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*“Hope is not a passive waiting for something to happen, but an active participation in the unfolding of a future that we ourselves help to create” – Gabriel Marcel*

No matter the season, let us journey through life in active hope not only for our own gain but also for the well-being of others. Active participation rooted in the core belief of “do no harm” asks every individual to take seriously one’s own values and the values of others regardless of differences.

Amidst the hustle and bustle of the holidays, how will we individually and communally practice harm reduction as hope for the future of our local, national and worldwide communities? How do you believe active hope in the form of “do no harm” will create shifts and ripple effects that enable equitable living for all people? What steps need to be taken to make this way of living a reality?

Traditions of belief, faith, science, reason and lived experience all offer ways of practicing active hope. During this holiday season, let us all commit to listening to and forgiving ourselves and others as well as working together to do better for the sake of the world.



Deacon Anna Dykeman

Deacon Anna L. Dykeman  
Chaplain, Trinity Health



## How to Cope with Stress and Alcohol Situations During the Holiday Season

The holiday season is a time for people to be near family; for some it may be the only time in the entire year that loved ones get together. This can bring pride, joy and happiness to moms, dads, siblings or even extended family members like aunts or uncles.

On the other hand, the holiday season can bring unwanted stress from expectations that we tend to put onto people. Living in North Dakota gives us a different type of setting during the holiday season due to the cold temperatures and shorter days. This can invite more opportunities to go to bars to see people or drink more alcohol in social settings.

The bar can be a place of community for people who are traveling home to see friends or for an escape to have alone time with a trusted friend(s). All of which can be acceptable reasons to go out, but goers should be weary of the way that coping with alcohol can creep in.

The parties at work, home or with friends tend to start well before midnight and often involve more than the recommended amount of alcohol, which can impact the way a person copes with stress.

Jason Andersen, Trinity Health’s supervisor of the Chemical Dependency Unit, recommends that if a person chooses to drink during the holidays to stay within the recommended standards. This means four drinks in a setting and if it is over a long period of time, consider spreading alcoholic drinks out with water or a pop.

A drink is defined as one 12 oz. 5% Alcohol by Volume (ABV) beer, one 8 oz. 7% ABV malt liquor, one 5 oz. 12% ABV wine and 1.5 oz. 40% (80 proof) ABV distilled spirit.

“There are expectations that people drink when they go out for New Years Eve, Christmas or holiday parties,” said Andersen. “With that there is an idea of celebration as a means to let loose. That is when people who do not have problems with alcohol may have a situational problem; not necessarily a chronic problem. DUIs or fights might become an issue.”

**Q: What if I do not want to drink alcohol?**

**A: Communicate or just say no.**

Plan in advance of the holiday season to communicate with the family or host who is having the event. Ask them if they have non-alcoholic drinks or if there is a time that they plan to start drinking. If a loved one has an obligation to not drink, out of personal value or because of a substance use disorder, then communicate a plan before attending.

“If a person has a struggle managing alcohol, they should be aware of the situations they could be around.” said Andersen “You might have to face some of the traumas of telling sister, mom or dad that you’re not coming to this.”

Saying no is appropriate in any circumstance and if you feel peer pressure building, do not be scared to find other activities to do that can fill the time. Another way to say no is to attend by being the designated driver.

Be sure to follow the law and not buzz drive if driving yourself, friends and/or family. Buzz driving is drunk driving. Always call a Lyft, Uber or a sober friend from leaving an activity related to drinking alcohol.

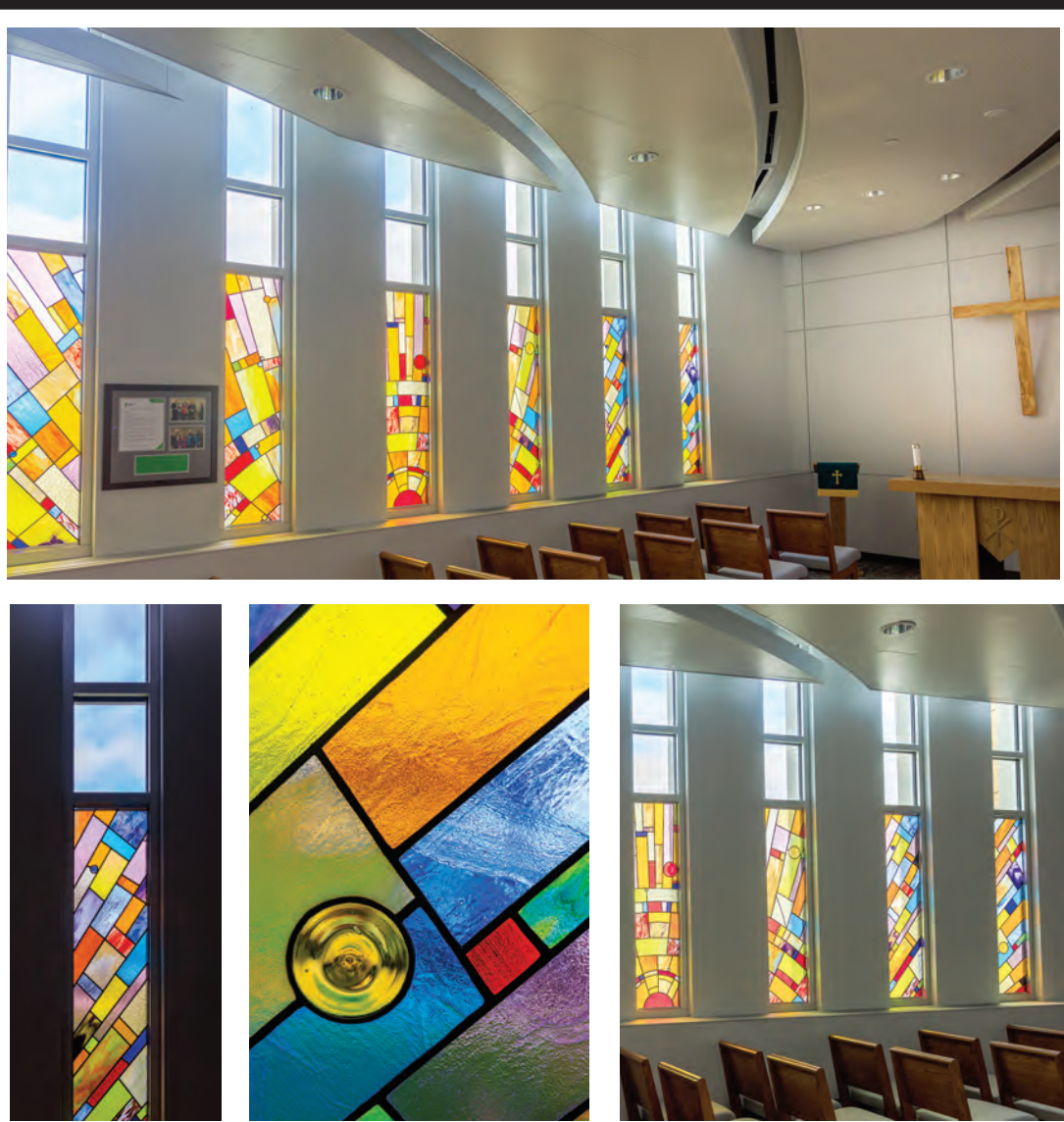
**Q: How do most people cope with stress or depression in the holiday season?**

**A: Many people participate in exercise or mindfulness & well-being strategies.**

To reduce stress is not a one-size-fits-all solution. Trinity Health recommends five strategies that can help impact the amount of stress a person feels.

1. Physical activity is a go-to for many people during stressful times. Exercising at the gym, going for a walk or stretching through yoga can help distract the mind from the things causing stress.
2. Eat proper nutrition to feel full and energized to conquer the day. Being hungry can increase the feelings of stressful situations. Eating right can lead to improved mood and overall better thoughts to help tackle stressful situations.





# Stained Glass Adds Sublimity and Grace to Chapel

From the moment it opened, the Lynn and Denise Billadeau Chapel within the atrium of the new Trinity Health Healthcare Campus and Medical District stirred the imagination with its multiple symbols that provide a welcoming atmosphere to people of diverse faiths. It has since taken on an even greater aspect of transcendence, however, thanks to the timeless beauty of stained glass.

Seven panels of brightly colored glass were recently installed in the bottom tier of windows that form the north wall of the interfaith chapel. The impact has been extraordinary.

“The stained glass evokes a sense of awe,” observed the Rev. Sylvester Onyeachonam, director of Trinity Health’s Pastoral Care Department. “When you’re in the chapel with the stained glass, the feeling of a sacred space comes alive.”

Dusty Zimmerman, director of the Trinity Health Foundation, says early concepts always envisioned windows that would become a key element in the chapel design. “We thought stained glass would be really great if we had the funds. Luckily, as the opening approached there was heightened interest in the chapel. Those added donations allowed us to include stained glass,” she explained.

Zimmerman approached Margie Bolton, owner of Margie’s Art Glass Studio in downtown Minot. She is an experienced artist, having created stained glass windows for many area churches and private residences. Working with the Trinity Health team, they mapped out a plan that called for stained glass on the chapel’s bottom tier of windows, leaving the top tier free to preserve the opportunity for natural light.

“We discussed different concepts,” Bolton said. “The design needed to be something that people of all faiths would feel comfortable with.”

The team pored over examples of stained-glass patterns. One resembling a sunrise caught Zimmerman’s eye, and Bolton liked it too. “I find color inspiring, so I try to use a lot of really vivid, rich colors. I actually had to correct myself halfway through because I had so many warm, bright colors, I needed to add some softer, muted tones out toward the sides. I think it gives a ‘new day’ kind of feel.”


Numerous hours went into the project – about 50 hours per window, Bolton estimates. She worked quickly, however, and by early autumn the windows were ready to install. “I get super anxious when I’ve finished a project,” she confessed. “I had a contractor help me and we put them in; I didn’t tell anyone.”

With the contractor’s help, the two mounted the stained-glass windows by screwing them into the existing aluminum frames, being careful not to create a seal. “The windows have a gas in them to keep moisture out of it,” she noted. When they were finished, she surveyed her creation and was pleased. “It was a pleasure for me to do this because when I first saw the room I thought, ‘oh, it’s so generic.’ I don’t think it’s generic anymore.”

With the windows finally installed, it was time to give others a glimpse. “When I walked in my first thought was – this space has always felt so serene and peaceful, but this really completes it,” said Zimmerman. “It provides greater privacy from the outside, which is another advantage. Ultimately, it is the finishing touch to what is already a perfect space for meditation or thoughtful reflection.”


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## Stress

continued from page 1

3. Creating a social circle of connections can help reduce stress as well. Social connectedness can lead to conversations that improve relationships. These relationships can foster trust and positive conversations that empower a healthier way of dealing with stressful situations alone.

4. Performing random acts of kindness can lead to more interactions that fulfill the social interaction and connectedness that combat negative side effects of stress. Volunteer at a local community organization, church, healthcare organization or non-profit to make good things happen right in the community.

5. Focusing on gratitude influences positive thoughts of appreciation and thankfulness for the situations that take place day-to-day. Gratitude helps highlight and find acceptance in problems and lessons that we learn in life.

**Q: What if there needs to be an intervention with alcohol?**

**A: Contact a substance abuse center to schedule a consultation.**

Trinity Health offers two programs to assist patients with their alcohol addiction. To enroll in the program contact 701-857-2480.

“You will speak with nursing staff or an intake coordinator to gather information on what substances you are using. After that they will schedule a 1-1.5-hour evaluation to determine the care you need,” said Andersen.


The addiction services care team will conduct a screening questionnaire and gather relevant information about past drinking habits to roadmap a plan of care personalized for you. Your plan of care will be a partnership of dedicated loved ones, physicians, addiction counselors, nurses and social workers.

Together the team will explore a recommendation for the person seeking help. Exploration will help determine if the need is for medical detoxification by staying at the hospital or if the need is for outpatient support through the support of an addiction counselor and loved one.

Trinity Health Addiction Services is located at Trinity Health St. Joseph’s Hospital in Minot. It can serve up to eight medical detoxifications, up to thirteen residential treatment patients and up to 20 outpatient treatment patients. Alcohol and drug evaluations are typically scheduled within seven days of the initial phone call to obtain services. The program provides a full range assessment and treatment programs to help people achieve their personal and professional goals related to recovery from alcohol abuse.

## Team Based Careers

Team based careers are available at Trinity Health for those wanting to support substance abuse programs. People who are ready to help patients and work together to be quick to help each other out are encouraged to apply. Search keywords “Chemical Dependency Unit” at [TrinityHealth.org/careers](https://TrinityHealth.org/careers) to apply today or contact Trinity Health Human Resources at 701-418-8050 or email [jobs@trinityhealth.org](mailto:jobs@trinityhealth.org).



**TRINITY**  
HEALTH

## HealthTalk

Marketing Department  
Trinity Health East Ridge  
1250 21st Avenue SE  
Minot, ND 58701  
Toll free in ND: 800-247-1316

Visit our website:  
[trinityhealth.org](https://trinityhealth.org)  
Join us on Facebook:  
[facebook.com/TrinityHealth.ND](https://facebook.com/TrinityHealth.ND)



# HCMD Emergency Beacons = Safety for All

- The Emergency Beacons are located throughout the HCMD in parking lots and areas with foot traffic.
- There are over 35 beacons on campus.
- The beacons have one button that once pressed connects the caller with the Police Department.
- These beacons are aimed to give patients, staff and visitors peace of mind at any time of the day or night.
- Whether it be a medical, fire or security emergency, the beacons are available to use in any situation where an individual may fear for the safety of themselves or others.



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

## “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: [www.trinityhealth.org/trinity-health-careers/](http://www.trinityhealth.org/trinity-health-careers/) or scan the QR code.



#### Central Scheduling Representative

Trinity Health is seeking a central scheduling representative. The position manages a high volume of incoming calls promptly and utilizes call center scripting to accurately obtain and input patient information. A central scheduling representative must maintain a high level of customer service at all times. The position may float to reception areas during periods of low call volume. This position is full-time. Customer service experience of training is required, preferably with six months of experience. For full details please visit: [www.trinityhealth.org/trinity-health-careers/](http://www.trinityhealth.org/trinity-health-careers/) or scan the QR code.



## Mindful Minute

While there are many physical challenges in the winter to contend with, there are also behavioral health challenges as well. The days grow shorter and the nights grow longer and then soon it's dark arriving and leaving work. This can lead to a common issue known as Seasonal Affective Disorder, or SAD. While there aren't any concrete answers as to what exactly causes this seasonal depression there are ways to alleviate its effects; the most common is a happy light. A happy light, or any source of light with blue light, is thought to mimic the sunlight and stimulate the production of serotonin which is a neurotransmitter associated with feelings of well-being.

Craig Sawchuk, MD, a Mayo Clinic psychologist recommends using a 10,000-lux light box or lamp within the first hour of waking up for about 20 minutes.

"That tends to be about the sweet spot of exposure to that light. You want to make sure that the light is sitting about an arm's length or so in front of you. You don't have to stare directly at the light, but you want to keep your eyes open. So you could be doing things like having breakfast or a cup of coffee, watching TV, or working online," says Dr. Sawchuk.

Socializing and practicing mindfulness and relaxation techniques can also help with mental well-being during the winter. Whether it's attending a local sporting event such as hockey, or hosting a game night with friends, socializing can be incredibly beneficial when normal outdoor activities are limited in the winter months. Mindfulness and relaxation techniques can be simple or complex. An effective and simple technique is deep breathing. However, another technique that is seen by many as relaxing is exercise and physical activity.

Maintaining your physical fitness is proven to improve both your physical and mental well-being. Activities such as yoga, stretching and simple cardio can be done in the comfort of your own home if you aren't a fan of going to the gym. Short daily exercises that are 30 minutes in length can stimulate feelings of accomplishment and happiness while combating seasonal weight gain and depression.



6" Winter Basket \$40



Home for the Holidays \$35



Winter All Around \$35



5" Winter Basket \$35



Let It Snow \$30



Winter Mug \$30



Bud Vase Roses \$30

Pre-Book Deadline:  
November 29

Flowers can be  
picked up  
December 19-22

Payment at time  
of order

## Christmas Flower Fundraiser 2023

Date \_\_\_\_\_ Name \_\_\_\_\_

Department \_\_\_\_\_ Phone \_\_\_\_\_

6" Winter Basket \$40 .....Qty \_\_\_\_\_

Let It Snow \$30 .....Qty \_\_\_\_\_

Home for the Holidays \$35 .....Qty \_\_\_\_\_

Winter Mug \$30 .....Qty \_\_\_\_\_

Winter All Around \$35 .....Qty \_\_\_\_\_

Bud Vase Roses \$30 .....Qty \_\_\_\_\_

5" Winter Basket \$35 .....Qty \_\_\_\_\_

Total amount due \$ \_\_\_\_\_ Drop off order blank at Trinity Health Hospital Gift Shop Phone orders 701-418-7070

\_\_\_\_\_ Cash \_\_\_\_\_ Check \_\_\_\_\_ Credit Card Name on Card \_\_\_\_\_

Questions or to order, call 701-418-7070 Card # \_\_\_\_\_

All proceeds support Trinity Health Auxiliary Exp. Date \_\_\_\_\_ Code on Back \_\_\_\_\_

Zip Code \_\_\_\_\_



TRINITY HEALTH  
AUXILIARY

Trinity Health Hospital Gift Shop | 2305 37th Ave SW, Minot  
[trinityhealth.org/giftshop](http://trinityhealth.org/giftshop)

# New!

## Trinity Health Outpatient Pharmacy

- Prescription services
- Over-the-counter products
- Medication counseling
- Convenient location

Medical Office Building, 1st Floor

**701-857-7935**

Monday – Friday 9 a.m. to 5:30 p.m.

Utilize the drive-through on the north side for easy pickup!





# ServiceFIRST Excellence Award

Congratulations to Judy Gullickson, former Trinity Health Guest House resident manager, on receiving the Trinity Health ServiceFIRST Excellence award!

This award recognizes Judy's years of service to Trinity Health Foundation and her embodiment of strength of character, competence, passion, pride and commitment to her job. She is a dedicated and compassionate employee who went above and beyond to ensure our guests had a comfortable and welcoming stay.

Judy is an asset to Trinity Health, and we are grateful for her dedication and years of service welcoming families to Trinity Health Guest House.

These days, you can find Judy continuing her commitment to excellence as a greeter in the hospital lobby. Thank you, Judy, and congratulations!



John Kutch, President and CEO, presents the award to Judy Gullickson.



# Turkey Drive for Horn of Plenty Underway

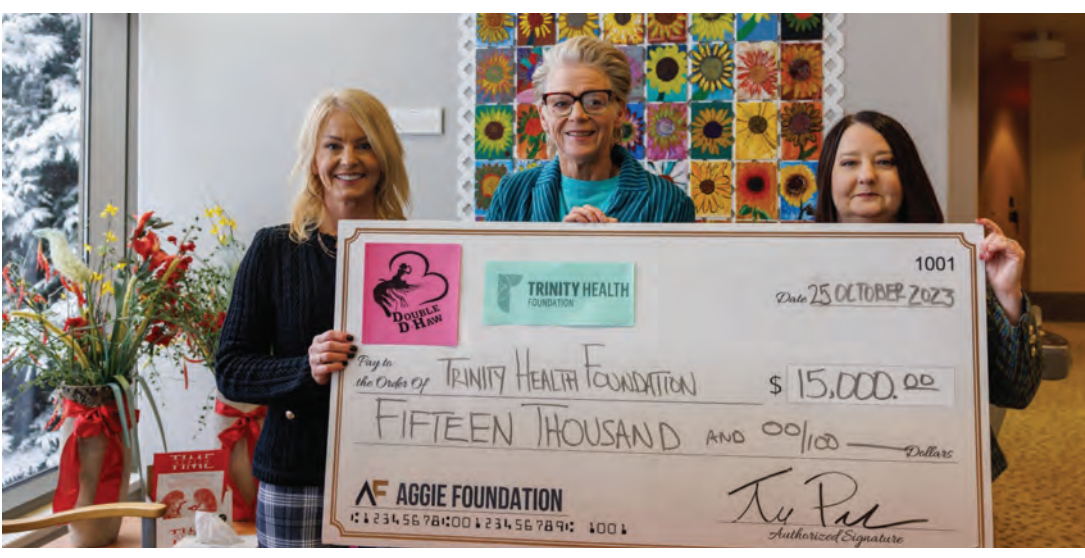
Trinity Health Foundation has kicked off its 12th annual Turkey Drive in support of the KHRT Horn of Plenty. Now in its 40th year, Horn of Plenty brings community members together to help families in need shortly before Christmas.

Dusty Zimmerman, director of the Trinity Health Foundation, says this year's Turkey Drive will again focus on raising funds to provide turkeys, toys and food items to families within a 100-mile radius of Minot. Last year, Horn of Plenty benefitted over 350 families.

"We hope the community will join with Trinity's staff, providers and board members to make a difference in the health of our community and give families hope at a critical time of the year," Zimmerman said.

This year's goal is to raise \$16,500. While donations can be contributed in any amount, \$20 is the sum needed to sponsor a turkey, and \$60 will sponsor an entire basket of food.

The Turkey Drive runs through December 1. People may contribute by sending their donations to Trinity Health Foundation Turkey Drive at PO Box 5020, Minot, ND 58702, by visiting the Foundation's website at [trinityhealth.org/foundation/donate-to-the-foundation/turkey-drive/](http://trinityhealth.org/foundation/donate-to-the-foundation/turkey-drive/), or by calling the Foundation office at 701-857-2430.



# Double D-Haw Doubles Their Impact

The 2nd Annual Double D-Haw, an annual breast cancer fundraiser, raised \$15,000, benefiting Trinity Health CancerCare patients. This is double the amount raised last year!

Double D-Haw features a seafood boil, art auction, paddle game and street dance. The event is known for its unique and fun atmosphere, and it has quickly become one of the most popular breast cancer fundraisers in the community.

"We are so grateful to the generous sponsors and patrons who made this year's Double D-Haw such a success," said ShaunAnne Tangney, one of the event organizers. "We couldn't have done it without them."

"The funds raised from Double D-Haw will help to support Trinity Health CancerCare patients in various ways," said Dusty Zimmerman director of the Trinity Health Foundation. "We are grateful for the support of the Double D-Haw organizers and volunteers, and we are excited to see what the future holds for this event."

The Double D-Haw organizers are already planning for next year's event and hoping to raise even more money to support Trinity Health CancerCare patients.



Xcel Energy presented Trinity Health Foundation with \$15,000 in support of its capital campaign. Pictured are representatives from Xcel Energy, Trinity Health and Trinity Health Foundation.

# Fuel the Fight Winners



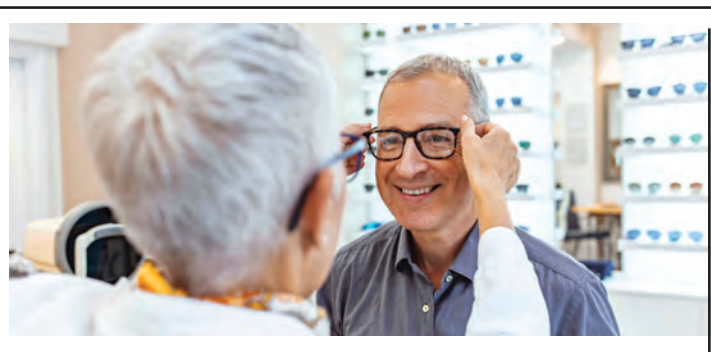
Congratulations to Stuart Hammer, the recipient of the **Free Fuel for a Year** grand prize, courtesy of First International Bank & Trust.



Congratulations to Patti Bengson on winning **Free Flowers for a Year** from Flower Central.



Congratulations to Rodney Gruenberg on winning **Free Dinner for a Year** courtesy of Homesteaders Restaurant!



VISION

Galleria

Affiliated with Trinity Health

- Glasses
- Contacts
- Frames

Plaza 16  
2815 16th St SW  
Minot, ND

**857-7440**



# Welcome New Providers

**Joel Pessa, MD, FACS**  
Trinity Health is please to welcome plastic, reconstructive and hand surgeon Joel Pessa, MD, FACS, to our surgical team. Dr. Pessa is board certified in plastic and reconstructive surgery and fellowship trained in hand surgery. He welcomes the opportunity to restore function and appearance to patients with conditions related to trauma or illness. During his 30-plus years of experience, Dr. Pessa has served academic appointments at several teaching hospitals, including the University of Texas Southwestern Medical Center. He’s been a leader in advancing research to enhance the safety of patients undergoing plastic surgery procedures. He is a Diplomate of the American Board of Plastic and Reconstructive Surgery and a Fellow of the American College of Surgeons.



Joel Pessa, MD, FACS

**Brieann Backes PA-C**  
A member of our Emergency/Trauma team, Brieann Backes, PA-C, is a board-certified physician assistant, dedicated to providing high quality care to people with emergent and life-threatening conditions. A Minot native, Brieann graduated from the University of Mary, Bismarck, with a bachelor’s degree in Exercise Science, and she completed her Master of Physician Assistant Studies at Concordia University Wisconsin. Her experience includes medical rotations in a broad range of specialties including Emergency Medicine and Family Medicine. She is a member of the American Academy of Physician Assistants and North Dakota Academy of Physician Assistants.



Brieann Backes, PA-C

# Eagle Award



Michael Hayes, RN  
Home Health & Hospice

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](http://minotchamberedc.com)



**Blue Distinction<sup>®</sup> Center+  
Knee/Hip**

## Blue Distinction Center + Knee/Hip

Blue Cross Blue Shield designates Trinity Health as a healthcare system that demonstrates more affordable care in addition to quality care, treatment expertise and better overall patient results. Visit [trinityhealth.org/orthopedics](http://trinityhealth.org/orthopedics) to learn more.



**857-DR4U**  
Physician Referral Service

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](mailto:DR4U@trinityhealth.org).



# Meet Your Clinic: Audiology

**WHAT IS AUDIOLOGY?**  
Audiology is the study of hearing, balance and related conditions. Audiologists are healthcare professionals who use technology, creative problem solving and social skills to identify and treat those conditions. At Trinity Health, our specialists combine cutting-edge science with compassionate care to help children and adults strengthen their communication skills.

**TRINITY HEALTH AUDIOLOGY**  
Trinity Health Audiologists understand that each case of hearing loss in unique. They use the latest American Academy of Audiology recommended procedures to diagnose and treat hearing disorders and create personalized treatment plans for each patient and their loved ones.

- SERVICES PROVIDED AT TRINITY HEALTH**
- Administer age-appropriate hearing tests.
  - Recommend hearing solutions for all levels of hearing loss and a variety of listening situations.
  - Evaluate and troubleshoot any make or model of hearing aid.
  - Offer each patient objective information about the performance of their hearing aids, regardless of where or how the hearing aids were purchased.
  - Access the latest digital hearing aid technology from a variety of hearing aid manufacturers.
  - Determine cochlear implant candidacy and program cochlear implant processors.
  - Determine osseointegrated device candidacy and program those devices.
  - Evaluate balance/dizziness concerns.
  - Offer management options for tinnitus.

- CONDITIONS WE TREAT**
- Auditory processing disorder
  - Balance disorder
  - Hearing loss
  - Sudden hearing loss
  - Noise-induced hearing loss
  - Tinnitus
  - Vertigo

- TESTS AND PROCEDURES**
- Behavioral hearing tests
  - Communication needs assessment
  - Electrophysiological tests
  - Hearing aid fitting and maintenance
  - Immittance tests
  - Otoacoustic emission tests
  - Cochlear implant support
  - Osseointegrated device support

**WALK-IN SERVICES OFFERED**  
Device Cleaning: Audiology assistants provide a thorough cleaning of hearing devices and earmolds using the Jodi-Pro suction tool. Every cleaning includes a cycle through our state-of-the-art ReDux™ dryer to remove moisture that may be trapped deep within your hearing aid. Every cleaning is finished with a listening check that verifies the device is working to meet your needs.

Device troubleshooting and repair: If your device is not working properly, we will try to diagnose the problem. If possible, the device will be repaired in the clinic. If on-site repairs are not available, the device can also be sent into the manufacturer for repair.

Bluetooth pairing: Our team will help you connect the hearing aids to your smartphone.

Supplies and accessories: The audiology assistants can help you find the correct supplies that suit your hearing device. Our clinic sells batteries, wax guards, domes, cleaning tools and other accessories. We can also recase your device if it’s cracked or has a broken battery door.

Tubing change: Patients with an earmold that utilizes tubing can have a tubing change at any time.

Custom device modification: Our team can modify earmolds and other custom hearing devices to give you a more comfortable fit.

**MEET THE AUDIOLOGY TEAM**



Kelsey Artz, AuD



Jerrica Maxson, AuD



Tricia Nechodom, AuD

**LOCATION INFORMATION**  
Trinity Health Medical Office Building  
701-418-7530  
2305 37th Ave. SW , Minot, ND 58701

**FirstCare  
Walk-In Clinic**

Monday-Friday 8 a.m.-8 p.m.  
Weekends & Holidays 9 a.m.-5 p.m.  
400 Burdick Expy E, Minot, ND

Visit [trinityhealth.org](http://trinityhealth.org) for current wait time • No Appointment Necessary





Assorted Chocolates  
1 lb. \$29 | 2 lb. \$55



Milk Chocolates  
1 lb. \$29



Dark Chocolates  
1 lb. \$29



Nuts & Chews  
1 lb. \$29 | 2 lb. \$55



Truffles  
1 lb. \$32



Assorted Molasses Chips  
8 oz. \$14.50



Assorted Lollypops  
1 lb. 5 oz. \$28.50




Peanut Brittle  
1 lb. 8 oz. \$29



Toffee-ettes®  
1 lb. \$29



Dashing  
Delivery Box  
3.5 oz. \$11



Silver Assorted  
8 oz. \$16.50



Merry Moose  
Box  
3.5 oz. \$11

Pre-Book Deadline: November 29

Candy can be picked up  
December 19-22

Payment at time of order

See's Candies Fundraiser 2023

Date \_\_\_\_\_ Name \_\_\_\_\_

Department \_\_\_\_\_ Phone \_\_\_\_\_

Assorted Chocolates 1 lb. \$29 .....Qty\_\_\_\_  
2 lb. \$55 .....Qty\_\_\_\_

Milk Chocolates 1 lb. \$29 .....Qty\_\_\_\_

Dark Chocolates 1 lb. \$29 .....Qty\_\_\_\_

Nuts & Chews 1 lb. \$29 .....Qty\_\_\_\_  
2 lb. \$55 .....Qty\_\_\_\_

Truffles 1 lb. \$32 .....Qty\_\_\_\_

Assorted Molasses Chips 8 oz. \$14.50 .....Qty\_\_\_\_

Assorted Peppermints 8 oz. \$14.50 .....Qty\_\_\_\_

Assorted Lollypops 1 lb. 5 oz. \$28.50 .....Qty\_\_\_\_

Peanut Brittle 1 lb. 8 oz. \$29 .....Qty\_\_\_\_

Toffee-ettes® 1 lb. \$29 .....Qty\_\_\_\_

Dashing Delivery Box 3.5oz. \$11.00 .....Qty\_\_\_\_

Silver Assorted 8 oz. \$16.50 .....Qty\_\_\_\_

Merry Moose Box 3.5 oz. \$11 .....Qty\_\_\_\_

Total amount due \$ \_\_\_\_\_ Drop off order blank at Trinity Health Hospital Gift Shop Phone orders 701-418-7070

Cash \_\_\_\_\_ Check \_\_\_\_\_ Credit Card \_\_\_\_\_

Questions or to order, call 418-7070


All proceeds support Trinity Health Auxiliary

TRINITY HEALTH  
AUXILIARY

Trinity Health Hospital Gift Shop | 2305 37th Ave SW, Minot  
trinityhealth.org/giftshop

Trinity Health Welcomes Chief HR Officer

Jenny Marchiniak, MBA, a human resources executive with over 20 years of experience in the nonprofit and for-profit sectors, has been named Chief Human Resources Officer (CHRO) with Trinity Health.



Jenny Marchiniak, MBA

As CHRO, Marchiniak will play a major role when it comes to developing HR strategies that align with the mission of Trinity Health, Minot's largest employer. She'll also provide leadership for the organization's greatest asset, its over 2,600 employees.


Marchiniak brings a wide array of skills to her position, having worked with health systems ranging in size from HealthPartners/Group Health Plan, Inc., in Bloomington, MN, a \$7 billion organization with a workforce of 26,000 employees to Fairview Health Services, a \$6 billion organization of 37,000 employees. She spent over nine years with Fairview Pharmacy Services, LLC, and Fairview Health Services of Minneapolis, where she achieved a 95% satisfaction score on patient and family surveys and maintained the highest employee engagement throughout the Fairview system.

Prior to joining Trinity Health, Marchiniak served as chief human resources officer at Bethel University in St. Paul, her alma mater. During her tenure there, she initiated a variety of organizational enhancements, including an internal communications platform that united the campus community.

Marchiniak received both her Bachelor of Arts in Human Resource Management and her Master of Business Administration from Bethel University. A member of the Society for HR Management, she holds the credential of Senior Certified Professional and is also a certified facilitator in Cultural Intelligence.

She succeeds Renae Lenertz, who is retiring after 24 years as an HR executive with Trinity Health.

Trinity Health New Phone Numbers



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

CARDIOLOGY .....418-7240

CARDIOTHORACIC SURGERY ...418-7500

CARDIOPULMONARY REHAB ...418-7220

EAR, NOSE & THROAT MEDICINE .....418-7530

GASTROENTEROLOGY .....418-7560

HAND/WRIST SURGERY .....418-7470

INFECTIOUS DISEASE .....418-7270

KIDNEY DIALYSIS UNIT .....418-7040

MIDWIFERY .....418-7300

NEPHROLOGY (KIDNEY CARE) ...418-7380

NEUROLOGY .....418-7350

NEUROSURGERY .....418-7370

OBSTETRICS & GYNECOLOGY ...418-7300

ORTHOPEDICS/SPORTS MEDICINE .....418-7400

PODIATRY (FOOT & ANKLE CARE) .....418-7480

PULMONARY/CRITICAL CARE MEDICINE .....418-7280

RHEUMATOLOGY .....418-7450

SURGERY (GENERAL & VASCULAR) .....418-7500

UROLOGY .....418-7200

Retail Services

TRINITY HEALTH MED ESSENTIALS .....857-7370

TRINITY HEALTH OUTPATIENT PHARMACY .....857-7935

TRINITY HEALTH

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



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.

TRINITY HEALTH

To schedule a session, call  
**701-418-8130**  
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Trinity Health Medical Office Building  
2305 37th Ave SW  
Minot, ND



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



WRAP IT UP WITH TRINITY

HEALTH AUXILIARY

Working around the holidays and have no time to wrap those gifts? We would be happy to help you out with our same day services! All you must do is:

- Drop off your gifts in the Gift Shop Monday- Friday before 2 p.m. (we do not provide boxes) at Trinity Health Auxiliary Gift Shop
- Provide a donation you find to be fair
- We will call you or send a text to let you know when your packages are ready for pickup! (All gifts must be picked up before we close unless arranged otherwise.)
  - Suggested Donations:
    - \$5 (up to 5 gifts)
    - \$10 (6-10 gifts)
    - \$20 (11 + gifts)



TRINITY HEALTH  
AUXILIARY

Gift Shop

701-418-7070

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.



TRINITY  
HEALTH

trinityhealth.org/screenings


TRINITY HEALTH

AUXILIARY CHRISTMAS BINGO

- Bingo cards available in the gift shop for \$10
- Each day (Monday- Friday) 2 words will be drawn
  - The game will start December 1 and will continue until all prizes are claimed!
- Sign up for a daily text with the day's words to fill out your card
- Prizes: Christmas presents! (Wrapped surprises)
- Monday's texts will include how many prizes have been claimed

Rules:

- Only 1 win per card
- Turn winning cards in to the Gift Shop to claim your prize
- You can buy as many bingo cards as you would like and at any time until all prizes have been claimed!
- Must be able to still view what words are on the card, if a bingo is turned in



TRINITY HEALTH  
AUXILIARY

Gift Shop

701-418-7070

Trinity Health  
Speaker's Bureau

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

Pete Wahlstrom is coached by Austin Halladay at Trinity Health's Parkinson's class at Trinity Health West.

## “Making More Possible” Through Focused Exercise

Austin Halladay, exercise physiologist at Trinity Health, empowers patients to achieve quality outcomes through the Focused Exercise programs at Trinity Health West near downtown Minot. The word focus plays a critical role in the structure of the Focused Exercise programs.

He provides education and service for all ages and abilities that need focused exercise to achieve outcomes in enhancing physical fitness to combat or recover from Parkinson's Disease or Cancer treatment. The programs are provided free of charge to patients through funds donated to the Trinity Health Foundation.

Everything Halladay does in the programs are individualized and focused to the patient, not the diagnosis. His goal is to create an environment where people enjoy the activities and see improvement in their daily lives.

“Every participant's training will be customized to correspond with their abilities, tolerance and overall goals; in addition, each participant will be assessed for progress in the individual and group exercises to track goals and achievements,” said Halladay. “Everything I do is about prolonging the quality of life a patient currently has before they go on to the next level of care.”

### PATIENTS EXPERIENCE ENHANCED OUTCOMES IN PHYSICAL FITNESS

Pete Wahlstrom 79, of Minot says that the Parkinson's class means everything to him. Wahlstrom has Parkinson's disease but his mentality and outlook on life says differently.

“This program means a lot and there's so much camaraderie. Austin and Julie (Wondrasek) mean everything, and they'll walk with you through every step,” said Wahlstrom. “Without this program I'd be in the home.”

Wahlstrom's friend, Tom Kempf, chimed in and said, “The class is free, but I'd be willing to pay for a class like this. I'm able to go hunting and fishing every day because of it.”

To help continue the success of these programs, please visit [trinityhealth.org/foundation](http://trinityhealth.org/foundation) to donate. Select a preferred program (Cancer Exercise Rehab or Parkinson's Exercise) in the designation section of the donation page.

Call 701-857-5626 to gather more information or to register for classes.

Trinity Health's Parkinson's class is equipped to have all equipment necessary for participants to enjoy for free. Pictured is Austin Halladay assisting a participant with fitting a boxing glove.





# Christmas Season Recipes

Healthy eating starts with healthy food choices. Trinity Health’s Center for Diabetes Education and Outpatient Nutrition recommends healthy choices by celebrating the holiday season with these two delicious recipes. To schedule an appointment with a dietitian call 701-857-5268.

**CINNAMON ROASTED ALMONDS**

- 1 egg white
- 1 tsp cold water
- 4 cups whole almonds
- ¼ cup white sugar
- ¼ tsp salt
- ½ tsp ground cinnamon

Preheat oven to 250 degrees F. Lightly grease a 10 x 15-inch pan. Lightly beat the egg white; add water and beat until frothy but not stiff. Add the nuts and stir until well coated. Mix the sugar, salt and cinnamon and sprinkle over the nuts. Toss to coat and spread evenly on the prepared pan. Bake for 1 hour and stir occasionally until golden. Wait for all to cool and then store the almonds in airtight containers.

**CAULIFLOWER MASH**

- 1 medium head cauliflower, cut into florets (about 6-7 cups)
- 3 tbsp parmesan cheese
- ¼ cup plain, fat-free Greek yogurt
- ½ tsp minced garlic
- Pepper (to taste)

Cut the cauliflower into small florets. In a large pot filled with about 2 inches water, cook cauliflower in steamer basket, if possible, for about 15 minutes or until very tender. Drain well. Then in a blender, puree the cauliflower with the yogurt, parmesan cheese and garlic until creamy (don’t over mix). Pepper to taste. Finally, serve with your holiday meal and enjoy!

C O M M U N I T Y

CALENDAR

For the latest updates,  
check online at [trinityhealth.org](http://trinityhealth.org)

**Prepared Childbirth Classes**

December 2 @ 9 a.m.–4 p.m.

**Breastfeeding Basics**

December 13 @ 6–8 p.m.

**Basics of Baby Care**

December 6 @ 6–8 p.m.

These classes are offered free-of-charge as part of Trinity Health’s community benefit mission.

All classes are held in the Prairie Rose Conference Center, Trinity Hospital, 2305 37th Ave. SW. If you have questions, please call 701-418-8806.

To schedule a tour of the Family Birth Center, call 701-418-8820. Sign up for classes at [trinityhealth.org/familybirth\\_registration](http://trinityhealth.org/familybirth_registration).

**Upcoming December Events**

**PEDIATRIC ADVANCED LIFE SUPPORT (PALS) INITIAL CERTIFICATION**

**December 5 @ 8:30 a.m.-5 p.m.**  
**December 6 @ 8:30 a.m.-5 p.m.**  
**Trinity Health Riverside, 1900 8th Ave. SE**

This class is for the first-time student or for the student who has had their certification expire. You must both attend both consecutive days of this class and be proficient in reading cardiac rhythms prior to attending. For more information on this class please call 701-857-6310.

A PALA Provider Manual needs to be obtained prior to the course. Having this manual will allow you to prepare for the course. Many Trinity Health departments have manuals to check out or you may obtain a manual at the Education Center at Trinity Health Riverside. The student must review, understand, and pass the mandatory pre-course self-assessment with a 70%. Print your certificate and bring it with you to class. If you arrive without proof of successful completion, you will not be admitted and will be required to reschedule.

**FREE CAR SEAT CHECK**  
**December 5 @ 2–5 p.m**  
**December 22 @ 11 a.m.-2 p.m.**  
**Minot Fire Station Number 1, 2111 10th St. SW**

Car seat checks are hosted by the Minot Fire Department and the Minot Car Seat Coalition. All car seat checks take approximately 45 minutes/seat. Appointments are required and can be scheduled at [www.eventbrite.com](http://www.eventbrite.com), search under “health category.” Call 701-417-8527 if you have any questions.

**STOP THE BLEED® COMMUNITY CLASS**  
**December 5 @ 6–7 p.m.**  
**Prairie Rose Conference Center**  
**Trinity Hospital, 2305 37th Ave. SW**

This course empowers you to learn how to take life-saving steps to stop severe bleeding. Severe bleeding can result in death in less than 5 minutes but is preventable by knowing how to stop the bleed. Call 701-418-8525 to reserve your spot. If a class quota of 5 is not met, the class will be cancelled.

**COOKING CLASS – COOKING FOR 1 OR 2**  
**December 12 @ 2–3 p.m.**  
**Trinity Health Community Conference Room**  
**Town & Country Center, 1015 S. Broadway**

Join a Trinity Health registered dietitian nutritionist for a cooking class to learn tips and tricks to cook for 1 or 2 people. Cooking classes cost \$10; call 701-857-5268 to RSVP.

**BASIC LIFE SUPPORT HEALTHCARE PROVIDER CLASS**

**December 13 @ 8:30 a.m.–12:30 p.m.**  
**December 19 @ 1–5 p.m.**  
**Trinity Health Riverside, 1900 8th Ave. SE**

Students who will be working in the healthcare field and who have direct patient contact can take this class for \$55. Please call 701-857-6310 or purchase a ticket at [trinityhealth.org/events](http://trinityhealth.org/events) to RSVP today.

**BIB’S BREASTFEEDING SUPPORT GROUP**  
**December 19 @ 6–7 p.m.**  
**Lewis and Clark room**  
**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 experienced. For more information, call 701-417-8843.

**TRINITY HEALTH STROKE SUPPORT GROUP**  
**December 20 @ 7–8 p.m.**  
**Trinity Health Riverside, 1900 8th Ave. SE**

The group is open to anyone who has suffered a stroke or caring for someone who has. For more information, call 701-418-8518.

**AHA HEARTSAVER CPR/AED AND/OR FIRST AID (NON-HEALTHCARE)**  
**December 21 @ 6–11 p.m.**  
**December 27 @ 6–11 p.m..**  
**Trinity Health Riverside, 1900 8th Ave SE**

The AHA Heartsaver CPR/AED and/or First Aid (non-healthcare) class is for individuals who need or want to be trained in Heartsaver CPR/AED for adult, child and infant and receive training in First Aid. Please call 701-857-6310 to register. CPR training is \$50 and CPR/AED/FA training is \$75.

**BASIC RHYTHM CLASS**  
**December 26 @ 8 a.m.–5 p.m.**  
**Trinity Health Riverside, 1900 8th Ave. SE**

This class is highly recommended to take prior to ACLS or PALS class so individuals can learn the basic rhythms. Call 701-858-6310 to learn more or register at [trinityhealth.org/events](http://trinityhealth.org/events) today.