



# The Many Faces of Heart Disease

February is American Heart Month. This observance is a convenient tie-in to Valentine’s Day, also associated with hearts. However, American Heart Month is not meant to remind us about romance, cards, candy or flowers; it’s intended to bring focus on our cardiovascular health.

The term “heart disease” encompasses a wide range of cardiovascular problems. Several diseases and conditions fall under the umbrella of heart disease, which may present with a variety of symptoms.

**Arrhythmias** are abnormal heart rhythms. The symptoms you experience may depend on the type of arrhythmia you have — heartbeats that are too fast or too slow. Symptoms of an arrhythmia include:

- lightheadedness
- fluttering heart or racing heartbeat
- slow pulse
- dizziness or fainting spells
- chest pain

**Atherosclerosis** reduces blood supply to your extremities. In addition to chest pain and shortness of breath, symptoms of atherosclerosis include:

- coldness or numbness, especially in the limbs
- unusual or unexplained pain
- weakness in your legs and arms

**Congenital heart defects** are heart problems that develop when a fetus is growing. Some heart defects are never diagnosed. Others may be found when they cause symptoms, such as:

- blue-tinged skin
- swelling of the extremities
- shortness of breath or difficulty breathing
- fatigue and low energy
- irregular heart rhythm

**Coronary artery disease (CAD)** is plaque buildup in the arteries that move oxygen-rich blood through the heart and lungs. Symptoms of CAD include:

- a feeling of pressure or squeezing in the chest
- shortness of breath
- nausea
- feelings of indigestion or gas

**Cardiomyopathy** causes the muscles of the heart to grow larger and turn rigid, thick or weak. Symptoms of this condition include:

- fatigue
- swollen legs, especially ankles and feet
- shortness of breath
- pounding or rapid pulse

**Heart infections** may describe conditions such as endocarditis or myocarditis. Symptoms of a heart infection include:

- chest pain
- chest congestion or coughing
- fever
- chills
- skin rash

Women often experience different signs and symptoms of heart disease than men, specifically with regards to CAD and other cardiovascular diseases.

A 2003 study looked at the symptoms most often seen in women who’d experienced a heart attack. The top symptoms didn’t include “classic” heart attack symptoms such as chest pain and tingling. Instead, the study reported that women were more likely to say they experienced anxiety, sleep disturbances, and unexplained fatigue. Eighty percent of the women in the study reported experiencing these symptoms for at least one month before their heart attack occurred. Common heart disease symptoms in women include:

- Dizziness or lightheadedness
- shortness of breath or shallow breathing
- fainting or passing out
- anxiety
- nausea or vomiting
- pain in the jaw, neck or back
- indigestion or gaslike pain in the chest and stomach
- cold sweats

There are many risk factors for heart disease. Some are controllable, and others aren’t. The Centers for Disease Control and Prevention says that approximately 47% of Americans have at least one risk factor for heart disease, such as high blood pressure, high cholesterol, smoking, obesity or physical inactivity. Smoking, for example, is a controllable risk factor. People who smoke double their risk of developing heart disease. People with diabetes may also be at higher risk for heart disease because high blood glucose levels increase the risk of heart attack, stroke or CAD. The American Heart Association (AHA) reports that people who have both high blood pressure and diabetes double their risk for cardiovascular disease.

## INSIDE THIS ISSUE

Hard Hat Insider

New Year’s Baby

Trinity Health Foundation

- In Recognition
- Fabulous Fifties Fundraising Gala
- Give360° Donates to Pediatric Therapy

Halladay Hired as Community Wellness Coach

Dietary Training to Benefit IBS Patients

Kenmare Hospital Welcomes New Director

Mingle joins Trinity Health Hospital Medicine Team

Therapy Car Prepares Patients for Trip Home

Trinity Health Sleep Center Receives Reaccreditation

Trinity Homes Receives Improvement Grant

Explore Weigh 2 Change for Diabetes Prevention

Events Calendar



Terry Kissner concentrates on improving fitness and endurance on the elliptical machine during a session at Trinity Health Cardiac Rehabilitation.

## Cardiac Rehab: Just Like Riding a Bike

My family has a very stoic way of managing illness: drink a hot brandy with lemon and honey, then ignore whatever ails you. After awhile it will get better.

In a recent interview with Terry Kissner, a cardiac rehab client at Trinity Health, it became evident that my family belongs to a Band of Brothers.

In the early hours of a Monday morning last fall, Kissner was pulled from sleep by shoulder pain that radiated through his chest and down his left arm. He recalled it lasted about 20 minutes, then dissipated. Afterward he felt fine.

Two nights later, Terry awoke with severe stomach pains and began sweating profusely. Soon enough, he became extremely hot and nauseated, but after 20 minutes, that too, went away.

On Thursday, Kissner decided to go fishing and “felt awful all day,” which finally prompted him to see a doctor the next day. A blood test showed that he had a high count of antimyocardial antibodies (AMAs), which are a sign of heart damage. In hindsight, Kissner realized he most likely suffered two heart attacks earlier that week. He was admitted to Trinity Hospital on Friday, and one week after his first event, Kissner underwent quadruple bypass heart surgery.





# Hard Hat Insider

## Healthcare Campus and Medical District Update

## Trinity Health’s Newest Facility Opening Soon

For many people, change is hard. But some things are not meant to last a lifetime. For example, the cells that line your stomach can renew as fast as every two days, since they're often in contact with digestive acid. Cells that make up your skin are replaced every two to three weeks. As the main protection against the environment, your skin needs to be in top shape.

Red blood cells, meanwhile, last for about four months. White blood cells, the main players in fighting infections, can last from a few days to a little over a week. In contrast, your fat cells live a fairly long time — an average age of 10 years. (Dang!) The bones in your body also regenerate about every 10 years.



In other words, change can be good!

Trinity Health’s healthcare campus and medical district (HCMD) consists of the new Trinity Hospital and Medical Office Building (MOB) and is scheduled to open in late April. The MOB sits to the north of the hospital and will soon be home to over 60 providers formerly located in various clinics. Practices relocating to the MOB were chosen based on providers who required access to surgery and inpatient locations in the hospital. Corridors connecting corresponding MOB and hospital departments ensure quick, efficient movement between buildings. For example, all Ob/Gyns are relocating to the third floor of the MOB, which is connected to Women’s & Children’s Services - located on the third floor of the hospital.

### Arrival Time vs. Appointment Time

If you’ve ever traveled by airplane, you are familiar with different timelines, such as arrival time, boarding time and flight time. One time indicates when you arrive at the airport, another time is when you are allowed on the plane and the third time listed is when you leave the ground. If for some reason, you arrive late and miss your boarding time, you are not allowed to travel and must reschedule. This policy keeps things on schedule throughout the entire system.

This is the same mindset you should practice when travelling to your doctor appointment at the MOB. Trinity reminders gingerly suggest patients arrive 15 minutes ahead of their scheduled appointment, but that would be your boarding time, and not necessarily when you’d want to arrive.



Consider that the MOB is further south than any of Trinity’s current locations, which may increase travel time. There will be ample parking, not necessarily offering first row, front door access. Additionally, a new feature of the MOB will be centralized registration for all appointments – much like an admitting department in a hospital. When you arrive for your appointment, you’ll need to check in at the central registration area on the first floor prior to proceeding to the doctor’s office. This registration process should be factored into your arrival time. Just like at the airport, once you’ve checked-in, you must find your gate, which in this case is your provider’s office on another floor. Traffic, time of day and office location influence your lead time required to check in.

Patients who have appointments with providers in the MOB will be reminded of the new location through many communication venues. These will include letters, postcards, advertising, social media, texts and emails.

“This is an exciting time for Trinity and for the community. We will do our best to remind everyone of the move, so you arrive at the correct location on the right day. Not all providers will be moving at the same time, so if you aren’t sure where your appointment is located, don’t hesitate to call the appointment line,” advised Renda Wilson, physician services director.

Beginning late April, appointments with the providers listed on page 3 will be at the MOB.

continued on page 3

## Heart continued from page 1

Uncontrollable risk factors for heart disease include family history, ethnicity, sex and age. Men are at greater risk for heart disease than women. In fact, the CDC estimates between 70 and 89% of all cardiac events in the United States occur in men. Also, age can increase your risk for heart disease. From ages 20 to 59, men and women are at a similar risk for CAD. After age 60, however, the percentage of men affected rises to between 19.9 and 32.2%, compared to 9.7 to 18.8% of women of the same age.

### Prevention

It’s important to take charge of your overall health now, before a diagnosis may be made. This is especially true if you have a family history of heart disease or conditions that increase your risk for heart disease. Taking care of your body and your heart can pay off for many years to come.

Healthy blood pressure and cholesterol numbers are some of the first steps you can take for a healthy heart. A healthy blood pressure is considered less than 120 systolic and 80 diastolic, which is often expressed as “120 over 80” or “120/80 mm Hg.” Higher numbers indicate that the heart is working too hard to pump blood.

Your ideal cholesterol level will depend on your risk factors and heart health history. If you’re at a high risk of heart disease, have diabetes, or have already had a heart attack, your target levels will be below those of people with low or average risk.

Find ways to manage stress. Don’t underestimate chronic stress as a contributor to heart disease. Speak with your doctor if you’re frequently overwhelmed, anxious, or are coping with stressful life events, such as moving, changing jobs, or going through a divorce.

Embrace a healthier lifestyle by eating healthy food and exercising regularly. Make sure to avoid foods high in saturated fat and salt. Doctors recommend 30 to 60 minutes of exercise on most days for a total of 2 hours and 30 minutes each week. Check with your doctor to make sure you can safely meet these guidelines, especially if you already have a heart condition.

Making these changes all at once might not be possible. Discuss with your healthcare provider which lifestyle changes will have the biggest impact. Even small steps toward these goals will help keep you at your healthiest.

### Treatment

Treatment for heart disease depends on the type of heart disease you have as well as how far it has advanced. Treatment falls into three main categories:

**Lifestyle choices** can help you prevent heart disease. They can also help you treat the condition and prevent it from getting worse. Your diet is one of the first areas you may seek to change. Likewise, getting regular exercise and quitting tobacco can help treat heart disease.

**Medications** may be necessary to treat certain types of heart disease. Your doctor can prescribe a medication that can either cure or control your heart disease. Medications may also be prescribed to slow or stop the risk for complications.

**Surgery or a medical procedure** may be necessary in some cases to treat the condition and prevent worsening symptoms.

Heart disease requires a lifetime of treatment and careful monitoring. Many of the symptoms of heart disease can be relieved with medications, procedures and lifestyle changes. When these methods fail, coronary intervention or bypass surgery might be used.

If you believe you may be experiencing symptoms of heart disease or if you have risk factors for heart disease, make an appointment to discuss with your doctor. Together, the two of you can weigh your risks, conduct a few screening tests and plan for staying healthy.



## Trinity Hospital Gift Shop

### 701-857-5205

### Flowers and Gifts





# Trinity Health Welcomes New Year's Baby

Just as New Year’s revelers were winding down their festivities, a Minot family was welcoming their newest member into the fold.

Laura Price and Joseph Charboneau are proud parents of the first baby born in 2023 – a daughter, Olivia Charboneau, who entered the world at 3:10 a.m., weighing 7 pounds, 9 ounces. She is the couple’s second child.

“We weren’t expecting a New Year’s baby but we’d been having some false alarms and were told we should come to the hospital and stay. So that’s what we did,” Laura said.

Nursing staff at the Trinity Health Family Birth Center say Ob/Gyn David Billings, MD, performed the delivery in what was described as a fairly quiet night in the unit.

What is a new beginning for the Charboneau/Price family marks the end of something else. Olivia is the last New Year’s baby born at the existing Trinity Hospital. Next year’s arrival will make his or her appearance at the new healthcare campus and medical district.

## Trinity Health Speaker's Bureau

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

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

TrinityHealthNDFoundation-Facebook

## Bike

continued from page 1

“I had 70-90% blockage in four arteries - my main artery was 90% blocked. I couldn’t walk 100 feet without sitting down,” he said. Four days later he was cleared to return home.

Since late November, Kissner has been participating in cardiac rehabilitation at Trinity Health. He travels to Minot from Westhope twice a week and participates in sessions that require strength training and 15 minutes on the elliptical machine. He also walks the halls in lieu of the treadmill. An avid outdoorsman, he is anxious to return to competitive archery and get back on his bike this spring.

“I love to ride my bike and am working hard to get my legs in shape,” he said. “My legs haven’t worked for four to five years due to my heart condition. I knew it was my heart, but I put it off because I was afraid of surgery. But the doctors, nurses, techs and CNAs at Trinity Hospital were unbelievable.”

Kissner’s motivation is to ride his bike from home to Minot this summer, a 50-mile one-way trip. He will conquer this goal through dedication and perseverance, powered by his strong heart and strong legs, one pedal stroke at a time.

“I’m 72 years old, but feel like I’m 42,” he added. “This is the best I’ve felt in years!”

# Hard Hat

continued from page 2

## CLIP and SAVE

### TRINITY HEALTH MEDICAL OFFICE BUILDING

2305 37th Ave SW

Department	Floor	Department	Floor
<b>Audiology</b> .....	5	<b>Obstetrics and Gynecology</b> ..	3
Kelsey Artz, AuD		John David Amsbury, DO	
Jerrica Maxson, AuD		Heather Bedell, MD	
Tricia Nechodom, AuD		Timothy Bedell, MD	
<b>Cardiology</b> .....	2	David Billings, MD	
Valentine Chikwendu, MD		Jessie Fauntleroy, MD	
Samir Turk, MD		Jennifer Johnson, MD	
Amanda Weidler, FNP-C		Margaret Nordell, MD	
<b>Cardiovascular Surgery</b> .....	5	Carol Schaffner, MD	
Michael Savitt, MD		Lori Dockter, PA-C	
Kevin Clemons, FNP		<b>Midwifery</b>	
<b>Ear, Nose and Throat</b> .....	5	Gloria Berg, CNM	
Robert Fischer, MD		Jayme Burman, CNM	
Rob Thomas, MD		Erica Riodan, CNM	
Alycia Coutts, FNP-C		<b>Orthopedics</b> .....	4
<b>Gastroenterology</b> .....	5	Earl Brewley, MD	
Ira Paul Michaelson, MD		Alexandre Kindy, MD	
Bonnie Ler, FNP-C		Brent Knudson, DO	
<b>General Surgery</b> .....	5	Daniel Lee, DO, MMS	
Jerel Brandt, DO		Dawn Mattern, MD	
Dustin Evans, MD		Cody Pehrson, MD	
Michael Gooden, MD		Andrea Sebelius, AGPCNP-BC	
Robert Guttormson, MD		Emily Stevens, FNP-C	
Gillian Lavik, MD		<b>Podiatry</b> .....	4
Nancy Longfors, MD		Aaron Albers, DPM	
Alicia Crosby, FNP-C		Ashley Evanoff, DPM	
<b>Hand Surgery</b> .....	4	Tyson Williams, DPM	
Blendi Cumani, MD		<b>Pulmonology</b> .....	2
<b>Infectious Disease</b> .....	2	Jeffrey Verhey, MD	
Casmiar Nwaigwe, MD		Heidi Bender, DNP, FNP-C	
Bryan Phillips, PA-C		Dwight Remington, DMP, FNP-C	
<b>Nephrology</b> .....	3	<b>Rheumatology</b> .....	4
Nassar Saffarian, MD		Erdal Diri, MD	
<b>Neurology</b> .....	3	Lisa Brandt, ACNP-BC	
Rosina Medel, MD		<b>Urology</b> .....	2
Bahram Nico, MD		Diane Bigham, DO	
Duk Kim, MD		Michael VanBibber, MD	
Maria Gonzales, FNP-C		Ashley Wallner, FNP-C	
Mary Sadler, FNP-C			
<b>Neurosurgery</b> .....	3		
Maria Li, MD			
Charles Wood, MD			
Durand Jones, FNP-C			

Please allow adequate time for travel, parking and registration on the first floor, prior to arrival at the doctor’s office.

## Centennial Cookbook

The Trinity Health Centennial Cookbook is available for purchase, but numbers are running low! Buy yours before they’re gone. 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](http://trinityhealth.org/foundation)

## Occupational Medicine Services

Healthcare that Works! **701-857-7840**



# In Recognition and Thanks from the Foundation

Trinity Health Foundation is proud to list the names of individuals, organizations and businesses whose gifts were received from October 1–December 31, 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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Fabulous Fifties

Fundraising Gala

March 25, 2023 ~ Clarion Hotel

Minot, ND

5:30 p.m. VIP Jazz Lounge | 6 p.m. Social

7 p.m. Dinner | 9:30 p.m. VIP Jazz Lounge

RSVP by March 10, 2023

Tickets

\$100 per person

\$1000 reserved table for 8

To Purchase Tickets

Phone:

701-857-2430 or 701-857-2870

Website:

trinityhealth.org/gala

Wear your finest formal, semi-formal or 50s themed outfit

Must be 21 to attend

Donate a new name brand bag filled with items that represent your personality for the

Purse-onality and Bro Bag Auction

For more information or to schedule a pickup call 701-857-2430 or email cody.mcmanigal@trinityhealth.org

TRINITY HEALTH FOUNDATION



Give360° Donates \$8,000 for Pediatric Therapy

Last month we shared that fundraising efforts are underway for the Trinity Health Pediatric Play Therapy Room at the new healthcare campus. We are excited to announce Give360°, a giving circle within the Minot Area Community Foundation, has awarded Trinity Health Foundation an \$8,000 grant toward this project.

The Play Therapy Room will provide the space needed for pediatric patients of all age groups to enjoy varied types of play and will be large enough to accommodate toys and other supplies needed to support play activities. This new room is an exciting addition to the Pediatric Department at Trinity Health and will help facilitate the recovery of Trinity Health’s youngest patients.

Play facilitates cognitive and social development and promotes physical and emotional wellbeing for children. Play can help children in the hospital feel more positive about the future and may promote healing by reducing the stress of procedures and tests.

There are different types of play in the healthcare setting. These types of play include:

• Diversional - Diversional play is commonly used to fend off boredom, for personal enjoyment and to facilitate normal play activities for the child.

• Therapeutic - Therapeutic play can help the child cope and express emotions, as well as achieve goals for the child’s healthcare.

• Developmental - Developmental play supports numerous aspects in the child’s development and obtainment of motor, as well as cognitive and social skills.

“Research has shown that play therapy is an important component to a child’s healing, and we are thrilled that Give360° has chosen to support this important element of care at our new healthcare campus,” says Dusty Zimmerman, Trinity Health Foundation director.

If you or your organization are interested in learning more about the Pediatric Play Therapy Room or donating to this project, please contact Jamie Swenson at 701.857.2870 or Darla Miller at 701.857.2896 or foundation@trinityhealth.org.

In Recognition

continued from page 4

Leslie Varty Linda & Al Vosberg Linnzi Aberle Lisa Andrysiak Margaret Crawford Margo Czaplewski Maria Petrone Marianne Wirtz Mark & Bonita Leier Mary Sibbett Meggan Gates Melanie Chitwood Melanie Fleming Melissa Mosser Melissa Regalado-Smith Meredith Gooding Michelle Fundingsland Michelle Martinson Minot Aero Center Misty Mohl Nermita Tack Nicole Spanier Nitza Campbell Patti & Wade Whitson Patty Getzlaff Rebecca Neiss Robert Chandler Robyn Gust Rochelle Hickel Roxanne Mosser Savannah Delker Seth Thompson Sheila Hattel Shelley & Wayne Semrau Stacey Miller Stacie & Jon Traeger Susan Weidler Susann Krueger Taylor Enger Ten Adams Terry Falcon Todd & Tesha Telin Town & Country Credit Union Tracy Evanson Travis Thompson Tricia Nechodom Xcel Energy	<div><div>In memory of Carol Antle</div><div>Peggy Schmidt</div></div> <div><div>In memory of Clayton Johnson</div><div>Deanne Johnson</div></div> <div><div>In memory of Danny Schatz</div><div>Karen &amp; Hjalmer Carlson</div></div> <div><div>In memory of Jacob Baumgarten</div><div>Joy Neuhalten</div></div> <div><div>In memory of Jim Bennett</div><div>Karen &amp; Hjalmer Carlson</div></div> <div><div>In memory of Pete Marsh</div><div>Karen &amp; Hjalmer Carlson</div></div> <div><div>In memory of Sherry Leslie</div><div>Karen &amp; Hjalmer Carlson</div></div> <div><div>In memory of Teresa Larson</div><div>Jeff &amp; Sandee Michalenko</div></div> <div><div>TRINITY HEALTH RADIOLOGIC TECHNOLOGY PROGRAM</div><div>Anonymous Contributions</div></div> <div><div>TRINITY TURKEY DRIVE</div><div>Amber Emerson Amber Stephenso Amy &amp; Bradley Hofmann April &amp; Michael Wheeler Bobbie Buseth Brad Bonness Bruce &amp; Nancy Andersen Clara Sue &amp; Gary Price Cynthia &amp; Mark Havig Dawn &amp; Paul Rubbelke Deb &amp; Brian Boppre Debra Crawford Dr. Aaron Makens Dr. Alexandre Kindy &amp; Dr. Evelyn Kindy Dr. David &amp; Denise Billings Dr. Jeffrey &amp; Janelle Verhey Dr. Kevin Moore Dr. Maria Li Dr. Robert Heninger Dr. Wade Talley Dusty &amp; Jason Zimmerma Gae Avers Greg Stack Heidi &amp; Jamie Bender Henry &amp; Renae Lemar Jan Laudenschlager</div></div>	Janel & Greg Feehan Janel Agnes Joan Rust John & Leslie Coughlin Judy Erickson Julie & Gregory Engel Karen & Robert Holte Ken Lewis Kris Weber Kristel & Pat Ficek Laureen & Robert Klein Lori & Barry Dockter Mandi Henderson Marianne Wirtz Mark & Bonita Leier Marlene & Todd Fjeldahl Melissa Faul Michael & Dorothy Lukach Michelle & Gary Rademacher Michelle Martinson Mike & Pam Uran Patricia & Lance Halvorson Patti Detlaff Patty Mosser Paul DiGregorio Rosanne Schaefer Roxanne Mosser Sandy & Jake Boschee Shar Grigsby Sheila Hattel Shelley & Wayne Semrau Sherilyn Abrahamson Susan Ness Teresa Berntson-Hynson Trinity Health PACU/SDS/PAT Staff Valerie Roberts Wade McDowell	<div><div>In memory of Bill Carver</div><div>Dr. Thomas Carver</div></div> <div><div>In memory of Carl Klein</div><div>Kathy &amp; Raymond Beeter</div></div> <div><div>In memory of Chad Tanberg</div><div>Rhonda &amp; Joel Walter</div></div> <div><div>In memory of Harold Holien</div><div>Patrick &amp; Linda Holien</div></div> <div><div>In memory of Jeffrey Tanberg</div><div>Rhonda &amp; Joel Walter</div></div>	<div><div>In memory of Jerome Mickelson</div><div>Tom Mickelson</div></div> <div><div>In memory of Jill DeGree</div><div>Mike &amp; Pam Uran</div></div> <div><div>In memory of Keith &amp; Joyce Jones</div><div>Lori Murchie</div></div> <div><div>In memory of Linda Varty</div><div>Leslie Varty</div></div> <div><div>In memory of Olivia de Castillo</div><div>Luisa McCarthy</div></div> <div><div>In memory of Richard Rude</div><div>Ginger Strand</div></div> <div><div>In memory of Rosie Zahn</div><div>Rochelle Hickel</div></div> <div><div>In memory of Shirley Nitz</div><div>Marla &amp; Rick Erickson</div></div> <div><div>In memory of Viola Wilson Williams</div><div>Karen Jones</div></div> <div><div>VERHEY CRITICAL CARE ENDOWMENT</div><div>Dr. Jeffrey &amp; Janelle Verhey</div></div> <div><div>In memory of Catherine Selfors</div><div>Dr. Jeffrey &amp; Janelle Verhey</div></div> <div><div>In memory of Rae Ann Wyum</div><div>Dr. Jeffrey &amp; Janelle Verhey</div></div> <div><div>In memory of Sharon Nelson</div><div>Dr. Jeffrey &amp; Janelle Verhey</div></div> <div><div>WESTERN DAKOTA COMMUNITY CLINIC</div><div>Oasis Petroleum North America LLC Whiting Oil &amp; Gas Corp.</div></div>
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Austin Halladay assists Darlene Rau, Minot, during a session at Trinity Health Cardiac Rehab.

## Halladay Hired as Community Wellness Coach

There is a picture in the stairwell of a local gym that shows a man doing lunges. In the photo, he looks to be in motion with one foot forward, one back, his arms raised above his head for balance. Although he appears to be exercising, a keen observer would know the picture is posed, because the man is looking directly at the camera, and he is smiling.

No one ever smiles while doing lunges.

To the contrary, Austin Halladay, Trinity Health Community Wellness coach, says his goal as the newest member of Trinity's exercise physiology team, is to create an environment where exercise is fun and makes people smile.

"I love seeing someone smile when they see progress and realize the benefit of what I am putting them through. If exercise is boring or isn't working, then the challenge for me is to find something that is worthwhile and motivates them," he said.

Halladay, originally from Estevan, Saskatchewan, has a Bachelor of Science degree in Corporate Fitness and Wellness Management, which meant he could be found in gyms working as a fitness coach and personal trainer. Although he said he enjoyed the fitness aspect of his work, over time, he felt underchallenged and desired a career in a clinical setting that influenced results on a grander scale.

"Most of my clients (as a personal trainer) exercised to improve fitness or lose weight. While that's a good goal, they didn't have a strong drive to improve their lifestyles. I found myself wanting work with a different personal drive, and to work with people who truly need exercise for better mental and physical wellbeing," he said.

An illness of a close family member cemented his commitment to reevaluate and branch out to help members facing health challenges.

"My grandfather was a very active, healthy man for most of his life. He was always busy doing something," Halladay recalled. "When he went through cancer treatment, our family watched him decline quickly over a short time. I believe that if he had kept moving, and working to maintain his fitness, his quality of life could have been prolonged. Watching his decline inspired me to want to help others in similar situations."

Halladay returned to school and graduated a second time with a bachelor's in Exercise Science and Rehabilitation in December 2022. He said that combining his fitness background with a rehabilitation focus offers a complete package of options and expertise for patients who attend Trinity Cancer Exercise Rehabilitation or exercise classes for people with Parkinson's Disease.

Halladay's responsibilities will not end there. In addition to cancer and Parkinson's exercise programming and interventions, the role of the Community Wellness coach will extend to general wellness and falls prevention programming; corporate wellness activities for contract clients; and community assessment, coaching and wellness promotion.

It's a tall order, but Halladay is excited to make his mark.

"My experience tells me that most people don't like 'working out,' so my goal is to create an environment where people enjoy the activities and see improvement in their daily lives," he said. "Personal goals could be as simple as improving strength or balance, so that tasks like getting up from a chair, are not a barrier in one's life. My hope is that my services will improve patients' mental and physical health, as well as their lives at home."

Trinity Health's Cancer Exercise Rehab program is in Trinity Health West and requires physician referral. Class format includes cardiovascular fitness, strength training, stability/balance and stretching to help reduce the severity of therapy-induced side effects, elevate mood and enhance sleep.

Parkinson's exercise classes are designed to help improve mobility, balance, strength and function and are open to the public. Classes are set to resume once new equipment arrives, which will offer an updated clinical experience. Both cancer and Parkinson's exercise classes are underwritten by the Trinity Health Foundation and free of charge.

For more information contact Trinity Health's Exercise Physiology Department at 701-857-5626.



Austin Halladay

## Dietary Training to Benefit IBS Patients

Kayla Cole, RDN, LRD, a clinical dietitian with Trinity Health, has completed the Monash University Low FODMAP Diet for IBS course, a 30-hour online training program for health professionals.



Kayla Cole, RDN, LRD

A Low FODMAP Diet is intended for people with medically diagnosed irritable bowel syndrome (IBS) and can help patients manage symptoms associated with the condition. This additional knowledge will enable Cole to more effectively manage patients presenting with IBS.

FODMAPs are a collection of short-chain carbohydrates (sugars) that aren't absorbed properly in the gut, which can trigger symptoms in people with IBS. FODMAPs are found naturally in many foods and food additives.

For further questions or information about this diet, please contact Kayla Cole at 701-857-5107, Trinity Health Center for Diabetes Education, Town & Country Center.

## Kenmare Hospital Welcomes New Director

Farrah Hassan, CCS, who recently served as health information management director at Good Samaritan Society – Mohall, has been named director of Trinity Health Kenmare Hospital.



Farrah Hassan, CCS

Hassan joins other members of the local leadership team in coordinating operations and services of the critical access facility, including acute care, swing bed services, a 24-hour emergency department, a rural health clinic and physical therapy services.

Hassan, a Mohall native, began working in long term care as a certified nursing assistant while in high school. She earned a bachelor's degree from the University of North Dakota and later acquired an Associate of Applied Science in Medical Coding and Health Information Technology from North Dakota State College of Science. She worked at Valley Eldercare Center in Grand Forks and was associated with ING for a time. She recently became licensed as a nursing home administrator.

## Mingle Joins Trinity Health Hospital Medicine Team

Amy Mingle, MD, a family medicine specialist, has joined Trinity Health's hospital medicine team. She is committed to delivering exceptional care, with a focus on creating strong rapport with patients and their families.

A biology graduate from Florida Atlantic University in Boca Raton, she earned a Master of Science in Biotechnology from Johns Hopkins University, Baltimore, and received her Doctor of Medicine degree from Ross University School of Medicine – Dominica. She subsequently completed her family medicine residency at the UND School of Medicine Northwest Campus in Minot.







It can’t be taken for a spin, but a therapy car in Trinity Health’s RehabCare center lets patients practice car transfers, as physical therapist Jennifer Nelson, PT, and physical therapy assistant Angela Faaiuas, PTA, demonstrate.

# Therapy Car Prepares Patients for Trip Home

Getting in and out of a car is something most of us do automatically, but if you’re someone with mobility issues, entering and exiting a vehicle can be tricky.

No problem, however, if you’re a therapy patient at Trinity Health’s inpatient rehabilitation center, RehabCare.

This past year, the center’s therapy team achieved a longtime goal to acquire a therapy car. The car, designed by therapy professionals, helps patients safely practice getting in and out of a vehicle.

“We use it with every patient in RehabCare. Unless you are someone with a power chair who uses a ramp or a lift to enter and exit a vehicle, everyone has to get into an automobile at some point,” said physical therapist Jennifer Nelson, PT.

Trinity’s RehabCare program is designed to help people restore their independence and return to a more productive lifestyle following illness, injury or surgery. A team of specialized professionals provides a comprehensive range of services to assist individuals in obtaining the highest level of functioning possible.

The Centers for Medicare and Medicaid Services requires rehabilitation units to observe and assess patients as they perform vehicle transfers as part of an initial and concluding patient assessment at the time of admission and discharge. The assessment process helps determine whether the patient has achieved functional improvement during their rehab stay.

“When the weather was nice we would take them outside to practice, assuming a family member could bring their vehicle around. But when the weather turned terrible, that wasn’t very feasible,” Nelson said.

The therapy team decided it was time to research acquisition of a dedicated therapy car. They looked at various prototypes and went with a basic model that can accommodate different features. The car looks like the front end of any generic vehicle with doors that open and close like a real car, and seats that are adjustable.

“The ability to adjust the height of the seats is really nice because folks have different types of vehicles that sit at different levels,” Nelson explained. “We can’t get the seats as high as some vehicles such as a full-sized pickup, but we can simulate most basic car levels and help them problem-solve for when they might have to get into a higher vehicle.”

According to Nelson, feedback from patients has been positive. “A lot of the people we serve really appreciate it because one of their big concerns about returning home is how do I get into my car? The therapy car gives them a chance to practice those movements so they can feel much more prepared when they get ready to leave the unit.”



# Trinity Sleep Center Achieves Reaccreditation

Trinity Health Sleep Center successfully completed reaccreditation by the American Academy of Sleep Medicine (AASM), a distinction that will continue through April 13, 2027. The AASM sets standards and promotes excellence in sleep medicine healthcare, education and research. It has a combined membership of 11,000 accredited member sleep centers and individual members, including physicians, scientists and other healthcare professionals.

The accreditation process is rigorous and involved reviews of patient safety, program quality, personnel standards, policies and patient outcomes.

“Measuring outcomes was something that was recently added to the accreditation process,” said Jutta (pronounced YU-tah) Schmidt, RPSGT, Sleep Clinic manager. “It’s important that in addition to testing patients, we also ensure they are successful with the equipment they get afterward. We follow up and will work with patients having tolerance issues, ill-fitting masks, sensitivities or trouble with protocols. Education plays a big role in compliance, better sleep and better health.”

Schmidt was primarily responsible for provisions required for the accreditation meeting, held over Zoom in November. She began gathering documents in late 2021.

“We were required to provide documents and reports on policies, protocols, patient outcomes, safety standards and staff education, which meant scanning and emailing entire files prior to meeting,” she said. “I plugged away throughout the year.”

The Trinity Health Sleep Center offers comprehensive services including office visits, follow-up visits and sleep studies. The multi-disciplinary team includes board-certified sleep medicine specialists and highly skilled sleep technologists.

“We have very caring Sleep Center staff who strive to provide timely, high quality care for our communities in northwest North Dakota. All staff are Registered Polysomnographic Technologists, many of whom were trained and mentored by Jutta. Continued excellence and personal compassion remain a strong component of what we offer our patients. I am proud of the entire team for earning this reaccreditation,” said Wade McDowell, director of Therapy Services.

To learn more about Trinity Health Sleep Center, visit with your healthcare provider or go to [www.trinityhealth.org/services/neurology-neurosurgery/sleep-center](http://www.trinityhealth.org/services/neurology-neurosurgery/sleep-center)



Jutta Schmidt, RPSGT



Wade McDowell



# Trinity Homes Receives Improvement Grant

It can be said that the secret of patience is to do something else in the meantime. Jessica Edgell, Trinity Homes director of nursing, knows this lesson firsthand and savors her (surprisingly) happy ending.

Every two years, the North Dakota Long Term Care Association offers funding opportunities through the Frank L. Wedge Memorial Fund. The grant approves up to 10 requests for a maximum of \$10,000 each to nonprofit nursing facilities wanting to enhance and improve services within the facility.

Edgell seized the opportunity and in March 2020 submitted her self-titled “Residential Improvement Project” to secure funds to update the residential dining room facilities. Then COVID arrived, work got crazy, and all thoughts about updated accessories, soft, muted colors and vibrant wall art quickly disappeared.

In May 2022, at an NDLTCA meeting in Bismarck, Edgell found out that she was one of 10 recipients to receive \$10,000 based on the 2020 grant request.

“I was super excited when I found out. I wrote the grant then figured we hadn’t won, because we hadn’t heard from anyone in over a year. I forgot all about it,” she said.

To foster engagement, Edgell created a residential consultants committee to assist with decisions. Last October, they put a call out for all Trinity Health employees, friends and families to submit original photography representing local environment. “The response was overwhelming,” Edgell said. “We received over 100 submissions.”

In early November, just like the rest of America, Trinity Homes residents went to the polls and voted on their favorite photos. The top 22 winners were put on canvas and framed, and proudly adorn the dining rooms on the second and fourth floors. Additionally, both areas boast new electric fireplaces, a larger television, soft wall coloring and updated window coverings.

“I wanted to create a place that was pleasing and calm for our residents,” Edgell said. “I am so happy with the way this turned out.”



Jessica Edgell



# Explore Weigh 2 Change for Diabetes Prevention

Weigh 2 Change diabetes prevention program is a national initiative of the Centers for Disease Control and Prevention (CDC), which works with organizations to educate people at risk for type 2 diabetes and provide evidence-based lifestyle change programs to reduce their risk of type 2 diabetes. Simply put, Weigh 2 Change is designed to prevent or delay type 2 diabetes.

**What’s in it for You?**

Weigh 2 Change requires a yearlong commitment. To determine your level of interest, Trinity Health offers a Session Zero informational class to learn more and ensure the program is a good fit for you. Participants will explore their readiness to change, and what changes may occur, such as eating and activity habits.

A Session Zero is scheduled January 31, 12-1 p.m., in the Trinity Health Community Conference room at Town & Country Center. If you are interested and cannot attend, please call 857-2850 to schedule an alternate time.

The cost (\$220) must be paid prior to the first class. Medicare covers the program if the beneficiary meets certain qualifications. Blue Cross Blue Shield may cover under certain qualifications.

**You are Invited**

This is a perfect program for people with elevated glucose numbers, but who have not yet been diagnosed with diabetes. It is also perfect for people who are overweight and inactive, and who are interested in changing their lifestyle. This program works with participants, focusing on their lifestyle, and assists in incorporating healthy habits.

Once enrolled in the program, participants commit to weekly classes on Tuesdays for the first several months, then transition into biweekly classes toward the end of the first six months. The final six months will be monthly classes, which totals 22 classes. Trinity offers a session from 12-1 p.m., starting in February. In March, another class will be offered from 4-5 p.m.

Visit: [www.cdc.gov/prediabetes/takethetest/](http://www.cdc.gov/prediabetes/takethetest/) if you are uncertain about your risk for diabetes. If you would like more information, please call Trinity Health Nutrition Services at 701-857-2850.

Wishing you a healthy 2023!

## FirstCare Walk-In Clinic

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

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

Visit [trinityhealth.org](http://trinityhealth.org) for current wait time

400 Burdick Expy E, Minot

No Appointment Necessary



## Make Your Mark

Visit Trinity Health Foundation website

<https://www.trinityhealth.org/foundation/>

## Recipes

This first recipe is perfect to use your frozen fruit from the summer. You could also use canned fruit (water packed or in its own juices). The second recipe includes canned beans that are high in fiber. You can drain and rinse them to reduce the sodium content.

### Strawberry Rhubarb Crunch

4 c. fresh or frozen chopped rhubarb  
2 c. fresh or frozen strawberries, sliced  
1 Tbsp. honey  
1 c. rolled oats  
½ c. packed brown sugar  
1 tsp. ground cinnamon  
¼ c. butter

Preheat oven to 350° F. In a medium bowl, stir together the rhubarb, strawberries and honey. Pour into a shallow baking dish. In the same bowl, stir together the rolled oats, brown sugar and cinnamon. Mix in the butter until crumbly and spread over the top of the fruit. Bake for 40 minutes until rhubarb is tender and the topping is toasted. Serve warm.

Makes eight servings.

Each serving has 180 calories, 7 g fat, 2 g protein, 29 g carbohydrate, 2 g fiber and 55 mg sodium

Source: NDSU Extension

### Southwest Chickpea Salad

1 (15-oz.) can black beans, drained and rinsed  
1 (15-oz.) can chickpeas, drained and rinsed  
2 c. frozen corn, thawed or 1 (15-oz.) can corn, drained and rinsed  
1 pt. cherry tomatoes, sliced in half  
2 medium avocados, diced  
1 (2.25-oz.) can sliced olives, drained

#### Dressing

Juice of one lime  
2 Tbsp. extra virgin olive oil  
1 tsp. cumin  
¼ tsp. chili powder  
¼ tsp. salt  
¼ c. fresh cilantro, chopped  
¼ c. feta cheese, crumbled, for garnish (optional)

In a large bowl, combine black beans, chickpeas, corn, tomatoes, avocados and olives. In a small bowl, whisk the lime juice, olive oil, cumin, chili powder, salt and cilantro. Add the dressing to the salad and toss until combined. Garnish with feta cheese.

Makes 10 servings.

Without feta cheese, each serving has 210 calories, 8 g fat, 9 g protein, 30 g carbohydrate, 9 g fiber and 400 mg sodium

Source: NDSU Extension

C O M M U N I T Y

# CALENDAR

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

### Prepared Childbirth Classes

February 4, March 4, April 1, May 6

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

### Breastfeeding Basics

February 9, March 9, April 13, May 11

### Basics of Baby Care

February 8, March 8, April 5, May 10

## Upcoming February Events

**February 7**—Find out how heart health relates to grocery shopping and learn about heart healthy label reading that follow the DASH diet by attending the Dash Eating Plan for Heart Health Grocery Store Tour at 2 p.m. in Marketplace Foods, 1930 S. Broadway.

**February 7**—Free Car Seat Checks will be available from 2-5 p.m. in Minot Fire Station 1, 2111 10th St SW. Appointments required by registering at [eventbrite.com](http://eventbrite.com).

**February 14**—Diabetes can be prevented but not cured. Learn if you’re a candidate for a diabetes prevention program, Weigh to Change, by attending the Zero Session at 4 p.m. in the Trinity Health Community Conference Room, Town & Country Center. Take control of your health and make positive lifestyle changes with the help of a trained lifestyle coach and fun, engaging support groups. People who commit to this program and are not covered by Medicare will be charged \$220, which includes educational sessions and materials for the entire year.

**February 15**—The Stroke Support Group will meet at 7 p.m. in Trinity Health Riverside, 1900 8th Ave. SE. This group is open to all stroke survivors and caregivers. For more information, call Jerilyn at 857-2449.

**February 21**—BIB’s Support Group will meet at 12 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 are welcome—expecting, new and experienced. For more information, call 857-5381.

**February 24**—Free Car Seat Checks will be available from 11 a.m.- 2 p.m. in Minot Fire Station 1, 2111 10th St SW. Appointments required by registering at [eventbrite.com](http://eventbrite.com).