

INSIDE THIS ISSUE

Trinity Health New Phone Numbers

Eagle Award

Høstfest Wrap Up

Life After a Stroke

In Recognition and Thanks From the Trinity Health Foundation

Trinity Health Foundation Concludes Capital Campaign

Mayo Clinic Q and A: Foods to help maximize your memory

Trinity Health ServiceFIRST Awards

Game Day Delights

ClearBalance Program Offered through Business Office

Delightful Treats for Every Family

CLI Session Hosted by Trinity Health

Introducing DakotaBlue | Trinity

Events Calendar



Kidney Dialysis Unit Moves to New Campus

Trinity Health has moved its Kidney Dialysis Unit (KDU) to the new Healthcare Campus and Medical District. The move follows an on-site inspection, which verified the unit’s compliance with health and safety standards.

KDU Manager Rochelle Hudson, RN, says the new state-of-the-art facility, now located on the first floor of the Medical Office Building (MOB), offers several advantages for patients, including improved patient access.

“The new location is certainly more convenient for our patients,” she said. “Patients can enter through the clinic’s main entrance or use the entrance on the west side of the MOB, where parking is abundant and fewer steps are needed to get to the treatment area.”

The new KDU, formerly housed at Trinity Health St. Joseph’s Hospital, has 10 dialysis stations, with four more expected to be added soon. “The new layout has facilitated a team approach to care,” Hudson added, “and two nurses’ stations have increased nurse efficiency and safety of patients during their treatment.”

Trinity’s KDU is staffed by a multidisciplinary team under the medical direction of a board-certified nephrologist. It serves patients throughout northwest and central North Dakota. Trinity Health also operates a satellite unit in Belcourt.



Left Picture: Kurt Kazanowski, Hospice Consultant and Educator, speaking at the 6th Annual Hospice Symposium hosted by the Trinity Health Foundation. Right Picture: Family members from patients of Trinity Health’s Hospice program were invited to share their experience of giving the gift of hospice to their loved ones.

Trinity Health’s 6th Annual Hospice Symposium

“Hospice care is for everyone, not just cancer patients,” said Kurt Kazanowski a hospice consultant, former RN, and owner of Caregiving Experts. “Most people imagine hospice care being for a 90-year-old, frail, and female patient. That couldn’t be further from the truth.”

Kazanowski has worked in the healthcare industry for 30 years and dedicates his time to share his expertise and knowledge of the hospice specialty. The Chicago-based consultant was the keynote speaker at Trinity Health’s 6th Annual Hospice and Palliative Medicine Symposium in October. The event was sponsored by Trinity Health & Trinity Health Foundation’s Willie and Ruth Bodien Endowment Fund.

Kazanowski addresses common myths about hospice care by sharing these key points:

Myth #1: Hospice is for people who have given up on life.

FALSE!! Hospice is designed to help patients with a life-limiting condition live their final months, weeks and days to the fullest. It provides medical care and pain management as well as emotional and spiritual support tailored to the patient’s needs and desires. People on hospice live longer.

Myth #2: My family cannot afford hospice.

Hospice is a fully funded Medicare/Medicaid benefit, unlimited in length. It is also covered by many private insurance companies to cover hospice care, medications and equipment related to the hospice diagnoses with no out-of-pocket expense to the patient.

Myth #3: Once you choose hospice, there is no turning back.

Patients can revoke hospice participation at any time, for any reason, without penalty. Their medical condition may improve, or a patient may decide to pursue curative treatment again. Patients can reapply for hospice benefits later if they so choose.

Myth #4: Hospice hastens death.

People on hospice on average live one month longer than people not on hospice with the same illness. The goal of hospice is to enhance the quality of the patient’s life in their final months, weeks and days.

Myth #5: You must sign a do-not-resuscitate (DNR) order to receive hospice care.

A DNR is a legal document that some patients choose to incorporate in their advanced healthcare directive. But it is by no means a requirement to receive hospice care.

Myth #6: Hospice is a place.

Hospice is not a place, but rather a philosophy of care that focuses on pain and symptom management. In 96% of cases, hospice care is delivered in the home setting or where the person calls home.

Myth #7: Hospice is only for cancer patients.

Hospice care is for anyone with a life-limiting illness and prognosis of six months or less. Patients with dementia, heart disease, ALS, Parkinson’s disease, diabetes, kidney disease and more can all benefit from hospice care.

Myth #8: Hospice and palliative care are the same.

Although both palliative and hospice care focus on alleviating suffering and enhancing the quality of life for patients and their loved ones, hospice care is intended for patients who have a life-limiting condition and are no longer pursuing curative treatment. Palliative care is available when the patient is diagnosed, and it may be administered while the patient undergoes treatment.

Myth #9: Hospice care is only for people with a few days or weeks to live.

The National Hospice and Palliative Care Organization (NHCP) shows that Medicare patients received hospice services for 76 days, on average. The hospice benefit through Medicare Part A is intended to be a minimal 180-day benefit.

Myth #10: You can’t keep your own doctor when you start receiving hospice care.

People can keep their physician! If, however you do not have a physician, hospice can provide you with a doctor.



Trinity Health General Information 701-418-8000

Please keep in touch! Use this handy guide to update the phone numbers of medical providers at the Healthcare Campus and Medical District. Most numbers at the new hospital and Medical Office Building have changed and now begin with a “418” prefix. Providers at other Trinity Health locations remain the same.

Trinity Health Medical Office Building, 2305 37th Ave SW, Minot, ND

AUDIOLOGY	418-7530	NEUROLOGY	418-7350
CARDIOLOGY	418-7240	NEUROSURGERY	418-7370
CARDIOTHORACIC SURGERY	418-7500	OBSTETRICS & GYNECOLOGY ...	418-7300
CARDIOPULMONARY REHAB	418-7220	ORTHOPEDICS/SPORTS MEDICINE	418-7400
EAR, NOSE & THROAT MEDICINE	418-7530	PODIATRY (FOOT & ANKLE CARE)	418-7480
GASTROENTEROLOGY	418-7560	PULMONARY/CRITICAL CARE MEDICINE	418-7280
HAND/WRIST SURGERY	418-7470	RHEUMATOLOGY	418-7450
INFECTIOUS DISEASE	418-7270	SURGERY (GENERAL & VASCULAR)	418-7500
KIDNEY DIALYSIS UNIT	418-7040	UROLOGY	418-7200
MIDWIFERY	418-7300		
NEPHROLOGY (KIDNEY CARE) ...	418-7380		

Retail Services

TRINITY HEALTH MED ESSENTIALS	857-7370
TRINITY HEALTH OUTPATIENT PHARMACY	857-7935



Høstfest Wrap Up

Another successful year of Norsk Høstfest is in the books. Trinity Health sponsored the annual festival which celebrates Scandinavian heritage in the state; however, many travel from all over the country to take part.

Trinity Health hosted an educational booth at the festival and this year showcased its new Healthcare Campus and Medical District (HCMD) located in southwest Minot on 37th Avenue. The HCMD boasts over 800,000 sq. ft and a state-of-the-art acute care tower. In addition to showcasing the HCMD, volunteers from a variety of units and departments throughout Trinity also educated attendees on “Knowing Where to Go.”

Knowing where to go when you have an ailment or injury is often misunderstood. For example, if you have a small cut, or minor laceration, from a kitchen accident you may think “I should go to the ER,” whereas many times the FirstCare Walk-In clinic can treat you. The benefits of visiting the walk-in clinic typically include faster service, shorter wait times and more time with the providers. FirstCare treats a variety of conditions from colds, flu symptoms, minor lacerations, conjunctivitis, persistent coughs, minor falls and more. Another great feature of the walk-in clinic is that patients can check the wait times! Visit trinityhealth.org and click on “First Care Wait Times” to view the current wait times.

In addition to the education and information that the volunteers doled out, the Trinity Health First Response Ground team was on site to treat and provide emergency medical services to all festival goers should they need it. In all, the Norsk Høstfest was a success and Trinity Health remains a proud supporter of Minot’s diverse populace and culture.

Eagle Award



Aaron Albers, DPM
Podiatry

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

Occupational Medicine Services Healthcare that Works! 701-857-7840

Hospice

continued from page 1

Kazanowski reinforced his knowledge by sharing some history about hospice being a government benefit. He said that the United States congress added hospice care as a benefit in 1982 to all Americans that are insured through Medicare Part A. The benefit covers hospice and durable medical equipment such as hospital beds and oxygen tanks for patients who wish to receive the care at home.

Jeffery Verhey, MD, Medical Director for Trinity Health Home Health and Hospice, further expanded the conversation with his experience. Verhey said, “I hope that people will know that chronic disease will take people away from us. We need to be asking, is it time?”

Hospice care is for patients who are terminally ill and whose doctor believes that they may have less than six months to live. Verhey stressed the importance of knowing, communicating, and sharing with family members what your healthcare directive states. That way if you wish to receive hospice care everyone is on the same page.

Verhey and his team of expert caregivers reassure their patients that the Trinity Health hospice care program is not about dying and instead about living. Patients that enter the hospice program at Trinity Health can expect that the team will help the family provide care so that the patient is comfortable, and to ensure the family is supported in the final days.

Common questions that the hospice care team asks are:

1. How can we treat the patient’s pain?
2. How can we help their families?
3. What type of durable medical equipment can we set up to help the patient?

Gary Leslie benefitted from Trinity’s program when his wife, Sherry Leslie, received hospice services from late March to early June in 2022. He said, “You’re not losing because you choose hospice. You’re smart. You’re doing things at a level at home that allow other people to do what they came to do in providing care.”

Leslie said, “Most people think that hospice must be the end.” Instead, he encouraged the audience to view hospice as part of the journey that helps family remember the best parts of life that they share with loved ones. Leslie further shared that in the final months with his wife, she wanted nothing more than to be comfortable at home. He said, “she wanted to hear and see birds outside her bedroom window, just as we did years ago on our drives out in the open prairie when we first were married.”

Kristi Eschliman, Trinity Home Health and Hospice Director, encourages patients and families to discuss hospice with their care teams. Even consider putting it in a healthcare directive so that the family and provider can carry out the patient’s wishes when the time comes.

Eschliman said, “Hospice is a great gift that we want to be able to give to you, it is a blessing for us at Trinity to care for your family in those days.” Call (701) 857-5082 to talk to the home health and hospice care team or discuss with your primary physician to learn more.



Trinity Health Gift Shop

Find the perfect gift for a hospitalized loved one, Trinity Health employee or yourself at the Trinity Health Gift Shop. With online ordering and hospital delivery, brightening someone’s day has never been easier.

Gift Cards – Now available!

- | | |
|------------------|----------------|
| Cards | Toys & Books |
| Balloons | Baby Items |
| Flowers & Plants | Candy & Snacks |
| Stuffed Animals | Toiletries |
| Puzzles & Games | |

Stop in to browse our selection, give us a call, or shop online!

Trinity Health Hospital, 1st Floor
2305 37th Ave SW

701-418-7070

www.trinityhealthgiftshop.com



1 Download Our Free Mobile App



Search for **Refill Rx**
in the App Store or on Google Play

2 Select Our Pharmacy



Simply enter the pharmacy’s phone
number to find us.
KeyCare Pharmacy 701-857-7900

3 Refill Anytime



Submit a refill quickly and easily
by scanning the barcode
or entering the
Rx number.



Trinity Health Speaker’s Bureau

Call Community Education at
701-857-5099
for available dates and topics

trinityhealth.org

New!

Trinity Health Outpatient Pharmacy

Medical Office Building, 1st Floor
2305 37th Ave SW, Minot, ND
701-857-7935



Char Hanenberg (lower left) with her family—grandson Alex, son-in-law Neil and daughter Denise.

Life After a Stroke Surprisingly Good Thanks to RehabCare and a Loving Family

Stroke is the fifth leading cause of death in the U.S. and the number one cause of disability. Given those kind of statistics, Charlotte Hanenberg can feel fortunate to return home after her stroke to a life that is almost identical to the way she left it.

Charlotte, like most adults, values her independence. But that autonomy must have seemed very much at risk as events unfolded on September 12.

“I was at home, and all of a sudden my legs weren’t cooperating. I couldn’t function; I couldn’t use my phone.” Charlotte called out to her home assistant device and instructed it to call her son-in-law, Neil Austin. “He came right away and called 911,” she recalled.

Both Charlotte and her son-in-law were smart to summon help and call 911 immediately. With stroke, “time is brain.” The sooner 911 is called and treatment begins, the better one’s chance of minimizing permanent disability.

As a primary stroke center and participant in the American Heart Association’s Get With The Guidelines program, Trinity Health has a system of stroke protocols that is activated whenever a patient presents with symptoms of a stroke. They 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.

In Charlotte’s case, it was Trinity Health’s continuum of care that left a lasting impression. Rehabilitation began before she left the hospital. Upon discharge she was referred to Trinity’s inpatient rehabilitation unit, RehabCare, for intensive rehabilitation that included physical therapy (PT), occupational therapy (OT), speech-language pathology, nursing care and other support services. “I was pretty much out of it when I got there,” Charlotte says. “I wasn’t very cooperative, but they got everything stabilized, and the next battle was when PT and OT and all those therapies kicked in. They were amazing.”

Therapists worked with Charlotte to achieve her maximum level of independence and develop a sense of confidence in her ability to manage her life after leaving the RehabCare setting. “They asked the right questions, like how many steps do I have at home? I worked hard every day because I wanted to be able to show that I could go home and take care of myself.”

Within just three weeks, Charlotte’s cognition had completely cleared, and she was deemed independent in her room for all her cares and mobility.

“They even programmed my phone,” she adds. “I have some problems with my vision. They helped me adjust the settings so I could magnify things better. Then they wrote everything down in case I needed to change it.”

Charlotte says she expects to use a walker when she returns home due to a neuropathic issue that preceded her stroke. She’s grateful to her daughter, Denise Austin, and son-in-law Neil. “They’ve played a big part in my recovery,” she said.

And she’s grateful to everyone at RehabCare. “They were so attentive in checking me out on everything I would need to do to live at home. They said if I came back it should be to visit and not because of a fall. They had such an ‘I care’ attitude.”

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	• Painful legs and feet Peripheral Artery Disease (PAD) Screening \$35
• Stroke Carotid Artery Disease Screening \$35	• Heart disease EKG \$20
• Abdominal aneurysm Abdominal Aortic Aneurysm (AAA) Screening \$35	

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

trinityhealth.org/screenings

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 July 1 –September 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.

BUILDING HOPE GOLF TOURNAMENT Fredrikson	FIRST RESPONSE GROUND AMBULANCE Ardis Afseth Donald Busek Elaine & Shanon Polsfut Larry & Deborah Kallias Linda & Al Vosberg Lois Hanson Minot Loyal Order of the Moose Stanley Whitesell Troy & Margaret Kendall	Swenson RV Sylvia Klein Tanya Gillen Taylor & Kelly Wilson The Stereo Shop Too Dark Motorsports Up Your Axe Valerie Roberts Verendrye Electric Cooperative, Inc.	Jennifer & Isaac Henjum Joyce Oium
CANCER EXERCISE REHAB In honor of Vonnie Schoenborn Candy & Bill Johnson	In honor of Dr. Charles Swenson Lanny & Linda Wade	GOLF FOR LIFE GOLF TOURNAMENT Clean Tech Dr. Michael Savitt Executive Air Taxi Corp. Fredrikson Gary Lemley Home Helpers of North Dakota Johnson Controls Keeler & Associates Inc. Larry Crawford Minot Hockey Boosters Morelli's Distributing, Inc. PROCollect Services Town & Country Credit Union Verendrye Electric Cooperative, Inc.	In memory of Hazel Stromberg Stanley Stromberg
CANCERCARE CENTER Barb Skogstad Christopher Solar Cynthia & Michael Brunner Janine Artz Joann Tanberg Karen Armstrong Neil Thorpe The Estate of Basil Talley Trinity Lutheran Church	In memory of Cheryl Eshenko Terry Eshenko		In memory of Judy Spitzer Jerry Spitzer
In memory of Alan Widmayer Dale & Kay Mattern Todd & Lisa Haskins	In memory of Darrel Quale Joanne Quale		In memory of Madonna Johnston Linda & Al Vosberg
In memory of Diana Bly Ruth Ann & Butch Rexine	In memory of Fern Brilz David & April Demaree		In memory of Russell Martin Judith Deaver
In memory of Kathryn Benson Dean Benson	In memory of Julie DeSaye Greg DeSaye		PEDIATRIC PLAY THERAPY ROOM Kiwanis Club of Minot
In memory of Lori Nyre Candy & Bill Johnson David & Judy Felch Penny & Tim Chole Phyllis & William Johnson	In memory of Richard Woolverton Cathy Halvorson		PLAYGROUND Minot Junior Golf Association, Inc.
In memory of Marcella Kleeman Ferril Walter	FUEL THE FIGHT Acme Tools Alison & Jerry Frye Amy Bergrude Anne Haider Anonymous Contributions Backyard Bounce Inflatables N' More Beverley Adams Carlene & Larry Solar Carol & Rodney Walth Christa Dening Coca-Cola Bottling Company High Country Dakota Square Arco Dakota Square Mall Deb & Brian Boppre Dr. Scott & Shannon Knutson Dr. Thomas Carver Elliot Leinen Farstad Oil Inc. Flower Central Heritage Insurance Homesteaders Restaurant Ilona Gadman Joseph & Wanda Jandrisch Kathy & Raymond Beeter KHRT Radio LBJ Texas BBQ Leslie Varty Lindsey Henley LOR Spa Lori & Barry Dockter Lori Zavalney Mandy Brasfield Marianne Wirtz Melissa Coleman Melissa Faul Minot Country Club Minot Hockey Boosters Minot State University MMD Rentals & Detailing Morelli's Distributing, Inc. North Hill Grill & Chill DQ Paul DiGregorio Rhonda Gunderson Scheels Shannon Brown Sheila Hattel SOS Fitness Stacie & Jon Traeger Superior Nutrition Minot LLC	GUEST HOUSE Jeff Nickoloff The Estate of Basil Talley Tom & Patty Cihowiak	PRESCRIPTION ASSISTANCE FUND Joseph Ferrara
In memory of Mary Holen Monna May Dokken Tim & Jo Krout		In memory of Stephen McIntyre, Jr. Stephen & Donna McIntyre	STOP THE BLEED Minot Rural Fire Department Ward County Sheriff's Office
In memory of Robert Harvey Colette Boehmer Lynn & Grace Watne		HOME HEALTH & HOSPICE Darryl & Sharon Strube Joann Tanberg The Estate of Basil Talley	STUFFED ANIMALS Dr. Roggie Reason
In memory of Roger Haugen Michael & Melissa Upgren		In memory of Chandra Hanson-Behm Kyle & Celeste Hanson	TRINITY HEALTH FOUNDATION FUND Darla & Matthew Miller Dr. Ayaz Chaudhary Dr. Friday & Ifeoma Osuala Dr. Roggie Reason Dr. Thomas Carver Dusty & Jason Zimmerman Gerald & Joyce Deibert J.E. Dunn Construction Company MSU Development Foundation Todd & Tesha Telin Yield Giving
In memory of Terry Voiles Pam McKay		In memory of Clarence & Anna Walker Family of Minot Carol Haberland	In memory of Bernadine Schiele LaVerne & Kandi Mikkelson
CANCERCARE CENTER ENDOWMENT Marty & Pat Piepoli Nemera Insight Orlan & Laurie Honadel Ward County 4-H Junior Ambassadors		In memory of Fran Effertz Larry Lee Grain & Livestock	In memory of Geraldine Holien Clara Sue & Gary Price Patrick & Linda Holien Family
CANCERCARE COTTAGE In memory of Cindy Duben Lynn & Judy Stevens		In memory of Roger Haugen Michael & Melissa Upgren	In memory of Lucretia Silbernagel Agnes Brandt
In memory of Madonna Johnston Mary & Lyle Lavachek		KENMARE COMMUNITY HOSPITAL & CLINIC Computershare Trust Company of Canada Infinity Hydrocarbons LLC Petro-Hunt, L.L.C. University of North Dakota	In memory of Lyla Thorpe Perrie & Pattie Benton
CANCERCARE PATIENT ASSISTANCE FUND Benjamin Robertson, Sr. Dr. Roggie Reason Magic City Beverage Signal Realty Ward County 4-H		KIDNEY DIALYSIS UNIT In memory of Armin Lennick Karen & Hjalmer Carlson	TRINITY HOMES Dr. Kimberly Krohn & Dr. John Fishpaw
CAPITAL IMPROVEMENT ENDOWMENT Amy Berman Brent & Tami Mattson Taylor & Kelly Wilson		MENTAL/BEHAVIORAL HEALTH Kristine & Sean Stanga	TURKEY DRIVE Dr. Roggie Reason
CARDIO-PULMONARY In honor of Cardiac Rehab Staff Craig Elton		NEW TOWN COMMUNITY CLINIC Joanne Quale Mike Deserly New Town Health Support Corporation Slawson Exploration Company, Inc.	VERHEY CRITICAL CARE ENDOWMENT In memory of Marcella Kleeman Cindy Sandeen Dusty & Jason Zimmerman Pala & Tim Waswick
CHILDREN’S FUND Kristine & Sean Stanga Starlight Children’s Foundation		NURSING SCHOLARSHIP ENDOWMENT Blue Cross Blue Shield Caring Foundation	In memory of Tamara Zumbaum Dr. Jeffrey & Janelle Verhey
			WESTERN DAKOTA COMMUNITY CLINIC Chord Energy

Foundation Concludes Capital Campaign

Trinity Health Foundation concludes its capital campaign with a \$15,000,000 contribution to Trinity Health!

We are thrilled to announce that Trinity Health Foundation has concluded its capital campaign with a \$15,000,000 contribution to Trinity Health. This will be used to fund various amenities at the new state-of-the-art Trinity Health Healthcare Campus and Medical District, including the pediatric play therapy room, SANE (Sexual Assault Nurse Exam) room, kidney dialysis machines, hospital connectors and chapel.

We are grateful to the Trinity Health Foundation board members, donors and volunteers who made this campaign a success. Their support will help us continue to make more possible for years to come.



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!

Pharmacy Tech (Training Available)

Retail Pharmacy technicians assist pharmacists with typing, filling and labeling prescriptions. They are responsible for the initial contact with the patient through answering the phone or greeting patients at the counter. Pharmacy Technicians also order and receive inventory. Pharmacy technicians must have a professional and courteous demeanor, good communication skills and be able to stand or walk for the majority of their working time. Full-time, part-time and casual positions are available. For full details please visit: trinityhealth.org/trinity-health-careers/ or scan the QR code.



Oncology Social Worker, LBSW

Trinity Health is seeking a social worker to work with oncology patients. This position will facilitate assessments of patients receiving oncology related services, assisting or coordinating issues related to human resource management, transition of care, discharge planning, volunteer supervision and patient/family programs. An oncology social worker must be possess effective communication skills in order to communicate with physicians, nurses, therapists, dieticians, pharmacists, patients, family members and more. Oncology social workers must be willing to learn or currently understand the process for assisting patients in regard to financial programs available to them through state and local service agencies. This position is full-time and working hours are 8 a.m. to 5 p.m. For full details please visit: www.trinityhealth.org/trinity-health-careers/ or scan the QR code.



VISION
Galleria
Affiliated with Trinity Health

Glasses • Contacts • Frames
Plaza 16, 2815 16th St SW, Minot, ND
701-857-7440

Grocery Store Tour

Diabetes

Shopping for the Right Foods

November 7, 2023
2 p.m.
Original Marketplace Foods
1930 South Broadway, Minot

RSVP 701-857-5268





Mayo Clinic Q and A: Foods to help maximize your memory

October 3, 2023
By: Susan Barber Lindquist

DEAR MAYO CLINIC: I enjoy cooking, but I prefer to work with the freshest ingredients. As such, I grow my own fruits and vegetables in a small garden and purchase other fresh produce from a local farmers market. I've read that certain foods may help with memory function. Are there foods I can eat to help boost my cognitive health?

ANSWER: Research suggests that the ability to maximize memory function may be related to what you eat. Following an eating plan that provides a healthier selection of dietary fats and a variety of plant foods rich in phytonutrients could positively affect your health. Phytonutrients are substances found in certain plants that are believed to be beneficial for human health and help prevent certain diseases.

There's still much to learn about what makes up a brain-healthy diet. Studies are finding that what is good for your heart also may be good for your brain. So the best bet for rich memories is to forgo unhealthy fat and remember to diversify your plant-based food portfolio.

Foods that boost memory

Diets rich in fruits, vegetables, whole grains and legumes, fish, healthier fats, and herbs or seeds boost the brain's memory functioning. Here's more about these powerhouse foods:

Fruits

- **Berries** are high in antioxidants that can protect the brain from oxidative damage and prevent premature aging and memory-impairing dementia. Blueberries are a rich source of anthocyanin and other flavonoids that may improve brain function.
- **Grapes** are full of resveratrol, a memory-boosting compound. Concord grapes are rich in polyphenols, which have the potential to promote brain function.
- **Watermelon** has a high concentration of lycopene, another powerful antioxidant. Watermelon also is a good source of pure water, which benefits brain health. Even a mild case of dehydration can reduce mental energy and impair memory.
- **Avocados** are a fruit rich in monounsaturated fat, which improves memory function by helping improve blood cholesterol levels when eaten in moderation in place of saturated fats.

Vegetables

- **Beets** are rich in nitrates, a natural compound that can dilate blood vessels, allowing more oxygenated blood to reach the brain.
- **Dark, leafy greens** are known for their antioxidants, such as vitamin C, and have been shown to reduce age-related memory loss. Greens also are rich in folate, which can improve memory by decreasing inflammation and improving blood circulation to the brain.

Whole grains and legumes

- **Cracked wheat, whole-grain couscous, chickpeas, oats, sweet potatoes and black beans** are examples of complex carbohydrates. Since brain cells run on glucose derived from carbohydrates and don't store excess glucose, they need a steady supply of it. Complex carbohydrates are a preferred brain food, providing a slow, sustained

supply of glucose. They take longer to metabolize and are high in folate, the memory-boosting B vitamin.

Seafood

- **Fatty fishes, such as salmon, trout, mackerel, herring, sardines, pilchards and kippers,** are rich in heart-healthy omega-3 fatty acids. These have been shown to improve memory when eaten one to two times per week. Omega-3 fatty acids don't affect low-density lipoprotein (LDL) cholesterol and can lower triglycerides.
- **Shellfish and crustaceans, such as oysters, mussels, clams, crayfish, shrimp and lobster,** are good sources of vitamin B12, a nutrient involved in preventing memory loss.

Healthier fats

- **Olive oil** provides monounsaturated fat, which can help reduce LDL cholesterol levels when used in place of saturated or trans fat. Extra-virgin olive oil is the least processed type with the highest protective antioxidant compound levels.
- **Nuts, such as walnuts,** are a source of omega-3 fatty acids, which lower triglycerides, improve vascular health, help moderate blood pressure and decrease blood clotting.

Herbs or seeds

- **Cocoa seeds** are a rich source of flavonoid antioxidants, which are especially important in preventing damage from LDL cholesterol, protecting arterial lining and preventing blood clots. Cocoa also contains arginine, a compound that increases blood vessel dilation.
- **Rosemary and mint** are in the same herb family. Rosemary has been shown to increase blood flow to the brain, improving concentration and memory. Peppermint aroma has been found to enhance memory.
- **Sesame seeds** are a rich source of the amino acid tyrosine, which is used to produce dopamine, a neurotransmitter responsible for keeping the brain alert and memory sharp. Sesame seeds also are rich in

continued on page 6



Trinity Health ServiceFIRST Awards

Trinity Health recently held its annual ServiceFIRST Awards Ceremony which celebrates employees, nominated by their peers, for outstanding effort and excellence in four categories. The ceremony is hosted by the Great Place to Work team, a subcommittee focused on enhancing job satisfaction through engagement and participation. The Great Place to Work team plans activities for all Trinity employees and their families throughout the year to include the Trunk or Treat, the annual Employee Picnic and various other programs.

The ServiceFIRST awards are divided into four categories and nominees are selected by their peers through an internal survey, which are then voted on blindly by the Great Place to Work team members. This year there were over 120 nominations for the awards as well as an additional award presented by the Patient and Family Experience team. There are four winners from each category.

The award categories are:

- The ServiceFIRST Excellence Award. This award goes to four employees who embody strength of character, competence, passion, pride and commitment to their job.
- The Visionary Award. This award goes to four employees who use creative thinking to build a pathway for development and implementation of new processes that contribute to quality patient care and excellent patient outcomes.
- The Novice to Expert Award. This award honors four employees who demonstrate leadership and contribute energy, commitment and dedication to their profession.
- The Making More Possible Award. This award honors four employees who consistently embrace new ways of transforming healthcare, who seek improvement in situations, who don't say "no", but rather asks "how."

The winners are below:

- | | |
|--|---|
| ServiceFIRST Excellence Award: <ul style="list-style-type: none">• Darcy Johnson, Surgical Unit• Dr. George Wilson, Hospitalist• Judith Gullickson, Foundation Guest House• Lori Armstrong, Nutrition Services | Making More Possible: <ul style="list-style-type: none">• Jessica Leon, Hospital Medical Unit• Leah Mayer, Surgical Unit• Ralf Randall Valencia, Recruiting• Richard Kloster, Recruiting• Sherry Melby, Kenmare Clinic Lab |
| Visionary Award: <ul style="list-style-type: none">• Abigail Quenzer, Hospital Medical Unit• Abigail Smith, Hospital Medical Unit• Day Grogan, First Response Air• Morgan Stamp, EKG Technician | Outstanding Team or Committees: <ul style="list-style-type: none">• Case Management Team• Emergency Trauma Center• Information Technology Services• Health Information Management |
| Novice to Expert: <ul style="list-style-type: none">• Elliott Leinen, Administration• Gregory Davis, Ultrasound Technologist• Kyle Schmidt, Hospital Medical Unit• Lindsay Baker, Surgical Nursing | |

Another category award, that is presented to teams rather than individuals, is the Outstanding Team/Committee Award. The award honors a team or committee that demonstrates the meaning of "Making More Possible." This group exemplifies exceptional teamwork and recognizes the value of interdisciplinary practice and strives to provide the highest quality of care which aligns with Trinity Health's mission, vision and values.

This year's ceremony was held for the first time at the new Healthcare Campus and Medical District's Prairie Rose Conference Center and was sponsored by Town and Country Credit Union.

Congratulations to all nominees and winners, Trinity Health would like to extend a sincere thank you for your dedication and work to sustaining and improving a constant state of excellent patient care!



Heart-saving care to get you back into the rhythm of life.

When it comes to healing hearts, we don't skip a beat. At Trinity Health our specialists are saving more hearts with convenient screenings and advanced emergency care. We deliver the latest minimally invasive surgeries, innovative treatments, and personalized rehabilitation plans—everything you need to get back to doing the things you love.

Learn more or find a physician at trinityhealth.org/heart.



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



Mayo continued from page 5

zinc, magnesium and vitamin B6, other nutrients involved in memory function.

- Saffron has been shown to positively affect people with mild to moderate Alzheimer's disease.

Making lifestyle modifications to control your cholesterol, blood sugar and blood pressure levels, as well as not smoking, taking daily walks and keeping your weight in a healthy range can help preserve memory function.

— Lizzie Bertrand, Dietitian,
Mayo Clinic Health System, St. James, Minnesota



Game Day Delights

Its time again for the fall/winter sports season! Enjoy watching football, basketball, hockey and more with some heart healthy snack options. The American Heart Association recommends no more than 2,300 mg of salt (ideally <1500 mg) as well as 5-6% of daily calories (about 13 mg) from saturated fat for most adults. Be sure to include a wide variety of fruits, vegetables and whole grains. For more information or to schedule an appointment with a dietitian, call Trinity’s Center for Diabetes and Outpatient Nutrition at 701-857-5268.



Touchdown Tortilla Wraps:

- Ingredients
- 3-7- 8-inch flour tortillas
 - 1/2 8-ounce tub light cream cheese with chive and onion or roasted garlic
 - 18 to 24 fresh basil leaves
 - ½ (7 ounce) jar roasted red sweet peppers, well drained and cut into 1/4-inch-wide strips
 - 4 ounces thinly sliced cooked roast beef or turkey
 - 1 tablespoon low-fat mayonnaise dressing or light salad dressing
- Directions
1. Spread each tortilla with one-third of the cream cheese. Cover cream cheese with a layer of basil leaves, leaving a 1-inch border. Arrange roasted red peppers on basil leaves. Top with sliced meat. Divide mayonnaise among tortillas, spreading over meat.
 2. Roll up each tortilla tightly into a spiral. Cut each tortilla roll in half crosswise.



Caramel Kettle Popcorn

- Ingredients
- 4 teaspoons of olive oil.
 - 8 cups air-popped popcorn (5 tablespoon popcorn kernels)
 - 5 drops unflavored liquid stevia sweetener
 - 2 squeezes caramel-flavored liquid stevia sweetener
- Directions
1. In a small skillet, heat and mix oil and both liquid stevia sweeteners over low heat for 1-2 minutes until warmed. Let cool for 5 minutes.
 2. Pour kernels into air popcorn popper (or other method) and collect popped kernels as popcorn.
 3. Pour liquid mixture into gallon-sized resealable plastic bag. Shake well to coat the inside of the bag with the caramel mixture. Add popped popcorn to the bag. Shake well to evenly coat.
 4. Pour the popcorn into a serving bowl.

ClearBalance Program Offered through Business Office

As a benefit to our patients, the ClearBalance HealthCare® program is a patient-friendly payment option to help you pay your cost of service with Trinity Health. The program is a zero-interest revolving credit account with flexible payment terms. Use the ClearBalance HealthCare program to manage your out-of-pocket expenses, including deductibles and insurance copayments, for care at any of the Trinity Health facilities. Call us for more information: 857-5105.

ClearBalance HealthCare offers you peace-of-mind

- Zero-interest credit account for your services at Trinity Health facilities
- No credit check
- Combine all of your family’s medical bills at Trinity Health into one monthly statement and one manageable monthly payment

Convenience to manage and view your account online at myclearbalance.com

For more information go to the billing page on the Trinity Health website: <https://www.trinity-health.org/trinity-health-billing/>



Flu Vaccines

Minot Vaccine Line: 701-857-2515

Available at your Primary Care Provider’s Office and Trinity Health Rural Clinics

Appointments required.



TRINITY
HEALTH



Delightful Treats for Every Family!

From moms and dads to adorable newborns, everyone deserves a sweet reward. After bringing new life into the world (or just being born) who doesn't want a cookie? Our world-class Family Birth Center team and Crumbl worked hard to coordinate and deliver these treats to every family in October. Thank you to Crumbl for donating and delivering cookies EVERY morning.

CLI Session Hosted by Trinity Health

It was a pleasure hosting the newest session of the Community Leadership Institute (CLI) course in October at our new Healthcare Campus and Medical District!

The CLI course, hosted by the Minot Area Chamber EDC, provides community leaders invaluable insight into our community and how to make it better! It was our pleasure to host a leadership panel and offer perspective into the local healthcare economy and how Trinity Health is #MakingMorePossible!



INTRODUCING DAKOTABLUE | TRINITY.



Partnership between Blue Cross Blue Shield of North Dakota and Trinity Health brings lower cost plan options

Blue Cross Blue Shield of North Dakota (BCBSND) and Trinity Health today announced the launch of DakotaBlue | Trinity, a new health plan partnership that provides better care, choice and cost in Minot and the surrounding area. Available during the 2024 open enrollment period, the new plan offers individuals, families and employers in 11 counties with coverage that is most affordable with care from Trinity Health.

The four tiers of coverage in the DakotaBlue | Trinity plan is different from traditional health insurance network structures that only categorize providers as in-network or out-of-network. With a tiered network plan, patients can take control of their care and out-of-pocket costs by selecting providers from their choice of coverage tiers. Tiered network plan premiums are on average 15% lower than comparable traditional plans, because insurance providers partner with the preferred tier to offer lower health care costs for members.

“DakotaBlue | Trinity is a way for us to challenge health care costs with our members at the center,” said Kristi Huber, BCBSND SVP and Chief Marketing Officer. “This plan provides our members the opportunity to access Trinity’s high-quality care at lower prices and premiums.”

Starting at tier one, care at Trinity Health and a preferred network of providers has the lowest out-of-pocket member expense. Cost savings and quality improvements come in part from focusing on one integrated health system where providers can easily share health records, test results, treatment plans and avoid duplication of services.

While costs will be lowest with care from Trinity, the new plan also covers health care providers outside the system at tier two, three and four rates. Members have the flexibility and control to select providers from any tier at any time with out-of-pocket costs that increase with each level. Dakota Blue | Trinity also offers a referral process to ensure members receive affordable care through a robust network of providers.

In its inaugural year, the plan will be available in North Dakota counties which represent Trinity’s service area. Counties include Ward, McKenzie, Mountrail, McLean, Bottineau, McHenry, Rolette, Pierce, Divide, Renville and Burke.

“We are excited to partner with BCBSND on a plan geared specifically for the people we serve,” said John Kutch, Trinity Health President and Chief Executive Officer. “By partnering with BCBSND to offer DakotaBlue, we can continue transforming the delivery of health care services to the region through access to affordable, integrated care close to home.”

In addition to offering quality care and low cost, the new plan adds telehealth coverage at no cost which is a vital tool for increasing access to mental health and substance abuse disorder resources. Every BCBSND health plan also includes wellness and preventive care coverage to help members proactively manage their health, prevent diseases and receive targeted care. These are key strategies to help members manage their medical costs.

For more information on the new plan, visit [BCBSND.com/DakotaBlueTrinity](https://www.bcbnsnd.com/DakotaBlueTrinity).

About Blue Cross Blue Shield of North Dakota

BCBSND (www.BCBSND.com) was founded in 1940 with the mission to provide members with affordable access to health care across the state. As a member-owned, not-for-profit independent licensee of the Blue Cross and Blue Shield Association (BCBSA), BCBSND is committed to transforming care and health across the state to improve outcomes, lower cost trends and make it easier to shop, buy and use health care coverage. Members have access to unmatched local service and to a comprehensive network of health care providers across the state, the nation and in 200 countries.

BCBSND Contact

Melissa Richard

Corporate Communications Manager

(701) 277-2645 (work)

melissa.richard@bcbnsnd.com
[BCBSND.com](https://www.BCBSND.com)

C O M M U N I T Y

CALENDAR

For the latest updates,
check online at trinityhealth.org

Prepared Childbirth Classes

November 4, December 2

Breastfeeding Basics

November 9, December 14

Basics of Baby Care

November 8, December 6

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 November Events

November 7

A Grocery Store Tour on Managing Diabetes will be held at 2 p.m., in the original Marketplace Foods. Shopping for the right foods is critical to managing diabetes. Join Trinity Health diabetes education for this tour, and learn what foods to look for and how to read and understand food labels, including total carbohydrates, sugar, fiber and sugar alcohols. To reserve your spot, call 857-5268.

November 8

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 858-6310.

November 11

A Pediatric Flu Shot Clinic will be held from 9 a.m.-1 p.m. at Trinity Health Medical Arts, 3rd Floor. This is for children 6 months to 18 years and their parents. We will bill all participating insurances. Please bring a copy of your insurance card. Appointments preferred, call 857-5413. Walk-ins welcome.

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

November 15

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.

November 16

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

Trinity Health will participate in the Showcase of Business set on November 16 from 5 to 8 p.m. at the North Dakota State Fair Center. The Minot Area Chamber EDC holds the Showcase of Business and its theme this year is Game Shows. The showcase is an opportunity to showcase a business’s unique features and have a little fun at the same time.

November 21

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.