



Pam Schestler shares her experience through years of work at Trinity Health as a social worker at the inpatient behavioral health unit. Schestler supports a care team of nurses, doctors and medical professionals as well as families throughout a patient’s inpatient stay.

Someone You Should Know

Pam Schestler—a native of Garrison and longtime resident of the Des Lacs-Burlington area—has served 33 years at Trinity Health’s behavioral health inpatient unit. Schestler devotes her time as a social worker for adolescents and adults that are in acute crisis. Patients in acute crisis are an imminent risk of harming themselves, others and/or property; or may exhibit grossly disorganized behavior that impedes self-care. She and the inpatient behavioral health team see patients that are medically cleared through the emergency room’s staff. The emergency room doctor and psychiatrist help determine if patients are in an acute crisis. If the patient is in crisis, they can be admitted to Trinity Health’s inpatient behavioral health unit where Schestler and an expert team of caregivers help patients and loved ones throughout the inpatient stay.

With over three decades of knowledge Schestler says that the one thing that sticks out the most from serving on the unit is change. “Over the years, how the trends have been evolving with healthcare has happened here too,” Schestler said. “You have to have a passion to keep going and I always had that passion.” Having a questioning attitude helps identify new opportunities and ways to be resourceful. “Always ask questions,” she said, “You can inquire about new things because everything is always changing. You never know when you might find a new resource available in the community.”

Schestler’s role is also being a leader for visiting students that are learning about social work. Throughout the years she has encouraged her students to leave work at work. “Being on the behavioral health unit has taught me to separate myself from work so you don’t become stressed and take it home with you,” she said.

Schestler also mentioned that one of the most challenging parts of the job is not being able to go home and talk about work. “That’s really when you realize that your team is your second family,” said Schestler. “A lot of things can happen in a hospital setting that employees can’t talk about with others outside of work. Working within a hospital setting with a team that is supportive makes a difference.”

When she’s at her job, Schestler works with a lot of families, friends and support networks that have loved ones in the behavioral health unit. First, she helps educate the support network about the diagnosis or observation of the individual and can educate them about the treatment plan. Then Schestler helps answer basic questions or gives daily updates about their loved one throughout the inpatient stay. Finally, she continues to support by further linking the support network to agencies when they leave the hospital. Schestler said, “They [the loved one] can call and talk to the nurses, doctors and social workers. Social workers help develop care plans alongside the medical staff to facilitate safe discharge planning with the patient and support network.”

The safety planning ensures that the patient and support group receive resources that can help with a safe discharge. The patient will be given community support information and a contact to connect with the hospital to address questions or concerns. Community support information often includes patient resources to seek out mental health outpatient therapy services, support groups and addiction resources, when appropriate.

If you or a loved one are in an acute crisis, call 911 to ask for a crisis team to get support and help.

For community resource assistance call 211 or text your zip code to 898-211 for free, confidential referrals to resources, listening and support and crisis intervention. For a full list of additional support visit myfirstlink.org to get help now.

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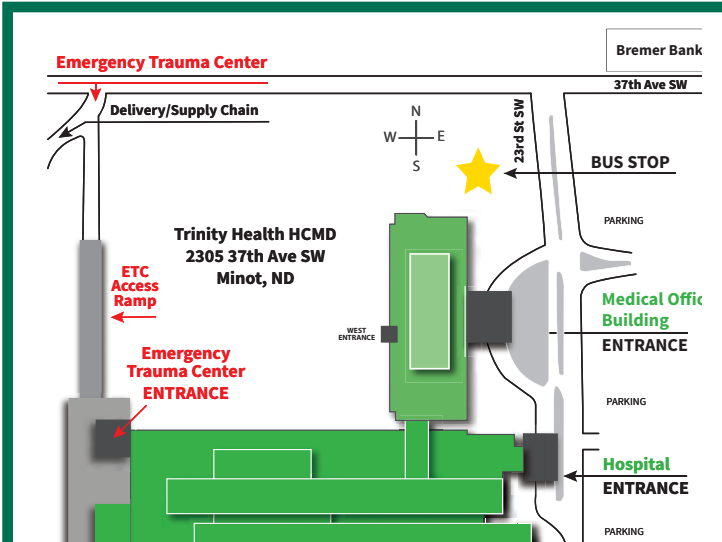
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Bus Route Addition

Brian Horinka, City of Minot Transit Superintendent, shared his thoughts for the temporary route to the Trinity Health Healthcare Campus & Medical District location in southwest Minot. “Minot City Transit is excited to offer our services to the new location. The current schedule is a temporary solution, and we hope to be able to provide transit service more often throughout the day on the new southwest route starting in summer of 2024,” said Horinka. In addition, he noted that to expand services the city needs additional bus operators that they hope to fill before the summer.

The temporary bus services started to pick up and drop off riders on November 27 and will continue to serve the public by stopping at 7:12 a.m., 9:12 a.m., 11:12 a.m., 1:12 p.m., 3:12 p.m. and 5:12 p.m. Riders will be picked up and dropped off at the city bus stop sign located near the northeast corner of the Medical Office Building (MOB). All riders will be charged standard fares for the service provided by the city. Exact change is needed for riding the bus if the rider does not have a pass. To learn more about passes visit minotnd.gov/298/Fares or call the Minot City Transit Department at 701-857-4148.

Bus pick up and drop off times for the Trinity Health Healthcare Campus and Medical District: 7:12 a.m., 9:12 a.m., 11:12 a.m., 1:12 p.m., 3:12 p.m. and 5:12 p.m. near the northeast corner of the Medical Office Building (MOB).



Cervical Cancer Awareness

What is HPV?

The human papillomavirus (HPV) is the main cause of cervical cancers; at least half of sexually active people will have HPV at some point in their lives. Almost all cervical cancers are caused by HPV. Screening tests and the HPV vaccine can help prevent cervical cancer.

What are risk factors for cervical cancer?

Tobacco smoking and having HIV or other conditions that make it hard for the body to fight off health problems can increase your risk of cervical cancer and other genital cancers. In addition, using birth control pills for a long time, five years or more, can increase the risk of cervical cancer. To reduce the risk of cervical cancer it is recommended that children (male and female)ages 11 to 12 receive the HPV vaccine.

What are ways to reduce risk?

HPV infection can occur in both males and females; it’s recommended to use condoms during sex and to limit your number of sexual partners to reduce risk. Smoking is attributed to higher risk and should be stopped to reduce your risk.

What is the HPV vaccine?

The HPV vaccine protects against the most common cause of cervical, vaginal and vulvar cancers. The vaccine prevents new HPV infections but does not treat existing infections or diseases. It is recommended that even if you receive the HPV vaccine, that you should get screened for cervical cancer regularly.

When should vaccination occur?

If a child is vaccinated before 15, a two-dose schedule is recommended, with them 6 to 12 months apart. For people who start after their 15th birthday, the vaccine is given in a series of three shots. The HPV vaccine also is recommended for everyone through age 26 years if they are not vaccinated already.

What screening options are there?

Two screening tests can help find changes that could become precancer or cervical cancer, the Pap test or the HPV test. The Pap test (or Pap smear) looks for precancers on the cervix to screen for possible cells that may become cervical cancer. The HPV test looks for the virus that causes cells to change.

It is recommended that women between the ages of 21 and 29 get Pap test and for women 30 years or older to receive an HPV test, or Pap test, or both together. It is important to continue getting screened for HPV by your doctor, even if you think you are too old to have a child or no longer have sex.

Visit trinityhealth.org/services/womens-health/ to find a specialist that can talk to you about your options for HPV testing.

Information for this is article attributed and obtained from the U.S. Department of Health and Human Services Center for Disease and Control Prevention.



Winter Nutrition & Hydration

Eating healthily and hydrating properly are key components of exercise and activity. It is tempting to eat an entire box of cookies and binge a season of your favorite show when it’s cold and gloomy outside but consistently doing this can lead to a sedentary lifestyle which increases health risks. Proper nutrition and hydration are important all year round but have an added importance in the winter months. A balanced diet of all food groups can improve your health and well-being; for example, eating warm nutrient-rich foods like soups, stews and chilis can double as both comfort food and excellent nutrient sources.

Hydration is especially important as your body is over 70% water. While it may not seem as large an issue since it’s not hot, this in turn makes it an even more important issue in the winter since feelings of thirst are usually associated with heat. If you’re engaging in winter sports or outdoor activities, drink water before, during and after to stay hydrated, especially when shoveling snow. Bundling up to stay warm is important to prevent the loss of heat and frostbite, although you still sweat under those layers and lose important electrolytes. In all, no matter what season or weather, staying hydrated is important to essential bodily functions so drink some warm tea, eat some soup or broth or find a water bottle with progress reminders.

Kayla Cole, RDN, LRD, dietitian at Trinity Health, states, “Think about what changes you want to make, pick one, and then make a plan. Don’t try to do everything at once. Set SMART goals (Specific, Measurable, Achievable, Relevant/Realistic, and Time-Bound) and remember, progress not perfection.”

Dr. Mattson Retires

The plaques on his wall say he’s an accomplished physician – double board certified in internal medicine and pediatrics and a Fellow of both the American College of Physicians and American Academy of Pediatrics. But to his patients, Steven Mattson, MD, is simply “Dr. Steve” or just plain “Doc.”



Steve Mattson, MD

“All the Heritage Singers just call me Doc,” he laughs.

A warm and approachable nature and a good ear for listening have earned him rock star status among his patients. “He makes you feel like he really cares about you,” said one patient. No doubt he’ll be sorely missed following his decision to retire after 36 years of practice. “I’m 68 years old and Joy and I kind of want to travel more,” he explained, noting, “I’m semi-retired already.”

The thought of hanging up his stethoscope for good hit him earlier this year when he decided to take a month off. “I did all kinds of projects around the house that had never been done, and by the end of the month Joy and I were riding our bikes, and she stopped and said, ‘You know honey, it’s been good having you around. We got a lot done this month.’ When she said that I thought, it’s time to retire.”

According to Mattson, the open and welcoming approach to care that’s he’s known for is something he partially picked up while working on his medical degree at Michigan State University.

“In medical school they told us to let patients talk, but on the average when you walk into a room and sit down, you let the patient talk for 15 seconds and then you interrupt them and move on. Well, you can’t find out anything about somebody if you don’t let them talk. I try to let my patients explain to me why they’re there and what’s going on. And they all say, ‘Steve, you listen, and that’s what we love about you’.”

The terms “art” and “science” are frequently used to describe the essence of medical practice. According to Mattson, the art is being able to translate medical jargon into something people understand. “I don’t want my patients to leave here and not know what’s wrong with them and what we’re going to do for them.”

Among his other habits: “I never wear a white coat because it scares kids. I always wear normal clothes.”

It’s hard to imagine Dr. Mattson as anything but a physician, but there was a time when becoming a doctor wasn’t on his radar. In high school, students were encouraged to think about their path in life. Mattson thought he’d like to do something to help people such as becoming an ambulance professional. But being raised in the family that owned Mattson Construction turned his attention to engineering. Then one day while looking out his dorm window at the University of North Dakota, he saw a large crane. “I looked at that crane and thought, maybe I could go on and do something else; I changed from engineering to medicine and never looked back.”

As he approached graduation from medical school, he considered various fields of specialty. By chance, a residency program had just been established in Baltimore in Med-Peds, a unique specialty that combines internal medicine and pediatric medicine. Dr. Mattson completed the program and became board certified in both specialties. It’s a path he never regretted.

“It turns out I love seeing families and grandparents and parents and kids and following them in what we call longitudinal healthcare. It’s been glorious for me to be a primary care guy.”

Just as he didn’t always plan on becoming a doctor, he didn’t anticipate practicing in his hometown. “I knew I wanted to go to the Midwest, but I didn’t think Minot was going to be the place,” he said. During his last year of training, St. Joseph’s Hospital was forming an HMO and needed a neonatologist/pediatrician. Mattson’s mother encouraged her son to apply. A final

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“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!

Sleep Center Tech Trainee

Sleep Center technicians assist technologists with providing diagnostic testing and treatment for sleep disorders. All training and education for the sleep center trainee position is paid for by Trinity Health, dependent on fulfillment of educational requirements. Time worked as a trainee is paid. Medical experience is preferred but not required; high school diploma or GED is required. For full details please visit: www.trinityhealth.org/trinity-health-careers/ or scan the QR code.



Nutrition Assistant

Trinity Health is seeking nutrition assistants. The position assists nutrition staff in serving food to patients and guests, maintains a high level of sanitation in individual work areas and departments as well as stocking supplies and food items. This position is full-time, part-time and casual. For full details please visit: www.trinityhealth.org/trinity-health-careers/ or scan the QR code.



David Amsbury, DO, and Intuitive’s Cindy Thompson are featured at an award ceremony to celebrate Dr. Amsbury’s 1,000th procedure with the da Vinci robotic surgical system.

1,000 Robotic Surgeries

Intuitive Surgical, Inc., creator of the da Vinci robotic surgery system, has presented David Amsbury, DO, its Crystal Surgeon Award to mark his 1,000th da Vinci procedure.

An Ob/Gyn physician with Trinity Health, Dr. Amsbury has 16 years of experience using robotic-assisted techniques to perform hysterectomies and other gynecological procedures.

“It’s kind of surreal to hit a thousand cases, and I envision I’ll do another thousand or more just because patients benefit so much,” Amsbury said. “The small, wristed instruments allow a surgeon to make more meticulous dissections, resulting in less bleeding, less swelling, less pain and faster recovery.”

Surgery’s evolution from open procedures to laparoscopic and robotic methods has enabled surgeons to select the most appropriate surgical method for a particular procedure. “In medicine, you’ll find that most surgeons do what is best for the patient. Even if there are other techniques we like better, if it’s beneficial to patients we’re going to become proficient at what is best for the patient,” he said.

Dr. Amsbury commended Trinity Health for installing an upgrade to its robotic system. Trinity replaced an earlier da Vinci system two years ago with the more advanced da Vinci Xi – the latest edition of surgical robots designed by Intuitive.

New!

Trinity Health Outpatient Pharmacy

• Prescription services

• Medication counseling

• Over-the-counter products

• 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!

Rx

Trinity Health

Speaker's Bureau

Call Community Education at

701-857-5099

for available dates and topics

Mattson

Continued from page 2

nudge came when Dennis Lutz, MD, professor and chair of the Obstetrics and Gynecology Department at UND and a longtime Minot physician, flew to Fargo where Mattson was at the time. “We had dinner together and he kind of told me to plan to come to Minot,” Mattson chuckled. Practicing in the town he grew up in has been a delight, i.e., being close to family, maintaining longtime relationships and participating in activities like the Heritage Singers, the men’s chorus that endearingly calls him “Doc.”

Much has changed in medicine since his earliest days of practice. Dr. Mattson recalls seeing patient charts of Richard Dormont, MD, the longtime Minot pediatrician. “There were two lines of documentation; patient was seen, ear was red, antibiotic prescribed, and that’s it; that was the end of dictation. Now I spend 50 percent of my time in documentation. That’s been the big change.”

Although he went kicking and screaming into electronic health records, Dr. Mattson quickly came around. “I liked the big thick chart, but within a week the computer was the better option, and now that’s the only way to go.”

Mattson says both he and his wife, Joy, plan to keep a foot in the door of medicine by volunteering at a free clinic near their home in Florida. They’ll return to Minot from time to time, and he’ll never forget about his patients in Minot. “Those are the moments I’m going to miss the most,” he said. “For me, it’s all about my patients; my patients are my friends. I care about what happens to them.”

“Make Your Mark” Brick Fundraiser

With your contribution, you can choose a message to be laser engraved on one of the bricks paving the **outdoor courtyard** at the new Healthcare Campus and Medical District.

4x8: \$250 8x8: \$500 8x8 logo: \$750

Order deadline:
March 25, 2024

For question, please contact: Darla Miller at 701-857-2896 or darla.miller@trinityhealth.org

fundraisingbrick.com/trinityhealth



Ryan Chevrolet Donates Over \$20,000

Ryan Chevrolet’s 10th Annual Pancake Breakfast raised over \$20,000 for the Trinity Health Cancer Exercise Rehab Program. This program allows cancer patients to participate in supervised exercise programs that have been shown to improve physical function, reduce fatigue and improve quality of life. Thanks to Ryan Chevrolet's support, we will be able to continue to provide these important services to cancer patients in our community.

If you or someone you know would like to register for classes, call 701-857-5626.

To help continue the success of these programs, please visit trinityhealth.org/foundation/donate-to-the-foundation/ or call 701-857-2896.

Thank you again to Ryan Chevrolet for making a difference in the lives of cancer patients!



MACF Grants Funds for Exercise Physiology Equipment

The Minot Area Community Foundation (MACF) recently granted \$16,654.86 from the Roger & Delores Odell Fund to the Trinity Health Foundation for Exercise Physiology equipment. The Trinity Health Exercise Physiology Department has experienced significant growth and demand for several exercise programs targeting the regional elderly populations. They will provide exercise services for those suffering from Parkinson’s disease, cancer, various co-morbidities and potentially Alzheimer’s disease.

“We often make the case that exercise is medicine. For no one is that truer than for a patient with Parkinson’s disease,” states Dusty Zimmerman, Trinity Health Foundation & Marketing director. “Physical activity has been shown to improve many Parkinson’s disease symptoms from balance and mobility to depression and even cognition. This gift means Parkinson’s patients will have a chance for a better life, and we thank the Minot Area Community Foundation from the bottom of our hearts.”

Equipment purchased ranges from stability balls and exercise steps to boxing equipment, jump ropes and mats. These programs have documented successes in delaying disease symptoms, preventing falls, assisting with emotional and mental health concerns and providing patients with an extended quality of life.

“The Odells were long-time proponents of enhancing everyone's quality of life. This grant will support a program for those individuals experiencing the effects of this debilitating disease at no cost to the patient. Early data suggest that it can delay the various impacts of Parkinson’s and extend the quality of life for those individuals,” commented Jason Zimmerman, President of the Minot Area Community Foundation.

Due to the demonstrated need, Trinity Health is expanding its Exercise Physiology services in a designated space at the Trinity Health West location.



No Shave November

Thank you to the staff and members from the Ward County Sheriff's Office for donating over \$1,500 to help the Trinity Health CancerCare Center. Ward County Sheriff's Office employees donated money and stopped shaving during the month of November to raise awareness as a No Shave November challenge.



Power of Pink

The Power of Pink was kicked off in October by the employee-owned Marketplace Foods locations in Minot. Special thanks go to all of the community shoppers that rounded up their purchases or bought pink baked products to support the local CancerCare Center to donate a total of \$49,166.32.



Casino Royale Fundraising Gala Sponsorship Opportunities

Partner with us to make this year’s Casino Royale Fundraising Gala a success.

Last year, over \$120,000 was raised in support of the new Healthcare Campus and Medical District and we’re looking to make this year even better.

Premier Sponsor: \$10,000

- Sponsorship includes:
- Table identification as a premier sponsor
 - Two (2) tables of 8 people at the gala event
 - Two (2) bottles of wine per table
 - Hors d’oeuvres served to both tables
 - Acknowledgement in the gala program
 - Logo/name on a rotating A/V loop during the gala
 - A social media mention
 - Three event night acknowledgements by the emcee

Platinum Sponsor: \$5,000

- Sponsorship includes:
- One (1) table for 8 people
 - Two (2) bottles of wine
 - Acknowledgement in the gala program
 - Logo/name on rotating A/V loop during the gala
 - A social media mention
 - Two event night acknowledgements by the emcee

Gold Sponsor: \$2,500

- Sponsorship includes:
- One (1) table for 8 people
 - One (1) bottle of wine for the table
 - Acknowledgement in the gala program
 - Logo/name on rotating A/V loop during the gala
 - One social media mention
 - One event night acknowledgement by the emcee

Silver Sponsor: \$1,200

- Sponsorship includes:
- One (1) table for 8 people
 - Acknowledgement in the gala program
 - Logo/name on rotating A/V loop during the gala

Bronze Sponsor: \$500

- Sponsorship includes:
- Acknowledgement in the gala program

Call 701-857-2896 to talk about your sponsorship opportunities or visit trinityhealth.org/foundation-gala



To give or learn more about the Trinity Health Foundation visit trinityhealth.org/foundation/



Get to Know Trinity Health Regional Eyecare

Eye Exams

There are routine exams for people who have no eye disease or symptoms of disease. Eyes are examined for any needed correction, such as glasses or contact lenses. Diagnoses would include nearsightedness, farsightedness or astigmatism. If anything abnormal is found during the vision exam, further testing of a medical nature may be needed at another visit.

Treatments to manage eye and visual issues, such as cataracts, glaucoma, diabetic eye disease and macular degeneration, are available.

Vision Exams vs. Medical Exams

What is a vision exam?

A vision exam is a routine exam for people who have no eye disease or symptoms of disease. Your eyes will be examined for any needed correction (glasses or contact lenses). Diagnosis might be nearsightedness, farsightedness or astigmatism. If your doctor finds anything abnormal during your vision exam, further testing of a medical nature may be needed at another visit. In that case, your medical insurance will be billed for the future visit.

What is a medical exam?

A medical eye exam is a medically necessary comprehensive examination for the diagnosis and treatment of disease and conditions of the eye. This exam evaluates the reasons for the symptoms and assesses any treatment needed. Some conditions evaluated with medical eye exams include, cataracts, glaucoma, diabetic retinopathy, dry eyes, macular degeneration, etc.

| Trinity Health Eye Service Locations | | |
|--|--|--|
| Minot 701-852-3937 Mon-Fri 8 a.m.-5 p.m. | Devils Lake 701-662-4085 Mon-Fri 8 a.m.-4:30 p.m. | Williston 701-572-7711 Mon-Thur 8 a.m.-5 p.m. Fri. 8 a.m.-Noon |
| Trinity Health Plaza 16, Suite 102 2815 16th St SW | 404 Highway 2 East | Trinity Health Western Dakota, 1321 West Dakota Pkwy |

Ophthalmology

Trinity Health’s expert ophthalmologists harness their expertise in eye conditions to focus on you and your vision. The doctors of Trinity Health Eyecare focus their expertise on diagnosing, treating and managing problems with your vision and eye health. Our ophthalmology experts treat and manage problems including floaters, cataracts, glaucoma, diabetic eye disease, dry eyes, macular degeneration, corneal scarring and other eye problems.

Insurance and Financing Options

Most insurance plans are accepted for medical exams at Trinity Health Regional Eyecare. For vision exams, we accept Superior Vision insurance, direct payment, flexible spending accounts and health savings accounts. We also provide CareCredit® financing options to help provide you with flexible financing options. Ask our care team when scheduling your appointment to see what financial options you have for your appointment.

Vision Galleria

Vision Galleria offers a wide variety of prescription and non-prescription eyewear, sunglasses and safety glasses. Our certified opticians are available to assist you in frame and lens selection. With our in-house lab, we can provide same day services for some prescriptions. In addition, we are the exclusive provider of Medicaid glasses in Minot.

Most flexible spending accounts and health savings accounts are accepted to cover the costs of lenses, frame ware and contacts.

Vision Galleria offers a value vision package which includes value prices for lenses and frame ware.

- Single Vision Kids 18 and Under: \$85.00
- Adults Single Vision: \$100.00
- Bifocal: \$125.00
- Trifocal: \$140.00
- Progressive No-Line: \$200.00

Additional add-ons are at regular prices.

- Scratch Coating (TDII): \$40.00
- Transitions: \$100.00
- Polarized: \$100.00
- Crizal: \$140.00-\$160.00
- Sharpview AR: \$85.00

Trinity Health Plaza 16

|

2815 16th St. SW

|

Minot, ND

|

701-857-7440

Meet the Team

Trinity Health is proud to have a team of optometrist and ophthalmologists that serve the northwest region of North Dakota. The expert team of eyecare professionals at Trinity Health are equipped with state-of-the-art technology and tools that can help you see more clearly by visiting and scheduling appointments at one of our three locations.

At our locations, we have a full team of providers that do regular eye exams that prevent worsening vision problems and providers that can support complex vision problems that require treatment for retina and vitreous humor conditions. Our providers work in collaboration with trained opticians and clinical staff that will help you throughout your appointment to improve your everyday vision experience.

Visit trinityhealth.org/services/eye-vision-care/ to learn how our expert team can support your vision goals so you can see more clearly.



Jill Martinson-Redekopp, OD
Optometry - Minot

Brad Schimke, OD
Optometry - Minot

Sierra Unruh, OD
Optometry - Minot

Robert Dicken, MD
Ophthalmology - Devils Lake

Robert Gokey, MD
Ophthalmology - Minot

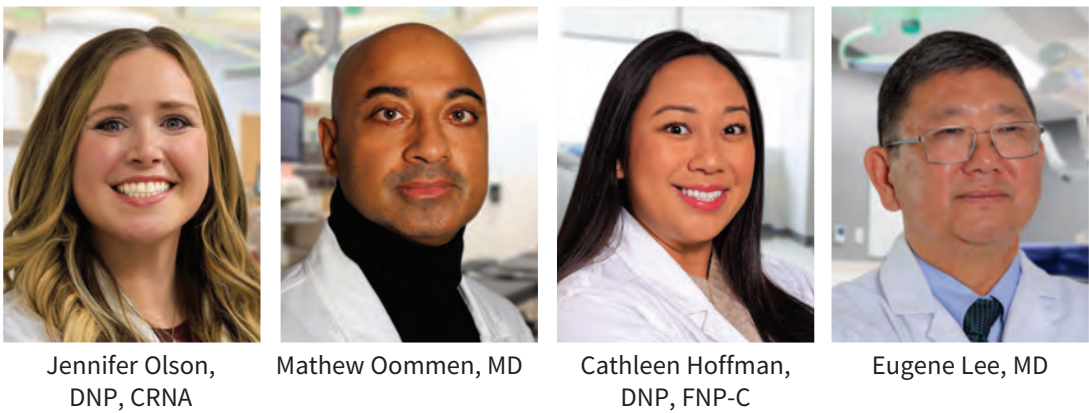
Darren Hill, MD
Ophthalmology - Minot

Evelyn Kindy, MD
Ophthalmology - Minot

Mark Raymond, MD
Ophthalmology - Williston

Darrell Williams, MD
Ophthalmology - Minot

Chad Wolsky, MD
Ophthalmology - Minot



New Providers

Jennifer Olson, DNP, CRNA
Trinity Health is excited to share that Jennifer Olson, DNP, CRNA is joining our team as a certified registered nurse anesthetist. Prior to earning her doctorate, she worked as an RN at Trinity Health, caring for patients in the Intensive Care Unit and serving as a flight nurse with Trinity’s First Response Air. Olson graduated from the University of North Dakota, Grand Forks with both her Bachelor of Science in Nursing and her Doctor of Nursing Practice in Nurse Anesthesia. Olson is a member of the American Association of Nurse Anesthesiologists and has leisure interests in spending time with family, reading and being active.

Mathew Oommen, MD
Urology in the region is in high demand and Trinity Health is excited to welcome Mathew Oommen, MD to join our surgical team as a specialist in urology. Dr. Oommen is board certified in urology and fellowship trained in robotics and other minimally invasive techniques. He welcomes the opportunity to provide general urology care to patients with symptoms related to the urinary tract or the male reproductive system. He is a graduate of Ross University School of Medicine and completed his urology residency at Tulane University in New Orleans.

Cathleen Hoffman, DNP, FNP-C
Trinity Health is pleased to welcome Cathleen Hoffman, DNP, FNP-C, to our provider team at Walk-In Clinic. Cathleen is a board-certified nurse practitioner with extensive experience in emergency nursing. She is highly qualified to manage the immediate needs of patients seeking care for non-emergent illnesses and injuries such as abdominal pain, colds and flu, mild allergic reactions and more. She will be working full-time at the walk-in clinic and also joining the Emergency Trauma Center team once a week. A Florida native, she earned her Bachelor of Science in Allied Health from University of West Florida in Pensacola and her Bachelor of Science in Nursing from Northwest Florida State College in Niceville. She received both her Master of Science in Family Nurse Practice and Doctor of Nursing degree from Maryville University in St. Louis, Missouri. A member of the American Association of Nurse Practitioners, Cathleen is a proud military spouse excited to provide compassionate care to the Minot community. She and her husband have two children and together they enjoy traveling and exposing their son and daughter to different cuisines, cultures and climates.

Eugene Lee, MD
Trinity Health is excited to have Dr. Eugene Lee on our teams for general surgery and vascular surgery. Originally from California, he attended Cornell University in New York where he earned his bachelor’s degree in chemistry. He obtained his medical degree from Tufts University in Boston. Ten years of residency and fellowship followed, where he spent eight years completing a General Surgery Residency at the University of Minnesota in Minneapolis where Dr. Lee earned several teaching, research and clinical excellence awards. During that time Dr. Lee also earned a PhD in Experimental Surgery. He then went on to complete a Vascular Surgery Fellowship at Stanford University in 2004. Dr. Lee maintains dual board certification in both general surgery and vascular surgery as well as further certification in vascular ultrasound interpretation (RPVI). With 20 years of surgical experience as an Associate Professor of Surgery at the Sacramento VA Medical Center, Dr Lee. has extensive clinical experience treating patients with aneurysm, carotid artery disease, renal failure and lower extremity ischemia. Dr. Lee is excited to serve Minot and the northwest region of North Dakota.

Eagle Award



Jason Coombs, DO
Physical Medicine and Rehabilitation



Teri Thiele, RN
Progressive Care Unit

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



New Year – New Friends!

2024 Trinity Health Friendship Drive

Trinity Health Auxiliary & Hearts Club dedicates its volunteer time and financial resources to enhancing the overall mission of Trinity Health. The Auxiliary & Hearts Club partners with Trinity Health in a variety of activities and projects that benefit the community, patients, residents, families, volunteers and staff of Trinity Health.

Become a friend of the Trinity Health Auxiliary & Hearts Club today by paying dues of \$10.00 plus a total of four hours of volunteer service, in return you will receive 10% off any purchases from Trinity Health Gift Shop in 2024.

Call 701-418-7070 to learn more how you can become a member today!



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



Holiday Party for Babies born in 2023 at Trinity Health

Pictured are attendees from the holiday and Christmas party that celebrates newborns birthed at the Trinity Health Family Birth Center in 2023. Merry Christmas and Happy Holidays to all of the families, moms, dads and siblings who welcomed a newborn in 2023. Danya Brown, Trinity Health Nurse Manager for the Unit, said they’ve delivered more than 1,200 newborns to date in 2023 which is approximately three to four babies a day.



Trinity Health Earns Surgical Quality Partner Designation

The American College of Surgeons (ACS) has designated Trinity Health an ACS Surgical Quality Partner in recognition of its commitment to maintain the highest standards in surgical care. The ACS created its Surgical Quality Partner designation to help patients make informed choices when it comes to accessing care.


“Being a Surgical Quality Partner signifies an institution’s dedication to consistently improve procedures and approaches while maintaining a critical eye on process at every step,” the ACS state in a letter announcing Trinity’s recognition.

Hospitals in North America that participate in at least one of the 13 ACS Quality Programs earn recognition as an ACS Surgical Quality Partner. Trinity Health has for many years participated in ACS’ Commission on Cancer Accreditation Program, receiving initial accreditation for its cancer program and subsequent reapprovals.

“Designation as an ACS Surgical Quality Partner is an honor that signifies the expertise and professionalism of our entire care team,” said Shane Jordan, CMD, director of Trinity’s CancerCare Center. “It reflects our proven record of adhering to the safest and most effective surgical standards to minimize complications and improve outcomes.”


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Preventing Type 2 Diabetes

The goal is for us to achieve a healthy lifestyle which should involve us having a balanced plate and moving our body more. If we do not follow a healthy lifestyle and as we age, we may start to develop chronic diseases such as high blood pressure, high cholesterol or diabetes. Following a healthy lifestyle may be easier said than done.

Prediabetes affects approximately 98 million American adults—more than 1 in 3. Many people with prediabetes will go on to develop diabetes. We do have options to try to delay or prevent diabetes. Understanding our risk and understanding ways to prevent this disease is a good starting point. That’s why Trinity Health Nutrition Services offers a Diabetes Prevention Program.

The CDC-led National Diabetes Prevention Program is a year-long program that focuses on lifestyle change to lower your risk of type 2 diabetes. By discovering small changes with increasing activity and healthy eating, that encourage modest weight loss, have been proven to reduce the risk of the development of diabetes. Trinity Health offers this program approximately four times per year through the nutrition services department. This program is a year-long commitment, starting out as weekly sessions and then transitioning into two times per month. Finally, for the last six months of the program we meet monthly, said Trinity Health’s Clinical Dietician Michelle Fundingsland.

For the first six months, topics range from activity and moving more, eating well, burning more calories than you take in, heart healthy eating and taking charge of your thoughts. During the last six months of the program, monthly session topics range from when weight loss stalls, staying active, carbohydrate details, healthy foods and preventing type 2 diabetes for life.

We offer informational sessions called Session Zero prior to the start of each of our diabetes prevention program cohort sessions. These informational sessions are free, and you will learn more about the program and find out if this is right for you. We will cover readiness for change, logistics of the program, cost and insurance. Our next Session Zero will be scheduled for Jan 9 or Jan 30, from 12 p.m.-1 p.m. For more information call Trinity Health Nutrition Services at 701-857-2850.

Cucumber Tomato Avocado Salad

(Serves 4)

Ingredients

- 1 lb. Roma tomatoes
- 1 English cucumber
- 1/2 medium red onion, sliced
- 2 avocados, diced
- 2 tablespoon lemon juice (from 1 medium lemon)
- 1/4 cup cilantro, chopped
- Salt and black pepper to taste

Instructions

- Place chopped tomatoes, sliced cucumber, sliced red onion, diced avocado, and chopped cilantro into a large salad bowl.
- Drizzle with lemon juice. Toss gently to combine. Just before serving, toss with salt and black pepper.

Source: University of Kentucky cooperative Extension Service.

Sheet Pan Dinner

Ingredients

- 1 package of fully cooked turkey sausage, sliced
- 3 cups chopped vegetables such as onion, bell pepper, sweet potatoes, zucchini, carrots and broccoli
- 2 tablespoons olive oil
- 2 teaspoons garlic powder
- Black pepper to taste

Instructions:

- Preheat oven to 400 degrees F.
- Place sliced sausage and vegetables on a baking sheet and drizzle with olive oil, garlic powder, and black pepper. Bake for 30 minutes or until veggies are fork tender.
- Store leftovers in the refrigerator within 2 hours.

Source: University of Kentucky cooperative Extension Service.



VISION Galleria

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3D mammogram today. Enjoy more tomorrows.

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One woman in eight will be diagnosed with breast cancer in her lifetime. At Trinity Health, we’re making more possible to ensure more women are survivors. Our 3D mammography screenings are the very latest in detecting cancer earlier while delivering a more comfortable experience. Whether you have a family history or not, having a mammogram can save your life.

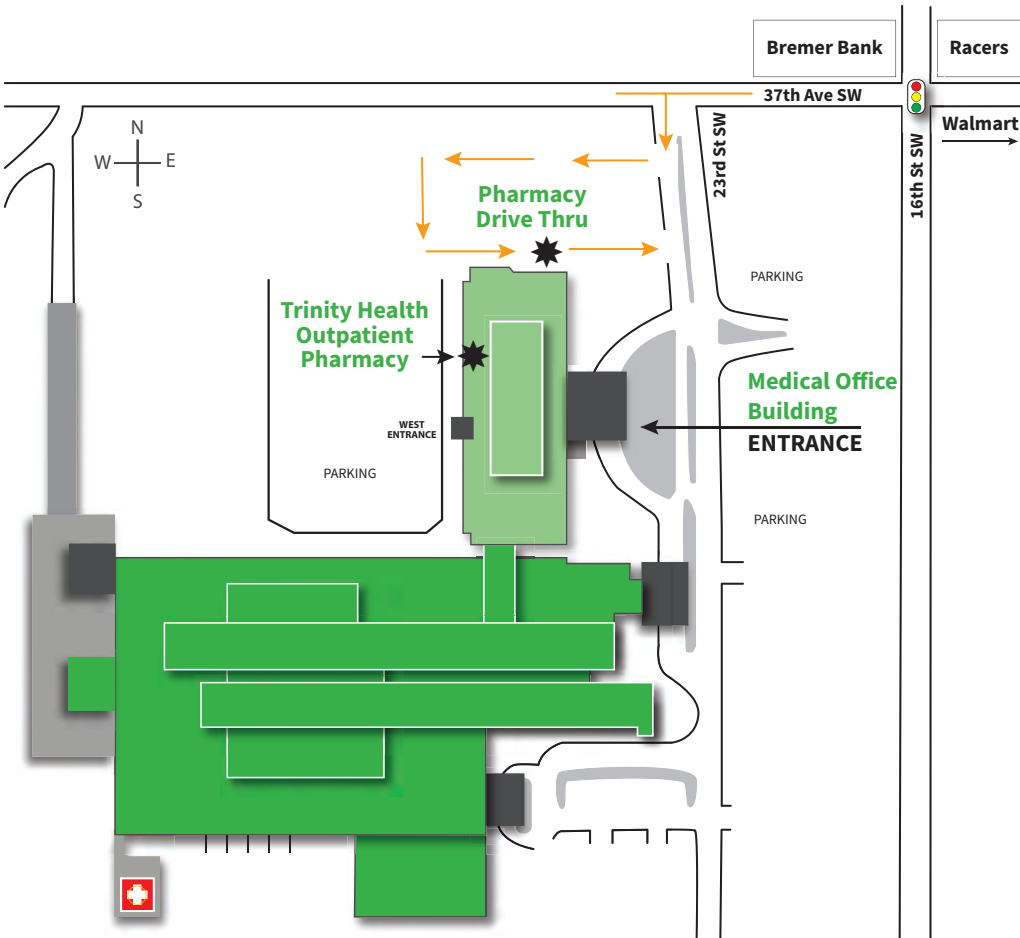
To schedule your 3D mammogram, call 701-857-2640.
Learn more at trinityhealth.org/screenings.



Even Santa needs an expert and convenient care team to keep him going. Say hello to our pharmacy care team this holiday season and check out the available services provided at the Trinity Health Outpatient Pharmacy located on the first floor of the Medical Office Building.

Trinity Health Outpatient Pharmacy

Don’t forget to pick-up or refill your prescriptions this holiday season. Trinity Health added a convenient pharmacy location at the new campus in Minot. When entering the Medical Office Building, walk past the elevators on the first floor to locate the pharmacy. If you have an appointment or recurring appointments at the new Healthcare Campus and Medical District, you can ask your care team to have your prescription filled at this convenient location.



Trinity Health wishes you a Happy and Healthy New Year!

C O M M U N I T Y

CALENDAR

For the latest updates,
check online at trinityhealth.org

Prepared Childbirth Classes

January 13, February 3, March 2

Breastfeeding Basics

January 3, February 7, March 6

Basics of Baby Care

January 15, February 5, March 4

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, call 701-418-8806. To schedule a tour of the Family Birth Center, call 701-418-8820. To register for classes visit trinityhealth.org/services/womens-health/

Upcoming January Events

January 2

Free community Car Seat Checks will be available from 2 to 5 p.m. in Minot Fire Station 1, 2111 10th St SW. Appointments are required; call 701-418-8527 or Facebook message Safe Kids Minot. If leaving a message please leave the following information-number of seats to be checked, make model of vehicle, ages of child(ren), brand and model of car seat and preferred time of check on scheduled date.

January 9 OR January 30

Diabetes can be prevented but not cured. Trinity Health offers Weigh 2 Change, a diabetes prevention program that allows you to take control of your health with the help of a trained lifestyle coach and fun, engaging support groups. Join a registered dietitian at this Weigh to Change Zero Session at 12 p.m. in the Trinity Health Community Conference Room in Town & Country Center, 1015 S. Broadway. This session will determine if you’re a candidate for the program. Space is limited; RSVP to 701-857-5268. If you would like to participate in the program, but cannot attend the Session Zero, call 701-857-2850 to do an over-the-phone individual session.

January 17

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

January 19

Free community Car Seat Checks will be available from 11 a.m. to 2 p.m. in Minot Fire Station 1, 2111 10th St SW. Appointments are required; call 701-418-8527 or Facebook message Safe Kids Minot. If leaving a message please leave the following information-number of seats to be checked, make model of vehicle, ages of child(ren), brand and model of car seat and preferred time of check on scheduled date.

January 24-26

Trinity Health will provide cholesterol screenings for \$15 and free blood pressure checks, along with information and hands-on learning on STOP THE BLEED® at the KMOT Ag Expo in the North Dakota State Fair Center.