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Emerson to Receive Vision Zero Award

Safe Kids Minot Coordinator
Amber Emerson was honored
by North Dakota's Vision
Zero program for efforts to
promote traffic safety.

Emerson was selected to
receive the 2023 Child
Passenger Safety Award,
which recognizes persons
who demonstrate a commitment to child
passenger safety through participation in car seat
check-up events and public education. Vision Zero
is a statewide, multi-agency initiative launched in
2018 to work toward zero motor vehicle fatalities
and serious injuries on North Dakota roadways.

Emerson says Safe Kids Minot has partnered with
the Minot Fire Department and First District Health
Unit to provide free car seat checks twice a month
for the past three years. The only pause was to
observe safety measures during the pandemic.
She says a new initiative will soon expand the
outreach of Safe Kids Minot even further.

"In 2023, Safe Kids Minot and Trinity Health signed
a partnership with the North Dakota Department
of Health and Human Services to provide rural car
seat checks to seven counties," Emerson said.
"We're excited to continue and expand our great
work for child passenger safety."

Counties slated to benefit from the car seat
initiative are Burke, Bottineau, Renville, McHenry,
Sheridan, rural Ward and McLean.

Safe Kids Minot, an affiliate of Safe Kids
Worldwide, is part of a coalition of local groups
committed to helping families and communities
keep kids safe from injury. Trinity Health is the
lead agency for Safe Kids Minot.



After finishing a press conference on the day of the hospital move, Tiffany Pierson and Chyna Moolenaar hold their newborn daughters, Marlee AndiJo Pierson and Lily Violet Rose Freeman; Marlee was the last baby to be born at the legacy hospital location in downtown Minot while Lily was the first baby to be born at the new Trinity Health Hospital on the Healthcare Campus and Medical District.

Firsts and Lasts: Baby Edition

Trinity Health as a health provider has been assisting in enhancing, saving and bringing life into the world for the past 100 years and continues to do so today; however, it is not often that Trinity is able to celebrate a 'first' and a 'last' in the span of 48 hours. Some would call it a once-in-a-lifetime experience.

On April 30, 2023, Trinity opened its doors to the new Healthcare Campus and Medical District (HCMD) and began moving patients to the new hospital; though in that hustle and bustle of patients being transported, new equipment being fired up and staff orienting themselves to their new units, there was a very special moment happening for a mother and her family.

That new mother, Chyna Moolenaar, gave birth to a beautiful baby girl, Lily Violet Rose Freeman at 8:44 a.m. Lily, the "First Kid in the New Crib," was the first baby to be born on the HCMD campus and the first baby to breathe life into the new Family Birth Center.

"That's something she can lord over people's heads in the future. This facility is so fancy and spacious with all the windows and everything, so I think with the first few days of just sunlight coming through, she's gonna be a sunshine kind of gal," said Chyna, Lily's mother.

While many firsts come with opening an entirely new hospital and medical district, Jessie Fauntleroy, MD, had the honor of being the first to deliver a baby on the new campus.

"It (new hospital) not only provides our patients with the most up-to-date care, but it also provides us as providers with what we need to care for our patients," said Dr. Fauntleroy.



Most 'firsts' do not normally come with a 'last', though this one did; and while being a first is pretty exciting, in this case being 'last' has quite the prestige. After 100 years of service to the community, the legacy hospital's birth center brought its last baby into the world making Marlee AndiJo Pierson, the "Last Baby in the Legacy." Marlee was born to loving parents, Tiffany and Mark Pierson, who said that many of their relatives and people they know had been born at Trinity, and thought it was "pretty cool" that their daughter was the last baby born in the legacy hospital.

"A lot of us were born there and to be the last one is kind of a cool thing, 101 years of Trinity being around," said Mark who himself was also born at the Trinity legacy hospital.

While the bragging rights to delivering the first baby belong to Dr. Fauntleroy, the last baby bragging rights belong to David Billings, MD, who delivered Marlee on April 29, 2023, and 2:41 a.m. the day prior to the move.

"This was a transformational day at Trinity Health," said Jeffrey Sather, MD. "Transformational for healthcare in Minot and really for the entire region-at-large because great healthcare is now being done in a state-of-the-art facility, which is probably, at this point in time, the most state-of-the-art hospital in this country. It's not only a new building, but new equipment."

The new Family Birth Center at the HCMD features all private patient rooms, as do all other hospital units, along with an expansive state-of-the-art Neonatal Intensive Care Unit (NICU). Previously, Trinity obstetricians and other birthing providers were separately located from the hospital, now OB/GYN and midwifery services are co-located on the 3rd floor of the hospital and Medical Office Building (MOB) for quick access to the hospital and physician offices. This deliberate placement of OB/GYN services makes the Family Birth Center at the HCMD the premiere location for women's and children's health in North Dakota.



Full-Circle Moment for a Young NICU Nurse

Caitlyn Medalen has come full circle. As a newborn, she spent the first days of her life in Trinity Health’s Neonatal Intensive Care Unit (NICU). Now, she has returned to the unit, only this time she’s on the other side of the bassinet.

Medalen joined the NICU nursing staff in February after receiving her Bachelor of Science in Nursing from Minot State University. “During orientation, my fun fact was that I had been a baby in the NICU, and now I get to be a NICU nurse,” she said.

She also had a show-and-tell item – an old photo of her dad cradling her in his arms as he rocked his infant daughter in the newborn ICU. That photo set off a light bulb for Karen Zimmerman, Trinity’s Chief Nursing Officer and Vice President of Patient Care Services. She proposed recreating the photo of Caitlyn and her dad prior to the unit moving out of Trinity’s legacy hospital campus.

On an April morning in the NICU, a grown-up Caitlyn and her father, Chad Vogel, took their places in one of the unit’s rocking chairs and a camera captured the moment. “I think it’s really sweet,” Medalen said. “I spent my first few days here and now I’ve been able to work here these few months before moving to the new hospital. It’s a full-circle moment.”

Chad Vogel says his memory of Caitlyn’s time in the NICU is a mixture of elation and worry. “What I remember is the excitement and also the concern that she was in the NICU.”

She wasn’t a NICU patient for long, however. Caitlyn spent just a week in the unit due to a respiratory condition known as apnea, a disorder characterized by a temporary cessation of breathing. “I was term; I just didn’t want to breathe all the time,” she said.

Her decision to pursue a nursing career was possibly influenced by her NICU experience. “In my job interview, I recalled how I used to dress up my dolls. Sometimes they would be my patients and I would pretend to take care of them.”

More likely, though, she was inspired by her mom, Marlene Vogel, who was an ICU nurse and house supervisor with Trinity Health for 20 years. “I did all my clinical rotations throughout Trinity Hospital, so I got to see the different units she worked in. NICU is the one that stole my heart.”

Moving to the new Healthcare Campus and Medical District is bittersweet for Medalen, and she’s glad she got to work in the legacy NICU for a time. “It’s cool that I’ll get to work in both places,” she said. “Before moving in, we had orientation and toured the new campus. There was a lot to absorb. Fortunately, we have a good team here that I get to learn from.”

Eagle Awards



Cheri Charboneau

The Eagle Award from the Minot Area Chamber/EDC is presented for excellence in customer service.

February Winners

Congratulations to:

- Cheri Charboneau, ETC, Trinity Hospital
- Angela Heintz, FNP-C, FirstCare Walk-in Clinic, Trinity Health Medical Arts



Angela Heintz

March Winners

Congratulations to:

- Cassidy Nelson, RN, OB/GYN, Trinity Hospital
- Eleanor Badase-Persad, RN, Avant Agency Nurse, ETC



Cassidy Nelson



Eleanor Badase-Persad

If you would like to nominate someone for an Eagle Award, visit minotchamberedc.com

Salo Named VP of Ambulatory Care Strategies

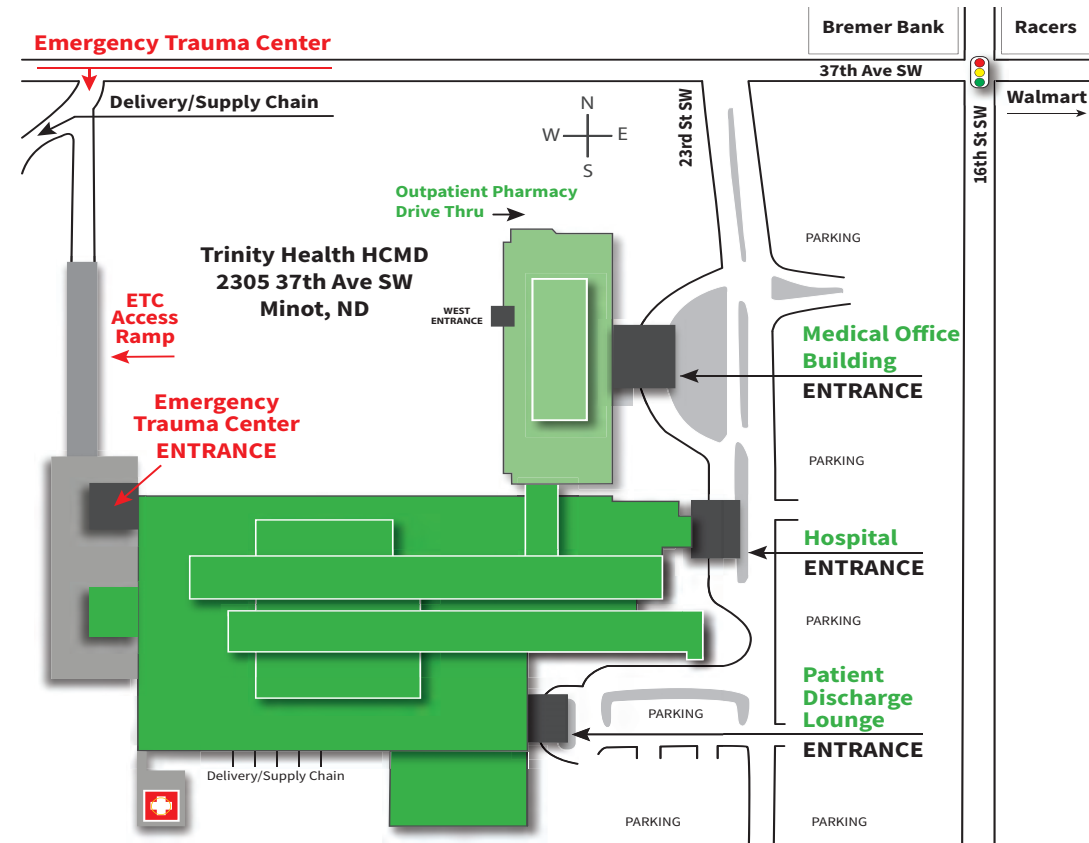
Trinity Health is pleased to announce that Buffie L. Salo, MHA, a healthcare executive with over 20 years of healthcare leadership experience, has joined Trinity’s senior leadership team.



Salo will serve as Vice President of Ambulatory Care Strategies, a new position focused on developing a strong ambulatory care system to ensure that patients receive timely, effective care in the most appropriate setting.

During her career, Salo has deployed service line strategies in both acute and outpatient settings. Most recently she ran an independent healthcare consulting firm, leading the strategic development of acute and ambulatory clinical services. She previously served as Vice President at Yakima Valley Memorial Hospital in Yakima, WA, and was Senior Director of Ambulatory Services at Virginia Mason Medical Center, one of the premier healthcare facilities in the Pacific Northwest.

Trinity Health Healthcare Campus and Medical District



HCMD & ETC Directions - The Trinity Health Healthcare Campus and Medical District (HCMD) at 2305 37th Ave SW, a mile and a half west of the U.S. Highway 83, has two entrances: the first on the left when approaching from U.S. Highway 83 will bring you to the HCMD main entrances while the second entrance is primarily used for the Emergency Trauma Center. The second entrance leading to the ETC is accessible by approaching and proceeding up the ramp.

Trinity Health Speaker's Bureau

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



Meet Your Clinic: Cardiology

Our heart specialists and surgeons are dedicated to delivering the care you need and following up with you after treatment and beyond. Our board-certified and fellowship-trained heart specialists include general cardiologists, interventional cardiologists, vascular surgeons, and cardiothoracic surgeons. Fellowship training provides the highest level of training in a specific field of medicine.

At Trinity Health, we recognize that excellent cardiovascular care requires a team approach — and not just a surgeon or a cardiologist. Our team also includes physician assistants, nurse practitioners, registered nurses with expertise in cardiovascular care, cardiac rehabilitation specialists, and exercise physiologists.

- Diseases We Treat:**
 - Aortic disease
 - Arrhythmia
 - Coronary artery disease
 - Heart disease
 - Heart valve disease
- Services We Provide:**
 - Preventive cardiology
 - Arrhythmia management
 - Heart failure management
 - Interventional cardiology
 - Aortic aneurysm treatment
 - Vascular medicine
 - Enhanced External Counter Pulsation (EECP) therapy



Meet Your Cardiologists:



Valentine Chikwendu, MD



Samir Turk, MD



Amanda Weidler, FNP- C

The Cardiology Clinic is located in the Medical Office Building on the second floor in Suite 204. When arriving for your appointment please arrive 20 minutes prior and begin your visit with Patient Registration on the first floor. The Cardiology Clinic can be contacted at 701-418-7240.




2nd Annual Wild About Safety

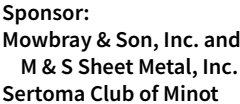
June 22, 2023, 2-7 p.m.
Roosevelt Park Zoo

- Exhibitors include:
- Trinity Health First Response Air Ambulance
 - Trinity Health Sports Medicine
 - Ward County Sheriff’s Department
 - Enbridge
 - Safe Kids Minot
 - First District Health Unit
 - Sim ND Truck
 - Dakota College at Bottineau Nursing Students
 - YMCA
 - ND Brain Injury Network
 - CP Rail
 - Trinity Health Midwives



Free zoo admission sponsored by Enbridge & Aggie Foundation.



Trinity Health Auxiliary
Hearts Club




Run for the Heart



June 17, 2023

All Motor Vehicles Welcome



Registration 10 a.m.

Helmets/Belts on 12 noon

\$20 per vehicle or bike

\$10 per passenger

includes registration, food and raffle

Route

Start Minot – Dakota Lounge

Foxholm – The Hunters Den

Kenmare – City Limits Bar North

Mohall – Drinks

Grano – Grano Bar

Carpio – ZBar

Burlington – Idle Hour Bar

End Minot – Dakota Lounge

For more information call Sherry at 701-418-7072

A Trinity Health Auxiliary Fundraiser



BRITISH MANIA
a Beatles Tribute Band

September 15, 2023

6:30 p.m. Dinner 7:30 p.m. Show

Clarion Hotel, Minot

\$500/table of 6

or \$100/per person

includes dinner, show and chance to win a door prize

To purchase tickets, call 701-418-7072



VISION
Galleria

Affiliated with Trinity Health

Glasses • Contacts • Frames

Plaza 16, 2815 16th St SW, Minot, ND

701-857-7440



Trinity Hospital Gift Shop

701-418-7072

Flowers and Gifts



Taking Charge of Men's Health: Understanding Heart Disease

Heart disease remains the leading cause of death for men globally, affecting millions of lives each year. While it is a serious health condition, the good news is that many risks can be managed and controlled. By equipping ourselves with knowledge and adopting a heart-healthy lifestyle, we can take charge of our health and reduce the risk of heart disease.

Here are some key points to consider:

Understanding Heart Disease:

Heart disease refers to various conditions that affect the heart, including coronary artery disease, heart attacks, heart failure and arrhythmias. These conditions can develop due to factors such as high blood pressure, high cholesterol levels, smoking, diabetes, obesity and a sedentary lifestyle.

Recognizing Risk Factors:

Men may have a higher risk of heart disease due to both biological and lifestyle factors. Age, family history, high blood pressure, high cholesterol levels, smoking, excessive alcohol consumption, obesity, diabetes and stress are some common risk factors. It is vital to the prevention of heart disease to be aware of these risk factors and take steps to mitigate them.

Promoting a Heart-Healthy Lifestyle:

Adopting a heart-healthy lifestyle is one of the most effective ways to prevent heart disease. Encourage regular exercise, such as brisk walking, cycling or swimming, for at least 150 minutes per week. A balanced diet rich in fruits, vegetables, whole grains, lean proteins and healthy fats is essential. Minimize the consumption of processed foods, sugary drinks and sodium-rich foods. Quitting smoking and limiting alcohol intake are also crucial steps toward better heart health.

Regular Health Checkups:

Regular health checkups play a vital role in identifying potential risk factors and detecting early signs of heart disease. Encourage fellow men in our community to schedule regular appointments with their healthcare provider to monitor blood pressure, cholesterol levels and other relevant health markers. Early detection and timely intervention can significantly improve outcomes.

Trinity Health offers these screenings in addition to routine screenings through a program called MyChoice Health Checks, a menu of low-cost health screenings.

A few of the screenings that you can purchase that contribute to the early detection and prevention of heart disease are:

Carotid Artery Disease Screening: This screening looks for the build-up of plaque in the carotid arteries. (\$35)

CT for Calcium Scoring: This CT looks for developing plaque/calcium in the coronary arteries, which can lead to a heart attack. (\$60)

Electrocardiogram (EKG): An EKG can check your heart for rhythm, see if you have poor blood flow to the heart muscle, diagnose a heart attack and check for abnormalities such as a thickened heart muscle. (\$20)

Each of these screenings is followed up with a letter from the radiologist or cardiologist. These screenings are performed at Trinity’s Advanced Imaging Center, located at Trinity Health Town and Country, 831 South Broadway, 701-857-3200.

Mental Health Matters:

Mental health is an integral part of overall well-being, and it also impacts heart health. High levels of stress, anxiety and depression can increase the risk of heart disease. Promote stress management techniques such as exercise, meditation, adequate sleep and engaging in activities that bring joy and relaxation.

Community Support and Education:

Coming together as a community to support each other in adopting heart-healthy habits is another way to start heart disease prevention.

By prioritizing heart health and making informed choices, we can reduce the burden of heart disease on men within our community. Remember, it’s never too late to start taking care of your heart!

If you have any questions or would like to learn more about heart disease prevention, feel free to reach out to your Primary Care provider or call DR4U at 857-DR4U (3748). Stay heart-healthy and stay well!

Ribbon Cutting Ceremonies Christen Surgical, Chapel Spaces



Family and friends of the late Dale Flickinger, MD, gathered to dedicate one of the most critical areas of the new Healthcare Campus and Medical District (HCMD) – the D.B. Flickinger Surgical Center.

Named after the longtime surgeon and supported by the Langar and Dr. Susan (Flickinger) Gokey Foundation, the facility is a centerpiece of the new hospital, with 12 surgical suites and state-of-the-art equipment.

At the ribbon cutting event, Trinity President/CEO John M. Kutch recalled Dr. Flickinger’s legacy during three decades of service. “Dr. Flickinger touched the lives of thousands of patients during his 36-year career. He was a leader in his field, who valued everyone under his care and left an indelible mark on his patents and colleagues,” Kutch said. “His commitment to science, professional integrity and respect for human dignity showcased his ability to make more possible for patients under his care.”

The first board-certified surgeon in western North Dakota, Dr. Flickinger received his training at Boston City Hospital and Harvard Medical School. He moved to Minot in 1960, joining Trinity Hospital as a general surgeon. During his 36 years, he served in numerous leadership positions, including chairman of the Department of Surgery and chief of medical staff. He later became a partner in Medical Arts Clinic.

“My dad would be very proud to be recognized for the great work that he did here,” said daughter Bonnie Kovacevich. “It’s a special moment for our family too, to remember and celebrate him.”



Billadeau Chapel a Spiritual Resource

Area clergy members and other friends of Trinity Health gathered to dedicate a space in the new HCMD that will be a touchstone of Trinity’s commitment to holistic care.

The Lynn and Denise Billadeau Chapel, created with support from Lynn and Denise Billadeau of Parshall and the St. Joseph’s Community Health Foundation, will play a vital role when it comes to meeting the spiritual needs of individuals and families, especially during times of crisis.

“The significance of your gift underscores your dedication to giving back to your community,” said Trinity Health President/CEO John M. Kutch. “Your contribution will play a vital role in the healing of the body, mind and spirit.”

Located just off the atrium near the main entrance of Trinity Health Hospital, the Lynn and Denise Billadeau Chapel will provide a welcoming atmosphere to people of all faiths, with symbols representing Christianity, Buddhism, Islam, Judaism, Hinduism and Indigenous Americans.

Van Gels Named New VP of Facilities Management

Trinity Health is pleased to announce that Christopher M. Van Gels, a facilities manager with nearly three decades of experience in the health and aerospace fields, has joined the regional care system as Vice President, Facilities Management. He succeeds Dave Kohlman who is retiring after 35 years of service.



Van Gels will oversee all aspects of Trinity Health’s facility infrastructure across the region, including construction, maintenance, real estate management, space allocation and contract administration.

Van Gels comes to Trinity Health from St. Louis, MO, where he served the last five years as Director of Plant Operations and Maintenance for SSM Health, a not-for-profit health system with care sites in Illinois, Missouri, Oklahoma and Wisconsin. He was responsible for organizing and directing the maintenance, repair and alteration of buildings and grounds for multiple medical campuses, including a 215-bed acute care hospital.

Van Gels has a Master of Business Administration from Lindenwood University, St. Charles, MO, and a Bachelor of Arts in business administration from Iowa Wesleyan University. He has been active in community and civic activities, serving on various boards, including the Board of Trustees for Iowa Wesleyan University.

“During the interview process and after spending my first days in Minot, I quickly began to appreciate the efforts and dedication of the facilities personnel under the leadership of Mr. Kohlman to keep these buildings clean and operating as well as they seem to be. Doing all that hard work while designing, building and transitioning into this magnificent new Healthcare Campus and Medical District, is truly a testament to extraordinary effort within that division and across the organization,” noted Van Gels. “My family and I are excited to be part of the greater Minot community.”

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
for current wait time

Ribbon

continued from page 4

“After each of our children was born, I went into the chapel,” Lynn said, referencing Trinity’s legacy hospital chapel. “The same was true when my brother-in-law was in the hospital. We just feel there’s definitely a need for a chapel.”

The chapel will be available for a variety of worship experiences and when there’s a need for a place to have reflection and prayer, whether in grief or celebration.

Said Kutch, “Trinity Health believes in providing comprehensive treatment to address the physical, psychological and spiritual needs of people. The Lynn and Denise Billadeau Chapel is one of the ways in which Trinity Health will achieve that goal.”



Did you know this about PTSD?

Hello Trinity Community,

I recently sat down with Marisa Jennings, MD to discuss Post-Traumatic Stress Disorder (PSTD) regarding common and uncommon causes, different styles of treatments and how PTSD can present in yourself or others.

First, let’s lay the foundation. Dr. Jennings is a board-certified psychiatrist with experience in treating a wide range of behavioral health conditions, including anxiety disorders, depression, bipolar disorder and schizophrenia. Dr. Jennings provides outpatient care at Trinity Health Riverside using evidence-based treatments to achieve positive outcomes for her patients.



Below are some common questions about PSTD and some answers I gathered using Dr. Jennings responses and common resources such as the National Institute of Mental Health (NIMH).

Q: What is PTSD?

A: PTSD is a mental health disorder that some people develop after experiencing or being exposed to a life-threatening event. Dr. Jennings explained that it can present as intrusive memories, nightmares, flashbacks or involuntary reactions to stimuli that are commonly known as “triggers”.

Q: What are some of the situations in which PTSD or PTSD-like symptoms are not commonly thought to occur?

A: Most people think about PTSD occurring from combat experiences, but any exposure to death, potential death or serious injury can cause PTSD. In my conversations with Dr. Jennings and during my research I found out that some situations that PTSD can occur from are things like a natural disaster, sexual assault, witnessed accident, childhood trauma or even an unsettling event from which no harm was done.

Q: How does PTSD present, both physically and mentally?

A: PTSD symptoms usually include intrusive memories, feelings or bodily sensations that are associated with the trauma, said Dr. Jennings. Dr. Jennings went on to explain that symptoms can also include avoiding reminders of the traumatic event, being tense or “on edge,” difficulty sleeping, and distorted feelings of guilt and blame. According to the NIMH, PTSD is often accompanied by depression, substance abuse or one or more of the other anxiety disorders.

Q: Why do some people develop PTSD and others do not, for example, some people develop PTSD after a mass shooting, but others don’t?

- A: Ultimately, whether or not PTSD develops is probably related to a person’s predisposition – their risk factors - as well as a person’s specific experience during the trauma. According to the NIMH, risk factors associated with the likelihood to develop PTSD include:
- Living through previously traumatic events
 - Getting injured
 - Seeing another person hurt, or seeing a dead body
 - Childhood trauma
 - Feeling horror, helplessness or extreme fear
 - And many others...

Minot Vet Center
FIFTH ANNUAL
PTSD AWARENESS WALK
June 27
Oak Park Shelter 7, 6 p.m.
• Informational Booths
Questions call 701-852-0177

As Dr. Jennings and the NIMH explained, the onset of symptoms is not always immediately seen. In some cases, it can be weeks, months or years before symptoms arise and are noticeable.

All in all, most people do not develop PTSD from an event. Researchers are studying the importance of risk and resilience factors, including genetics and neurobiology, to hopefully one day be able to predict who is likely to develop PSTD and to prevent it.

Q: How do treatments differ in terms of treating PTSD?

A: There are two main treatments for PTSD: medication and therapy, according to Dr. Jennings and the NIMH.

Medication can be used to treat and reduce the symptoms of PTSD such as anxiety, depression and nightmares. These commonly take the form of antidepressants, antianxiety medications and sleep aids.

Therapy is another form of treatment for PTSD. Therapy can help you to understand and cope with your traumatic experience. Some therapies aim to help the brain re-process traumatic memories, so they become less distressing. Dr. Jennings explained that there are different types of therapy that can be effective for PTSD, including cognitive-behavioral therapy (CBT), exposure therapy, and eye movement desensitization and reprocessing (EMDR).

In all, PTSD is a treatable behavioral health disorder that can affect many types of people from diverse backgrounds and occupations; a behavioral health disorder of which Trinity Health’s Riverside Clinic is behavioral health team to treat.

For help with behavioral health concerns or medication management feel free to call the DR4U phone line at 701-857-3748 to speak with a registered nurse about finding an appropriate healthcare provider. You can also leave a message after hours, or email anytime at: DR4U@trinityhealth.org

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 January 1 – March 31, 2023. These contributions illustrate a generous and caring community, striving to bring the highest quality care to those we serve. We want to thank those contributors for their generous support of Trinity Health’s mission: “To excel at meeting the needs of the whole person through the provision of quality healthcare and health related services.” For more information on honoring the memory of a loved one through philanthropic giving, contact Trinity Health Foundation at 701-857-5432.

BIRTH CENTER
In honor of Labor & Delivery Staff and NICU Staff
Katelyn Richter

BUILDING HOPE GOLF TOURNAMENT
Minot Town & Country Investors
Team Rockstars

CANCER EXERCISE REHAB
Ryan Family Dealerships

CANCERCARE CENTER
Amy Chandler
Audrey Matishek
Cameon Eisenzimmer
Carpio 4H Sunshiners
Cheryl Vedvig
Cindy Yale
Connie Seibel
Dakota Square Arco
Debbie Johnson
Diana Helming
Jim Grote
Joann Fabrics
Minot High School Advanced Medical Careers Class
Rhonda Zimny
Surrey Public School Cheer Team
Vincent United Methodist Church
Sowers of Love
Wesley Hagen

In memory of Alexis Gibson
Joseph Gibson

In memory of Cindy Kramer
Dee Dee & Terry Kraft

In memory of Harold Wald
Keith & Brenda Vollmer

In memory of Harvey Wittmayer
Alan & Roberta Okerson
Dee Dee & Terry Kraft

In memory of Jeanne Finnie
Bruce & Diana McLean
Jackie Lamont

In memory of Jeanne Lee
Dee Dee & Terry Kraft

In memory of Karen Engle
Dee Dee & Terry Kraft

In memory of Marcella Kleeman
Donna Falcon

In memory of Mary Holen
Dorothy Holen

In memory of Tom Bogan
Avis Mathis

In memory of Wayne Nett
Anita Nett
Heather Sys

CANCERCARE COTTAGE
Judene & Jack Cvancara

In memory of Cindy Duben
Emery Duben
Lynn & Judy Stevens

In memory of David Ashley
John & Cheryl Wallen

In memory of Gorton Stevens
Maxine Christianson

In memory of Teresa Morlock
Lynn & Judy Stevens
Mary & Lyle Lavachek

In memory of Tonya Kellenberger
Lynn & Judy Stevens

CANCERCARE PATIENT ASSISTANCE FUND
American Cancer Society
Anonymous Contributions
Michael Burt
Minot High School Boys & Girls Basketball
Wesley Hagen

In memory of Donna Boley
Lori Elstoen, Larry & Charlene Crawford and Sue Schlag

In memory of Gene Morsette
The Family of Gene Morsette

In memory of Keith Herrington
Carolyn & Jim Bodell

In memory of Sherri Pellett
Lori Elstoen, Larry & Charlene Crawford and Sue Schlag

CAPITAL IMPROVEMENT ENDOWMENT
Brent & Tami Mattson
Darold & Joanne Swenson
Dr. Wayne Jansen
Krebsbach Realty Co., Inc.
Mike & Pam Uran
Sandy & Jake Boschee

In memory of Harvey Wittmayer
Paul & Paula Simonson

CARDIOPULMONARY
In memory of Larry Johnson
Becky Hillerud-Johnson

CHILDREN’S FUND
Allie's Friends Foundation
Courageous Hearts
Give360
Magic City Lions Club
Northrop Grumman
Starlight Children's Foundation

DELAY THE DISEASE
Jane Plummer
Minot Junior Golf Association
First Response Ground
Beau Simmons
Cassandra Harmon
Tatman Township Ward County

FUEL THE FIGHT
Anonymous Contributions
Brenda Foster
Charles & Joan Massey
Dr. Douglas & Patti Bengson
Dusty & Jason Zimmerman
Joseph & Wanda Jandrisch
Kevin & Renae Beeter
Mosser Chiropractic, PC
Nodak Race Club, Inc.
Paul & Paula Simonson
Taylor & Kelly Wilson

In honor of Lori Zavalney
Bruce & Diana McLean

FUNDRAISING GALA
4 Bears Casino & Lodge
Ackerman-Estvold
Alison & Jerry Frye
Anonymous Contributions
Bad Ace Martial Arts
Bessie on a Board
Blue Cross Blue Shield of North Dakota
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Brian & Deb Boppre
Butler Machinery
Camrud Law Firm
Chantel Hillestad & Gourmet Chef
Cordelia McManigal
Dakota Hope Clinic
Darla & Matthew Miller
Double Nickel Guide
Service/Mike & Stacey Gietzen
Dr. Jeffrey & Janelle Verhey
Dr. Michael Savitt
Dr. Rob Thomas & Eric Suwall
Drea Jewelry Designs
Dusty & Jason Zimmerman
EPIC Management, LLC
Executive Air Taxi Corp.
First Western Bank & Trust
Fredrikson & Byron
Gate City Bank
Gemar Photography
Heidi & Jamie Bender
Hight Construction, LLC
Home of Economy
I. Keating Furniture World
Jamie & Matt Swenson
Jerry's Repair & Alignment
John & Leslie Coughlin
John & Nicole Kutch
Karen & Jay Zimmerman
Kristi Rosselli-Sullivan
LBJ Texas BBQ
Lien's Jewelry
Lori Zavalney
Margie's Art Glass Studio
Marilou Pugatch

Mary Lindbo
Minnesota Vikings
Minot Automotive Center
Minot Symphony Orchestra
Morelli's Distributing, Inc.
Mowbray & Son Plumbing & Heating, Inc.
Norsk Hostfest Association
North Dakota State Fair
Robert Chandler
Scheels
South Dakota State University
SRT Communications, Inc.
St. Andrew's Health Center
Tammy Torno
Taylor & Kelly Wilson
The Station
Theodore Roosevelt Medora Foundation
Thomas & Dana Warsocki
Todd Berning
Tom & Mary Probst
Town & Country Credit Union
Trinity Health Nutrition Services
US Bank
Vaaler Insurance, Inc.
Valleyfair
Vardon Golf Club
Verendrye Electric Cooperative, Inc.
Visit Minot

GENEROSITY CARD
Wesley Hagen

GOLF FOR LIFE GOLF TOURNAMENT
Minot Town & Country Investors
Team Rockstars

GUEST HOUSE
Brad Bonness
Coca-Cola Bottling Company
High Country
Dr. Mark & Judy Whitman
Dr. Robert Heninger
Earl Weinmann
Gene & Cathy Neal
Joanne Quale
Jon Nehring
Mike & Pam Uran
Nora & Ken Bangs
Peggy Bearce
Rodney Hartman
Wesley Hagen

In memory of Harvey Wittmayer
Jeff & Sandee Michalenko

In memory of Jeff Opstedal
Vicki Opstedal

In memory of Loren Fecho
Jacqueline Fecho

HEARING SCREENER
Rodney Ingerson

HOME HEALTH & HOSPICE
Darryl & Sharon Strube
St. John's Lutheran Church
Wesley Hagen

In memory of Ardis Neshem
Kay Haugen

In memory of Barbara Schonberger
Bruce & Diana McLean

In memory of Denise Stoa
Clarice Purdy
Joel Stoa
John & Leslie Coughlin

In memory of George Fick
Kay Haugen

In memory of Jack Lester
Bernice Redding

In memory of Jeanette Marshall
Kay Haugen

In memory of Jeri Stromberg
Bruce & Diana McLean

In memory of Laine Deaver
Bruce & Diana McLean

In memory of Ruth McDermott
Kelly Butz
Leslie Scofield
Linda Buerkle
Mark & Sandra Flagstad
Paul & Paula Simonson

HOSPICE ROOM
Kathleen Johnson

KENMARE COMMUNITY HOSPITAL & CLINIC
Computershare Trust Company of Canada
Infinity Hydrocarbons LLC
Petro-Hunt, L.L.C.

KIDNEY DIALYSIS UNIT
Ameriprise Financial - Legacy Financial Partners

MENTAL/BEHAVIORAL HEALTH
Our Lady of Grace Catholic Church

NEW TOWN COMMUNITY CLINIC
Slawson Exploration Company, Inc.

NICU
Christ Lutheran Church
Power of the Purse

NURSING SCHOLARSHIP ENDOWMENT
Donald Busek
Dr. Michael Savitt
Lucille Buelow
Paul DiGregorio
Wesley Hagen

In memory of Harley Schmidt
A.G. Leonard

In memory of Jan Lawson
Sharon Rollman

In memory of Polly Abernathey
Linda & Al Vosberg

In memory of Ronald Coleman
Brenda Lokken

PASTORAL CARE
Connie Hagen
St. Joseph's Community Health Foundation
Wesley Hagen

In honor of Lelia Wilson
Trinity Health HIM Staff

In memory of Karen Borud
Connie Hagen

RADIOLOGY
Wesley Hagen

SAFE KIDS MINOT
Anonymous Contributions

STOP THE BLEED
Anonymous Contributions

TRINITY HEALTH FOUNDATION FUND
Bernadette Lavigne
Clarence Azure
CliftonLarsonAllen, LLP
Coca-Cola Bottling Company
High Country
Dale Wedderman
Darla & Matthew Miller
Dr. Ayaz Chaudhary
Dr. Robert Heninger
Dr. Roggie Reason
Dusty & Jason Zimmerman
F. Bruce & Diane Walker
Green Brothers Landscaping & Construction
Heidi & Jamie Bender
John & Nicole Kutch
Karin & Thomas Will
North Dakota Department of Commerce
Peggy Bingham
Sandra & Kenneth Starr
Steven & Kari Lysne
Terra & Allan Knipp
Todd & Tesha Telin

In memory of Laura Skalicky
Laurel & Gerald Schlag

TRINITY HOMES
In memory of Mary Klein
John Zimmerman

VERHEY CRITICAL CARE ENDOWMENT
Wesley Hagen

In memory of Catherine Selfors
Dr. Jeffrey & Janelle Verhey



SRT Third Floor Connector

On April 25, a ribbon cutting ceremony took place on the third floor connector named after SRT. The connector connects Trinity Health’s Hospital and Medical Office Building, and features two seating areas, one of which has a colorful s-shaped couch. After the ceremony SRT employees and board members toured the new Healthcare Campus and Medical District. Last summer, SRT donated \$500,000 to the Trinity Health Foundation’s Capital Campaign. Thank you to SRT for your continued support of health and wellness.



MACF Fourth Floor Connector

On April 24, Trinity Health hosted a ribbon cutting ceremony to celebrate the Minot Area Community Foundation’s grant of \$250,000 to the Trinity Health Foundation for the fourth floor connector, which connects Trinity Health’s Hospital and Medical Office Building. The connector space will also provide a comfortable waiting area for families to unwind and recharge while visiting a loved one. This \$250,000 MACF grant for the connector was made possible through the Mike and Dorothy Dolan Endowment Fund, Roger & Delores Odell Endowment Fund, Chuck and Madge Westlie Endowment Fund and the Edna Solheim Endowment Fund. Thank you to the Minot Area Community Foundation for their continued support.



Recognition

continued from page 6

- In memory of Darrel Quale**
Dr. Jeffrey & Janelle Verhey
- In memory of Harley Schmidt**
Dr. Jeffrey & Janelle Verhey
- In memory of John Thomas**
Dr. Jeffrey & Janelle Verhey
- In memory of LaVonne Bengson**
Dr. Jeffrey & Janelle Verhey
- In memory of Linda Ziegler**
Dr. Jeffrey & Janelle Verhey
- In memory of Mark Wonnemberg**
Dr. Jeffrey & Janelle Verhey
- In memory of Patricia Kelly**
Dr. Jeffrey & Janelle Verhey
- WILD ABOUT SAFETY**
Enbridge Pipelines LLC
The Coteau Properties Company



Ambulance Match Grant Opportunity

The Trinity Health Foundation has been presented with an opportunity to help meet a need for Trinity Health’s First Response service: a new ambulance. Trinity Health First Response Ground operates as the largest Advanced Life Support ambulance service in northwest North Dakota. They provide ALS ambulance service 24/7 to the City of Minot and nearly 2,000 square miles to the surrounding region.

More than just a means of transport for patients, First Response has served as a critical support system for the many surrounding communities in the area, providing a higher level of care when it matters most. Trinity Health First Response Ground Ambulance provides direct support to the City of Minot Police and Fire Departments, Ward County Sheriff’s Department, Minot Rural Fire Department and additional first responder groups. They provide Advanced Life Support (ALS) intercept services to other ambulance services in northwestern North Dakota such as Tioga, Mohall Vella and other services in a 50-mile radius around Minot.

In recent years, as rural ambulance districts in the region have closed, First Response Ground ambulance’s service area has expanded to meet the needs of those communities.

Operating with a fleet of five ambulances, First Response Ground responded to over 11,000 calls, averaging roughly 32 each day. Four of the five vehicles are primary response vehicles with the additional ambulance utilized for out-of-town transfers. In order to respond to the demands of our region, there is need to increase our ambulance fleet with an updated four-wheel drive ambulance.

The cost of a new four-wheel drive ambulance is \$260,000. The matching grant will cover half of the cost, while the Trinity Health Foundation will raise donations for the other half. If you would like to assist with or donate to the ambulance fund, contact the Trinity Health Foundation office at 701-857-5432, by email at foundation@trinityhealth.org or by mail at PO Box 5020, Minot, ND 58702-5020.

Our team is proud to provide the best and most advanced care that supports our fellow professionals and our patients.

BUILDING HOPE

TRINITY HEALTH FOUNDATION

Golf Tournament

June 12, 2023

Celebrating 25th Anniversary

1998 2023

Celebrating 25 years of building hope for CancerCare patients in our region.

Building Hope Brunch

June 12, 2023 ~ 10 a.m.

Sleep Inn & Suites, Minot

Tickets \$30/person

You do not need to be a registered golfer to attend; all are welcome

To Purchase Brunch Tickets

Phone: 701-857-2430

Website: www.trinityhealth.org/foundation/building-hope/

email: cody.mcmanigal@trinityhealth.org

RSVP by June 1, 2023

 **TRINITY HEALTH FOUNDATION**

Proceeds will go to the Trinity Health CancerCare Patient Assistance Fund

Guest Speaker

Jessie Veeder

- Cancer survivor
- North Dakota native
- Folk music recording artist
- Fourth generation rancher
- Newspaper columnist
- Children’s book author

For more information about Jessie go to our website at trinityhealth.org/foundation

Relocation: A Resounding Success

Trinity Health moved patients from its downtown hospital location to the new hospital on the Healthcare Campus and Medical District (HCMD) on April 30. On Move Day, 59 patients from the Trinity Health Hospital downtown, otherwise now known as the legacy hospital, were moved to the new hospital. Lasting approximately four hours, the move concluded at 11:21 a.m. with the last patient arriving at the HCMD. The patient moves began at 7 a.m. with a patient being transported approximately every seven minutes and critical care patients being transported every 15 to 20 minutes. Toward the end of the move, the process became more efficient with staff moving patients every four minutes.

Relocation planning actually began more than 18 months earlier with documents detailing every piece of equipment and supplies to be included. The patient transports were led by members of the medical staff and clinical teams to ensure that safe, efficient transport would be the only outcome.

Over 740 Trinity staff and volunteers were tasked to assist with and facilitate the move. The Move Team consisted of porter, lift, transport, code, security, nutrition and various other teams who all were given specific tasks and instructions to ensure a streamlined and efficient process.

There were over 14 ambulances that assisted in the move to include non-Trinity ambulance services, from both the surrounding areas and state health partners. The ambulances drove a combined total of over 500 miles to transport patients from the legacy hospital to the new HCMD.

The Emergency Trauma Center (ETC) opened its door and began seeing

patients at 6 a.m. the morning of the move. The first patient at the new ETC came in at 7:11 a.m.; and as of 6 a.m., there were only two patients left at the legacy location’s ETC. During the move, both the legacy Emergency Trauma Center and new ETC were equipped with a full complement of staff until the last patient at the legacy ETC was treated and discharged. With both ETCs staffed for a short period of time, it was the first time there have been two ETCs active at the same time in Minot in over 20 years.

After being treated, the last patient in the legacy ETC was discharged at 12:05 p.m. by John Nelson, MD, making that patient the last to be seen and Dr. Nelson the last doctor at Trinity Health’s downtown ETC.

On patient move day there were plenty of “lasts”, but one caught everyone’s interest: babies. The last baby to be delivered at the Trinity Health Hospital downtown, Marlee AndiJo Pierson, was born at 2:41 a.m. on Saturday, April 29, to Tiffany and Mark Pierson; and was delivered by David Billings, MD. While Marlee was born on the legacy campus, she and her mom were transported to the new campus to enjoy their new room while awaiting discharge.

The first baby, Lily Violet Rose Freeman, was born at 8:44 a.m. on April 30, to Chyna Moolenaar and John Freeman; and was delivered by Jessie Fauntleroy, MD. Ms. Moolenaar delivered her baby on her own birthday, making her and her daughter’s birthday: April 30.

An unplanned first also took place that same day. A young patient received an appendectomy, making them the first patient to receive care in one of the state-of-the-art operating rooms.



Please feel free to leave a message after hours and your call will be returned the next regular business day, or email us anytime at DR4U@trinityhealth.org

C O M M U N I T Y

CALENDAR

For the latest updates, check online at trinityhealth.org

Prepared Childbirth Classes

Breastfeeding Basics

Basics of Baby Care

June 3, July 8, August 5, September 9

June 8, July 13, August 17, September 14

June 7, July 12, August 9, September 13

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

Upcoming June Events

- June 1**

A community STOP THE BLEED® course will be held at 6 p.m., in Trinity Health Riverside, 1900 8th Ave SE. Someone who is severely bleeding can bleed to death in as little as 5 minutes. In fact, bleeding is the #1 cause of preventable death after an injury. The class is free; registration is required by calling 418-8527.
- June 6**

Free Car Seat Checks will be provided from 2 - 5 p.m. in Minot Fire Station 1, 2111 10th St SW. Appointments required; register at eventbrite.com.
- June 6**

Pediatric Advanced Life Support (PALS) INITIAL CERTIFICATION June 6 - 7 @ 5 p.m., Trinity Health Riverside Education Center, \$220. All classes are scheduled 8:30 a.m. - 5 p.m. For more information on this class, please call 701-858-6310.
- June 7**

First Response Air will attend Touch a Truck from 5 - 8 p.m. at the Maysa Arena. Quiet hour will be held from 5 - 6 p.m.. This free family event sponsored by the Magic City Discovery Center will have games, activities and food trucks.
- June 14**

Basic Life Support (BLS) Healthcare Provider 8:30 a.m. - 12:30 p.m. Trinity Health Riverside Education Center, \$55. This class is for students who will be working in a healthcare field who have direct patient contact. (Approximate length 3.5 - 4 hours).

- June 15**

AHA Heartsaver CPR/AED and/or First Aid (non-healthcare) 6 - 11 p.m. Trinity Health Riverside Education Center, \$75. If taking only one course, please call the number below to register: CPR/AED training starts at 6:00 p.m. (\$50); First Aid starts at 8:15 p.m. (\$50). For more information on this class, please call 701-858-6310.
- June 20**

Basic Life Support (BLS) Healthcare Provider 8:30 a.m. - 12:30 p.m. Trinity Health Riverside Education Center, \$55.00. This class is for students who will be working in a healthcare field who have direct patient contact. (Approximate length 3.5-4 hours).
- June 22**

Wild About Safety will be held from 2 - 7 p.m. at Roosevelt Park Zoo. Admission is free and attendees will find several safety exhibits, first response vehicles, games and activities. The event is sponsored by Safe Kids Minot and Trinity Health.
- June 23**

Free Car Seat Checks will be held from 11 a.m. - 2 p.m. in Minot Fire Station 1, 2111 10th St SW. Appointments required; register at eventbrite.com.
- June 27**

Trinity Health will have an educational booth at the PTSD Walk at 6 p.m. in Oak Park.