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FirstCare Walk-In Clinic

For acute health conditions that don’t require an ER visit, and when your primary care provider can’t see you within your expectations, FirstCare Walk-In Clinic is available.

“FirstCare is designed for patients to seek care when they have new symptoms that require an appointment sooner than is available by their primary care provider,” said Angie Heintz, FNP-C, a provider in the walk-in clinic. “If a patient does not have a primary care provider, FirstCare is available for their acute concerns with the expectation that they establish care with a primary care provider.”

Conditions that may require the care of the walk-in clinic include fevers, chills, cold symptoms, minor head injuries (without loss of consciousness), simple fractures and sprains, mild wounds and lacerations, and rashes. **(See Know Where to Go for a more detailed listing.)** The providers at FirstCare do not provide chronic pain management or refill prescriptions for opiates or controlled substances; nor do they treat acute panic attacks or alcohol/substance abuse withdrawal.

FirstCare is open 8 a.m. to 8 p.m. on weekdays and 9 a.m. to 5 p.m. on weekends and holidays with no appointment necessary. The clinic is located on the second floor of Trinity Health Medical Arts, 400 Burdick Expy E, in Minot. While the clinic does not take appointments, it does attempt to help you manage expectations by posting current wait times on Trinity’s website: www.trinityhealth.org

FirstCare
8 a.m. to 8 p.m.
weekdays
9 a.m. to 5 p.m.
weekends and
holidays
No appointment
necessary
Trinity Health
Medical Arts
400 Burdick Expy E,
Minot



Know Where to Go

Picture this: it’s a warm, windy Saturday afternoon in early July and you’ve decided today is the perfect day to go on a bike ride with your family. As you make your way down the bike path your bike chain breaks, you lose your balance and fall to the ground, hurting your ankle. After a self-assessment, you decide to go in for treatment. Do you need to go to the Emergency Room? Should you wait and call your doctor when their office opens? Should you head to the walk-in clinic?

Whether it’s a hurt ankle, migraine or fever, we’ve all wondered where the most appropriate place is to go for treatment. No one likes to be in the Emergency Room, and no one wants to wait for an appointment. So, how do you know where to go?

To better understand where you should seek treatment, you need to consider if your symptoms require emergent or urgent attention. If your symptoms are severe or life-threatening (emergent), head straight to the Emergency Room.

“The Emergency Room is for true emergencies with the most critical patients being seen first,” said Jeffrey Sather, MD, a physician in Trinity Health’s Emergency Trauma Center. “People with conditions such as chest pain, stroke symptoms, unconsciousness, difficulty breathing or low oxygen saturations, or heavy, uncontrollable bleeding should come to the ER immediately.”

In addition to the critical symptoms listed above, the emergency room is appropriate for patients who have been in a major trauma incident such as an auto accident, who are experiencing severe abdominal pain, or who have an injury needing repair such as a major laceration or broken bone.

If your symptoms are not severe or life-threatening, your best option is to call your primary care provider’s office first. Most primary care providers save space each day to enable them to see their own patients who have simple, acute issues such as cold or flu symptoms, and other minor issues. Acute issues are those that have started recently and lasted less than 5 days.

If you are unable to see your primary care provider, then FirstCare Walk-In Clinic is the next option. “You’ll be freeing up the emergency room for patients in need of life-saving care,” Sather added. “We have a tremendous team at FirstCare; you’ll be in excellent hands.”

Primary Care: Simple acute illnesses and chronic condition management

If your injury or illness is not urgent or life-threatening, is a simple acute issue, or is the result of a chronic condition, make an appointment with your primary care provider. Your provider knows your health history, including what medications you are taking and what chronic conditions might need to be considered in your treatment. For help finding a primary care provider call 701-857-DR4U.



TRINITY
HEALTH

Know Where to Go

Primary Care Provider

- Simple, acute illness or injuries
- Coughs, colds, flu-like illnesses
- Diagnosis and ongoing management of chronic conditions
- Management of prescription medications
- Urinary tract infections
- Illnesses and injuries that can wait for more than 24 hours for an appointment
- Specialist referrals

FirstCare Walk-In Clinic

- Minor falls without head or back injury
- Lacerations that may need stitches
- Dental pain
- Minor fractures
- Sprains and strains
- Eye irritation
- Fever, chills, flu-like symptoms
- Cold symptoms (sore throat, sinus pressure/congestion/cough)
- Rashes
- Urinary tract infections/kidney stones
- Non-severe abdominal pain (nausea, vomiting, diarrhea)
- Headaches/migraines
- Skin infections/cellulitis
- Non-severe allergic reactions

Emergency Trauma Center

- Major fractures
- Seizures
- Loss of consciousness
- Deep wounds
- Heavy, uncontrollable bleeding
- Moderate to severe burns
- Poisoning
- Serious head, neck or back injury
- Severe abdominal pain
- Severe chest pain
- Difficulty breathing
- Heart attack symptoms
- Stroke symptoms
- Suicidal or homicidal feelings
- Trauma



State Fair and Sun Safety

The biggest event of the year is right around the corner: the North Dakota State Fair. At the end of July, the festivities will begin, and you can bet that Trinity Health will be there!

In the vast sea of booths, be on the lookout for Trinity Health’s booth at the Commercial III building featuring our Family Birth Center and D.B. Flickinger Surgical Center, both of which are located in the newly opened Healthcare Campus and Medical District. You can also find more Trinity exhibits at the Family Festival on July 25 and the Senior Festival on July 27.

During the Family Festival, the Midwifery staff and the Home Health and Hospice staff will be at the booth with educational materials, games and information on sleep safety for babies. At the Senior Festival, you can find Trinity Health Regional Eyecare giving eye pressure screenings; RNs giving information about stroke awareness; staff conducting free blood pressure screenings; as well as staff from RehabCare.

July 21-29 – Trinity Health Main Booth – Family Birth Center and D.B. Flickinger Surgical Center

July 25 – Family Festival – Midwifery & Home Health and Hospice

July 27 – Senior Festival – Trinity Health Regional Eyecare, Stroke Awareness, Free Blood Pressure Checks and RehabCare

Whether you are enjoying a funnel cake, riding the Tilt-A-Whirl, watching a concert or shopping to your heart’s content, there is one constant amongst them all: the sun. Invisible rays of ultraviolet light are constantly affecting everything on Earth, including you. These rays can cause skin cancers and advance the appearance of aging. However, there are ways that you can protect yourself. By applying a layer of sunscreen with a sun protective factor, or SPF, of 30 or higher during the time that UV rays are the strongest, 10 a.m. to 4 p.m., can reduce your risk of skin cancer.

“So, not all formulas are created equal,” says Mary Logue, MD, a Trinity Health dermatologist. “And it's not because they're not technically as effective as the bottle says. When it comes to sprays we kind of like to mist ourselves and be done. But you basically have to mist it to the point that you see it on your skin and then rub it in. At the end of the day, technically the liquids that you rub in are going to be the easiest way to guarantee you've gotten it on there.”



Mary Logue, MD

A preferred type of sunscreen by Dr. Logue is the mineral sun sticks. Resembling a stick of deodorant, they can be rolled on. Mineral sun sticks are a quick and easy way to get some sunscreen on important areas such as the nose, ears, cheeks, forehead and shoulders.

If you are not a fan of sunscreen, there are other ways to protect yourself such as: staying in the shade as much as possible; wearing long sleeve clothing and pants; wearing a wide-brimmed hat; and also donning sunglasses, which protect against cataracts, too.

“I recommend mineral-only sunblock,” Logue explained. “They’re formulated better and don’t leave that white cast to the skin. They absorb a lot nicer and they’ve got benefits to preventing skin cancer as well as anti-aging effects, such as minimizing the darkening of the skin.”

So, you tried all of the above, but the odds won and now you have a sunburn. How do you care for a sunburn? First, a sunburn is a painful sign of skin damage from spending too much time outdoors without protective measures and sometimes occur even with protective measures. In addition to the skin, eyes can be burned from sun exposure, whether it be directly from the sun on a clear or cloudy day or even indirectly from the reflection of the sun off water or snow.

There is good news and bad news. The bad news first, there is no quick cure for sunburn. The good news: if treated properly, a sunburn’s symptoms can be managed, and discomfort minimized. Alleviating the symptoms of a sunburn can include:

- Taking aspirin, acetaminophen, or ibuprofen to relieve pain and headache and reduce fever.
- Drinking plenty of water to replace fluid losses.
- Cool baths or the gentle application of cool wet cloths on the burned area may also provide some comfort.
- Avoiding further exposure until the burn has resolved.
- Additional symptomatic relief may be achieved through the application of a topical moisturizing cream, aloe, or 1% hydrocortisone cream.
- A low-dose (0.5%-1%) hydrocortisone cream, which is sold over the counter, may be helpful in reducing the burning sensation and swelling and speeding up healing.

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Marketing Executive Joins Trinity Health

Trinity Health is pleased to announce that Pam Hopkins has joined our leadership team as Vice President of Marketing and Communications.



Pam Hopkins

Hopkins will oversee development and implementation of marketing initiatives in keeping with Trinity’s mission and play a significant role in shaping the organization’s communications strategy.

A healthcare executive with more than three decades of communications and marketing experience, Hopkins began her career as a marketing consultant with Odney Advertising Agency in Bismarck. During her 14-year tenure, she was responsible for providing strategic communication and marketing consulting to the agency’s largest healthcare clients.

She joined Medcenter One Health Systems in 2005, becoming Vice President of Marketing. She led brand development and growth for Medcenter’s regional care system and spearheaded the inaugural Strategic Planning and Marketing Committee of the Medcenter One Board.

In 2012, when Medcenter merged with Sanford Health, Hopkins became Executive Director of Marketing, serving as Sanford’s senior marketing leader for the Bismarck Region leadership team.

Hopkins has been an active community supporter, serving as a Chamber of Commerce Junior Achievement Business Consultant to elementary classrooms. She is a graduate of the Leadership Bismarck program through the Bismarck Mandan Chamber EDC and also served as a volunteer program director.

The Underwood native graduated summa cum laude from Minnesota State University Moorhead with a bachelor’s degree in mass communications and marketing. She also studied at Oxford University, England.

Eagle Awards



Sascha Demory, RN

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

Congratulations to:

- Sascha Demory, RN
- Erica Riordan, MSN, CNM
- Lyn Wedar, PT, CSCS



Erica Riordan, MSN, CNM



Lyn Wedar, PT, CSCS

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


Trinity Health Speaker's Bureau

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Fair

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No matter what your plans are for the summer, State Fair or not, the sun doesn't go away thus making UV safety incredibly important, and while sunburns can be especially bothersome, other concerns can arise from sun exposure as well. Extended exposure to the sun can increase the risk of skin cancer, both melanoma and non-melanoma. Dr. Logue emphasizes that the most important thing that people can do is to look at and be familiar with their skin.

"If you're concerned about your skin, give me a call," said Logue. "That's enough of a reason for us to double-check. I would much rather reassure people, talk through some of this and address any concerns."

You can find Dr. Logue at the Trinity Health Dermatology clinic located within the Medical Arts building or by calling 701-857-7382.

If you find yourself with a sunburn too severe to manage with at-home first aid, contact your primary care provider or visit the Trinity Health FirstCare clinic in the Medical Arts building at 400 Burdick Expressway East, Minot.


Trinity Physicians Receive Medical School Honors

Two members of Trinity Health's medical staff were among those honored at the University of North Dakota School of Medicine & Health Sciences (SMHS) commencement on May 6 at UND.


Jennifer Johnson, MD, an Ob/Gyn physician and Clinical Instructor of Obstetrics and Gynecology at UND's Northwest Campus, was selected for the Dean's Special Recognition Award for Outstanding Volunteer Faculty.

Dawn Mattern, MD, a Sports Medicine physician and Clinical Assistant Professor of Family & Community Medicine, was named Outstanding Physician-Teacher by Northwest Campus medical graduates. The awards are presented annually to medical faculty at each of the medical school's campuses in Minot, Bismarck, Grand Forks and Fargo.


"As a community-based institution, the School could not carry out its educational mission without the dedication and sacrifice of our voluntary faculty members," said Joshua Wynne, MD, MBA, MPH, vice president for health affairs and dean of the SMHS.



Jennifer Johnson, MD



Dawn Mattern, MD



Drug Shortages: It Affects Everyone

How advance notice using RefillRx can ensure you get your medications on time.

Drug shortages are affecting everyone, from simple antibiotics to complex oncology drugs, and Trinity Health and Minot aren't exempt from that. RefillRx can help you reduce the risk of your medications not being available when you need them by providing you the option to send your refills in advance. Over 1,450 drugs, according to the U.S. Food & Drug Administration (FDA), are labeled as "Currently in Shortage." Since the beginning of 2023, over 300 drugs have been added to the drug shortage list, nearly setting a record high not even halfway through the calendar year.

Those challenges not only affect you as a patient but also the pharmacies that are tasked with the responsibility to supply you with those medications. While there are many pharmacies in Minot, three of them have shuttered their doors since the beginning of the year. Those closings have resulted in hundreds, if not nearly a thousand, of prescriptions being transferred to already burdened pharmacies, often resulting in even fully staffed pharmacies having to work overtime to fulfill even their daily needs.

If you're wondering, "Why don't they just order a bunch of the drugs to keep in stock?", and you would be right, to an extent. Many pharmacies, including our own KeyCare Pharmacy, place orders every single day for the necessary drugs they need. According to our Trinity Health pharmacists, many orders are placed for these medications but most of the time they only receive a partial fulfillment of the order placed, resulting in the inability to fulfill orders immediately.

Now chances are that you are thinking, "Nope, that can't happen to me. How do I make sure that it doesn't?" It's so simple you don't even have to leave your couch; call in your prescriptions a few days in advance or use the RefillRx Mobile app. Enough advance notice of a prescription needing to be refilled ensures that pharmacy staff, manufacturers and your healthcare providers are able to adequately fulfill your prescription medication needs.

Drug shortages have hit near-record highs. It's getting harder to shield patients from the impacts

Side Effects Public Media | By Morgan Watkins
Published May 17, 2023 at 10:43 AM EDT

Part of Angela Sandlin's job as a pharmacy director has been to keep a list of the drugs that are in short supply, which, over the years, have run the gamut — from contrast agents used for X-rays and other scans, to blood pressure medications and antibiotics.

But the shortages lately have gotten worse and pharmacists are "trying to walk a tightrope," Sandlin said.

As U.S. drug shortages hit near-record highs earlier this year, pharmacists are finding it harder to shield patients from the impact. The American Society of Health-System Pharmacists, which tracks drug supply issues, found there were 301 active shortages in the U.S. during the first three months of 2023 — the biggest total in nearly a decade.

It got "uncomfortably close" to the all-time high of 320 simultaneous shortages, said Michael Ganio, ASHP's senior director of pharmacy practice and quality.

At Baptist Health La Grange, where Sandlin works, providers have been limping through with patients who rely on Adderall, a stimulant used to manage attention deficit hyperactivity disorder. A key strategy they've used, Sandlin said, is giving patients 30-day supplies rather than 90-day supplies of their prescription.

"That way, three patients get it for this month, you know, instead of one person getting 90. And then the next month, we get another supply in, and we're able to fill them again," she said.

Adderall is far from the only drug that's been hit by extended shortages pushing pharmacists and physicians to have to make difficult decisions.

Current shortages include some widely used medications like chemotherapy drugs, the antibiotic amoxicillin, and semaglutide injections, marketed under the brand names Ozempic and Wegovy, used for diabetes and weight-loss treatments.

A recent report by the Senate Committee on Homeland Security found that new drug shortages spiked by nearly 30 percent last year compared to 2021.

Health care providers have typically been able to blunt the impact of drug shortages on patients by using various tactics, including prescribing other forms of the medicine or alternative drugs. Patients may not even be aware there's a shortage.

But "once something is not available ... it's just a matter of time before that equalizes across the country," Ganio said.

In the Midwest and South, pharmacists who serve patients in Kentucky and Southern Indiana told Side Effects their hospitals or community pharmacies have had to resort to workarounds to keep their patients supplied with what they need.

Many reasons behind the shortages

Drug shortages in the U.S. are not new phenomena. They are a standard part of the logistics for hospitals, according to Joe Hall of Louisville-based Norton Healthcare.

trinityhealth.org

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Drug Shortages

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“We, like other hospital systems, have been experiencing shortages of critical drugs for several years,” said Hall, citing cancer treatments and narcotics as examples.

The health system regularly places backorders for products and tries to diversify their sources, including ordering directly from manufacturers and drug wholesalers. “Then, we move product throughout our hospital system so that no one hospital runs out,” Hall said.

Drug shortages are typically caused by problems at the manufacturing level, Ganio of the ASHP said. They also tend to affect generic versions of medications more than the brand-name drugs that are bigger money-makers for pharmaceutical companies.

“If it was an easy problem to solve, we would have done it ... two decades ago,” Ganio said.

A spike in demand rarely causes a supply-side issue, but he said it was a factor in recent shortages of Adderall and Ozempic. A recent report from the U.S. Centers for Disease Control and Prevention shows prescriptions for ADHD meds like Adderall rose in recent years, while various news reports say Ozempic has been talked up on social media as a weight-loss drug.

The latest report from the Senate’s Homeland Security and Governmental Affairs committee pegged the problem to a number of factors, “including economic drivers, insufficient supply chain visibility, and a continued U.S. overreliance on both foreign and geographically concentrated sources for medications and their raw materials.”

The report pointed to the fact that nearly 80 percent of manufacturing facilities that produce active pharmaceutical ingredients — the key ingredients that give a drug its intended effect — are located outside of the U.S.

Ganio said there’s a lack of transparency about manufacturers’ supply chains.

“There could be five manufacturers of a blood pressure medication, for example, and all five are sourcing from the same producer of the active pharmaceutical ingredient,” which can make the system vulnerable to shortages if something goes wrong with this one supplier, Ganio explained. But the government might not know that because of the opaque supply chains of drugmakers.

The U.S. Food and Drug Administration already does a lot to address drug shortages, he said, but there’s more that could be done at the federal level. He hopes increased public awareness of these shortages as they spill over to the pharmacy counters and affect patients, would put “more pressure on Congress to enact change.”

How patients are affected – and what they can do

The currently limited supply of cancer treatments like cisplatin has been a scare for Hope Maniyar, University of Louisville Health pharmacy manager.

“We’re not having to ration care,” she said. “But we are starting to have that conversation of: ‘If we get to dire straits, how are we going to ration cancer care to patients?’”

UofL Health spokesperson David McArthur said, so far, the staff has managed the chemotherapy drug supplies so that patients can complete their prescribed regimens.

If supplies of a certain chemo drug run out, doctors can shift patients to a different treatment, Ganio said. But that’s far from ideal.

“That’s really hard to tell a patient, ‘We can’t give you your first-line treatment because it’s not available,’” he said.

If a person is concerned about the drug shortage affecting them, Sandlin of Baptist Health said they should call their pharmacy and talk to the staff about their needs.

“Please, please don’t wait till you are completely out [of meds],” she said. “Then something urgent becomes emergent.”

Louisville-based Family Health Centers runs four pharmacies in Louisville. Their director of pharmacy services, Mike Lin, said they “have probably a page worth of ‘outs,’” referring to drugs they’re struggling to acquire. He estimates over 90 percent of those "outs" are generics.

It’s common for there to be multiple generic versions of the same medication on the market, though, which gives patients options. When one generic goes into shortage, Lin said, a common solution is to switch to one of the other generics.

“And that’s the beauty of generics ... they are interchangeable,” he said.

However, Lin would rather avoid swapping the generic meds a patient gets.

Different versions of the same medication may contain varied levels of a particular ingredient because the manufacturing standards for generics aren’t as stringent as the standards for brand-name drugs.

The pills also might look different, even though they contain the same ingredients, he said. That can confuse people. So, he encourages patients to be mindful of these variations if their medications are switched.

Another common way to help patients during a shortage is to connect them with other pharmacies that still have their medication in stock, said Ben Mudd, executive director of the Kentucky Pharmacists Association.

But sometimes pharmacies may not be able to accept new prescriptions if they’re already struggling to cover their current patients due to limited shipments of a particular drug, Mudd said.

“This is one of those times when it’s important to have a kind of a personal relationship with your pharmacist,” he said. “At the end of the day, pharmacists are just trying to help their patients navigate this.”

This story comes from a partnership between Louisville Public Media and Side Effects Public Media, a health reporting collaboration based at WFYI. Side Effects is a collaboration of NPR stations across the Midwest and surrounding areas, including KBIA, Iowa Public Radio, Louisville Public Media, KCUR and Ideastream Public Media.



Fireworks Safety Tips

How to Keep Kids Safe Around Fireworks

Attend public firework displays. Leave lighting fireworks to the professionals and watch from a safe distance away.

Give children glowsticks instead of sparklers. Sparklers can heat up to more than 1,200 degrees and are dangerous for young children.

Keep fireworks away from children. Make sure children stay a safe distance away from a lit firework.



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701-857-7440



Trinity Hospital Gift Shop

701-418-7070

Flowers and Gifts

HCMD Emergency Beacons = Safety for All

- The Emergency Beacons are located throughout the HCMD in parking lots and areas with foot traffic.

- There are over 35 beacons on campus.

- The beacons have one button that once pressed connects the caller with the Police Department.

- These beacons are aimed to give patients, staff and visitors peace of mind at any time of the day or night.

- Whether it be a medical, fire or security emergency, the beacons are available to use in any situation where an individual may fear for the safety of themselves or others.



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



Legacy Financial Partners Donate KDU (Kidney Dialysis Unit) Machine

Each year, Trinity Health’s Kidney Dialysis Unit (KDU) serves more than 1,000 patients and, in the process, touches the lives of countless family members.

Kidney dialysis mimics the normal function of human kidneys: to remove waste and fluids in your body, keep safe levels of minerals in your blood and help regulate blood pressure. The dialysis machine moves blood through one side of a filter while a special solution passes on the other side. The solution draws excess fluids and wastes out of the blood and through the filter. Dialysis may be a temporary treatment until function resumes in the kidneys or until a transplant can occur. If those options are unavailable, lifetime dialysis treatment is required.

Trinity Health’s KDU is planned to move from its current location at Trinity Health St. Joseph’s Hospital to the new HealthCare Campus and Medical District and will be located on the ground floor of the Medical Office Building with convenient access for patients. The new KDU amenities include private treatment areas with comfortable seating and windows creating a relaxed atmosphere for patients undergoing treatment.

The expansion of the KDU also requires an investment in additional machinery to accommodate the larger facility. After touring the facility, Legacy Financial Partners recognized this as an area of need and generously donated \$15,000 to purchase a new KDU machine. Their contribution positively impacts health and wellness in our region, and we are grateful for their support.

For more information or to contribute to the KDU, contact Darla Miller at 701-857-2896 or Jamie Swenson at 701-857-2870.



Centennial Park

Enjoy the great outdoors with Trinity Health at the new HealthCare Campus and Medical District’s Centennial Park. Trinity Health is developing a park around the detention/retention ponds on the north side of the campus. Thanks to generous donations the park will include a playground, a walking path, several seating areas, trees, landscaping and lighting. As we move into our new neighborhood, we look forward to this area being utilized by our area neighbors, patients, families and staff to provide a place to enjoy the beautiful outdoors.



Trinity Health Foundation Guest House

Originally gifted by a generous local family, the Trinity Health Foundation Guest House has provided a comfortable homelike atmosphere to families whose loved ones are being treated at Trinity Hospital, or for patients undergoing early morning surgeries or procedures. This facility is located on Main Street directly across from the previous downtown emergency trauma center. Through generous community support, the Foundation has been able to operate this facility through a minimal nightly suggested donation of \$30 per room, helping to lessen the burden on family members during challenging times. Since record-keeping began in 2013, the Guest House has served patient families over 15,105 nights.

With the relocation of the Trinity Health campus, a new facility will be required to provide the same convenience to families and patients at the new medical campus. The current Guest House will remain open until a sale is finalized.

Until a new facility is completed, and to provide an option in closer proximity to the new HealthCare Campus and Medical District, we have partnered with area hotels to provide conveniently located accommodations for patients and families at a reduced cost. The following hotels and rates are for Trinity Health patients. Vouchers are required for discounted rates and will be distributed by healthcare providers upon request.

- Baymont Inn and Suites—\$49/night
- Hotel Revel—\$50/night
- Hyatt House—\$70/night
- Staybridge Suites—starting at \$70/night

trinityhealth.org/foundation/



August 1, 2023
5:30-8 p.m.
Roosevelt Park

This year’s National Night Out will be on August 1, from 5:30 to 8 p.m. at Roosevelt Park. National Night Out is an annual event designed to strengthen our communities by encouraging neighborhoods to engage in stronger relationships with each other and with their local law enforcement partners. The goal is to heighten crime-prevention awareness, build support and participation in local anti-crime programs, and most importantly, send a message that our neighborhoods are organized and fighting back. It’s also the perfect opportunity to get to know your neighbors and meet those who keep the Minot area safe.



Pictured L to R: Rachel Nwankwo, Haley Pottinger, Alexa Rice, Emma Rensvold, McKenna Lang, London Opperde, HOSA Advisor Trisha Carlson, Emily Houim, Darla Miller; Trinity Health Foundation, Jamie Swenson; Trinity Health Foundation, and Cody McManigal; Trinity Health Foundation. Not Pictured: Brayden McLean, Kresten Drevecky, Sidney Ressler.

Foundation Grants \$7,500 to Minot Chapter of NDHOSA

Trinity Health Foundation recently granted \$7,500 to the Minot Chapter of NDHOSA (North Dakota Health Occupations Students of America) to assist 10th - 12th-grade students attending the International Leadership Conference in Dallas, TX, on June 20-25. Attendees qualified for the conference at the State Leadership Conference in April.

Students will compete in various categories, including Clinical Laboratory Science, CPR/First Aid, Mental Health Promotion, Health Education, Health Career Photography and Medical Law and Ethics.

Trinity Health Foundation was established in 1922 to assist in the establishment of 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.

New Providers Join Trinity Health

Trinity Health would like to extend a welcome to and introduce you to some of our newest providers:

Shawnette Holmes, DNP, NP-C
Primary Care
Trinity Health East Ridge
701-857-7470

Trinity Health is pleased to welcome Shawnette Holmes, DNP, NP-C, to our clinic team at Trinity Health East Ridge. A board-certified nurse practitioner, Shawnette provides primary care to adults of all ages, including annual physicals, acute care visits, treatment of chronic health conditions such as diabetes and high blood pressure, prescribing appropriate medications, and educating patients in self-care skills to prevent disease. The former Arizona resident earned her Bachelor of Science in Nursing from Grand Canyon University in Phoenix and practiced as an RN for 10 years. She and her family, including her husband and three youngest of five children, moved to North Dakota, where Shawnette joined the nursing staff at Heart of America Medical Center in Rugby. Recently, she completed her doctorate in Advanced Nursing Practice from the University of Mary, Bismarck. A member of the American Nurses Association (ANA) and American Association of Nurse Practitioners (AANP), Shawnette enjoys going for walks and going fishing with her family.



Shawnette Holmes,
DNP, NP-C
Family Medicine

of life for patients. An International Merit Scholarship recipient, Dr. Iraqi earned his Bachelor of Science in Biology from Towson University in Maryland, graduating Summa Cum Laude. He received his Doctor of Osteopathic Medicine from University of New England College of Osteopathic Medicine in Maine and completed his Internal Medicine residency at MedStar Union Memorial Hospital in Baltimore. He is a member of the American College of Physicians, American Osteopathic Association and American Medical Association.

Keith Ryan, MD
Anesthesia
Trinity Health Hospital

Trinity Health is pleased to welcome Keith Ryan, MD, to our team of anesthesia specialists. Dr. Ryan is a board-certified anesthesiologist with nearly two decades of experience. He is highly trained to provide safe and effective anesthesia care to patients undergoing the full range of surgical procedures.



Keith Ryan, MD
Anesthesia

Dr. Ryan earned his medical degree from the Medical College of Wisconsin, Milwaukee. After a transitional residency he completed his residency in Anesthesiology at the University of Nebraska Medical Center, Omaha, where he served his last year as Chief Resident.

Since then he has practiced and held leadership positions at care settings in Wisconsin and Wyoming. Most recently he provided anesthesia services to patients at Avera St. Luke's Hospital in Aberdeen, SD.

Dr. Ryan is a member of the American Society of Anesthesiologists.

Janika Vondrak, PA-C
Emergency Medicine
Trinity Hospital

Trinity Health is pleased to welcome Janika Vondrak, PA-C, to our Emergency/Trauma team. Janika is a board-certified physician assistant with extensive experience providing immediate care to people with emergent and life-threatening illnesses and injuries. A graduate of Gonzaga University, Spokane, she completed her master's in Physician Assistant Studies from Touro University California, Vallejo. She subsequently joined the Emergency Department at Scripps Memorial Hospital La Jolla, where she operated a clinical decision unit within the level 1 trauma center. Most recently she was a surgical first assistant in the OR at Desert Orthopedic Center, Las Vegas. Janika is board certified by the National Commission on Certification of Physician Assistants.



Janika Vondrak, PA-C
Emergency Medicine

Melisa Wisdom, FNP-C
FirstCare Walk-In Clinic
Trinity Health Medical Arts

Trinity Health is pleased to announce that Melisa Wisdom, FNP-C, has joined our team of providers at FirstCare Walk-In Clinic. A board-certified nurse practitioner, Melisa is well qualified to manage the immediate needs of patients seeking care for non-emergent illnesses and injuries. She brings to the team extensive experience treating conditions such as colds, flu, sinus and urinary tract infections, and minor injuries. Melisa earned a Bachelor of Science in Nursing from Georgia State University and practiced several years as a staff and travel nurse in diverse emergency care settings in Georgia, California, New York and Texas. She completed her Master of Science in Family Nurse Practice at the University of Alabama at Birmingham. She's certified by the American Association of Nurse Practitioners.



Melisa Wisdom, FNP-C
FirstCare Walk-In Clinic

Ahmed Iraqi, DO
Internal Medicine
Trinity Health Town & Country
701-857-7986

Trinity Health is pleased to welcome Ahmed Iraqi, DO, to our physician team at Trinity Health Town & Country. Dr. Iraqi specializes in Internal Medicine, a medical field concerned with the health issues of adults, including acute, chronic and complex health conditions. He looks forward to serving patients with a compassionate, patient-centered, evidence-based approach to care that is focused on improving quality



Ahmed Iraqi, DO
Internal Medicine

SAFESITTER

Nationally approved, medically accurate training program designed for 11 years old and older.

Safe Sitter® teaches adolescent babysitters how to handle crises, how to keep their charges secure, and how to nurture and guide a young child. Safe Sitter® babysitters help children stay safe and sound while their parents are away. In the process, these students 11 years old and older emerge as more confident, responsible, and compassionate teens and adults.

During this one-day course, students listen, practice, and learn an array of topics including:

- Choking and hands-only CPR
- Child development
- The business of babysitting
- Accident management
- Safety for the sitter

2023 Summer Class Schedule

July 12, July 13, July 19, July 20, July 26, July 27
August 9, August 10

All classes are 8:30 a.m.-2:30 p.m.
Trinity Health Riverside, Education Center
1900 8th Ave SE, Minot

Registration is required; please call the Trinity Health Community Education Department at 701-857-5099. The course fee of \$60 must be paid upon registration.



TRINITY HEALTH AUXILIARY PRESENTS:

British Mania

a Beatles Tribute Band

SEPTEMBER 15, 2023
CLARION HOTEL, MINOT

6:30 P.M. DINNER • 7:30 P.M. SHOW

\$100/PERSON or \$500/TABLE OF SIX (INCLUDES DINNER & SHOW)

TO PURCHASE TICKETS CALL 701-418-7070

Sponsored by:
Mowbray & Son, Inc.
and M&S Sheet Metal, Inc.
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Occupational Medicine Services

Healthcare that Works!

701-857-7840



Meet Your Clinic: Orthopedics

Dealing with an orthopedic condition can feel painful and discouraging and hold you back from living the life you want. Our expert orthopedic specialists and surgeons offer the latest diagnosis and treatment options for many orthopedic conditions. Our goal is to restore function and get you back to living your life to its fullest as soon as possible.

Conditions We Treat:

- Arthritis
- Tendon/ligament injuries
- Fractures and injuries in adults and children
- Sports injuries, including concussion
- Work-related injuries

How We Diagnose You:

- X-Ray
- Bone Density Tests
- Magnetic Resonance Imaging (MRI)
- Ultrasound
- Computed tomography (CT)


- Blood Tests
- Arthroscopy

Your Orthopedic Clinic:


Trinity Health
Medical Office Building
2305 37th Ave SW
Minot
701-418-7400

At Trinity Health Orthopedics, we believe that quality of life is everything. And we know that minimally invasive treatments lead to shorter hospital stays, faster recovery times and better health outcomes. That’s why we strive to deliver conservative yet effective treatments. Our orthopedic specialists are skilled with discerning when to take a nonsurgical, minimally invasive or surgical approach. We offer a wide range of nonsurgical and surgical treatment options for orthopedic conditions. We work to understand your lifestyle and wishes so we can help you choose treatments that are right for you.

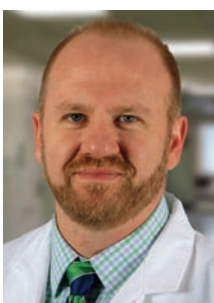
Meet Your Orthopedic Providers:



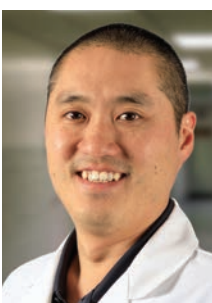
Earl Brewley, Jr.,
MD




Alexander Kindy,
MD




Brent Knudson,
DO




Daniel Lee,
DO, MMS




Dawn Mattern,
MD, FAMSSM



Cody Pehrson,
MD



Andrea Sebelius,
AGPCNP-BC



Emily Stevens,
FNP-BC

Classic Beef Kabobs

Cubes of seasoned, tender steak grilled with mushrooms, peppers and onions on a skewer—a recipe that's perfect for an appetizer, snack or dinner.

“When it comes to choosing beef cuts, choose lean cuts, such as loin or round. This recipe utilizes lean beef from a sirloin steak cut. You can portion the serving size to 3 oz, which is about the size of a deck of cards. Don’t forget to add the vegetables such as mushrooms, peppers of all colors, onion, zucchini and summer squash.” – Michelle Fundingsland, RDN, LRD

INGREDIENTS:

- 1-pound beef Top Sirloin Steak cut 1-inch thick
- 8 ounces mushrooms
- 1 medium red, yellow or green bell pepper, cut into 1-inch pieces
- 1 medium red onion, cut into 1-inch pieces
- Salt
- 2 tablespoons olive oil
- 1 tablespoon chopped fresh oregano or 1 teaspoon dried oregano leaves
- 2 cloves garlic, minced
- 1/2 teaspoon ground black pepper

COOKING:

Cut beef Top Sirloin Boneless steak into 1-inch pieces. Combine seasoning ingredients in large bowl. Add beef, mushrooms, bell pepper pieces and onion pieces; toss to coat.

Cook's Tip:

One-pound beef Tenderloin Steak cut 1-inch thick may be used.

Alternately thread beef and vegetable pieces evenly onto eight 12-inch metal skewers, leaving small spaces between pieces.

Cook's Tip:

Eight 12-inch bamboo skewers may be substituted for metal skewers. Soak bamboo skewers in water 10 minutes before using; drain.

Place kabobs on grid over medium, ash-covered coals. Grill kabobs, covered, 8 to 10 minutes (over medium heat on preheated gas grill, 9 to 11 minutes) for medium rare (145°F) to medium (160°F) doneness, turning once. Season kabobs with salt, as desired.

Cook's Tip:

To broil, place kabobs on rack in broiler pan so surface of beef is 3 to 4 inches from heat. Broil 9 to 12 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.



NUTRITION:

* Based on a 2,000-calorie diet

** Percent Daily Values are based on a 2,000-calorie diet

Nutrition information per serving: 252 Calories; 108 Calories from fat; 12g Total Fat (3 g Saturated Fat; 7 g Monounsaturated Fat;) 70 mg Cholesterol; 61 mg Sodium; 8 g Total Carbohydrate; 1.6 g Dietary Fiber; 28 g Protein; 2.3 mg Iron; 9.9 mg NE Niacin; 0.8 mg Vitamin B6; 1.5 mcg Vitamin B12; 5.6 mg Zinc; 45.6 mcg Selenium; 115.3 mg Choline.

This recipe is an excellent source of Protein, Niacin, Vitamin B6, Vitamin B12, Zinc, Selenium, and Choline; and a good source of Iron.



Trinity Health Hospital Gift Shop

A service of Trinity Health Auxiliary, the Trinity Hospital Gift Shop, located within the Trinity Hospital atrium at 2305 37th Ave SW, is a source of support for Trinity Health programs and services, along with the Auxiliary's many other activities sponsored throughout the year. The Gift Shop offers gifts, sundries, cards, flowers, gift cards and handcrafted items.

Hours:
Monday-Thursday 9 a.m. to 5 p.m.
Friday 9 a.m. to 4:30 p.m.

trinityhealthgiftshop.com
701-418-7070



Volunteers

As a Trinity Health volunteer, you are a vital link in the chain of service and caring. Not only will you have a positive impact on our patients and/or residents, but you will also be part of a dedicated team that is known for delivering the best healthcare available. Hundreds of people just like you serve as volunteers because they recognize the benefits of lending a hand to those in need. They share a vision of a caring community and realize that by helping even with simple tasks, hope and healing is improved. Plus, their experience is both challenging and rewarding.

As a volunteer, you can choose to share your time with patients and families at Trinity Hospital, Trinity Homes or with our hospice program. No matter where you choose to volunteer, we're sure there is a position that fits your skills, talents, and personality and we hope you will join our team.

To volunteer visit trinityhealth.org/about-trinity-health/become-a-volunteer/ or call 701-418-8000 and ask for Volunteer Services.

C O M M U N I T Y

CALENDAR

For the latest updates,
check online at trinityhealth.org

Prepared Childbirth Classes

July 8, August 5, September 9, October 7

Breastfeeding Basics

July 13, August 17, September 14, October 12

Basics of Baby Care

July 12, August 9, September 13, October 11

These classes are offered free-of-charge as part of Trinity Health's community benefit mission. If you have questions, please call 701-418-8806. To schedule a tour call 701-418-8820. Sign up for classes at: trinityhealth.org/familybirth_registration.

Upcoming July Events

July 5
A Pediatric Advanced Life Support (PALS) RE-CERTIFICATION class will be held at Trinity Health Riverside Education Center, 1900 8th Ave SE, from 8:30 a.m. to 5 p.m. The class cost is \$165 and only one day for the provider who needs to re-certify in PALS. For more information, to purchase a ticket or to RSVP, please visit trinityhealth.org/events/ or call 701-858-6310. A PALS Provider Manual needs to be obtained prior to the course.

July 6
Free Car Seat Checks will be provided by Safe Kids Minot from 12 to 4 p.m. at Farmers Union C-Store in Kenmare. Register by calling 701-418-8527 or visiting the Safe Kids Minot Facebook page.

July 11
Free Car Seat Checks will be provided from 2 to 5 p.m. in Minot Fire Station 1, 2111 10th St. SW. Appointments are required; register at eventbrite.com.

July 12
A Basic Life Support (BLS) Healthcare Provider class will be held at Trinity Health Riverside Education Center, 1900 8th Ave SE, from 8:30 a.m. to 12:30 p.m. The class is \$55 and is for students who will be working in the healthcare field and who have direct patient contact. For more information, to purchase a ticket or to RSVP, please visit trinityhealth.org/events/ or call 701-858-6310.

July 18
Trinity Health and the ND Army National Guard will sign a Memorandum of Understanding to participate in the Partnership for Your Success (PaYS) program. The signing ceremony and event will be held from 4 to 6 p.m. on the Trinity Health Healthcare Campus and Medical District, 2305 37th Ave SW.

July 18
An Advanced Cardiac Life Support (ACLS) Initial Certification class will be held July 18-19 at Trinity Health Riverside Education Center, 1900 8th Ave SE, from 8:30 a.m. to 5 p.m. This class is \$220 and is for first-time students or for students whose certification has expired. You must attend both consecutive days of this class and be proficient in reading cardiac rhythms prior to attending. For more information, to purchase a ticket or to RSVP, please visit trinityhealth.org/events/ or call 701-858-6310. An ACLS Provider Manual needs to be obtained prior to the course.

July 18
BIB's Breast is Best Support Group will be held at 12 p.m. in Broadway Bean & Bagel. An interactive and supportive group guided by moms and facilitated by Trinity Health's International Board-Certified Lactation Consultant and Certified Lactation Counselors. All mothers welcome—expecting, new and experienced. For more information, call 701-418-8806.

July 19
Free Car Seat Checks will be provided from 12 to 4 p.m. in the Mohall Ambulance parking lot. Register by calling 701-418-8527 or visiting the Safe Kids Minot Facebook page.

July 19
The Stroke Support Group will be held at 7 p.m. in Trinity Health Riverside, 1900 8th Ave. SE. The group is open to anyone who has suffered a stroke or caring for someone who has. For more information, call 701-418-8518.

July 20
An AHA Heartsaver CPR/AED and First Aid (non-healthcare) class will be held at Trinity Health Riverside Education Center, 1900 8th Ave SE, from 6 to 11 p.m. For both classes, the cost is \$75, for an individual class the cost is \$50. If only taking one class, please call 701-858-6310. For more information or to purchase a ticket for the combined class, please visit trinityhealth.org/events/ or call 701-858-6310.

July 21-29
At the North Dakota State Fair (NDSF), Trinity Health will provide information on the Family Birth Center and D.B. Flickinger Surgical Center from 11 a.m. to 10 p.m. in the Commercial III building. Trinity Health is a proud sponsor of the NDSF.

July 22
First Response Air and First Response Ground will participate in the NDSF parade.

July 25
At the North Dakota State Fair, Trinity Health's Midwifery and Home Health & Hospice departments will provide educational information at the NDSF Family Day Festival.

July 26
An AHA Pediatric Heartsaver CPR/AED and First Aid (non-healthcare) class will be held at Trinity Health Riverside Education Center, 1900 8th Ave SE, from 6 to 11 p.m. For both classes, the cost is \$75, for an individual class the cost is \$50. If only taking one class, please call 701-858-6310. For more information or to purchase a ticket for the combined class, please visit trinityhealth.org/events/ or call 701-858-6310.

July 27
At the North Dakota State Fair, Trinity Health Regional Eyecare Center, RehabCare and stroke awareness will be featured at the NDSF Senior Festival.