



INSIDE THIS ISSUE

- Hard Hat Insider
- New Medical Office Building Clip and Save Eagle Award Winners
- Ibrahim Attains Board Certification
- Trinity Health Foundation
  - Fabulous Fifties Fundraising Gala
  - 2022-23 Nursing Scholarships
  - Round-Up Programs
  - Community Support at Minot High Makes a Big Impact
  - Make Your Mark Brick Fundraiser
  - NICU Parent Room Receives Funding From Power of the Purse
  - Farstad Oil Donates to Capital Campaign
- Early Detection Key to Treating Macular Degeneration
- Paramedic Students Receive Scholarships
- March 2023: National Nutrition Month
- Protecting the Most Important Part of Your Body: Your Brain
- Trinity Sports Medicine Promotes Athletic Partnerships
- Events Calendar

Boppre Selected for Leadership Position

Deb Boppre, MSM, RHIA, CCS, CCS-P, director of Health Information and Clinical Documentation Integrity at Trinity Health, has been elected to a key post with the American Health Information Management Association (AHIMA).



Deb Boppre, MSM, RHIA, CCS, CCS-P

Boppre was named speaker-elect of AHIMA’s House of Delegates, a deliberative assembly comprised of health information representatives from across the country. The House of Delegates, along with the Association’s Board of Directors, is responsible for establishing and maintaining the highest standards of professionalism in the field of health information management.

An active AHIMA member, Boppre has chaired the AHIMA Commission on Certification of Health Informatics/Information Management and the Apprenticeship Advisory Committee. At the state level, she has served two terms as president of the North Dakota Health Information Management Association Board of Directors and has been a chapter delegate. She has served as director of health information at Trinity Health since 2011.

AHIMA is a global nonprofit association of health information professionals with more than 71,000 members. Its mission is to ensure that health information is accurate, complete, and available to patients and providers.



Aspen Garfield is shown with her children (from left) Dawn Ivy, Kyler, Branson, Amberlie and Sierra, and with her sister, Auburn Robertson of Minot, whose idea to call Dr. Amsbury got her sister the timely care she needed.



Facing a Worrisome Medical Issue, Utah Mom Finds Compassionate Care at Trinity Health

Being a resident of the greater Salt Lake City area – a large metropolis with multiple hospital systems – Aspen Garfield never imagined she’d be journeying to North Dakota to receive timely care for a suspicious tumor.



David Amsbury, DO

But Garfield, a school teacher, widow and mother of five, found herself in precisely that circumstance when a CT scan revealed an ovarian mass that left her scrambling to get timely care in her home state.

“It was actually pretty crazy,” Garfield said. “I was sure I had a large kidney stone because I was feeling all sorts of pain. I decided to get it checked out and went in for a CT scan. When they called with the results, they said I had an 8-centimeter mass on my left ovary.”

Learning you have a suspicious growth is concerning to say the least. Plus, Garfield had reason to be alarmed. She’d gone in for a CT scan a year and a half earlier and everything was normal. “Usually when something grows that fast, you worry about it being cancer,” she said.

Her doctors agreed that the mass needed to be evaluated at the earliest date possible. Her brother-in-law, an oncologist, also advised her to address the tumor right away. “Don’t give it any time,” he said. But getting a timely appointment with an Ob/Gyn was more challenging than expected.

“I was told that I’d be able to get in as soon as possible, but the earliest they could schedule me was the end of January,” she said. That was six weeks away. “The best they could do was put me on a waiting list in case there was a cancelation. My best friends were calling all over Utah trying to get me in somewhere.”

Aspen turned to her sister, a Minot resident, who mentioned she knew David Amsbury, DO, an Ob/Gyn physician with Trinity Health. Although Dr. Amsbury was vacationing with his family over Christmas and New Year’s, the sister managed to connect with him via text to explain her sister’s situation. Dr. Amsbury understood and got the ball rolling. “He was so quick and efficient. He had scheduled everything within the first week of January,” Garfield said.

Their initial meeting was a telehealth-type visit. “I called her on the phone, got all of her history and symptoms and talked to her about what’s going on. Then I essentially just scheduled surgery before I’d ever met her,” he said.

Garfield and her sister arranged the flight to Minot. In the meantime, Dr. Amsbury needed a lab test – specifically a tumor marker – and an ultrasound. Since she would be in Utah for another week or so, it made sense for her to get the tests done there. But once again, Garfield encountered hurdles. The laboratory didn’t want to process an order from an outside provider. “I was finally able to get an order through Labcorp, and they accepted it,” she said.

She guessed that the best way to get a pelvic ultrasound might be to try a local Urgent Care. “I described my situation and actually broke down explaining that my husband had passed away a year and a half earlier and it was very scary because I had five kids.” Pouring her heart out worked. The technologist ordered the ultrasound, and that night she got a call that someone had canceled. “I immediately ran over and got the ultrasound,” she said.

Such administrative barriers surprised Dr. Amsbury. “My nurses had spent hours trying to find labs and faxing things and calling people and saying this is





# Ushering in a New Era: Plans in Place for the ‘Big Move’

How do you tackle the job of moving an entire hospital plus numerous physicians and other healthcare services to a new facility? That’s been the focus of intense planning and preparation as Trinity Health gets ready to make the transition to its new Healthcare Campus and Medical District.



Elliot Leinen

After 100 years of calling #1 Burdick Expressway West its home, Trinity Health will move its acute care services, dozens of physicians and various other programs to the new campus, located at 2305 37th Ave SW. The big move, scheduled for late April, will culminate hundreds of hours, countless meetings and training sessions in what has been a highly coordinated effort to make the transition as seamless as possible.

“We’ve been planning and working on the move for over a year with various partners that specialize in healthcare relocation,” said Elliot Leinen, associate director of Decision Support for Trinity Health.

Of utmost concern is moving hospital patients. According to Leinen, a detailed strategy has been developed with help from various experts, who have offered their skill and experience to ensure that the move is safe and efficient and that it provides the least amount of disruption to patients.

“The goal is to move patients over a single day,” he said. “There will be specific milestones throughout the week that will support the move and ensure that staff, patients and families understand the plan. The move will begin in the morning and will be finished when the last patient has been safely transferred to the new campus.”

Halting elective surgeries a couple of days prior to the transition will help reduce patient numbers. Those patients who will be moved will have the distinction of being the first patients to occupy the state-of-the-art, 147-bed facility. All patient rooms will be private.

Assisting in the effort will be teams comprised of internal and external experts with subject-matter expertise and experience in moving hospitals. Other key players will include

regional and statewide EMS personnel. “Calculating the anticipated number of ambulances needed depends on the patient census, patient type and equipment needs,” Leinen noted. “We’ve been in communication with our regional and statewide partners for the patient move day. Many have graciously volunteered to help transport patients to the new campus.”

Staff involved in the transfer of patients will be well-trained clinical staff who care for patients on a day-to-day basis. Teams will consist of different members based on patient need and types of equipment required to accompany patients. In some instances, there will also be a medical provider. “Each patient’s needs will be evaluated throughout the week up to the targeted move time to ensure that we are fully prepared to safely transfer the patient,” Leinen said.

The relocation of hospital patients will be the final act in a transition process slated to last several days. It will involve moving to the new Medical Office Building (MOB) more than 60 specialty physicians and other providers with offices currently located in Trinity Health East, West, Medical Arts and Town & Country. Those relocating include Audiology, Cardiology, Cardiopulmonary Rehab, Cardiothoracic Surgery, General Surgery, Ear, Nose and Throat (ENT), Gastroenterology (GI), Hand Surgery, Hand Therapy, Infectious Disease, Kidney Dialysis Unit (KDU), Nephrology, Neurology, Neurosurgery, OB/GYN, Midwifery, Orthopedics, Podiatry – Foot & Ankle Clinic, Pulmonology, Rheumatology and Urology. Having these hospital-based specialties situated adjacent to the new hospital will offer considerable convenience. The MOB and hospital are attached to each other on all floors by connectors. These connectors will allow for easy access from hospital to clinic and vice versa.

This ease of access is one of many design features that patients and families will find appealing. Elements of patient safety, comfort and privacy have been built into the overall design. The new campus will streamline patient flow and

support modern healthcare delivery to serve patients for generations to come. Be that as it may, the original home of Trinity Health won’t be forgotten. It will live on in the memories of the lives it touched. And it will forever endure in the stories, both humorous and touching, that will be told and repeated by all who gave and received care.



The cafeteria and still-wrapped seating will soon feature an abundance of food choices for staff and guests.



Prepping for tours: Members of the public are invited to tour the new healthcare campus during opening festivities in late April.



Clean lines and naturally lit spaces mark the outer area of the Emergency/Trauma Center.



An enhanced feature of the new hospital is this advanced setup for interventional radiology.



An escalator inside the main entrance transports guests to the procedural platform where imaging, endoscopy, surgery and other essential services are located.



High ceilings, sky view windows and suspended halo lighting add a welcoming touch for patients as they register for service.



Care continued from page 1

what is going on. They gave license numbers and all pertinent information, so they knew who I was. And boy, she just got so much resistance, which is not at all how it would have been here.”

The tests completed, Garfield arrived in Minot and looked forward to her surgery set for Friday, January 6. She and Dr. Amsbury were supposed to meet on Wednesday, but he ran into travel delays. He and his family caught a flight to Bismarck on Thursday and drove a rental to Minot. “I walked in the door at my house at 2:45 and had a 3 o’clock appointment with Aspen. We had a nice visit. We did her pre-op exam and the next morning she came in and we did the surgery.”


Dr. Amsbury performed a laparoscopic hysterectomy, which went great. He described the mass as large and growing. “It went from nothing to the size of a grapefruit in a year and a half and was causing a lot of pain, so you didn’t have to be in medicine to know it needed to come out.”

He sent the specimen to Pathology. Aspen was told to expect a call soon after the weekend. On Monday the call came, and the news was positive. “Everything was fine, there was no cancer. I was so excited,” she said.


Garfield couldn’t have been more pleased. “The whole experience was amazing,” she said. “Dr. Amsbury and the whole staff were so kind and so wonderful. I was kind of freaking out inside, and they showed so much compassion and kindness.”

For Dr. Amsbury and his staff, it just felt good to help someone finally catch a break. “I think her mind was blown that with just a couple of phone calls we were so willing and timely in helping her. But for me, it’s the expectation. This is the way I practice. If somebody calls and there is a sense of urgency, we don’t put up barriers. My nurses know that’s how I feel so they work the same way. Our attitude is – how can we make this as easy and seamless as possible. I think it represents what Trinity Health expects from its whole care system.”


Eagle Award Winners for Excellent Customer Service



Brecca Wahland, PT  
Trinity Hospital



Shawn Thompson, PA-C  
Trinity Hospital  
Emergency Department



Cody Pehrson, MD  
Trinity Health  
Orthopedics

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](http://minotchamberedc.com)

CLIP and SAVE

TRINITY HEALTH

MEDICAL OFFICE BUILDING

2305 37th Ave SW

| Department                          | Floor | Department                          | Floor |
|-------------------------------------|-------|-------------------------------------|-------|
| <b>Audiology</b> .....              | 5     | <b>Neurosurgery</b> .....           | 3     |
| Kelsey Artz, AuD                    |       | Maria Li, MD                        |       |
| Jerrica Maxson, AuD                 |       | Charles Wood, MD                    |       |
| Tricia Nechodom, AuD                |       | Durand Jones, FNP-C                 |       |
| <b>Cardiology</b> .....             | 2     | <b>Obstetrics and Gynecology</b> .. | 3     |
| Valentine Chikwendu, MD             |       | John David Amsbury, DO              |       |
| Samir Turk, MD                      |       | Heather Bedell, MD                  |       |
| Amanda Weidler, FNP-C               |       | Timothy Bedell, MD                  |       |
| <b>Cardiothoracic Surgery</b> ..... | 5     | David Billings, MD                  |       |
| Michael Savitt, MD                  |       | Jessie Fauntleroy, MD               |       |
| <b>Ear, Nose and Throat</b> .....   | 5     | Jennifer Johnson, MD                |       |
| Robert Fischer, MD                  |       | Margaret Nordell, MD                |       |
| Rob Thomas, MD                      |       | Carol Schaffner, MD                 |       |
| Alycia Coutts, FNP-C                |       | Lori Dockter, PA-C                  |       |
| <b>Gastroenterology</b> .....       | 5     | <b>Orthopedics</b> .....            | 4     |
| Ira Paul Michaelson, MD             |       | Earl Brewley, MD                    |       |
| Kristy Leier, FNP-C                 |       | 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>Midwifery</b> .....              | 3     | <b>Rheumatology</b> .....           | 4     |
| Gloria Berg, CNM                    |       | Erdal Diri, MD                      |       |
| Jayne Burman, CNM                   |       | Lisa Brandt, ACNP-BC                |       |
| Erica Riodan, CNM                   |       | <b>Urology</b> .....                | 2     |
| <b>Nephrology</b> .....             | 3     | Diane Bigham, DO                    |       |
| Nassar Saffarian, MD                |       | Michael VanBibber, MD               |       |
| <b>Neurology</b> .....              | 3     | Ashley Wallner, FNP-C               |       |
| Rosina Medel, MD                    |       |                                     |       |
| Bahram Nico, MD                     |       |                                     |       |
| Duk Kim, MD                         |       |                                     |       |
| Maria Gonzales, FNP-C               |       |                                     |       |
| Mary Sadler, FNP-C                  |       |                                     |       |

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


Ibrahim Attains Board Certification

Moayed Ibrahim, MD, an oncologist at the Trinity Health CancerCare Center, has been board certified in Hematology and Medical Oncology by the American Board of Internal Medicine.

His accomplishment signifies a high level of competency in the treatment of diseases of the blood as well as providing care to cancer patients using the latest anti-cancer therapies.

A graduate of the Hashemite University Faculty of Medicine, Jordan, Dr. Ibrahim did his Internal Medicine residency at East Tennessee State University/Quillen College of Medicine in Mountain Home, TN. After completing a fellowship in Geriatric Medicine at Baylor College of Medicine, Houston, TX, he accomplished his Hematology/Oncology fellowship at Tulane University School of Medicine, New Orleans, LA.

Dr. Ibrahim is a member of the American Society of Clinical Oncology, American College of Hematology, and American Geriatric Society. He is also board certified in Geriatrics and Internal Medicine.



Moayed Ibrahim, MD



Trinity Hospital Gift Shop

701-857-5205

Flowers and Gifts



# 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

Limited Number of Tickets  
Get Yours Today!

Credit Card Round-Ups

# Fund the New Healthcare Campus

Sign Up Now!

## Trinity Health Foundation Offers Round-Up Program

Trinity Health Foundation offers an easy way to make a monthly contribution to the Trinity Health Capital Campaign through its Round-Up program. Many of us are familiar with round-up programs at local and national retailers, but the foundation program works slightly different. Once enrolled, purchases made on your registered credit card will “round-up” to the next dollar, accumulate, and be donated on the last day of the month. Enrollees can cap their monthly contribution to their comfort level.

Donating your change to make a difference has never been easier and it will impact health and wellness in our region for the next 100 years. Visit [trinityhealth.org/roundup](http://trinityhealth.org/roundup) to enroll.

TrinityHealthNDFoundation-Facebook

[foundation@trinityhealth.org](mailto:foundation@trinityhealth.org)

*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 Awards 2022-2023 Nursing Scholarships

The Trinity Health Foundation recognized 17 nursing scholarship recipients at a banquet in early January at the Clarion Hotel in Minot. Made possible through the Foundation’s Nursing Scholarship Fund, the goal is to build a vibrant and talented pool of nurses who will provide the best care possible and improve health and wellness in our region.

“This year we received a record number of 68 applications for the nursing scholarship and we are proud to present \$3,000 scholarships to 17 very deserving applicants. This would not be possible without the generosity of our donors who contribute to this fund,” said Dusty Zimmerman, director of Trinity Health Foundation.

Applications for the Nursing Scholarship are accepted August 1 through November 1 each year. The scholarship committee then reviews applications and interviews the top one third of applicants. Results are published in December.

Scholarship recipients are required to give an acceptance speech at the awards banquet. This year’s banquet also included a short program by Jeffrey Verhey, MD, Trinity Health Foundation Board Chairman, and Sandy Boschee, Director of Nursing—Critical Care.

Following are the 2022-2023 Trinity Health Foundation Nursing Scholarship recipients:

|  |  |   |
|--|--|---|
| <b>Mariah Arlien</b><br>Minot State University     | <b>Kimberly Hoodman</b><br>Dakota College at Bottineau   | <b>Tabbitha Smith</b><br>Dakota College at Bottineau  |
| <b>Makenzie Bjork</b><br>Minot State University    | <b>Erin Morin</b><br>University of North Dakota          | <b>Breanna Svangstu</b><br>Minot State University     |
| <b>Kennedy Blackburn</b><br>Minot State University | <b>Sydney Mosset</b><br>Dickinson State University       | <b>Annelise Tice</b><br>Williston State College       |
| <b>Erin Bradford</b><br>Minot State University     | <b>Noelle Overton</b><br>University of Mary              | <b>Allie Wahlund</b><br>North Dakota State University |
| <b>Jill Erickson</b><br>Minot State University     | <b>Paige Rosencrans</b><br>North Dakota State University | <b>Sarah Wood</b><br>Dakota College at Bottineau      |
| <b>Jordyn Erickson</b><br>Williston State College  |  |   |
| <b>Keegan Henjum</b><br>Minot State University     |  |   |

If you are or your organization are interested in learning more about or donating to the Nursing Scholarship Fund, please contact Jamie Swenson, development officer, at the Trinity Health Foundation, at 701-857-2870 or send an email to [foundation@trinityhealth.org](mailto:foundation@trinityhealth.org).

## Community Support at Minot High School Makes an Impact

A special thank you to members of the Minot High School girls and boys basketball teams, who recently presented the proceeds from Pink Night to the Trinity Health CancerCare Center.

A total of \$4,395 was raised to benefit the Patient Assistance Fund through pink t-shirt sales, 50/50 raffles, silent auction, and a money machine in which spectators paid to participate.

“This fund assists cancer patients with expenses associated with treatment that may not be covered by insurance, including wigs, compression garments, and fuel vouchers. It is fantastic to see student athletes getting involved in supporting their community and this is a wonderful example of this,” says Shane Jordan, Trinity Health CancerCare Center director.

### KeyCare Medical

24-Hour-On-Call Respiratory Service

- Durable Medical Equipment (DME)
- Home Medical Equipment
- Home Respiratory Care

**701-857-7370 • 800-598-1207**





# Trinity Health Foundation “Make Your Mark” Brick Fundraiser

By now you may have heard the exciting news that Trinity Health Foundation is sponsoring the “Make Your Mark Brick Fundraiser” campaign.

Some events are so momentous they only come around once in a century. Trinity Health is on the cusp of such a moment with our new healthcare campus and medical district, which will allow us to serve the people in our region for years to come.

The buy-a-brick program will provide an opportunity to make a lasting tribute to family and friends through the brick fundraising campaign. The “Make Your Mark Brick Fundraiser” provides an opportunity for the region we serve to make their mark at the new state-of-the-art healthcare campus. Engravings can be purchased in your name or the name of a friend or family member; in celebration of a birth, graduation, wedding, or anniversary; in honor of a soldier or veteran; or in memory of someone you love. The possibilities are endless.

Each 4X8 brick can be engraved with up to three lines, 20 characters (including punctuation and spaces) per line. Each 8X8 brick can be engraved with up to six lines, 20 characters (including punctuation and spaces) per line. 8x8 corporate bricks are also available with your logo. You can purchase just one paver or several. With your contribution, you can choose a message to be laser engraved on one of the bricks paving the chapel outdoor patio at the new Healthcare Campus and Medical District, where patients, families, and staff can go for reflection. Proceeds will benefit the Trinity Health Capital Campaign.

Bricks can be purchased online at [fundraisingbrick.com/trinityhealth](https://fundraisingbrick.com/trinityhealth) or by contacting Darla Miller at 701-857-2896 or [darla.miller@trinityhealth.org](mailto:darla.miller@trinityhealth.org).

We are grateful for your generosity and hope that you will take great pride in the important difference that your donation makes.



# Farstad Oil Donates \$30,000 to Capital Campaign

Trinity Health Foundation is pleased to announce a \$30,000 donation for the new Healthcare Campus and Medical District Capital Campaign from Farstad Oil.

“We are very appreciative of the contribution from Farstad Oil for their support of our new state-of-the art healthcare facility which will provide care for patients in our 20-county region. The generosity of Farstad Oil will allow us to provide the highest quality healthcare for the next 100 years,” says Dusty Zimmerman, Trinity Health Foundation director.

Trinity Health Foundation is in the middle of the Trinity Health Healthcare Campus and Medical District Capital Campaign to raise \$15,000,000 to support the \$561,000,000 project. To date, Trinity Health Foundation has raised \$5,600,000. Donations are being sought from regional and national foundations, corporate donors, private donors, and Trinity Health staff through fundraisers.

Construction on Trinity Health’s new Healthcare Campus and Medical District is expected to be complete this month. Following that, a series of activities need to be completed before move-in, including equipment installation that is required to acclimate for several months in the new environment prior to patient use. The Healthcare Campus and Medical District is set to open at the end of April.

# Fabulous Fifties Fundraising Gala

Trinity Health Foundation is pleased to announce the 2nd Annual Fundraising Gala scheduled for March 25 at the Clarion Hotel. This year’s event celebrates the “Fabulous Fifties.”

The Fundraising Gala will be filled with fifties themed fun, opportunities for donating, and information about our new Trinity Hospital and Medical Office Building. A short program will be held reflecting on Trinity Health’s legacy of serving patients in our region for the past 100 years, while looking forward to the future of healthcare at our new state-of-the art Healthcare Campus and Medical District opening in April. Wear your finest formal, semi-formal or 50s themed outfit.

The evening will include live entertainment, a VIP jazz lounge, and dinner. Both live and silent auctions will be held, as well as a “purse-onality” and bro bag auction, where supporters donate a new high-end purse or bag to be auctioned, filled with items that represent their personality.

**Fabulous Fifties Gala Schedule of Events**

- 5:30 p.m. VIP Jazz Lounge
- 6 p.m. Social and silent auction
- 7 p.m. Dinner
- Live auction following dinner
- 9:30 p.m. VIP Jazz Lounge

Join us for this special opportunity to support the new Healthcare Campus and Medical District. Our inaugural event raised over \$100,000 and we look forward to making an even greater impact in 2023. Proceeds benefit the Trinity Health Capital Campaign.

To purchase an individual ticket (\$100), become a sponsor or donate to the purse-onality and bro bag auction, please contact Foundation Coordinator Cody McManigal at 701-857-2430 or [cody.mcmanigal@trinityhealth.org](mailto:cody.mcmanigal@trinityhealth.org). Event tickets are also available at [trinityhealth.org/gala](https://trinityhealth.org/gala).



# NICU Parent Room Receives Funding from Power of the Purse

Power of the Purse (PoP) is a charitable giving circle that was formed under the Minot Area Community Foundation in August 2007. Founded by a group of eight, its membership has since grown to nearly 30 members who financially invest together and give of their time and resources.

This year the organization granted \$31,000 back into the Minot community. Trinity Health Foundation was granted \$5,000 toward the NICU Parent Room at the new Healthcare Campus and Medical District.

“We are honored that Power of the Purse chose to support the NICU parent room at the new healthcare campus. Trinity Health offers the only NICU unit in northwest North Dakota. As we continue to see a rise in NICU admissions, this new amenity will be a welcome addition to families using the NICU,” says Dusty Zimmerman, Trinity Health Foundation director.

## Trinity Health Speaker’s Bureau

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





# Early Detection Key to Treating Macular Degeneration

For some patients their first symptom is trouble reading a newspaper. For others it’s a blind spot in the center of their vision. Age-related macular degeneration (AMD) is a progressive eye disease and a leading cause of vision loss among older adults.

AMD happens when the macula, located near the center of the retina, becomes damaged due one of two forms of AMD – wet or dry.

Dry macular degeneration occurs when parts of the macula develop tiny deposits of protein, causing a gradual loss of vision.

The wet form is less common but more severe. Wet AMD occurs when abnormal blood vessels grow under the retina and begin to leak blood or other fluids. This causes scarring of the macula, which can result in rapid vision loss.

Luckily, there’s an effective treatment for wet AMD. Injections of anti-vascular endothelial growth factor (anti-VEGF) have become a common treatment for wet AMD. These medications are injected directly into the eye to slow the formation of blood vessels and prevent further vision loss.

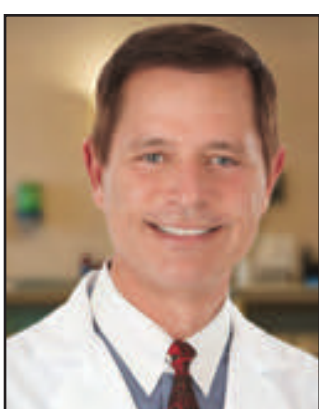
All ophthalmologists at Trinity Regional Eyecare provide these sight-saving injections for wet macular degeneration.

“We have provided this treatment since it was first discovered with amazing results,” said ophthalmologist Darrell Williams, MD. “Prior to this therapy, we lost vision in many eyes. This joins modern cataract surgery as another of the greatest miracles of modern medicine for protecting vision and preventing blindness.”

Who is at risk for wet AMD? You are more likely to develop this condition if you have a family history of AMD, are over 50 years of age or smoke cigarettes. Being overweight or having high blood pressure can be risk factors as well.

Sadly, many people aren’t aware they have AMD until their vision is quite blurry. This is why it’s important to have regular eye exams. For patients already diagnosed with AMD, the American Academy of Ophthalmology recommends daily monitoring of their vision using an Amsler grid, a square of graph paper with a black dot in the center. If any part of the grid looks increasingly blurry or out of shape, they need to contact their family ophthalmologist or optometrist.

When diagnosed and treated early enough, most patients can avoid severe loss of vision, and some patients will experience an improvement. The key is early diagnosis and treatment. For countless patients, this is the difference in being able to read, drive and continue lifestyle activities, which add greatly to quality of life.

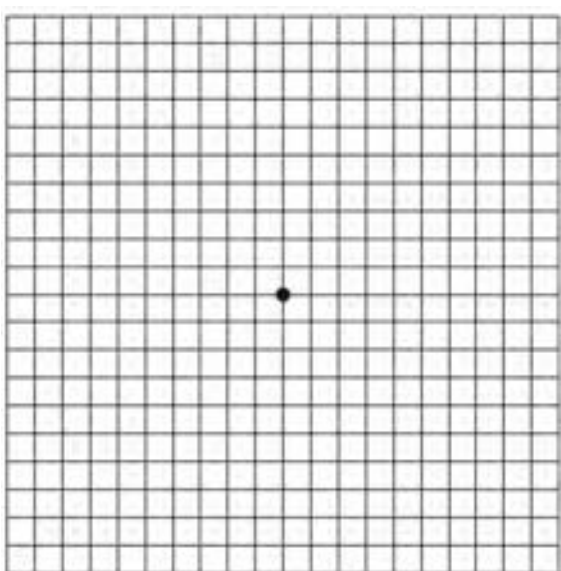


Darrell Williams, MD

## TRE to Welcome Retina Specialist

Trinity Regional Eyecare looks forward to welcoming **Robert Gokey, MD**, to its team later this summer. Dr. Gokey will join Trinity Health as a specialist in vitreoretinal surgery and diseases. He’ll provide special expertise in diagnosing and treating conditions ranging from diabetic retinopathy to retinal detachment and other diseases.

### Amsler Grid Test



1. Hold this chart at a comfortable reading distance (generally, about 12-14 inches away). Wear your reading glasses if you normally use them.
  2. Cover one eye and focus on the black dot in the middle of the grid.
  3. Cover the other eye and repeat the test.
- If the lines appear to be wavy, dim, irregular or fuzzy, schedule an eye exam immediately.

**THIS TEST DOES NOT REPLACE REGULAR EYE EXAMS.**



BrightFocus®  
Foundation

Macular  
Degeneration  
Research

22512 Gateway Center Drive, Clarksburg, MD 20871  
1-855-345-6637 • [www.brightfocus.org](http://www.brightfocus.org)



# Paramedic Students Receive Scholarships

Six students enrolled in Trinity Health’s First Response paramedic course have each been awarded a \$1,000 scholarship from North Dakota EMS Foundation.

Foundation Director Mark Haugen presented the awards and commended students for their willingness to give back to North Dakota. “We recognize the vital role that EMS providers play in our communities, which is why our focus is to encourage EMS professionals to work in North Dakota, with a special emphasis on serving our rural communities.”

Those who received scholarships are completing practicums around the region: Anne Bosnjak, Jeffrey Fosburg and Brendan McMahon, all with Trinity Health First Response; Joshua Fick, Trinity Health First Response and Velva Ambulance Service; Cassandra Swenson, Rugby Emergency Medical Services; and Bianca Brien, Community Ambulance Service Rolla. All the students are attending college at Dakota College at Bottineau.

The North Dakota EMS Foundation was established in 2004 to promote and support prehospital emergency medical services across North Dakota. The Foundation is dedicated to the state's EMS providers, and it places a major emphasis on the continued viability of individual rural providers and response groups.



# March 2023: National Nutrition Month®

National Nutrition Month® is presented by the Academy of Nutrition and Dietetics during the month of March. It allows nutrition professionals to celebrate and promote awareness of the importance of nutrition and healthy lifestyles in different settings. Nutrition professionals can have a variety of roles within our community including inpatient and outpatient settings, food service management, and community programs, such as WIC or SNAP.

This year, the Academy chose the theme Fuel for the Future. This shines a light on the many different areas of dietetics and their impacts.

This theme highlights five main topics:

- Eat with the environment in mind.
- See a Registered Dietitian Nutritionist (RDN).
- Stay nourished and save money.
- Eat a variety of foods from all food groups.
- Make tasty foods at home.

Small goals and changes can have a cumulative healthful effect, and every little bit is a step in the right direction. The thought of nutrition does not have to seem restrictive; it can be fun like trying new foods, gathering with others to share a meal together, showing appreciation for everything our





# Protecting the Most Important Part of the Body: Your Brain

Your brain controls your ability to think, talk, move and breathe. In addition to being responsible for your senses, emotions, memory, and personality, your brain allows every part of your body to function - even when you're sleeping.

Falls are the leading cause of injury-related death among adults age 65 and older, and the age-adjusted fall death rate is increasing. The Centers for Disease Control and Prevention states that the age-adjusted fall death rate is 64 deaths per 100,000 older adults. Therefore, it is no surprise that the number one cause of injury at Trinity Health is falls. Even a ground level fall can happen at a rate of 17-40 miles per hour, which can very easily cause head injuries.

When considering how to protect our brains, helmets are our best defense, especially in sports, but other falls need to be prevented as well. Preventing slips, trips and falls can be done by being extra cautious, especially on slippery or uneven ground; wearing the correct footwear; keeping clutter out of well-travelled pathways; keeping areas well lit; and removing throw rugs.

During the winter months, be especially careful in the cold outdoors. Slow down, look for icy patches, and follow the advice of penguins: point feet out, legs apart, walk flat footed and take short steps, using your arms for balance.

For the children in our care, it is extremely important to advocate helmet wear to protect their brains. Activities such as sledding, skiing, hockey, figure skating, football and any wheeled sports—put your child at risk for potential brain injury. Be a role model. If a child sees you wearing a helmet, they are more likely to put one on as well.

Awareness of your surroundings and proactive adjustments can lead to a safer environment and fewer falls. We are never too old – or too young—to protect our most important asset.

Safe Kids Minot, in collaboration with the North Dakota Department of Health and Human Services, has a limited number of children’s helmets available at no charge. For more information, message Safe Kids Minot on Facebook or call 701-857-7300.

# FirstCare

## Walk-In Clinic

400 Burdick Expy E, Minot  
No Appointment Necessary

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

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

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



# Trinity Health Sports Medicine Promotes Athletic Partnerships

Damar Hamlin, a 24-year-old Buffalo Bills safety, went into cardiac arrest on the field in Cincinnati after taking a hit during the Jan. 2 game. Hamlin immediately collapsed upon standing, prompting the Bills' medical staff to administer emergency medical treatment, which included CPR and an automated external defibrillation (AED). He survived and is still recovering from the incident.

Sudden Cardiac Arrest (SCA) is a life-threatening emergency caused by the sudden loss of all heart activity due to an irregular heart rhythm. When SCA happens, breathing stops and the person becomes unconscious and may gasp or shake as if having a seizure. Without immediate treatment, SCA can lead to death. Survival depends on people nearby calling 911, starting CPR and using an AED (if available) as soon as possible.



Because his incident occurred on national television, Hamlin, a young, professional athlete, raised public awareness of SCA from a situation that most would interpret as an anomaly. However, the American Heart Association reports that SCA is a leading cause of death in the U.S. There are more than 356,000 out-of-hospital cardiac arrests annually, 90% of them fatal. But what most parents don’t know is that SCA is the number one killer of student athletes. Sports-related SCA accounted for 39% of SCAs among those younger than 18 years of age.

Trinity Health’s Sports Medicine team of certified athletic trainers (ATCs) are trained to respond to any contingency, whether injury management, mass casualty care, concussion management or emergency response. “We have venue specific emergency action plans (EAP) in place at every location where we work,” said Barb Nesheim, a 24-year veteran of Trinity’s Sports Medicine Program. “Our EAPs include the location of the nearest AED at each venue.”

An EAP is a written list of life-saving steps to take when an emergency happens.

North Dakota is one of 17 states that has regulations that require AEDs in schools. However, there is no language that specifically indicates AEDs should be available near athletic fields or during sporting events.

“Although many schools have AEDs on site, access depends on where your athletic event takes place. If you are on the football field at Minot High School, for example, the closest AED is located in the south shed,” Nesheim explained. “In an emergency, ideally you would want to retrieve the AED and return to the victim within three minutes. If that’s not possible, then it’s not in the right place - survival odds decrease by 10% for every minute that passes from the time of collapse.”

North Dakota does not have a law requiring schools to have individual, venue-specific EAPs. Both venue-specific EAPs and AEDs are considered gold standards of healthcare on sports sidelines. Darren Armstrong, manager of Trinity Health Sports Medicine and Exercise Physiology, said that his department created and distributed 45 EAPs throughout Trinity’s service area, based on individual sites.

“Every year, our Sports Medicine team participates in extensive training, where we practice different scenarios that may lead to an injury. It’s our role to help develop the emergency action plans and our role to perform them at optimum level when we are on site. However, we want to partner with our contracts and schools so they can perform to the best of their ability when we are not available,” Armstrong added.

From November through March, Trinity’s staff of 15 ATCs are responsible for covering more than 600 athletic events. “Our athletic trainers are at a number of events and practices, but we are not at all of them,” Armstrong said. Data shows that even when bystanders intervene immediately by giving CPR during SCA, survival rates double or triple.



Barb Nesheim



Darren Armstrong



Dawn Mattern, MD



# Nutrition

continued from page 6

bodies can do, planting a vegetable and herb garden, or learning how to save money while grocery shopping.

This theme kickstarts the idea of making small changes that, over time, can make great difference, whether that is for personal health, the environment, or appreciation for the RDNs. This year National Registered Dietitian Day is on March 8, 2023. Don’t forget to recognize an RD in your life and tell them how much you appreciate the work they do! For more information about National Nutrition Month, visit [eatright.org/national-nutrition-month-2023](http://eatright.org/national-nutrition-month-2023)

Here are some fun recipes to try at home and share with family and friends to help celebrate National Nutrition Month®. For more recipe ideas, go to [myplate.gov/myplate-kitchen](http://myplate.gov/myplate-kitchen)

## Garden Chili

### MyPlate; Fix it Fresh! Recipe Series

- ¾ pound ground beef or turkey (lean, 10% fat) (optional)
- ½ cup green pepper (chopped)
- ½ onion (large, chopped)
- ½ cup celery (chopped)
- ¾ cup kidney beans (canned, drained and rinsed)
- ½ cup corn (sweet)
- 1 can tomato sauce (8 oz)
- 1 can diced tomatoes (14.5 oz)
- 1 dash black pepper
- ½ tsp garlic powder
- 2 tsp chili powder

1. Wash your hands and work area.
2. Place ground beef or turkey into skillet with non-stick cooking spray. Brown meat over medium-high heat, stirring occasionally to break it into pieces. Drain fat and blot meat with paper towel. Transfer meat into a colander and rinse with very hot water to further remove fat.
3. Add meat, green pepper, onion and celery to a large pot. Cook until softened.
4. Add beans, corn, tomato sauce, chopped tomatoes, pepper, garlic and chili powder.
5. Cook mixture over low heat for 20 minutes.
6. Serve hot in bowls. Or serve as a dip with baked tortilla chips or on a bun.
7. Cover and refrigerate leftovers within 2 hours.

## Lentil Tacos

### MyPlate; Washington State WIC Program

- 1 ½ cups dry lentils (sorted and rinsed)
- 4 cups water
- ½ green pepper (chopped)
- 4 cloves garlic (minced)
- 1 tsp chili powder
- 1 tsp cumin
- ½ tsp basil
- ¾ cup tomato paste
- ¼ cup raisins (optional)
- ½ tsp hot pepper flakes (optional)

1. Cook lentils in 3 cups water for 10 minutes.
2. Add remaining ingredients and simmer for 30 minutes (add more water if needed).
3. Serve with corn tortillas. Can also be served over rice or noodles.

# Sports

continued from page 7

“Partnering comes down to deciding who’s going to help the downed athlete, who is going to call for help, who is going to show the ambulance how to get to the gym,” explained Dawn Mattern, MD, FAMSSM, medical director of Trinity Health Sports Medicine. “Do we know how to access the AED? Those decisions have to be made for each specific site. If you don’t think those things through, you won’t have a good outcome.”

Trinity’s desire to create partnerships where all parties engage in the safety of athletes is a wish Nesheim holds close to her heart. Last September, she was working a football game in Surrey when a student athlete collapsed on the field due to SCA. Her quick response with the AED she had at the field and the administration of CPR by trained bystanders resulted in a much different outcome than most. That night, unaware of the odds, the young football player became a one-in-ten survivor. “If we would have relied on the AED in the gymnasium that night, the patient might have been in trouble,” she said.

In addition to strong partnerships, Trinity’s Sports Medicine department aspires to secure adequate funding to purchase additional AEDs for every athletic trainer to carry with them to all events, and not solely rely on the sports venue’s availability.

Following the Surrey incident, Nesheim shared her story online with The Matthew Mangine Jr. Foundation. Born from tragedy, the foundation was established to educate communities on preventable sudden death, promote the importance of properly executing EAPs, and advocate for the expanded use of AEDs in competitive youth and high school sports. Trinity Health is currently collaborating with The Matthew Mangine Jr. Foundation to secure funding for additional AEDs for the Athletic Training staff.

The American College of Cardiology estimates that approximately 100 to 150 sudden cardiac arrests resulting in sudden cardiac death occur in competitive sports each year in the U.S. As the area’s provider for athletic training and sports medicine, Trinity Health is devoted to doing everything possible to ensure safe sport participation for all of our athletes, practice or competition.

If you would like more information about donating to Trinity Health Foundation to purchase AEDs, contact Cody McManigal at [cody.mcmanigal@trinityhealth.org](mailto:cody.mcmanigal@trinityhealth.org) or call 701-857-2430.

To learn more about the Matthew Mangine Jr. Foundation, visit: [matthewmanginejrfoundation.org](http://matthewmanginejrfoundation.org).

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

## 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

March 4, April 1, May 6, June 3

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

## Breastfeeding Basics

March 9, April 13, May 11, June 8

## Basics of Baby Care

March 8, April 5, May 10, June 7

## Upcoming March Events

### March 1

Austin Halladay, Community Wellness Coach, Exercise Physiology, will give a presentation on Trinity Health’s Parkinson’s Exercise Program to the Parkinson Support Group at 3 p.m. at Elison Assisted Living, 3515 10th St. SW.

### March 7

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 start making 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 covered educational sessions and materials for the entire year. Call 701-857-5268 for more information or to register.

### March 10

Trinity Health is proud to sponsor the Minotauros vs. Northern Iowa Bulls at 7:35 p.m. in the Pepsi Rink, Maysa Arena.

### March 14

Shopping for the right foods is critical to managing diabetes. Plan to attend the Grocery Store Tour: Diabetes from 6-7 p.m., in Marketplace Foods, 1930 S. Broadway, 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. Reservations are required; please call 701-857-5268.

### March 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 701-857-2449.

### March 21

BIB’s Support Group will meet at 12 p.m. in Broadway Bean & Bagel. 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 701-857-5381.

### March 24

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