened, piles of wrap carelessly tossed aside creating a decorative mountain of trash. How does anyone survive unharmed? Let's review a few important safety tips to consider before your next get-together.

Kitchen accidents can be disastrous and are easily prevented. Kids love to reach so to avoid burns from hot holiday food or liquid spills, turn handles away from the edge of your stove and use the back burners. Place heavy foods on a counter top, out of reach from young children and not on an open oven door.

When traveling, keep in mind that 73% of car seats are not used or installed correctly, so check your child's car seat before any holiday travel. To ensure safe transportation of your precious cargo, purchase the correctly fitted seat for your child. If you have any questions you can call, email or Facebook message Safe Kids Minot. Better yet, make an appointment for a car seat check by calling 701-857-7300 or by Facebook messaging Safe Kids Minot. There is an upcoming seat check on Monday, December 19.

Electronic toys may be great for older kids, but may pose potential danger for young, curious siblings. Keep an eye on button batteries and other small pieces that tend to get lost in the excitement. Safe Kids Minot Coordinator, Amber Emerson, RN, cautions caregivers to be sure that the battery container of any electronic toy or game has a locked, child resistant closure.



Amber Emerson, RN
Safe Kids Minot Coordinator

"Anything small enough to fit inside a toilet paper tube is a choking hazard to younger children, so be extra vigilant with small pieces. Pay special attention to what family members have purchased so you can be sure there are no small parts that are a danger to babies and toddlers," Emerson adds.

The number one cause of injuries brought into the ER is falls, so with all the hustle and bustle of the holiday season, be careful to slow down, wear proper footwear and keep clutter to a minimum, especially with an increased number of guests.

This season, have fun, enjoy your family, but most importantly: stay safe!

FirstCare Walk-In Clinic

Monday-Friday
8 a.m.-8 p.m.

Weekends & Holidays
9 a.m.-5 p.m.

400 Burdick Expy E, Minot
No Appointment Necessary



Trinity Earns Distinction for Maternity Care

Money Magazine, in partnership with the Leapfrog Group, has listed Trinity Health among the nation’s Best Hospitals for Maternity Care. The list is designed to help expecting parents make educated choices when it comes to selecting a hospital that delivers safe, high-value maternity care.

To develop its first-ever Best Hospitals for Maternity Care list, Money teamed up with Leapfrog, a healthcare watchdog group that advocates for informed healthcare decision-making. Kathy Schaefer, director of Trinity’s Women’s and Children’s Services, says the citation by Money and Leapfrog is a well-earned recognition for the exceptional care that Trinity Health physicians, nurses and staff provide every day to women and infants.

“I’m extremely proud of our care teams,” Schaefer said. “They are strong patient care advocates who consistently go above and beyond to provide the latest evidence-based care that meets the highest quality standards before, during and after the birthing experience.”

To be listed among the Best Hospitals for Maternity Care, facilities must meet the Leapfrog Group’s evidence-based, nationally standardized metrics. They include:

- Lower rates of early elective delivery
- Lower rates of Cesarean birth
- Compliance with process measures including newborn bilirubin screening
- DPT or blood clot prevention techniques
- Higher performance in managing high-risk deliveries

The Best Hospitals for Maternity Care honor is the most recent recognition accorded Trinity’s Women’s and Children’s Services. In 2021, the Blue Cross Blue Shield Association of North Dakota designated the Trinity Health Family Birth Center a Blue Distinction Center for Maternity Care for second consecutive period.



Carbon Monoxide: The Silent Killer

When we think of winter, we often think of the dangers associated with it: hazardous road conditions, white-out blizzards and life-threatening cold. One danger we overlook? Carbon monoxide.

Carbon monoxide is an odorless, colorless gas found in fumes produced by furnaces, kerosene heaters, vehicles “warmed up” in garages, stoves, lanterns, gas ranges, portable generators, or by burning charcoal and wood. It can build up indoors and poison people and animals who breathe it.

According to the Centers for Disease Control and Prevention (CDC), at least 430 people die in the U.S. and approximately 50,000 people visit the emergency department each year from accidental carbon monoxide poisoning.

Carbon monoxide poisoning is preventable. Protect yourself and your family by learning the symptoms of carbon monoxide poisoning and how to prevent it.

Symptoms

The most common symptoms of carbon monoxide are headache, dizziness, nausea, weakness, vomiting, chest pain and confusion. If you or someone you know is experiencing any of these symptoms, evacuate the building and seek medical attention immediately.

A true “silent killer,” carbon monoxide can kill people who are sleeping or who have been drinking alcohol before they experience any symptoms.

Prevention

There are steps you can take to help protect yourself and your household from carbon monoxide poisoning.

- Install a battery-operated or battery back-up carbon monoxide detector in your home. Check or replace the battery when you change the time on your clocks each spring and fall.
- Check your furnace’s air intake and exhaust regularly during the winter, especially during and after a major snowfall. Make sure nothing is blocking the pipes, including snow and ice.
- Don’t use a generator, charcoal grill, camp stove or other gasoline or charcoal-burning device inside your home, basement or garage, or near a window.
- Don’t run a vehicle inside a garage attached to your house, even if you leave the garage door open.
- Don’t use a gas oven to heat your house.
- Don’t burn anything in a stove or fireplace that isn’t vented.
- Don’t use a generator or any gasoline-powered engine less than 20 feet from any window, door or vent.



VISION
Galleria

Affiliated with Trinity Health

Plaza 16,
2815 16th St SW, Minot

701-857-7440

facebook.com/
TrinityHealth.ND

Eagle Award Winners for Excellent Customer Service



Barb Nesheim
Certified Athletic Trainer
Trinity Health
Sports Medicine



Kristen Bliven
Radiology Technologist
Trinity Health
Diagnostic Radiology



Gus Kruse
Occupational Therapist
Trinity Health Outpatient
Occupational Therapy



Sean Stanga, MD
Allergy and Immunology
Trinity Health East Ridge

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

Occupational
Medicine Services

Healthcare that Works!

701-857-7830



Trinity Hospital Gift Shop

Support friends and family with
flowers or gifts

701-857-5205



Christmas Breakfast Casserole

Enjoy this Mediterranean-inspired Christmas-morning casserole while you open presents. Breakfast casseroles are perfect for when you have a crowd to feed, and you can make the prep even quicker by tearing the bread into pieces the night before.

Source: EatingWell.com

Active: 20 mins Total: 1 hr 10 mins Servings: 8

- Ingredients:**
- 1 (10 oz.) package frozen chopped spinach, thawed
 - 1 (9 oz.) box frozen artichoke hearts, thawed (see Tip)
 - ¾ cup chopped sun-dried tomatoes
 - 1 tablespoon extra-virgin olive oil
 - 2 cloves garlic, finely chopped
 - ½ teaspoon crushed red pepper
 - 1 teaspoon lemon zest
 - 2 cups low-fat milk
 - 5 large eggs
 - 1 cup crumbled feta cheese
 - 12 ounces rustic whole-wheat bread, torn into 1-inch pieces (about 8 cups)

Directions:
Preheat oven to 350 degrees F

Place spinach in a clean kitchen towel and squeeze firmly over the sink to remove as much liquid as possible. Combine the squeezed spinach and artichoke hearts in a medium bowl.

Cook tomatoes, oil, garlic, crushed red pepper and lemon zest in a small skillet over low heat, stirring often, until fragrant and the garlic is golden brown, 3 to 4 minutes. Stir into the spinach mixture.

Whisk milk and eggs in a large bowl. Add the spinach mixture, feta and bread. Toss gently until the bread absorbs the milk mixture. Spoon the mixture into a 13-by-9-inch glass or ceramic baking dish. Let stand at room temperature for 20 to 30 minutes.

Bake until set and browned in spots, about 35 minutes. Let stand for 5 to 10 minutes before serving.

Tip
If you can't find frozen artichoke hearts, you can use canned, though they are higher in sodium. Rinse and squeeze them dry before using.

Nutrition Facts
Serving Size: about 1 cup

Per Serving: 277 calories; protein 14.4g; carbohydrates 30.5g; dietary fiber 4.8g; sugars 6.3g; fat 9.9g; saturated fat 4.5g; cholesterol 136mg; vitamin a iu 4746.9IU; vitamin c 4.8mg; folate 126.7mcg; calcium 258.3mg; iron 1.8mg; magnesium 61.8mg; potassium 542.2mg; sodium 498.4mg; thiamin 0.1mg.

Exchanges: 1 ½ starch, 1 ½ vegetable, 1 medium-fat protein, ½ fat



Muffin-Tin Quiches with Smoked Cheddar & Potato

Potatoes, cheese and greens make this mini quiche recipe delicious and satisfying. Bake up a batch over the weekend and you'll have breakfast available for the rest of the week.

Source: EatingWell Magazine

- Ingredients**
- 2 tablespoons extra-virgin olive oil
 - 1 ½ cups finely diced red-skinned potatoes
 - 1 cup diced red onion
 - ¾ teaspoon salt, divided
 - 8 large eggs
 - 1 cup shredded smoked Cheddar cheese
 - ½ cup low-fat milk
 - ½ teaspoon ground black pepper
 - 1 ½ cups chopped fresh spinach

Directions:
Preheat oven to 325 degrees F. Coat a 12-cup muffin tin with cooking spray.

Heat oil in a large skillet over medium heat. Add potatoes, onion and 1/4 teaspoon salt and cook, stirring, until the potatoes are just cooked through, about 5 minutes. Remove from heat and let cool 5 minutes.

Whisk eggs, cheese, milk, pepper and the remaining 1/2 teaspoon salt in a large bowl. Stir in spinach and the potato mixture. Divide the quiche mixture among the prepared muffin cups.

Bake until firm to the touch, about 25 minutes. Let stand 5 minutes before removing from the tin.

Tips
To make ahead: Individually wrap in plastic and refrigerate for up to 3 days or freeze for up to 1 month. To reheat, remove plastic, wrap in a paper towel and microwave on High for 30 to 60 seconds.

Nutrition Facts
Serving Size: 2 quiches each

Per Serving: 238 calories; protein 13.6g; carbohydrates 10.8g; dietary fiber 1.3g; sugars 2.9g; fat 15.6g; saturated fat 5.3g; cholesterol 263.4mg; vitamin a iu 1251.1IU; vitamin c 7.3mg; folate 58.8mcg; calcium 176.9mg; iron 1.7mg; magnesium 27.4mg; potassium 376.5mg; sodium 494.3mg; thiamin 0.1mg.

Exchanges: ⅔ starch, ⅔ vegetable, 1 medium-fat meat, ⅔ high-fat meat, 1 fat

C O M M U N I T Y

CALENDAR

For the latest updates, check online at trinityhealth.org

Prepared Childbirth Classes	Breastfeeding Basics	Basics of Baby Care
December 3 January 7, February 4, March 4, 2023	December 8 January 12, February 9, March 9, 2023	December 5 January 11, February 8, March 8, 2023
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 .		

Upcoming December Events

December 13 Recipes for 1 or 2. Do you struggle to cook for only one or two people? Join aTrinity Health dietitian at 2 p.m. in the Trinity Health Community Conference Room, Town & Country Center for tips and recipes for doing just that. The cost is \$10; call 857-5268 to register.	December 19 Free Car Seat Checks will be held from 10 a.m. to 2 p.m. in Minot Fire Station 1, 2111 10th St. SW. Appointments are required; call 857-7300 or Facebook message Safe Kids Minot.	December 20 BIB’s Breastfeeding Support Group will meet at 12:00 p.m. in Broadway Bean & Bagel, 1701 S Broadway. This is an interactive and supportive group guided by moms and facilitated by Trinity Health’s International Board Certified Lactation Consultant and Certified Lactation Counselors. All mothers welcome—expecting, new and experienced. For more information, call 857-5381.	December 21 The Stroke Support Group will meet at 7 p.m. in Trinity Health Riverside’s Education Center, 1900 8th Ave, SE.
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