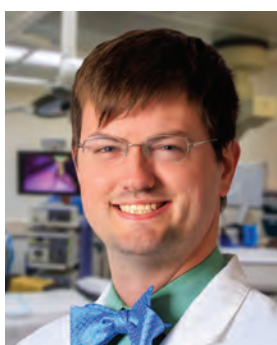


Passion for Medicine Runs Through Three Generations

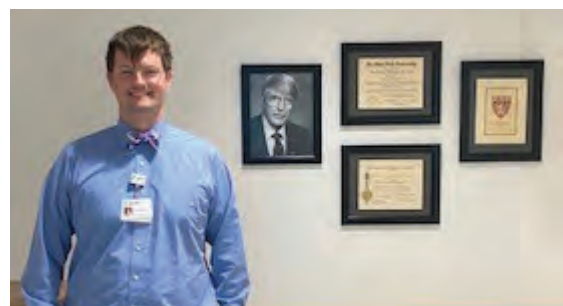
As one of only two vitreoretinal surgeons in western North Dakota, Robert Gokey, MD, understands that a significant part of his job is showing up in critical situations to perform a surgical intervention when a person's eyesight is on the line.

Thanks to exceptional training and a remarkable upbringing, he is well-suited to meet the challenge.

Since joining Trinity Health this summer, Dr. Gokey has become the embodiment of three generations of physicians from his family tree to serve the Minot region. His grandfather, Dale B. Flickinger, MD, touched the lives of many during his 36-year career as a general surgeon. His mother, Susan Gokey, MD, served as an emergency physician with Trinity Health for many years. Now it's the grandson's turn to take up the mantle. "I'm proud to carry on my family's legacy and feel blessed to have an opportunity to give back to the community that raised me," he said.



Robert Gokey, MD



Vitreoretinal surgeon Robert Gokey, MD, with memorabilia from his grandfather's medical career – Dr. D. B. Flickinger, who is the namesake of Trinity Health's new surgical center.

As Dr. Gokey has moved about Trinity Health's care system, he is regularly reminded of his family history. The D.B. Flickinger Surgical Center is the centerpiece of Trinity's new Healthcare Campus and Medical District. Dr. Gokey also carries with him a pediatric stethoscope that belonged to his grandfather. But despite the imposing presence of the family patriarch, it's his mother, Susan Gokey, who's had the greatest influence on him.

"My mom took care of us during the day and worked at night," the son recalls appreciatively. "She accomplished this by sleeping very little, and she did that for a very long time. I've internalized that a bit. When I'm not at work I try to be there for my kids, and the second they go to sleep – well, that's the time when you get stuff done."

Dr. Gokey long imagined he would follow in his mother's footsteps and become an emergency physician. As an undergraduate he worked in the Trinity Emergency Trauma Center as a ward secretary for a time. Later, as a third-year medical student at the University of North Dakota, he almost seemed headed toward becoming an Infectious Disease specialist. Then, one of his rotations put him in contact with a Fargo ophthalmologist.

"I got to try ophthalmology at the Fargo VA with Dr. Hope Yongsmith and was able to witness cataract surgery," he recalls. "That was the first time I'd really gotten to see that in ophthalmology, you can take a lot of people who aren't seeing and make them see, which is magic."

He rotated over the holidays with Trinity Health ophthalmologists Darrell Williams, MD, and Chad Wolsky, MD, and also with David Jacobs, MD, Trinity's vitreoretinal surgeon at the time. He got to observe Dr. Jacobs perform a vitrectomy, a surgery that Dr. Gokey now does routinely. "I felt like that was the first time I'd truly seen the back of an eyeball. It kind of felt like the moon landing to me."

He completed his ophthalmology residency at Ochsner-Louisiana State University Shreveport and went on to accomplish his fellowship in vitreoretinal surgery at the University of Missouri, Columbia. During his fellowship he was able to train with a colleague of none other than Robert Machemer, a German-American ophthalmologist who is often called the father of modern retinal surgery.

Now, Dr. Gokey is a board-certified ophthalmologist and vitreoretinal surgeon, fully qualified to perform the full range of delicate surgical procedures deep inside the eye's interior. His goal is always to restore, preserve and enhance vision for eye conditions such as certain types of age-related macular degeneration, diabetic retinopathy, diabetic vitreous hemorrhage, macular hole, detached retina and others.

"The coolest thing is being able to help someone who comes in with a retina entirely detached," Dr. Gokey explains. "The lights are almost completely out except for a tiny spot where they might still be able to see. The next day, they've got a gas bubble in their eye." Gradually the bubble is absorbed, then: "It's like cured blindness," he says. "It's just remarkable."

While most conditions managed by retinal doctors are due to the aging process, they also treat their share of trauma cases. As a result, they are good ambassadors for campaigns that urge caution when using fireworks or wearing appropriate safety glasses while working at home or on the job.

"The world can be a bit cruel and random," Dr. Gokey states, "but sometimes you absolutely win. I had the privilege of being involved in a few cases where people's eyeballs had pieces of metal go through them. They basically showed up blind. Two of them ended up with 20/20 vision, and one ended up 20/40. That is unreal. When you present as not being able to see motion after ocular trauma, your chances of maintaining better than legal blindness are less than 10 percent. I was blessed to take care of three of them who did so well. When you experience something like that, it's just so rewarding."

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STOP THE BLEED® Community Class

Benefits of Beans

Mayo Clinic

Events Calendar



Out of the Darkness Minot Walk

September 17, 2023

Oak Park Shelter 7

Minot, ND

Check-in Time: 12 p.m.

Walk Start Time: 12:30 p.m.

Contact Information

Walk Chair: Jessica Guillory
701-340-1835, jguillory09@gmail.com

Walk Co-Chair: Twyla Hofer
minotootd@gmail.com

The Out of the Darkness Community Walk is a journey of remembrance, hope and support. It unites our communities and provides an opportunity to acknowledge the ways in which suicide and mental health conditions have affected our lives and the lives of those we love and care about.

If you're looking for support and/or resources, please visit www.afsp.org/get-help and www.afsp.org/resources.

Trinity Health is a proud participant and longtime sponsor of the Out of the Darkness Walk.



Trinity Health, Town & Country Credit Union Announce Partnership

Patients, visitors and employees at Trinity Health’s new Healthcare Campus and Medical District (HCMD) will soon have the option of managing their financial health as they simultaneously tend to their physical well-being.

Town & Country Credit Union and Trinity Health have announced a partnership that will result in the Credit Union opening a new branch location at the HCMD. The full-service branch will be located in the atrium of Trinity Health’s main hospital lobby, with a tentative opening date set for late Spring 2024 subject to regulatory approval.

“We are pleased to partner with Trinity Health and expand access to financial services for their employees and visitors with this new, on-site location,” said Ron Merritt, VP of Business Development of Town & Country Credit Union. “We recognize the important role Trinity Health providers and staff play in the well-being of our community and look forward to being able to support them in this way.”

The new location, the company’s twelfth in North Dakota and fourth in Minot, will be a full-service operation, providing free checking and savings accounts, certificates of deposit, money market instruments, youth savings accounts, ATM services, home and auto loans, and commercial and agricultural loan products for consumers and businesses.

The proposed design will have an open and welcoming atmosphere, including a large interactive worktop/counter, multiple pods for members to make a quick transaction, and glass walls that create a private lounge and meeting space that can be used to conduct business in person or via video conferencing.

Trinity Health President and CEO John M. Kutch says the inauguration of the new branch will mark a significant milestone in the development of community partnerships.

“Trinity Health has made great strides thanks to our collaborative spirit and enduring commitment to deliver services and programs that are responsive to the needs of the people we serve,” Kutch said. “By partnering with Town & Country Credit Union, we can directly contribute to the development of healthy communities and enhanced health and financial outcomes.”

About Town & Country Credit Union:
Town & Country Credit Union is a member-owned financial cooperative with a mission of building trusted financial relationships through personalized service. Founded in 1939, the credit union serves more than 27,000 members and has 11 locations in North Dakota. Membership is open to anyone living within 75 miles of Minot and 50 miles of Fargo or Kenmare. More information can be found at www.townandcountry.org.

About Trinity Health:
A member of the Mayo Clinic Care Network, Trinity Health is a nonprofit, integrated healthcare system accredited by The Joint Commission. With a Level 2 tertiary care hospital in Minot, a network of rural health facilities and a long-term care center, Trinity Health provides a full complement of healthcare services to the people of Western North Dakota and Eastern Montana. For more information, visit trinityhealth.org.



Suicide Awareness Month

Suicide is death by injuring oneself with the intent to die. And it affects everyone. It is rarely a single circumstance or event that leads someone to commit suicide but rather a range of factors. Individual, relationship, community and societal factors can increase the possibility that a person will attempt suicide.

Individual Risk Factors

These personal factors contribute to risk:

- Previous suicide attempt
- History of depression and other mental illnesses
- Serious illness such as chronic pain
- Criminal/legal problems
- Job/financial problems or loss
- Impulsive or aggressive tendencies
- Substance use
- Current or prior history of adverse childhood experiences
- Sense of hopelessness
- Violence victimization and/or perpetration

Relationship Risk Factors

These harmful or hurtful experiences within relationships contribute to risk:

- Bullying
- Family/loved one’s history of suicide
- Loss of relationships
- High conflict or violent relationships
- Social isolation

Community Risk Factors

These challenging issues within a person’s community contribute to risk:

- Lack of access to healthcare
- Suicide cluster in the community
- Stress of acculturation
- Community violence
- Historical trauma
- Discrimination

Societal Risk Factors

These cultural and environmental factors within the larger society contribute to risk:

- Stigma associated with help-seeking and mental illness
- Easy access to lethal means of suicide among people at risk
- Unsafe media portrayals of suicide
- Talking about feeling great guilt or shame
- Using alcohol or drugs more often
- Acting anxious or agitated
- Changing eating or sleeping habits
- Showing rage or talking about seeking revenge

According to the CDC, provisional data shows that suicide deaths increased by 2.6% between 2021 and 2022. There were 48,183 deaths in 2021, which is about one death every 11 minutes and the number of people who think about or attempt suicide is even higher.

In 2022, suicide was the ninth leading cause of death in North Dakota, one higher in list than in 2021.

.....

I remember being at my favorite bar in town on New Year’s Day last year, the music was loud, my friends were having a good time and we were anxiously waiting for the countdown to reach zero. The TVs on every wall displayed a countdown until midnight, champagne was being handed out and we all gathered on the balcony overlooking the rest of the crowd. The countdowns reached zero and the clocks struck midnight; it was 2023!

What I didn’t know is that while I was hugging my friends, smiling, laughing, singing and dancing in those few minutes was that an Airman decided that life wasn’t worth continuing.

My job worked very closely with the public and my coworker was on-call. He received a call stating what happened from base authorities.

A young Airman had taken their life on New Years Eve.

When I heard the news, chills spread throughout my body because depression and suicidal thoughts have often been a present issue in my life, whether it be in my life or someone’s life close to me.

In my past, the first person I ever dated took their own life. My stepmom had depression and suicidal thoughts. I myself have battled with depression. In the last five years, I have had more encounters with suicide than I care to think about but that’s the problem isn’t it? We don’t think about it and how others may be going through dark times but seem completely fine; and we should talk about it.

After what happened to that Airman registered in my mind, I was so angry and confused. I didn’t even know this person but the comradery between those of us who chose to serve in the Armed Forces made me think “How could he not find ONE friend here? How could he think he was so alone in the world that he couldn’t keep going?”

“How could we fail him?”

Suddenly, the year soured in my mind, the music became too loud and I felt guilty and appreciative for the friends who rallied around me as I cried in that bar.

It became more apparent to me then than ever before, nobody should be in a position where they feel that the entirety of the world has turned its back on them and their only way out is death.

continued on page 3



TRINITY
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Marketing Department
Trinity Health St. Joseph’s Hospital
407 3rd St SE
Minot, ND 58701
Toll free in ND: 800-247-1316

Visit our website:
trinityhealth.org
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facebook.com/TrinityHealth.ND

Suicide

continued from page 2

What are the warning signs?

Warning signs that someone may be at immediate risk for attempting suicide include:

- Talking about wanting to die or wanting to kill themselves
- Talking about feeling empty or hopeless or having no reason to live
- Talking about feeling trapped or feeling that there are no solutions
- Feeling unbearable emotional or physical pain
- Talking about being a burden to others
- Withdrawing from family and friends
- Giving away important possessions
- Saying goodbye to friends and family
- Putting affairs in order, such as making a will

- Taking great risks that could lead to death, such as driving extremely fast
- Talking or thinking about death often

Other serious warning signs that someone may be at risk for attempting suicide include:

- Displaying extreme mood swings, suddenly changing from very sad to very calm or happy
- Making a plan or looking for ways to kill themselves, such as searching for lethal methods online, stockpiling pills or buying a gun

Suicide is not a normal response to stress. Suicidal thoughts or actions are a sign of extreme distress and should not be ignored. If these warning signs apply to you or someone you know, get help as soon as possible, particularly if the behavior is new or has increased recently.

- “I’ve seen these signs in someone I know, what can I do?”**
- 1. ASK: “Are you thinking about killing yourself?”** It’s not an easy question, but studies show that asking at-risk individuals if they are suicidal does not increase suicides or suicidal thoughts.
 - 2. KEEP THEM SAFE:** Reducing a suicidal person’s access to highly lethal items or places is important to suicide prevention. While this is not always easy, asking if the at-risk person has a plan and removing or disabling the lethal means can make a difference.
 - 3. BE THERE:** Listen carefully and learn what the individual is thinking and feeling. Research suggests acknowledging and talking about suicide may reduce rather than increase suicidal thoughts.
 - 4. HELP THEM CONNECT:** Save the 988 Suicide & Crisis Lifeline number (call or text 988) in your phone so they’re there if you need them. You can also help make a connection with a trusted individual like a family member, friend, spiritual advisor or mental health professional.
 - 5. STAY CONNECTED:** Staying in touch after a crisis or after being discharged from care can make a difference. Studies have shown the number of suicide deaths goes down when someone follows up with the at-risk person.

If you or someone you know is exhibiting warning signs, there are resources available. If the risk is immediate, call 988 or visit the nearest Emergency Room available; in Minot, the Trinity Health Emergency Trauma Center is located at 2305 37th Ave SW, Minot, ND. If the risk is not immediate, consider seeing a mental health professional; Trinity Health’s Behavioral Health team at Trinity Health Riverside is always available to help those at risk for suicide and they can be reached at 701-857-5998 or they are located at 1900 8th Ave SE, Minot, ND.

Trinity Health Speaker’s Bureau

Call Community Education at

701-857-5099

for available dates and topics

National Night Out



Trinity Health teamed up with the Minot Police Department and area businesses and organizations to promote public safety and recognize those who keep our community safe. There were free games and food, prizes, inflatables and educational booths. Presentations were given by First Response Air, First Response Ground, Minot Police Department and the Minot Air Force Base Security Forces K9 unit. National Night Out was sponsored by Creedence Energy Services, SRT, Burdick Job Corps, Northern Bottling, Minot Park District, Minot Police Department and Trinity Health.



Welcome New Providers

Diana Arrah, PMHNP-BC

Diana Arrah, PMHNP-BC, is a psychiatric mental health nurse practitioner and a member of our Behavioral Health team. Diana’s specialty is providing mental health care to patients in multiple settings including the inpatient psychiatric unit, emergency department and medical floors. She works with physicians and other healthcare professionals to help patients deal with a wide range of psychiatric conditions by assessing their mental health status, providing stabilizing medications and offering counseling or psychotherapy. Diana earned her Bachelor of Science in Nursing from Walsh University, Byers School of Nursing in Ohio and completed her Masters in Psychiatric Mental Health at Maryville University, St. Louis, MO. Prior to earning her master’s, she practiced seven years as an RN in healthcare settings in North Dakota and Ohio.



Diana Arrah, PMHNP-BC

Brianna Ellingson, FNP-C

Trinity Health is pleased to welcome Brianna Ellingson, FNP-C, to our pediatric team at Trinity Health Medical Arts. Brianna is a board-certified family nurse practitioner, dedicated to providing compassionate, evidence-based care to children and adolescents. She earned her Bachelor of Science in Nursing from the University of North Dakota (UND) in Grand Forks and began her nursing career as an RN in Trinity Health’s Pediatric and Neonatal Intensive Care units. Later she joined the Dakota Boys and Girls Ranch, where she provided nursing and counseling support to residents and caregivers. She returned to Trinity Health as part of the surgical team, providing pre- and post-operative care to patients. Recently she completed her Master of Science in Advanced Nursing Practice from UND. Brianna is board certified by the American Association of Nurse Practitioners. She and her husband, Todd, have two children. She enjoys camping, reading, and spending time with her family.



Brianna Ellingson, FNP-C

Stacey Peterson, FNP-C

Trinity Health is pleased to announce that Stacey Peterson, FNP-C, has joined our primary care team at Trinity Health South Ridge. A board-certified nurse practitioner, Stacey has a master’s degree in advanced nursing practice from Simmons University, Boston, MA. She’s 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 Crosby, ND, native, Stacey received her nursing education at Williston State College, graduating with honors, and began her nursing career as an LPN at St. Luke’s Hospital in Crosby. After earning her RN degree, she became a charge nurse and trauma coordinator at the hospital. In 2012 she joined Trinity Health, starting as an Ob/Gyn clinic nurse and working her way to become a clinic nurse manager with responsibilities across several primary and specialty care departments. Most recently she served as a clinic nurse trainer for Trinity’s extensive clinic network. When she’s not caring for patients, Stacey enjoys running, walking, hiking and biking, as well as dabbling with painting and baking. Most of all, she loves spending time with her husband and three kids.



Stacey Peterson, FNP-C

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www.trinityhealthgiftshop.com






CLIP and SAVE




These appointment numbers have changed with the move to the new Trinity Health Medical Office Building.


Department	Phone	Department	Phone
Audiology418-7530		Neurosurgery418-7370	
Kelsey Artz, AuD		Maria Li, MD	
Jerrica Maxson, AuD		Charles Wood, MD	
Tricia Nechodom, AuD		Durand Jones, FNP-C	
Cardiology418-7240		Obstetrics and Gynecology418-7300	
Valentine Chikwendu, MD		John David Amsbury, DO	
Joseph Elliot, MD		Heather Bedell, MD	
Samir Turk, MD		Timothy Bedell, MD	
Amanda Weidler, FNP-C		David Billings, MD	
Cardiothoracic Surgery418-7500		Jessie Fautleroy, MD	
Michael Savitt, MD		Jennifer Johnson, MD	
Ear, Nose and Throat ..418-7530		Margaret Nordell, MD	
Robert Fischer, MD		Carol Schaffner, MD	
Rob Thomas, MD		Lori Dockter, PA-C	
Alycia Coutts, FNP-C		Orthopedics418-7400	
Gastroenterology418-7560		Earl Brewley, MD	
Ira Paul Michaelson, MD		Alexandre Kindy, MD	
Kristy Leier, FNP-C		Brent Knudson, DO	
Bonnie Ler, FNP-C		Daniel Lee, DO, MMS	
General Surgery418-7500		Dawn Mattern, MD	
Jerel Brandt, DO		Cody Pehrson, MD	
Dustin Evans, MD		Kylie Mindt, FNP-C	
Michael Gooden, MD		Andrea Sebelius, AGPCNP-BC	
Robert Guttormson, MD		Emily Stevens, FNP-C	
Gillian Lavik, MD		Podiatry418-7480	
Nancy Longfors, MD		Aaron Albers, DPM	
Alicia Crosby, FNP-C		Ashley Evanoff, DPM	
Kirsten Helseth, FNP-C		Tyson Williams, DPM	
Hand Surgery418-7470		Pulmonology418-7280	
Blendi Cumani, MD		Jeffrey Verhey, MD	
Infectious Disease418-7270		Heidi Bender, DNP, FNP-C	
Casmiar Nwaigwe, MD		Dwight Remington, DMP, FNP-C	
Bryan Phillips, PA-C		Rheumatology418-7450	
Midwifery418-7300		Erdal Diri, MD	
Jayne Burman, CNM		Lisa Brandt, ACNP-BC	
Erica Riordan, CNM		Urology418-7200	
Nephrology418-7380		Ashley Wallner, FNP-C	
Nassar Saffarian, MD			
Neurology418-7350			
Duk Kim, MD			
Shakel Tabish, MD			
Maria Gonzales, FNP-C			
Mary Sadler, FNP-C			

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trinityhealth.org



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.



To schedule a session, call
701-418-8130
trinityhealth.org/hellobaby
Trinity Health Medical Office Building
2305 37th Ave SW
Minot, ND



Trinity Health Foundation Seeks Matching Funds for New Ambulance

Thanks to a donor's generous gift, there are \$130,000 in matching funds for our Ambulance Match Fund.

This gift will enable Trinity Health Foundation to support First Response Ground Ambulance to meet the need to increase its ambulance fleet with an updated four-wheel drive ambulance. It also means every donation made to the Ambulance Match Fund will go twice as far since all gifts will be doubled until we reach the \$130,000 limit.

To make a donation visit www.trinityhealth.org/foundation/fund-an-ambulance/ or call the foundation at 701-857-2430.



2023 Nursing Scholarship Program

Trinity Health Foundation recently launched the 2023 Nursing Scholarship Program.

The annual nursing scholarship application period is open from August to November and is supported through the nursing scholarship fund that has been generously supported since its inception in 1995. As the country continues to experience a shortage of nurses, the scholarship has served as an excellent recruiting tool for potential students in the field.

A record number of applicants applied for the 2022 Trinity Health Foundation Nursing Scholarship. Of the 68 applicants, 17 scholarships were awarded to nursing students throughout the region. Recipients each received \$3,000 in scholarships totaling \$51,000 in awards.

This year's Scholarship application can be found at www.trinityhealth.org/foundation/programs-initiatives/investment-in-the-future/. Contact Cody McManigal at 701.857.2430 or cody.mcmanigal@trinityhealth.org with any questions.



6th Annual Fuel the Fight

Trinity Health Foundation will host its sixth annual Fuel the Fight fundraiser on Saturday, September 9 from 10 a.m. to 5 p.m. at Dakota Square ARCO, located at 1520 24th Ave SW in Minot.

Activities throughout the day include specials on Coca-Cola products, a dunk tank sponsored by Heritage Insurance Services, food trucks, bounce houses, hourly door prizes and raffle prize drawings.

To be eligible for the Grand Prize drawing, purchase eight or more gallons of fuel at Dakota Square ARCO on Saturday, September 9, and receive an entry for the prize drawing of Free Gas for a Year donated by First International Bank & Trust (a \$75 gas certificate per week for 52 weeks) 6 a.m. to 11 p.m.

A percentage of sales on fuel and in-store purchases on the day of the event will be donated to Fuel the Fight.

Fuel the Fight raises funds to provide gas vouchers for Trinity Health CancerCare Center patients traveling for treatments.

Fuel the Fight raffle tickets are available at Dakota Square Arco, Homesteaders Restaurant, Trinity Health Foundation, Trinity Health CancerCare Center and online at www.trinityhealth.org/foundation/fuel-the-fight-affle-tickets/ or by calling 701-857-2430. Twenty prizes are included in the raffle and have been donated by various local businesses. Tickets are \$10 each or 3 for \$20.

Schedule of Events:

Bounce Houses
10 a.m. - 5 p.m.

Hourly Prize Drawings:
10 a.m. - 4 p.m.

Food Trucks:
11 a.m. - 2 p.m.

Dunk Tank
sponsored by Heritage Insurance Services;
1 - 5 p.m.



Minot Junior Golf Association Awards Trinity Health Foundation \$75,000

Representatives from Minot Junior Golf Association recently presented a check to Trinity Health Foundation for \$75,000 for the development of a playground on the north end of the new Health Care Campus and Medical District.

The area will include a park, playground, a walking path, several seating areas throughout the path, trees, landscaping and lighting. The vision is that this area will be utilized by patients, family members, and staff, in order to provide a natural respite from the rigors of healthcare.

“Part of the mission of the Minot Junior Golf Association includes supporting all children in the region and the community. We are proud to collaborate on a project that promotes physical activity for children and adults alike, while also providing a place for healthcare workers to rest and reset,” says Reed Argent, Minot Junior Golf Association president.

Minot Junior Golf Association was established in 1989 as a non-profit organization designed to foster golf and life skills among the youth in the Minot area.

Since the inception of the organization, programming and activities have expanded to include lessons, tournaments, events and a plethora of community-based activities. Their mission is to expand these efforts by attempting to meet the needs of the kids in our region.

25th Anniversary Building Hope Golf Tournament and Brunch a Success

Trinity Health Foundation, along with Premier Sponsor, Midco, held the 25th Building Hope Women's Golf Tournament on Monday, June 12, 2023, at Souris Valley Golf Course. In recognition of its 25th Anniversary, brunch was held prior to the tournament with a message from guest speaker Jessie Veeder, who shared her story and musical gift with the audience.

A shotgun start at noon kicked off the tournament which featured 36 teams. Golfers also participated in a contest for longest putt, drive and hole-in-one.

Proceeds totaled \$36,526 which will benefit the Trinity Health CancerCare Patient Assistance Fund. This fund provides cancer support programs free of charge to cancer patients including exercise rehabilitation, direct patient financial assistance and the purchase of necessary equipment for Trinity Health's CancerCare Center.

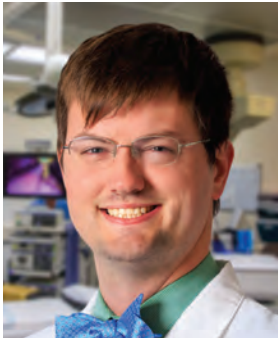


2023 Building Hope Golf Tournament
First Place Team

Welcome New Providers

Robert Gokey, MD
Trinity Health is pleased to welcome vitreoretinal specialist Robert Gokey, MD, to our eye care team. Dr. Gokey is a board-certified ophthalmologist specially trained to provide diagnosis and treatment to patients with conditions affecting the retina and vitreous humor such as retinal detachment, age-related macular degeneration and diabetic retinopathy. A Minot native, Dr. Gokey earned his medical degree from the University of North Dakota, Grand Forks. He completed his Ophthalmology residency at Ochsner-Louisiana State University Shreveport, where he was elected Chief Resident his final year. He went on to accomplish his fellowship in vitreoretinal surgery at the University of Missouri, Columbia. He is a member of the American Academy of Ophthalmology.

Dr. Gokey is excited to return to his hometown to practice. He represents three generations of family members to serve the Minot region, having followed his mother, Susan Gokey, MD, and grandfather, D.B. Flickinger, MD, into the medical profession. In his free time, Dr. Gokey enjoys reading, swimming, baking and spending time with his wife and two small children.



Robert Gokey, MD

Kylie Mindt, FNP-C
Kylie Mindt, FNP-C, is a nurse practitioner specializing in Orthopedics. She works with physicians and other members of the orthopedic team to provide comprehensive care to patients with orthopedic problems such as hip, knee and shoulder issues as well as sports medicine injuries. The Velva, ND, native earned her Bachelor of Science in Nursing from Minot State University and completed her Master of Science in Family Nurse Practice through the University of Cincinnati. Prior to becoming a nurse practitioner, Kylie served as an RN with Trinity Health, working in both hospital and orthopedic clinic settings. She’s a member of the Omicron Tau Chapter of Sigma, an honor nursing society, and the American Association of Nurse Practitioners (AANP).



Kylie Mindt, FNP-C

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



A-Fib Awareness Month

Facts About the Heart that will Blow Your Mind

- **Be still my beating heart**
The heart can keep beating even when disconnected from the body.
- **Heart disease has been around a while**
Scientists documented the earliest known case of heart disease in a 3500-year-old Egyptian mummy.
- **Lopsided hearts**
A giraffe’s left ventricle is thicker since it needs to get blood up the long neck and into the brain.
- **Hearts can break scientifically**
Broken heart syndrome can happen due to a rush of stress hormones.
- **Why heart cancer is rare**
We don’t hear of heart cancer because heart cells don’t divide, thus preventing cell mutation or abnormality.

September is Atrial Fibrillation Month, also called AFib, the disorder is characterized by an occurrence when the heart’s upper chambers don’t beat in sync with the lower chambers. This results in an irregular or slow heartbeat which can manifest symptoms in people such as: fatigue, shortness of breath, weakness, irregular heartbeat and palpitations.

AFib patients are at a higher risk for blood clots and heart failure. These clots result from the heart’s irregular rhythm and they can travel from the heart to other parts of the body such as the brain, causing a stroke.

Millions of people around the world have AFib but are unaware of it because often mild symptoms go unnoticed. Others may experience a persistent crippling form of the illness.

Treatments can range from medication to procedures and surgeries; though the condition is usually easily managed with the aid of medication. If you suspect you have AFib, schedule an appointment with your Primary Care Provider to discuss your concerns.



STOP THE BLEED® Community Class

October 10 @ 6 - 7 p.m.

Let Trinity Health Trauma Services train you in the life-saving steps to stop severe bleeding.

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. That’s why bleeding control—keeping the blood inside the body—is the purpose of STOP THE BLEED® training. This course empowers trained bystanders to take life-saving action if quickly needed—regardless of the situation or cause of severe bleeding. Attendees will be able to purchase a Stop the Bleed® Kit for \$20.

STOP THE BLEED® and save a life.

Class is free. RSVP, space is limited! Call 701-418-8527 to reserve your spot today!

If a class quota of 5 is not met, the class will be cancelled.



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.



Benefits of Beans

According to the U.S. Dry Beans Council, the most popular dry bean in America is the pinto bean. Pinto beans, along with Navy beans, Great Northern beans, red kidney beans and black beans make up the top 5. Each year, 7.5 pounds of beans are consumed per capita in the U.S. Each type of bean will have a slightly different nutrient profile, but what they all have in common is fiber, protein, iron and resistant starch, which is a form of carbohydrate that doesn’t raise glucose levels. Beans also include polyphenols, which can help protect against heart disease, type 2 diabetes and certain cancers. Due to their versatility, beans are used in many different cuisines all over the world.

Soybeans are the only type of bean that contain all nine essential amino acids, making it a complete protein. These nine amino acids are considered essential because our body cannot produce these by itself. You can usually get all these nine essential amino acids through a combination of different foods and a varied diet. Animal products, such as beef, fish, dairy and eggs, contain these nine essential amino acids on their own and are considered a complete protein. For those that follow a vegetarian, vegan or plant-based diet, soybeans can be a great way to ensure your body is getting what it needs to stay healthy. Soy products include tofu, soy milk, edamame and tempeh.

Other beans also have their perks. Navy beans are rich in manganese, which is a trace mineral needed for healthy bones and supporting the immune system. Add these to a variety of different soups and to reduce meat intake. Lentils are lower in carbohydrates, but still have protein and fiber. Dried lentils are cheap and have a long shelf life. Combine these with rice to make a complete protein.

If you plan to start introducing beans or other legumes to your diet, consider starting out with smaller portions. High-fiber foods can often lead to bloating, gas, and constipation if these are not already a part of your diet. Increase your fiber intake over a few weeks and remember to chew thoroughly and drink plenty of water.

Sources:
What are the healthiest beans? Protein, fiber-filled options to try. (usatoday.com)
Production Facts - US Dry Bean Council (usdrybeans.com)

Basic Ham and Bean Soup

Serves: 8

Ingredients:
8 cups water
1 pound dry Great Northern beans, sorted and rinsed
½ teaspoon salt
1 cup chopped carrots
1 cup chopped onion
½ stalk celery, chopped
1 teaspoon minced garlic
1 teaspoon mustard powder
2 bay leaves
1 ham hock (optional)
2 cups chopped ham
½ teaspoon ground pepper, or to taste

Directions:
1. Place water and beans in a large pot; bring to a boil over high heat. Stir in salt and remove the pot from heat; cover and let stand for 1 hour.

2. Add carrots, onion, celery, garlic, mustard, and bay leaves to the pot with beans; stir well. Add ham hock (optional) and bring to a boil; reduce heat to low and simmer for 1 hour.

3. Remove ham hock and discard. Stir in chopped ham and simmer for 30 minutes. Season with ground pepper to taste.

Source: Basic Ham and Bean Soup Recipe (allrecipes.com)

Crispy Edamame

Serves: 5

Ingredients:
1 (12 ounce) package frozen shelled edamame (green soybeans)
1 tablespoon olive oil
¼ cup grated Parmesan cheese
Salt and pepper to taste

Directions:
1. Preheat the oven to 400 degrees F (200 degrees C). Rinse edamame in a colander under cold water to thaw, about 5 minutes. Drain.

2. Spread edamame over the bottom of a 9x13-inch baking dish. Drizzle with olive oil, sprinkle with Parmesan, and season with salt and pepper.

3. Bake in the preheated oven until cheese is crispy and golden, about 15 minutes.

Source: Crispy Edamame Recipe (allrecipes.com)

Making More Possible in People's Lives

Your career starts here.

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.



Make the choice to protect your health.

MyChoice Health Checks are low-cost screenings that make earlier detection possible. You can choose which screenings you want and schedule quickly and easily with our imaging experts.

MyChoice Health Checks help to identify risk factors that can lead to serious problems:

- **Heart attack**
Calcium Score Screening \$60
- **Stroke**
Carotid Artery Disease Screening \$35
- **Abdominal aneurysm**
Abdominal Aortic Aneurysm (AAA) Screening \$35
- **Painful legs and feet**
Peripheral Artery Disease (PAD) Screening \$35
- **Heart disease**
EKG \$20

All screenings are read by board-certified radiologists and cardiologists.

For appointments/questions, call **701-418-8130**
Williston appointments, call **701-774-0810**



trinityhealth.org/screenings

HCMD Emergency Beacons

- 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.



HEALTHTALK TRINITY HEALTH 7 • SEPTEMBER 2023

Trinity Health is proud to be a member of the Mayo Clinic Care Network and we share the commitment that healthcare should be provided close to home whenever possible.

As a member, we are proud of Mayo Clinic’s recent accomplishment of being ranked No. 1 in Minnesota, Arizona and Florida according to U.S. News & World Report’s 2023–2024 "Best Hospitals" rankings. Through Trinity Health's membership in the Mayo Clinic Care Network, our providers can work directly with Mayo Clinic specialists on your behalf. Giving you peace of mind that you’re receiving exactly the care you need, close to home.

Mayo Clinic earns top U.S. News rankings, continuing to set the standard as the best hospital in the nation

By Samiha Khanna

ROCHESTER, Minn. — Mayo Clinic is top-ranked in more specialties than any other hospital and has been recognized as an Honor Roll member, according to U.S. News & World Report’s 2023-2024 “Best Hospitals” rankings.

Although U.S. News no longer numerically ranks hospitals on its Honor Roll, it will continue to publish a list of the nation’s best hospitals. Mayo Clinic in Rochester has been on this list since it was first published in 1990.

“We are honored that Mayo Clinic is once again the nation’s top-ranked hospital across the most specialties,” says Gianrico Farrugia, M.D., Mayo Clinic president and CEO. “Our staff work tirelessly to deliver the highest level of care to every Mayo Clinic patient. Today’s recognition is a testament to them and their daily commitment to providing hope and healing to those in need, and to their creativity, ingenuity and drive to create the future of healthcare.”

U.S. News continues to rank hospitals regionally within states and major metro areas. Mayo Clinic again ranks No. 1 in Minnesota, Arizona and Florida and is the top hospital in the Phoenix and Jacksonville metro areas. Mayo Clinic Health System in Eau Claire, Wisconsin, has been recognized as a “Best Regional Hospital” in Northwestern Wisconsin.

The U.S. News & World Report “Best Hospitals” Honor Roll continues to feature hospitals with the highest combined overall scores in 15 medical and surgical specialties and 21 common procedures and conditions. Hospitals are measured on factors such as patient experience, nurse staffing, advanced technology, patient services, reputation with other specialists and survival.

“Mayo Clinic is the only healthcare organization that consistently ranks as the top provider nationwide,” says Sean Dowdy, M.D., Mayo Clinic's chief value officer. “Mayo Clinic’s top ratings from several organizations that spotlight quality in healthcare demonstrate the deep commitment of Mayo Clinic staff to providing empathic and high-quality care.”

Mayo Clinic’s global destination for hope and healing began as a single-physician medical practice in 1864. Today, Mayo Clinic's mission remains steadfast, with 78,000 staff members providing expert, compassionate care to 1.3 million patients from every state and about 130 countries each year.



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
September 9, October 7, November 4	September 14, October 12, November 9	September 13, October 11, November 8
These classes are offered free-of-charge as part of Trinity Health’s community benefit mission. If you have questions, please call 418-8806. To schedule a tour call 418-8820. Sign up for classes at: trinityhealth.org/familybirth_registration .		

Upcoming September Events

September 5 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 .	
September 9 Fuel the Fight , an annual event hosted by Dakota Square Arco, will start at 10 a.m. with events planned throughout the day. Events include a dunk tank, food trucks, bounce houses and hourly prize drawings. All day, purchase eight or more gallons of gas and get entered to win free gas for a year, donated by First International Bank & Trust. Funds raised will provide gas vouchers to assist cancer patients with transportation costs to and from their oncology appointments.	
September 12 A Weigh 2 Change session zero will be held from 4 to 5 p.m. at Trinity Health Town and Country Community Conference Room. Space is limited, so please RSVP to 701-857-5268. If you would like to participate in the program, but cannot attend the Session Zero, call 857-2850 to do an over-the-phone individual session zero.	
A Grocery Store Tour on the Mediterranean Diet will start at 6 p.m. in the original Marketplace Foods. Learn how to shop for foods in the grocery store that follow a Mediterranean-style diet. A Mediterranean diet is a heart-healthy eating plan that emphasizes vegetables, beans, whole grain, fruits, nuts and seeds and plant-based oils, while enjoying the traditional flavors and cooking methods of the Mediterranean. Reserve your spot by calling 857-5268.	
September 13 A Basic Life Support (BLS) Healthcare Provider class will be held at Trinity Health Riverside Education Center, 1900 8th Ave SE, from 8:30 am 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 858-6310.	

September 14 Free Car Seat Checks will be provided from 1 to 5 p.m at Headstart in Towner. Register by calling 418-8527 or visit the Safe Kids Minot Facebook page.
September 19 The Out of Darkness Walk will start with registration at 12 p.m. in Oak Park. Trinity Health is a proud sponsor of this annual event and Behavioral Health will participate in the walk.
September 19 BIB’s Breast is Best Support Group will be held at 6 p.m. in the Lewis and Clark Room in the Conference Center located in Trinity Hospital, 2305 37th Ave SW. 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 experience. For more information, call 418-8843.
September 20 The Stroke Support Group will be held at 7 p.m. in Trinity Health Riverside. The group is open to anyone who has suffered a stroke or caring for someone who has. For more information, call 418-8518.
September 21 Free Car Seat Checks will be provided from 11 am to 2 p.m. in Minot Fire Station 1, 2111 10th St. SW. Appointments are required; register at eventbrite.com . 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 858-6310. For more information or to purchase a ticket for the combined class, please visit trinityhealth.org/events/ or call 858-6310.