



HealthTalk

KEEPING OUR NEIGHBORS INFORMED



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INSIDE THIS ISSUE

Events Calendar



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School continued from page 1

Handwashing

While we all hope that our children will wash their hands properly when we aren’t looking, sometimes we may have more luck in winning the lottery. However, that doesn’t mean that we can’t prepare and educate them on the proper techniques and coach them on why it is important to wash their hands well and often.

For smaller children, it may be as simple as teaching them to wash their hands to the tune of their favorite song. Try showing them fun videos on Youtube about handwashing such as this one: [youtube.com/watch?v=Br4sQmiJ1jU](https://www.youtube.com/watch?v=Br4sQmiJ1jU)

According to the Center for Disease Control, Norovirus – a very contagious virus that causes vomiting and diarrhea – can stay on objects and surfaces and still infect people for days or weeks.

Students don't clean their hands often or well enough. In fact, one study found that only 58% of female and 48% of males middle and high school, students washed their hands after using the bathroom. Of these, only 33% of the females and 8% of the males used soap.

Adult hand-cleaning behaviors also need improvement. In another study, 92% of participants said they always wash their hands in public restrooms, but only 77% were observed doing so.

Athlete Care

Student-athletes may need additional conversations in addition to the above to ensure a healthy diet, safe exercise practices and how to manage their physical condition while playing sports in school. Children are rambunctious during their summer months and some often maintain sports training during those months, which can unfortunately result in injuries.

Trinity Health offers Student Athlete Wellness Checks for those athletes to ensure they are back in tip-top shape for their new school year debut. Our pediatricians will complete sports physical forms and address other aspects of their health including medications, acne and BMI. These physicals are covered under most insurances with no copay. Call Trinity Health Pediatrics at 701-857-5413 to schedule a visit today!

As an additional note, the North Dakota High School Activities Association requires athletes to complete a pre-participation physical exam every year.

Trinity Health Speaker’s Bureau

Call Community Education at

701-857-5099

for available dates and topics

Stroke continued from page 1

know and respond to intuitively – everything kicks into higher gear. The stroke guidelines provide a kind of road map that guides our care from diagnosis to treatment to follow-up care, so patients have a better chance of having a good outcome.”

Stroke is the No. 5 cause of death and a leading cause of disability in the U.S., according to the American Heart Association. A stroke occurs when a blood vessel that carries oxygen and nutrients to the brain is either blocked by a clot or bursts. When that happens, part of the brain can’t get the blood and oxygen it needs, and brain cells die. Early stroke detection and treatment are keys to improving survival, minimizing disability and accelerating recovery times.

As a primary stroke center and a Get With The Guidelines participant, Trinity Health has a system of stroke protocols that is activated whenever a patient presents with symptoms of a stroke. Protocols include calling a stroke alert, expediting CT imaging to confirm a diagnosis and administering swift treatment that ranges from thrombolytics (clot-busting medication) to endovascular treatment by an interventional radiology team.

As always, the challenge is educating the public. “Time is brain,” Dr. Knutson said. “We’ve built a program here that can treat patients fast and effectively, but it doesn’t matter how good a job we do if people don’t act. They need to come in right away.”

People should seek treatment immediately if they experience any of the most common stroke symptoms, which can be identified using the F.A.S.T. warning signs:

F = Face Drooping

Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven?

A = Arm Weakness

Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

S = Speech Difficulty

Is speech slurred?

T = Time to Call 911

Stroke is an emergency. Every minute counts. Call 911 immediately. Note the time when any of the symptoms first appear.

F

Facial

drooping

A

Arm

weakness

S

Speech

difficulties

T

Time

to call emergency services



Mayo Clinic Connection: 3 things to know when using Narcan during an opioid overdose

By Marty Velasco Hames

The Food and Drug Administration (FDA) approved Narcan, 4 milligram (mg) nasal spray for over-the-counter sale. Narcan is a nasal spray version of naloxone, a rescue medicine that can be administered in the event of an opioid drug overdose. The FDA approval will pave the way for the medication to be sold in grocery stores, convenience stores, vending machines and other retail locations without a prescription.

Opioids are one of the most commonly prescribed medications to treat acute pain. Opioids are a class of drugs, including medications such as fentanyl, morphine and oxycodone. These medications work by blocking pain receptors in the central nervous system.

What makes opioids effective, is also what makes them dangerous due to risks associated with addiction and overdoses. Opioid misuse is skyrocketing. According to the Centers for Disease Control and Prevention, opioids are now the main driver of drug overdose deaths in the U.S.

Dr. Holly Geyer, a Mayo Clinic addiction medicine specialist, points out three important things to know when using naloxone that can help save someone's life.

When to use

If you suspect someone is having an opioid overdose, Dr. Geyer recommends administering Narcan immediately. She says proceed even if the person is unconscious.

How to use

"You're going to put that person on their side in the recovery position, making sure that your surroundings are safe, and then administer it by just putting it (the nozzle) inside the nostril and giving it a squeeze," explains Dr. Geyer.

How it works

Narcan works by temporarily blocking the effects of an opioid. "Naloxone goes through the bloodstream, straight to that part of the brain," says Dr. Geyer. "It knocks off the opioid from that receptor, binds to it and prevents the opioid from having an effect."

Call 911 immediately

Dr. Geyer says it is critical to remember that Narcan's effects are only temporary and may last only minutes. "It is always a medical emergency if Naloxone is given. Call 911 right away," says Dr. Geyer.

Additional content:

Dr. Geyer is an addiction medicine specialist at Mayo Clinic and author of a new book, "Ending the Crisis: Mayo Clinic's Guide to Opioid Addiction and Safe Opioid Use."

Trinity Health Addiction Services

Trinity Addiction Services is designed and staffed to care for individuals needing chemical dependency/substance abuse treatment. A full range of chemical dependency treatment services is available, from medically supervised detox to low intensity aftercare programs. Individuals are screened to determine appropriate care. We treat individuals age 18 and older.

Call our patient service assistant at 701-857-2480 (toll free at 1-800-862-0005) and schedule an appointment for a full alcohol and drug evaluation.

Trinity works with the patient to establish an individualized treatment plan that addresses the patient's physical, psychological, educational and family environmental needs. Special attention is also placed on culture, gender, age and special needs.

The multi-disciplinary treatment team includes a psychiatrist/medical director, family nurse practitioner, clinical director, services coordinator, licensed social workers, licensed addiction counselors, family counselors, teachers and registered and licensed practical nurses. Nursing services are provided 24 hours per day and a licensed addiction counselor is on call seven days per week. Treatment includes group therapy sessions and individual counseling.

Eagle Awards



Kylie Klodt,
Phlebotomist

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

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



Kristy Sandy, RN
Wound Care



Meghan Hackley, LPN
Medical Arts

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We offer a competitive compensation package and the opportunity to work with cutting-edge technology in a growing healthcare system. Trinity Health has locations throughout the northwest region of North Dakota. Check out some of our openings below!

Logistics Technician

The Logistics Technician position is responsible for receiving, monitoring and delivering supplies throughout Trinity Health. The ideal candidate will have the ability to work independently, adapt to changing work situations, be able to multitask and have basic computer skills. Knowledge of medical supplies is a plus. Offsite driving may be required. For full details please visit: www.trinityhealth.org/trinity-health-careers/ or scan the QR code.



Certified Nursing Aides (CNAs)

Under the direction of the Nurse Manager, Assistant Nurse Manager and under the supervision of the RN-LPN, the Nursing Assistant provides direct, quality nursing care to patients. Full-time and part-time positions are open. Paid 3-week CNA Training Classes hosted monthly. Up to a \$1,000 sign-on bonus. For full details please visit: www.trinityhealth.org/trinity-health-careers/ or scan the QR code.



Meet Your Clinic: Obstetrics/Gynecology

Our women’s health specialists diagnose and treat disorders of the female reproductive system as well as conditions related to pregnancy, childbirth and the postpartum period. Each woman has a unique story with varying needs across her lifespan. The Trinity Health team of OB/GYN physicians and advanced practice providers understand this and focus on building a strong relationship with each and every patient. When you choose an OB/GYN provider, you’re really selecting a partner to help you navigate the many phases of womanhood. From the onset of puberty to menopause, you can trust that the women’s services experts at Trinity Health will be with you every step of the way.

Gynecological Conditions we Treat:

- Cancer of the female reproductive system
- Cervical dysplasia (HPV infection)
- Endometriosis
- Menopause and perimenopause
- Menstrual disorders
- Ovarian cysts
- Pelvic floor prolapse
- Pelvic inflammatory disease
- Pelvic pain
- Polycystic ovarian syndrome
- Sexual dysfunction
- Sexually transmitted infections
- Thyroid/hormonal conditions
- Uterine fibroids
- Urinary incontinence
- Urinary tract or vaginal infections

Obstetric Conditions we Treat:

- Abnormal bleeding/cramping
- Gestational diabetes
- High blood pressure
- Infertility
- Iron deficiency
- Multiples (twins, triplets)
- Post-partum anxiety/depression
- Pre-conception/prenatal care
- Preeclampsia
- Pregnancy
- Pregnancy loss
- Preterm labor
- Severe morning sickness

How we Treat You:

- Cervical cerclage
- C-section
- Colposcopy for abnormal pap smear
- Dilation and curettage (D&C)
- Endometrial ablation
- Hormone replacement therapy
- Hysterectomy
- Hysteroscopy
- IUD placement
- Loop Electrosurgical Excision Procedure (LEEP)
- Mammography
- Pap smear
- Tubal ligation
- Ultrasound
- Vaginal birth after cesarean (VBAC)
- Vaginal delivery

Midwifery

Recognizing pregnancy and birth as a natural process, our midwifery team believes each birth is unique and offers a wide range of choices for each mother. These choices include a continuum from minimal intervention up to alternative options including an epidural. Our midwives encourage parents to participate in the labor decision process and are happy to discuss your ideal birth with you. Certified Nurse Midwives (CNM) are educated in two disciplines: midwifery and nursing. They work in consultation, collaboration and referral with Trinity Health Ob/Gyns. Trinity Health’s midwives attend births in the hospital setting and do not have a home birth practice. CNMs earn graduate degrees, complete a midwifery education program accredited by the Accreditation Commission for Midwifery Education (ACME), and pass a national certification examination administered by the American Midwifery Certification Board (AMCB) to receive their professional designation.

Meet Your Providers:



David Amsbury, DO



Heather Bedell, MD



Tim Bedell, MD



David Billings, MD



Jayme Lynn Burman,
CNM, ARNP



Lori Dockter, PA-C



Jessie Fauntleroy, MD



Jennifer Johnson, MD



Margaret Nordell, MD



Erica Riordan, MSN, CNM



Carol Schaffner, MD

Your OB/Gyn Clinic:
Trinity Health Medical
Office Building
Suite 301
2305 37th Ave SW
Minot, ND 58701
701-418-7300



Say hello to your baby!

See your baby’s face, fingers, and toes for the first time with Hello Baby, Trinity Health’s new prenatal imaging service. Hello Baby offers elective 2D and 3D/4D ultrasounds and keepsake pictures and video to expectant parents eager to get an early glimpse of their little one.

2D ultrasound: \$65
10-20 minutes, minimum 12 images

3D/4D ultrasound: \$100
20-30 minutes, minimum 20 images and one video

This service is done on a non-medical basis and is not a replacement for, or in lieu of, standard prenatal medical care.

Hello Baby

to schedule a session, call
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Trinity Health Medical Office Building
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Minot, ND



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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

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.**



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 April 1 – June 30, 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.

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Email: cody.mcmanigal@trinityhealth.org

Proceeds will benefit the Trinity Health Cancer Exercise Rehab Program

Welcome New Providers

Jared Solomon, MD
Trinity Health is pleased to welcome Jared Solomon, MD, to our Behavioral Health Team. Dr. Solomon is a child and adolescent psychiatrist, dedicated to helping children and young adults address the full range of emotional and behavioral health issues. A graduate of Ross University School of Medicine, Dr. Solomon completed both his General Psychiatry residency and Child & Adolescent Psychiatry fellowship at the University of Nevada School of Medicine, Reno, where he served as Chief Fellow his final year. As part of his fellowship, he received additional training and experience in rural telepsychiatry, first episode psychosis, and Dialectical Behavioral Therapy. Prior to joining the Trinity Health family, he practiced the past four years as a child and adult psychiatrist with the Minot Air Force Base 5th Medical Group, where he also served as medical director for the Group’s Mental Health and Substance Abuse Clinics. A member of the American Psychiatric Association and American Academy of Child and Adolescent Psychiatry, Dr. Solomon is board certified in General Psychiatry and Child and Adolescent Psychiatry.



Jared Solomon, MD

Melissa Schepp, PMHNP-BC
A member of our Behavioral Health team, Melissa Schepp, PMHNP-BC, is a psychiatric mental health nurse practitioner specially trained to help people of all ages manage a wide range of mental health conditions. A lifelong Minot resident, Melissa graduated cum laude from Minot State University, earning her Bachelor of Science in Nursing. She began her nursing career in Trinity Health’s Labor & Delivery Unit and later became associated with First District Health Unit, where she served as a school nurse and a public health nurse. In 2019, she joined North Central Human Service Center, an experience that inspired her to pursue a Master of Science in Psychiatric Mental Health Nursing from the University of North Dakota. Melissa is a member of the American Psychiatric Nurses Association, the American Association of Nurse Practitioners and the National Association of Psychiatric Mental Health Nurse Practitioners. She’s also a member of Sigma Theta Tau International Honor Society of Nursing. Melissa and her husband, Bryan, have a blended family of six children and three dogs. They enjoy spending time with family and friends and enjoy the summer months at Lake Metigoshe.



Melissa Schepp, PMHNP-BC

Shakeel Tabish, MD
Trinity Health is pleased to welcome Shakeel Tabish, MD, to our Neurology team. Dr. Tabish is board certified in Neurological Medicine and fellowship trained in Sleep Medicine. He is uniquely qualified to help patients manage the full range of conditions affecting the nervous system, such as stroke, epilepsy, multiple sclerosis, neuropathy, migraine, Parkinson’s, Alzheimer’s and sleep disorders such as sleep apnea, narcolepsy, restless leg syndrome and insomnia. A graduate of King Edward Medical University in Pakistan, he completed his residency training in Internal Medicine and Neurological Medicine at Cleveland Clinic in Florida. His sleep fellowship was accomplished at the University of North Carolina, Chapel Hill. Dr. Tabish has been an active volunteer in efforts to support people with health issues including mental health. His professional associations include the American Academy of Neurology, the American Academy of Sleep Medicine and American Medical Association. He enjoys outdoor activities such as hiking, kayaking and camping as well as tennis, cooking and music.



Shakeel Tabish, MD



Stephanie Beauchamp, EMT, and Sharla Ramirez, NRP, display sensory bags and some of their contents. Paramedics hope the kits will have a calming effect on youthful patients with sensory issues.

Carter Kits Help EMS Connect with Special Needs Kids

Trinity Health’s emergency medical teams are highly proficient when it comes to connecting with children. But in cases where a reassuring manner or a stuffed animal won’t do the trick, First Response Ground now has a new set of tools to make pediatric calls go more smoothly.

Carter Kits are special duffle bags that contain a range of items designed to bring calm and comfort to young patients with sensory issues such as Autism or Asperger’s. The kits were named after Carter Severs of Saginaw, Michigan, whose dad, a police detective, saw a need to help first responders relate more effectively with special needs children like his own.

“The arrival of an ambulance can be a scary thing for kiddos, especially one with autism,” said Stephanie Beauchamp, EMT, office manager for Trinity’s First Response Ground. “Our paramedics are always looking for ways to build rapport and gain trust, so they’ll open up to us. But interacting with EMS can cause a bit of an overload for someone with sensory issues. Anything we can do to calm the situation to better take care of our patient is a win for everybody.”

Carter Kits are equipped with an assortment of carefully selected and replaceable items such as noise-canceling headphones, fidget spinners, a weighted blanket and sunglasses – all designed to help children feel calm and at ease during a potentially chaotic situation. The Kits work in concert with other strategies like dimming lights, muting siren noise and moving kids into a quieter setting.

“iPads work in some situations,” Beauchamp said. “They can watch a movie or listen to a favorite song, but the Carter Kits will open up a whole new set of options.”

Sharla Ramirez, NRP, chief paramedic, says while some children with sensory issues are quick to give first responders a hug, others don’t respond well to touching or squeezing – actions that are necessary when trying to collect information on blood pressure, pulse and other vitals. “One of the ways the Kits will come in handy is by giving us additional tools to distract patients and keep them calm so they’re not feeling so overwhelmed. Then we can go about our assessment.”

The Pediatric Emergency Care Committee of the North Dakota Department of Health and Human Services has made the Carter Kits available free of charge to EMS providers simply by viewing an online training session. Each person to complete the training is eligible to receive three Kits. Sharla and Stephanie both decided to sit through the training in order to acquire six Kits, one for each of First Response’s ground ambulance vehicles.

The two have already shared training with their colleagues and are reaching out to rural partners and smaller ambulance services with information about the training and how to acquire the Kits.

“What this adds to our service and others is the capability of delivering even better patient care than we’re already providing,” Beauchamp said. “Our number one goal is to provide the best care we can; and we want that experience to be as easy and stress free as possible for our patients.”

ROUND-UP Program

Sign Up Now!

trinityhealth.org/foundation/#donate



TRINITY HEALTH
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Jodi Swedlund, ATC, and Nicole Love, ATC, displaying information on energy drinks at Wild About Safety.

Energy Drinks and Athletics a Risky Combination

It may seem harmless – like a cup of coffee in the morning. But research shows that gulping down an energy drink before a big game or at any other time could be counterproductive at best and, in some cases, downright dangerous.

Energy drinks, highly caffeinated beverages that often contain a host of other ingredients, have been under scrutiny by health experts due to a long list of possible side effects.

Trinity Health Sports Medicine has long cautioned against energy drink consumption for the athletic population. “It isn’t just the caffeine,” said Certified Athletic Trainer Cassandra Heald, ATC. “It’s the extra stuff in energy drinks like taurine, which is an amino acid, and guarana, a plant high in caffeine that’s a common ingredient in energy drinks and can be unsafe in large amounts.”

While some people consume energy drinks to enhance physical function, they can produce physiological effects that negatively impact athletic performance, according to Heald. “Instead of enhancing performance they can make you jittery and unable to focus,” she said. Energy drinks have also been shown to cause an elevation in heart rate and trigger arrhythmias such as Afib and rapid heartbeat.

The American College of Sports Medicine released a statement on energy drinks in 2018. It provides guidance on energy drinks, primarily due to the dangers they pose to at-risk populations such as children, who are the most vulnerable and the target of marketing efforts. “Our review of the available science showed that excessive levels of caffeine found in energy drinks can have adverse effects on cardiovascular, neurological, gastrointestinal, renal and endocrine systems, as well as psychiatric symptoms,” the statement said.

As Heald noted, it isn’t just caffeine that is at issue. A 2017 American Heart Association trial found that people experienced higher blood pressure four hours after consuming either an energy drink or a different caffeinated drink that was used as a control for comparison. The revealing results showed that participants who had consumed the energy drink still had higher blood pressure six hours after ingesting it, suggesting that ingredients other than caffeine in these products were helping to play a role in adverse side effects.

These and other scientific studies have motivated Sports Medicine professionals to alert athletes about the risks associated with energy drinks. Heald has compiled a display and one-sheet handout to help educate individuals and families about the caffeine content of energy drinks, what other ingredients they contain and their possible side effects.

“It’s something that I take personally because as a certified athletic trainer I look at the overall well-being of an athlete,” Heald said. “We have a comprehensive program that deals with many aspects of sports medicine – injury prevention, for example. We know injuries can occur, and we’ll be there to take care of them. But there are certain things we educate on in the hope we’ll never have to deal with; one is a cardiac emergency. We know that consuming energy drinks can increase that risk. That’s why we urge athletes against it.”

Heald lists several healthier options that can also boost energy. They include regular coffee, Matcha (a green tea drink containing caffeine), milk (contains taurine), green juice (contains B vitamins), ginseng tea and green tea drinks that contain guarana. “Eating healthy is also important,” she says. “If you’re eating the right foods, that will give you energy. If you want something extra, go with coffee; go with the green tea drinks.”

For further information and to view Heald’s energy drinks handout, visit: trinityhealth.org/services/sports-medicine/.



Cassandra Heald, ATC

Welcome New Providers

Megan Miller, FNP-C

Trinity Health is pleased to welcome Megan Miller, FNP-C, to our primary care team. A board-certified nurse practitioner, Megan has a Master of Science degree in Advanced Nursing Practice from the University of North Dakota, Grand Forks. She is fully qualified to provide primary care services to people of all ages, including annual physicals, acute care visits, treatment of chronic health conditions, and educating patients in self-care skills to prevent disease. A Minot native, Megan earned her Bachelor of Science in Nursing from Minot State University. She began her career as an RN at St. Alexius Medical Center in Bismarck. In 2014, she joined Trinity Health, where she’s been a key member of our clinic team, caring for patients in the Ob/Gyn and primary care units. Megan’s personal interests include hiking and fishing with her husband and three children.



Megan Miller, FNP-C

Kirsten Helseth, FNP-C

A member of our General Surgery team, Kirsten Helseth, FNP-C, is a board-certified nurse practitioner, dedicated to working with surgeons and other members of the care team to provide optimum care to surgical patients. A Sherwood native and longtime Minot resident, Kirsten received her Bachelor of Science in Nursing from Minot State University and her Master of Science in Family Nurse Practice from the University of Cincinnati. Her RN experience includes seven years working as a nurse in Trinity Health’s OR. During the pandemic, when surgical volumes declined, she provided care to COVID-19 patients. A member of the national organization American Association of Nurse Practitioners, Kirsten’s leisure time interests include boating, fishing, camping and downhill skiing, and spending time with her family, friends and two energetic dogs.



Kirsten Helseth, FNP-C

Joseph Elliott, MD

Trinity Health is pleased to welcome Joseph Elliott, MD, to our cardiovascular team. Dr. Elliott is an interventional cardiologist, specially trained to perform advanced cardiac procedures in Trinity’s new state-of-the-art cath lab. Areas of expertise include coronary angioplasty and stent placement, diagnostic angiograms, peripheral vascular disease (PVD), valvular heart disease and heart failure. He’s dedicated to providing patient-centered, evidence-based care responsive to patient needs. Dr. Elliot earned his medical doctorate from Ross University School of Medicine and completed his Internal Medicine residency at Canton Medical Education and Aultman Hospital in Ohio. He remained at Canton to accomplish fellowships in cardiovascular diseases and interventional cardiology. A member of the American College of Cardiology, American Society of Echocardiography and American College of Physicians, Dr. Elliott is board certified in Internal Medicine.



Joseph Elliott, MD

Trinity Health Joins U.S. Army PaYS Partnership



As part of its commitment to military veterans, Trinity Health is partnering with the U.S. Army and Army National Guard to provide job opportunities for service members leaving the service.

The partnership became official July 18, as Trinity Chief Financial Officer Taylor Wilson and Army Commander Brig. Gen. Jon Erickson put their signatures on a partnership agreement. The U.S. Army Partnership for Your Success (PaYS) Program, in cooperation with over 1,200 partners, guarantees Soldiers five job interviews and possible employment after their service in the Army.

Summer Garden Recipes

August is the month of transition for many of us, as we say goodbye to summer and hello to back to school. And with it being so hot outside, cooking might be the last thing you want to do. It’s also National Neurosurgery Outreach Month, and there are many foods from your summer garden that not only boost brain health, but can also be made into tasty meals—all without turning on your oven.

10 Foods to Boost Brain Health

1. Beans
2. Blueberries
3. Dark Chocolate
4. Kale
5. Spinach
6. Arugula
7. Walnuts
8. Avocado
9. Hemp Hearts
10. Turmeric

RECIPES

Thai Peanut Zoodles

Adapted from The Kitchen Girl

Prep: 15 minutes; Cook time: 5 minutes

Yields: 8 1-cup servings

INGREDIENTS

Peanut Sauce (makes ½ cup)

⅓ cup Unsweetened Peanut Butter

1 tablespoon Soy Sauce

1 tablespoon Unseasoned Rice Vinegar

1 tablespoon Maple Syrup

1 teaspoon Ginger, finely grated

1 clove Garlic, finely grated

1 teaspoon Sriracha

Water, as needed to adjust consistency

Vegetables and Zoodles

2 tablespoons Avocado Oil

2 Green Onions, thinly sliced; stalk and stem separated

1 large Carrot, shredded (about 1 cup)

½ large Red Bell Pepper, thinly sliced (about 1 cup)

¼ pound Purple Cabbage, thinly sliced (about 1 cup)

1 Zucchini, spiralized (3-4 cups)

INSTRUCTIONS

Make the 5-minute peanut sauce

1. In a small mixing bowl, whisk together peanut butter, soy sauce, rice vinegar,

maple syrup, ginger, garlic, and cayenne until well-combined.

2. Slowly add small amounts of water and continue whisking until sauce reaches desired consistency.

Cook the zoodles and vegetables

3. In a large skillet, heat oil on medium-high heat.


4. Add green onion (white part only), carrot, bell pepper and cabbage; sauté a few minutes until tender.

5. Add spiralized zucchini; sauté about 2 minutes until zoodles start to soften. Turn off the heat.

6. Gently fold in peanut sauce in small amounts as desired for consistency.

7. Serve warm or chilled garnished with green onion tops, crushed peanuts, cilantro, and lime.

8. To store, refrigerate in an airtight container up to 2 days.



Brain Boosting Salad

Adapted from the Physicians Committee for Responsible Medicine; Servings: 4

INGREDIENTS

1/2 red onion, diced

1 Mexican gray squash or zucchini, diced

1 cucumber, peeled and diced

2 small tomatoes, diced

1/4 cup sliced red cabbage

2 stalks celery, sliced

2 ears or 1 1/2 cups corn kernels

pinch sea salt

1 tablespoon fresh lime juice

3 tomatillos, diced

2 tablespoon chopped fresh cilantro

1 cup rinsed and cooked or canned red beans, or 1 cup sauteed tempeh

1 cup sliced Swiss chard leaves

INSTRUCTIONS

1. Mix all ingredients together in a large bowl and allow the salad to marinate for at least 30 minutes but preferably 2 hours.

Options: If you use the tomatillos, peel away the papery part and make sure to wash them before cutting; this removes their sticky outer film and makes them much easier to handle. You can also use frozen corn in this recipe, though it will lack the crispness and sweetness of fresh corn.

C O M M U N I T Y

CALENDAR

For the latest updates, check online at trinityhealth.org

Prepared Childbirth Classes

August 5, September 9, October 7

Breastfeeding Basics

August 17, September 14, October 12

Basics of Baby Care

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 August Events

August 1

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.

August 1

National Night Out will be held from 5:30 to 8 p.m. at Roosevelt Park. Safe Kids Minot, First Response Ground, and Trinity Health midwives will be at the event to provide educational information and answer questions.

August 1

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 858-6310. A PALS Provider Manual needs to be obtained prior to the course.

August 1

First Response Air will attend National Night Out in New Town.

August 8

Free Car Seat Checks will be provided from 12 to 4 p.m. in the Sheridan Country Courthouse parking lot, McClusky. Register by calling 418-8527 or visit the Safe Kids Minot Facebook page.

August 8

Center for Diabetes Education will present at Wellness Hour at The Wellington at 2:30 p.m.

August 10

Center for Diabetes Education will present at Healthy Hour at The View at 10 a.m.

August 11

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

August 14

Trinity Health Foundation will hold its 11th Annual Golf for Life Men’s Golf Tournament to support CancerCare patients. The field is limited to thirty-six (36) teams and the event will be held at the Souris Valley Golf Course. If you have any questions feel free to contact Cody at the Foundation Office at 857-2430 or email him at cody.mcmanigal@trinityhealth.org.

August 15

BIB’s Breast is Best Support Group will be held at 6 p.m. in the Lewis and Clark conference room at Trinity Health Hospital. An interactive and supportive group guided by moms and facilitated by Trinity Health’s International Board-Certified Lactation Consultant and Certified Lactation Counselors. All mothers welcome—expecting, new and experienced. For more information, call 857-5381.

August 15

A Basic Life Support (BLS) Healthcare Provider class will be held at Trinity Health Riverside Education Center, 1900 8th Ave SE, from 1 to 5 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 858-6310.

August 16

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 418-8518.

August 23

Senior Safari will be held from 10 a.m. to 2 p.m. in Roosevelt Park Zoo. Sponsored by Trinity Health, the day provides seniors with free zoo admission, educational information from several Trinity Health departments and a discounted lunch from Minot Commission on Aging. To reserve your meal, contact MCOA at 852-0561.

August 24

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

August 30

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 858-6310.