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The Kroft family welcomed their newest edition to the family, Evelyn Grace, at the Trinity Hospital Family Birth Center.

Minot Couple  
Welcome the  
First Baby of the  
New Year

New Year’s Day came and went, but Trinity Health’s Family Birth Center finally welcomed its first baby of 2024. Evelyn Grace Kroft came into the world at her own pace arriving on January 2 at 10:16 a.m. Parents Meredith and Stephen Kroft Sr., who reside at Minot Air Force Base, say they were surprised to claim the New Year’s title but were happy to accept it. “I thought it was great,” Meredith said. “When they told me the position was still open, I was bound and determined.”

Evelyn Grace is the Krofts third child. A 4-year-old son and 2-year-old daughter are looking forward to getting to know their new sister. “We’re just excited that she’s finally here,” Meredith added. Stephen Kroft, a Lieutenant Colonel, serves as Commander of the 5th Contractor Squadron at MAFB. He says it was a nice change to have their daughter delivered at Trinity’s new hospital. They’ve now experienced both the old and new facility.



Lab personnel Abdi Idle (top) and John Wiegel deploy Trinity Hospital’s new conveyor system that achieves the ultimate in automatic processing of laboratory samples, resulting in greater quality and turnaround consistency.

A Lab Sample’s Excellent  
Adventure

Winding its way through Trinity Health’s Main Laboratory is a conveyor system that gives lab samples the ride of their lives. Under the guiding hand of a Medical Laboratory Scientist, the samples nestle into a test tube rack aboard the conveyor. The journey begins with an exciting spin in the centrifuge; then it is on to a series of sightseeing stops to experience chemistry analyzers, hematology analyzers, immunoassay analyzers and more.

Trinity Health’s new Healthcare Campus and Medical District was designed to accommodate new technologies, and the Laboratory’s state-of-the-art automation line is a prime example. The DxA 5000 Laboratory Automation System by Beckman Coulter Diagnostics was created to streamline and automate the processing and testing of lab samples to ensure that patients and doctors get health results as quickly and accurately as possible.

“Automation lines were designed to take on the key pre- and post-analytical steps in processing lab samples,” said Laboratory Director Pala Waswick, MLS, a 42-year veteran of the Lab. “It’s not the solution to all the world’s problems, but it’s a useful tool.”

Processes such as decapping, centrifuging (separating blood components), placing samples in an analyzer, recapping, storage and retrieval – these are steps that used to be performed manually. “Now, with the automation line we can take any kind of sample that is appropriate for the line, such as blood, urine, or body fluid, and put them all in one rack. They then go to a single-entry point on the automation line, and from there the system knows everything that needs to be done to each sample.”

Such a high level of automation is striking, almost magical. For example, the system knows to prioritize a “stat” test, a test that must be performed immediately. If a lab sample needs multiple tests, the system can sense whether there is enough fluid in the sample to complete each test; if not, the analyzer will alert the technologist. Such built-in sensitivity is attributable to advanced computer software (actually, middleware) called REMISOL. “It’s the brains of our automation line,” Waswick said. “It drives the line.”

REMISOL Middleware is designed to work in harmony with Oracle Cerner, the provider of Trinity Health’s electronic health record. “Physicians place orders in Cerner, and REMISOL and Cerner talk to each other,” Waswick explains. “Once the tubes (lab samples) are placed on the automation line, REMISOL tells the system – you have this testing to do, and needs to go to a particular analyzer and so on. It is very intelligent.”

Trinity’s Lab has an entire complement of automated line components. Along with two chemistry and two hematology analyzers – the big shoulders of the Lab, it also has two immunoassay analyzers that detect various analytes in a patient’s sample. Other tools and outlets are also available on the line, along with safe disposal and/or storage.

Such a highly sophisticated system takes time to fine-tune. Trinity Health has been working with the line’s vendor to make tweaks in the software, a process that will go on for some time. Yet already Waswick has identified ways that the automated line has been beneficial to patient care.

“Number one is consistency in turnaround times,” she says. “When we used to process samples manually test completion times may have varied a bit based on other processes that needed attention. On the line, everything becomes consistent.”





# Tips to Discuss Heart Disease with your Doctor

The leading cause of death in the United States is heart disease, especially for women. Going to doctor appointments can be daunting at times, especially when seeing a specialist like a cardiologist or discussing with a primary care provider one’s family history of heart health. Sometimes it’s hard to know if there is family history of increased risk for heart disease.

At Trinity Health, we recommend going into your appointment with questions to ask your provider so he or she can help you better understand what puts you at risk for heart disease. This can help formulate a better health plan to analyze the risk of heart disease. Try asking some of the following questions recommended by the American Heart Association:

- What was my blood pressure reading today and what do the numbers mean for me?
- What risk factors do I have for heart disease? Is there anything I can do to change these risks?
- What is my BMI and is there a goal I should be working toward? What is my health weight range?
- What do you recommend I do between now and my next visit that can lower my risk of heart disease?
- What tests should I get for a better understanding of my heart health?

Your doctor will be able to answer lots of questions that you have related to your health, but it also is up to you to know what puts your health at a higher risk of heart disease. Increased risk factors for people include:

- Smoking
- High blood pressure
- High cholesterol
- Overweight/obesity
- Physical inactivity
- Diabetes
- Family history of early coronary heart disease.
- Age (for women, 55 and older)

Discuss with your provider ways to monitor and lower risks to prevent your heart disease from worsenin; after all, heart disease is mostly preventable.

Ways to reduce your risk include:

- Do not smoke
- Eat food that promotes heart health
- Aim for 30 minutes of physical activity at least 5 days a week
- Regularly ask your doctor to check your blood pressure, cholesterol and blood glucose
- Visit with your doctor about screening options to detect heart disease early

Heart disease comes in many forms—clogged arteries cause heart attacks, strokes, heart failure and peripheral artery disease—and accounts for more than 800,000 deaths in the United States every year. To prevent heart disease, you can start by developing a care plan with your primary care provider and monitor your health through screenings and tests by scheduling routine checks with your primary care provider.

Love your heart and love your life. Visit with your primary care provider at your next appointment to talk about how you can improve your heart health.

*Information for this article is attributed and obtained from the American Heart Association®. The content of this section is for educational purposes only and is not intended to be a substitute for professional medical advice, diagnosis or treatment.*



Kevin Melby gives Minot Minotauros defense player, Weston Knox, some good luck and encouragement before Melby's final game on Friday, December 29, against the Bismarck Bobcats.

## Minotauros Recognize Kevin Melby

Congratulations to Trinity Health Sports Medicine Athletic Trainer Kevin Melby on accomplishing more than 325 games over six seasons with the Minotauros. Head on over to the Minot Minotauros Facebook page and search for a special thank you video from the team.

## Baby continued form page 1

“This is the best way we can imagine to start the year,” Meredith said. “Dr. (Tim) Bedell and the Trinity team have been great.” The Trinity Health Auxiliary presented the family with a gift basket of items useful to a newborn.

## Lab continued from page 1

A second improvement is the system’s sample quality detection feature with nine parameters. “It can look at a bar code to see if it is the right tube and if there is enough volume in the sample. It definitely enhances sample integrity,” she states.

Thirdly, the automation line prioritizes samples, something Lab staff used to do manually. And add a fourth benefit to the list – with scientists and lab assistants doing less handling of the samples, there is less risk of biohazard exposure.

Even with the automation line, Trinity’s Medical Laboratory Scientists still have several tasks to perform. The Lab is accredited by the College of American Pathologists (CAP), which surveys the Lab every two years. “There are CAP regulatory standards that we perform on a daily basis,” Waswick said. “We spend hours doing calibrations, quality control, instrument validation. We are quality assurance heavy.”

According to Waswick, Trinity Health’s Laboratory is unique among hospital labs its size across the state in its broad test menu. “I’ve always been very proud of Trinity,” she states. “We have always recognized that because of where we are located geographically, we make it a point to perform more in-house testing instead of sending tests out. Our physicians like it because it supports more timely patient care decisions.”

Now there is another reason to be proud. Just recently the Lab began measuring turnaround times for the Emergency Department using the automated line. “We are starting to see some consistency that appears to be having an impact on getting patients in and out faster. That is exciting,” Waswick said.

[trinityhealth.org](http://trinityhealth.org)

New!

Trinity Health Outpatient Pharmacy

• Prescription services

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

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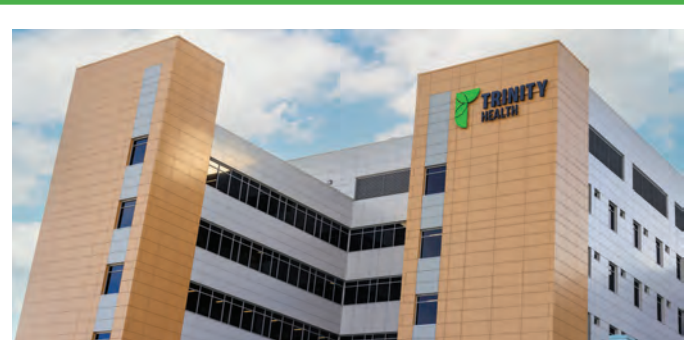
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U.S. News and World Report’s Best Hospitals 2024 guidebook provides consumers with information they need to make informed decisions, as well as a wealth of information about cutting-edge health trends and medical advances.

# Trinity Health Earns ‘Best Hospitals’ Recognition

For the second time in recent years, Trinity Health has been listed in U.S. News and World Report’s “Best Hospitals” guidebook issue for excellence in heart care.

The 2024 issue includes the annual American College of Cardiology (ACC) insert recognizing health systems that participate in ACC’s National Cardiovascular Data Registry or accreditation programs, thus demonstrating their commitment to optimize cardiovascular care and patient outcomes.

Trinity Health participates in three ACC registries that measure performance in the areas of cardiac catheterization and angioplasty, treatment of patients with chest pain or heart attack and care for patients with implantable devices to address heart arrhythmias.

“It’s an honor to work with Trinity Health and formally recognize your institution’s leadership and dedication to delivering the best cardiovascular care to every patient, every time,” said Steven Bradley, MD, MPH, FACC, chairman of the Data Registry Oversight Committee.

# “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 Trainee

We're hiring Sleep Center trainees! This role is perfect for those looking to kickstart a career as a Sleep Technologist. Develop your skills in basic sleep testing procedures and interventions under direct supervision. Wage: \$17.51 - \$24.23/hour. Experience: None required! This is your chance to start fresh in the field. Preference will be given to those with an Allied Healthcare credential (CNA, EMT, Paramedic, Certified Athletic Trainer). Ready to dive into the world of sleep technology? Apply now at [trinityhealth.org/careers](https://trinityhealth.org/careers) and be part of our team shaping better sleep for all!



### Registered CT/MRI Technologist

Are you a Registered CT/MRI Technologist ready for a positive change? Look no further! We want you to be a part of our dynamic team, either full-time or contract! Join our team and enjoy amazing benefits like a \$10,000 sign-on bonus (DOE), tuition reimbursement up to \$16,000 and relocation assistance. Our CT/MRI Technologists enjoy an even rotation, including the Advanced Imaging Center with three tesla Siemens MRIs and an outpatient Siemens CT. Every day brings new challenges and exciting opportunities as we care for our patients. Join us on the cutting edge of healthcare technology and be a part of something truly special. Your journey starts here - become a valued member of our team! Apply now at [trinityhealth.org/careers](https://trinityhealth.org/careers).



Trinity Health KeyCare Medical carries compression products for everybody. Stylish and quality compression products have multiple purposes and can help you live your life more comfortably and safely.



# Compression Socks, Relief for Minor Injuries and Serious Conditions

Compression therapy is a common solution for minor injuries and some serious conditions. Many people do not know what compression therapy is and should know these helpful facts about what compression therapy can do to help keep your body feeling well and healthy.

1. Medical compression clothing and bandages are used to apply pressure to certain parts of your body to help normalize the blood flow or drain lymph fluid that accumulates in the area that is needed to be compressed.
2. Compression can help get your body’s fluid moving during your pregnancy or while you sit or stand in one spot for too long because of work or other activities.
3. People with lymphedema will need compression to help support lymph fluid drainage to reduce swelling to support the body’s transportation and recovery of the lymphatic system.
4. Compression therapy is recommended for people who regularly take long flights, drive truck, ride long train rides or travel frequently while staying stationary. To prevent circulation problems, blood clots and deep vein thrombosis, it is encouraged to wear compression stockings for journeys longer than four hours.
5. Compression socks for exercise improve blood flow and reduce swelling but also help wick away moisture and help cushion the heel and sole for extra support.
6. During pregnancy, women can expect symptoms such as aching legs, swollen ankles and varicose veins. While all of this is natural, there are stylish compression solutions to help support your blood flow and lymphatic system during your pregnancy. Talk to your OB/GYN provider about maternity products that can help support your maternity journey.

It is most important to know that preventive compression therapy can be medically prescribed and available at convenient locations at Trinity Health. Talk to your provider about ways that your body could benefit from compression therapy and ask them about the JOBST® and Juzo® compression products that are offered at Trinity Health KeyCare Medical.

Visit one of our three Trinity Health KeyCare Medical locations to buy compression products. For a wide selection of products, it is encouraged to visit our store location at 530 20th Ave. SW, Minot, ND, 58701. Additional locations have limited supply and are available at Trinity Health Medical Arts or Trinity Health Medical Office Building.


## Trinity Health

## Speaker’s Bureau

Call Community Education at

# 701-857-5099

for available dates and topics



# 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).

## Occupational Medicine Services Healthcare that Works!

# 701-857-7840

## Flu Vaccines

Minot Vaccine Line:

# 701-857-2515

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

Appointments required.





## “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](mailto:darla.miller@trinityhealth.org)



[fundraisingbrick.com/trinityhealth](https://fundraisingbrick.com/trinityhealth)

### Casino Royale Fundraising Gala

March 22, 2024  
Sleep Inn & Suites  
2400 10th St SW, Minot

6 p.m. Social | 7 p.m. Dinner  
9:30 p.m. VIP High Roller Room

**Tickets**  
\$125 per person  
\$1,200 reserved table for 8

**RSVP and Purchase Tickets at:** [trinityhealth.org/gala24](https://trinityhealth.org/gala24)

Dress to impress in your best “Casino Royale” attire

Purse-onality & Bro Bag Auction  
Entertainment  
Plated Dinner  
Live Gaming VIP High Roller Room  
Live Auction

Proceeds benefit Trinity Health NICU  
Must be 21 to attend



## Nursing Scholarships Awarded

Congratulations to the 2024 Trinity Health Foundation Nursing Scholarship recipients. Pictured are the following recipients: Paige Ackerman, Samantha Babcock, Isabella Boedicker, Cassie Crow Flies High, Drew Feist, Hailee Fletcher, Cambry Frantsvog, Krysten Glab, Day Grogan, Hannah Hagen, Kimberly Hoodman, Erin Morin, Paige Rosencrans, Alyxys Sabile, Dorothea Vogel and Micah Walter. Not pictured, Keegan Henjum.

This year, the Trinity Health Foundation created a Health Occupation Students of America—Future Health Professionals student scholarship for high school students pursuing a nursing career. Recipients pictured include Isabelle Anderson, Emma Rensvold, Alexa Rice and Morgan Strange.



## 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. This year’s gala benefits the Trinity Health NICU.

### 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
- A 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/gala24](https://trinityhealth.org/gala24)



To give or learn more about the  
**Trinity Health Foundation**  
visit  
[trinityhealth.org/foundation/](https://trinityhealth.org/foundation/)



# 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 October 1 to December 31, 2023. These contributions illustrate a generous and caring community, striving to bring the highest quality care to those we serve. We want to thank those contributors for their generous support of Trinity Health’s mission: “To excel at meeting the needs of the whole person through the provision of quality healthcare and health related services.” For more information on honoring the memory of a loved one through philanthropic giving, contact Trinity Health Foundation at 701-857-5432.

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**In memory of Carol Stavem**  
Danny & Debora Seright

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**In honor of Wyatt Rhodes**  
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Double Good

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Henry & Renae Lemar  
Janel & Greg Feehan  
Jerry's Repair & Alignment  
Joan Rust  
John & Leslie Coughlin  
Katie Oldenburg  
Kelsey Artz  
Ken Lewis  
Kortni Becker  
Kristine & Sean Stanga  
Laureen & Robert Klein  
Lori Johnson  
Lucas Zabka  
Margo & Troy Czaplewski  
Marianne Wirtz  
Mary Muhlbradt  
Michael & Dorothy Lukach  
Michelle Martinson  
Michelle Phillips  
Pam & Larry Hopkins  
Patricia & Lance Halvorson  
Patty & Robbie Robertson  
Patty Mosser  
Paul DiGregorio  
Paula & Matthew Meier  
Pete Ladendorf  
Samantha Koons  
Sandy & Jake Boschee  
Sheila Hattel  
Shelley Hoiby  
Sherilyn Abrahamson





# Get to Know the Trinity Health Cardiology Providers

Dealing with heart disease can feel disheartening and unsettling, from experiencing symptoms to wondering what it means for your health and future. We understand that you have a life to live, full of activities and people you love—and that your heart system plays an important role.

At Trinity Health, those things that matter to you also matter to us. Our cardiology specialists and surgeons provide a wide range of treatments for conditions of the heart. We’re here to help you feel your best so you can enjoy what you love with those whom you love.

## Why choose Trinity Health Cardiology?

Our program proudly offers a long-standing history of providing high-quality and innovative cardiology care, including performing the area’s first open heart surgery, angioplasty and stent placement. We serve a broad community within Minot and beyond—stretching far across north central and northwest North Dakota and eastern Montana.

## What cardiovascular disease do we treat?

At Trinity Health, our cardiology specialists treat a wide range of heart diseases, including coronary artery disease and aortic valve disease, which can affect the aortic, mitral, pulmonary or tricuspid valves. We treat:

- Aortic disease
- Heart disease
- Arrhythmia—is an abnormal rhythm (fast, slow or irregular) of the heart and is caused by your heart’s electrical system.
- Heart valve disease
- Coronary artery disease—blockage of these arteries is a common cause of heart attacks and heart failure.

## What kind of testing is offered at Trinity Health?

If you or a loved one are experiencing the symptoms of heart disease—such as chest pain or shortness of breath—you want to get to the bottom of it quickly. An accurate diagnosis is critical to delivering the right treatments. We offer a full range of diagnostic tests, including:

- Imaging tests
- Cardiac event monitoring
- Stress tests
- Tilt table test
- Electrocardiogram

## Trinity Health is proud to offer supportive care.

Your health is more than physical; it also involves emotional and spiritual aspects. We offer additional services, some of which your doctor may recommend, to help enhance your whole-body health and well-being and improve access to care. We offer:

- Cardiac rehabilitation to help you recover from heart surgery, which includes returning to usual or modified activities.
- Hospice
- Nutrition counseling
- Social work
- Survivorship support
- Chaplain services
- Palliative care

## Meet the team

Our cardiology specialists and surgeons are dedicated to delivering the care you need and following up with you after treatment and beyond. Our board-certified and fellowship-trained heart specialists include general cardiologists and interventional cardiologists. Fellowship training provides the highest level of training in a specific field of medicine.

At Trinity Health we recognize that excellent cardiology care requires a team approach—and not just a surgeon or a cardiologist. Our team also includes physician assistants, nurse practitioners, registered nurses with expertise in cardiology care, cardiac rehabilitation specialists and exercise physiologists.



Valentine Chikwendu, MD, Cardiology



Joseph Elliot, MD, Cardiology



Samir Turk, MD, Cardiology



Amanda Weidler, FNP-C, Cardiology

## Location & Contact Information

Trinity Health Medical Office Building  
2305 37th Avenue SW  
Minot, ND 58701

8 a.m. to 5 p.m., Monday—Friday

Talk to your primary care provider about heart health and visit [trinityhealth.org/heart](http://trinityhealth.org/heart) to learn why Trinity Health is a preferred Cardiology provider for patients in Northwest North Dakota.



# In Recognition

continued from page 5

Steve & Lana Martin Susann Krueger Wade McDowell	<b>In memory of</b> <b>Earl &amp; Arlene Klosterman</b> Patti & Wade Whitson	<b>In memory of</b> <b>Umenaa E. Udekwe-Ozigbo</b> Dr. Anthony & Ogochukwu Udekwe	Debra Leyrer Greg & Cindy Thrall Mayer Electric Inc. Rod & Denise Mayer
<b>In honor of Wyatt Rhodes</b> Ronald Martin	<b>In memory of Geraldine Holien</b> Patrick & Linda Holien	<b>VERHEY CRITICAL CARE ENDOWMENT</b> Dr. Jeffrey & Janelle Verhey	<b>In memory of Tom Slorby</b> Dr. Jeffrey & Janelle Verhey
<b>In memory of Anita LeBlanc</b> Dr. Kevin & Marie Franks	<b>In memory of Linda M. Varty</b> Leslie Varty	<b>In memory of Clayton Mayer</b> Dakota Supply Group	<b>WESTERN DAKOTA COMMUNITY CLINIC</b> Chord Energy
<b>In memory of Carl Klein</b> Kathy & Raymond Beeter	<b>In memory of Rosie Zahn</b> Rochelle Hickel		





## Trinity Health Gift Shop

Find the perfect gift for a 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.trinityhealth.org/giftshop](http://www.trinityhealth.org/giftshop)





**TRINITY HEALTH**  
AUXILIARY





## MAKING MORE MILES POSSIBLE.

**The power of state-of-the-art heart care.**

At Trinity Health, we’re raising the bar to heal more hearts across North Dakota. Our team of heart specialists is leading the way helping people recover faster with the latest minimally invasive surgical options. From advanced diagnostics to innovative treatments, we’re dedicated to delivering everything you need to experience your best outcome.

Learn more or find a physician at [trinityhealth.org/heart](http://trinityhealth.org/heart).






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# What is a Heart-Check food?

The American Heart Association® helps American consumers find the right products that align to overall healthy eating patterns by designating a mark on certain foods or beverages. Simply spot an American Heart Association Heart-Check mark on your food and you will know that the food or beverage will be a heart healthy choice. The foods or beverages that have a Heart-Check Mark contain a beneficial source of nutrients, limited bad fats and is limited in the amount of sodium in each serving.

A beneficial source of nutrients, that are naturally occurring, have 10% or more of the Daily Value of 1 of 6 nutrients (vitamin A, vitamin C, iron, calcium, protein or dietary fiber). To be limited in bad fats the product should have saturated fats of 1g or less per standard serving size and trans fats that are less than 0.5g per label serving size. Products containing partially hydrogenated oils are not eligible for certification. Sodium intake is also measured based upon the particular food category.

Before going to the the grocery store, you can visit [heart.org/en/grocery-list](http://heart.org/en/grocery-list) to search for foods that can help you build a complete list of heart healthy foods. The digital list is updated daily by the American Heart Association® to help consumers find and shop for Heart-Check certified foods.



American grocery store shoppers can easily spot a heart-healthy food by spotting the American Heart Association Heart-Check stamp on grocery store products.

## Sweet and Fiery Roasted Nuts

### Nutritional Information

• Servings: 4	• Serving size: ¼ cup
• Calories: 208 per serving	• Protein: 5g per serving
• Fiber: 3g per serving	

### Ingredients

- 2 teaspoons olive oil
- 1/2 teaspoon Stevia sweetener
- 10 drops cinnamon-flavored liquid Stevia sweetener
- 1/2 teaspoon ground cumin
- 1/8 teaspoon cayenne
- 1/3 cup walnut halves
- 1/3 cup pecan halves
- 1/3 cup almonds

### Directions

- Preheat the oven to 350 degrees Fahrenheit

- In a small bowl, stir together the oil, Stevia sweetener, liquid Stevia sweetener, cumin and cayenne. Add the walnuts, pecans and almonds, stirring to coat.
- Pour the nut mixture into an 8-inch square baking pan (no cooking spraying needed). Bake for 5 minutes. Remove the pan from the oven. Stir the nut mixture. Bake for 2 to 3 minutes, or until the nuts are golden brown. Transfer to a bowl. Let cool for 5 minutes. Serve warm or at room temperature.

### Tips

- To dry-roast the nut mixture on the stovetop, cook the nuts in a nonstick skillet over medium heat, stirring occasionally, for 5 to 7 minutes, or until golden brown.
- Store the nuts in a covered container for up to two weeks.
- If you like spicier foods, increase the cayenne to your taste preference.

## Beef Chili

### Nutritional Information

• Servings: 4	• Serving size: 1 ½ cups
• Calories: 304 per serving	• Protein: 35g per serving
• Fiber: 11 g per serving	

### Ingredients

- 1 pound 96% lean ground beef
- 1 can (15-1/2 ounces) reduced-sodium black beans, rinsed and drained
- 1 can (14-1/2 ounces) unsalted beef broth
- 2 tablespoons chili powder
- 1 can (4 ounces) canned green chilies or jalapeño peppers
- 1 can (14-1/2 ounces) unsalted diced tomatoes

### Directions

- Heat large nonstick skillet over medium heat until hot. Add ground beef; cook 8 to 10 minutes, breaking into ¾ inch crumbles and stirring occasionally. Pour off drippings.
- Stir in beans, broth, tomatoes, green chilies and chili powder; bring to boil. Reduce heat; cover and simmer 20 minutes to develop flavors, stirring occasionally.

*The above information was obtained and is attributed to the American Heart Association®. Visit [heart.org/en/](http://heart.org/en/) to learn more about important heart topics and healthy living tips.*

## 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  
No Appointment Necessary

Visit [trinityhealth.org](http://trinityhealth.org)  
for current wait time





Pictured left to right: , Jeffery Verhey, MD, Trinity Health Foundation Board Chairman, Cambry Frantsvog, Scholarship Recipient, Amber Blomberg, Blue Cross Blue Shield of North Dakota Caring Foundation Director, Day Grogan, Scholarship Recipient and Hannah Hagen, Scholarship Recipient. To see a full list of recipients visit page 4.

# \$55,000 Awarded to Students Pursuing Nursing

On Thursday, January 4, the Trinity Health Foundation awarded 21 scholarships to high school and college students that have plans to attend or are currently enrolled in a nursing program. The Trinity Health Foundation Board Chair, Jeffery Verhey, MD, opened the night by addressing the audience and sharing a few words and thoughts with the upcoming nurses.

“The care you're going to give, cannot be underestimated by the impact you will make on the bedside of your patients," said Verhey. “Nurses impact people's lives daily and what you can do for the family and patient speaks volumes in the moments that nurses care for patients.”

The night continued with special remarks from John Kutch, Trinity Health President & CEO; Amber Blomberg, Blue Cross Blue Shield of North Dakota Caring Foundation Director; and Amy Thomas, Director of Trinity Health First Response.

The foundation was excited to extend the financial support to high school students for the first time. The up-and-coming generation of nurses are inspired through many personal relationships but also through their involvement with organizations as Health Occupation Students of America-Future Healthcare Professionals. Minot High is proud to have a chapter that supports the future growth and development of the upcoming generation of healthcare leaders. For this reason, the Trinity Health Foundation Nursing Scholarship Committee opened the door to welcome high school applicants to receive a \$1,000 scholarship to foster early education and support to help students become a nurse. The Trinity Health Foundation also supported three Trinity Health employees in their journey and exploration in healthcare.

In total, four high school students received a \$1,000 scholarship and 17 adults pursuing a nurse education were gifted a \$3,000 scholarship from the generous donors that support the foundation's scholarships. Each recipient thanked the foundation, read more below to learn more about what some of them had to say.

## Cambry Frantsvog, Trinity Health Labor and Delivery Tech

“The most influential event that solidified my decision to become a nurse was watching my dad as he was diagnosed with lymphatic cancer a few years back. This scholarship will be helpful to me and I will be able to focus on my education and studies. Providing this scholarship really shows the support the Minot community gives to aspiring nurses.”

## Day Grogan, Trinity Health First Response Fixed Wing Paramedic

“Over the years this scholarship has helped many people achieve their goals to become a nurse. This scholarship means a lot to me, because as a non-traditional student, I have a lot going on in life. I have a house, family and bills to pay, and this scholarship is very beneficial to me in my goals to become a nurse.”

## Hannah Hagen, Trinity Health CNA

“I want to become a nurse because I want to love and care for patients when friends and family are unable to. The greatest gift a nurse can give is knowing that you matter. The profession excites me because I know there will be many opportunities to teach, comfort and celebrate my patients.”

*“The care you're going to give, cannot be underestimated by the impact you will make on the bedside of your patients.”*  
—Jeffery Verhey, MD

# COMMUNITY CALENDAR

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

<b>Prepared Childbirth Classes</b> February 3, March 2, April 6, May 4	<b>Breastfeeding Basics</b> February 7, March 6, April 3, May 1	<b>Basics of Baby Care</b> February 5, March 4, April 8, May 6
<b>Sibling Class</b> February 6, March 5, April 2, May 7	This hands-on class will review their new role as a sibling, baby safety, changes that might occur and much more. The class is geared toward ages 2 and up. Siblings must be accompanied by an adult.	
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. Sign up for classes at: <a href="https://trinityhealth.org/familybirth_registration">trinityhealth.org/familybirth_registration</a> .		

## Upcoming February Events

**February 1, 15**  
**Pediatric Heartsaver CPR/AED/First Aid**  
This 4-hour class located at Trinity Health Riverside Education Center from 6-10 p.m. is for non-healthcare professionals who are involved with infants and children in the daycare or foster care setting. This class places an emphasis on infant and child care for applying CPR, using an AED or utilizing First Aid to register contact 701-858-6310.

**February 2**  
**National Wear Red Day**  
Heart disease is the leading cause of death in the United States. National Wear Red Day raises awareness about heart disease as the leading cause of death in the United States. In addition, the day helps educate Americans about heart disease and how to prevent it. Learn more about [hearttruth.gov](https://hearttruth.gov) and participate on social media using #OurHearts.

**February 6**  
**Free Car Seat Check**  
Free car seat checks will be provided from 2 to 5 p.m. in Minot Fire Station 1, 2111 10th St. SW Minot, ND. Call 701-418-8527 to schedule an appointment.

**February 8**  
**Heartsaver CPR/AED/First Aid**  
This 4-hour class located at Trinity Health Riverside Education Center from 6-10 p.m. is for non-healthcare people who are looking for ways to learn skills for emergency bystander care. This class will place an emphasis on adult, infant and childcare when applying CPR, using an AED or utilizing First Aid to register contact 701-858-6310.

**February 20**  
Trinity Health will sponsor Sensory Friendly Night from 4-5:30 p.m. at Magic City Discover Center.

**February 21**  
**Trinity Health Stroke Support Group**  
This group meets at Trinity Health Riverside Education Center at 7 p.m. and is open to all stroke survivors and caregivers. For more information call Jerilyn at 701-418-8518.

**February 23**  
**Free Car Seat Check**  
Free car seat checks will be provided from 11 a.m. to 2 p.m. in Minot Fire Station 1, 2111 10th St. SW Minot, ND. Call 701-418-8527 to schedule an appointment.