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Trinity Health Foundation

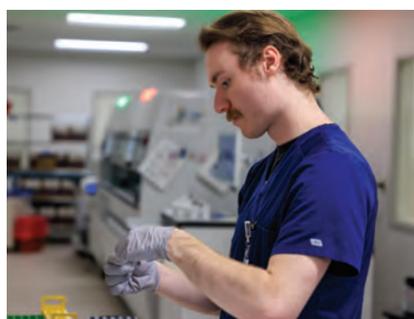
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Lab personnel Abdi Idle (top) and John Wiegel deploy Trinity Hospital’s new conveyor system that achieves the ultimate in automatic processing of laboratory samples, resulting in greater quality and turnaround consistency.

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.”

continued on page 2

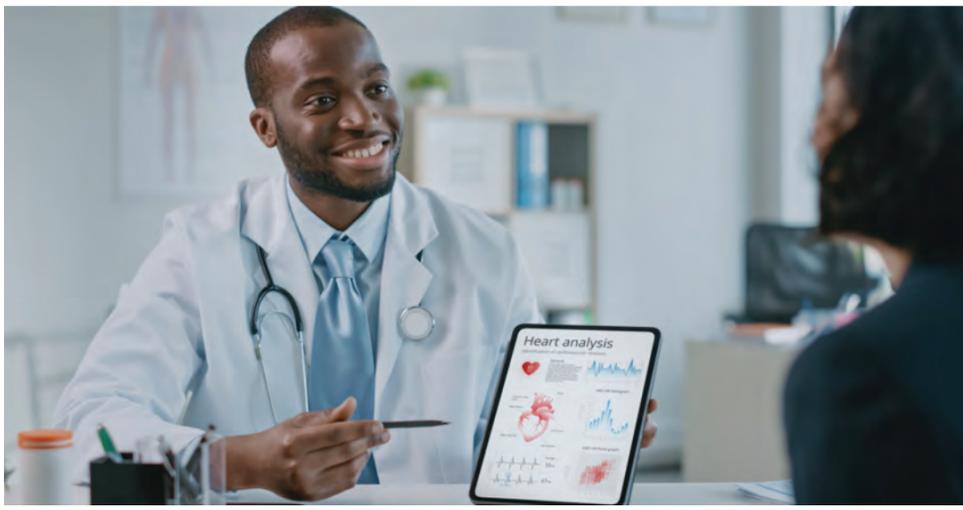


The Kroft family welcomed their newest edition to the family, Evelyn Grace, at the Trinity Hospital Family Birth Center.

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.



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 worsen; 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 from 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.

New!
Trinity Health Outpatient Pharmacy

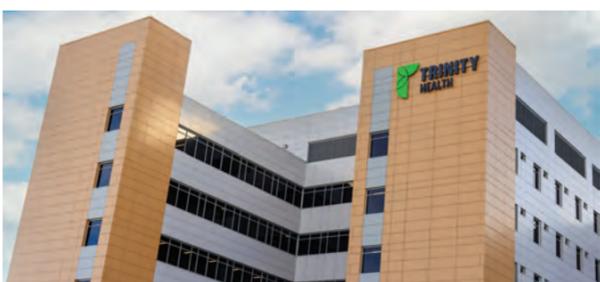
- Prescription services
- Over-the-counter products
- Medication counseling
- Convenient location

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!

trinityhealth.org



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.



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.

"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 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.



Trinity Health
Speaker's Bureau
 Call Community Education at
701-857-5099
 for available dates and topics



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.

**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



fundraisingbrick.com/trinityhealth



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



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

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.

To give or learn more about the Trinity Health Foundation visit 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.

Alzheimer's Exercise Program

In memory of Carol Stavem

Danny & Debora Seright

In memory of DeNae Thompson

Anna & Tim Rostad

Joe & Kathie Bowers

Marilyn Rostad

Randy Rostad

Bodien Endowment

Dr. Michael Savitt

Cancer Exercise Rehab

John & Rachel Gaddie

Marketplace Foods

Michael & Kathleen Gaddie

PCG Companies Inc.

Ryan Chevrolet

CancerCare Center

Adeline & Roger Evans

Affinity First Federal Credit Union

Cindy Yale

Clyde Benno

Connie Seibel

Dr. Maria Li

Janine Artz

Jennifer Herrmann

Jennifer Hunze

Jim Grote

Magic City Lions Club

Minot Prairie Quilt Guild

Minot Veterinary Clinic, Inc.

Rosa Berg

Sowers of Love - Vincent United

Methodist Church

United Public School District

No. 7

In honor of Deb Helland

Mark Schnabel

In honor of Joan Brien

The Brien Family

In memory of Becky Peterson

Karen & Hjalmer Carlson

In memory of Bob Knudson

Karen & Hjalmer Carlson

In memory of Burton Olson

Susan Olson

In memory of Gary Mikkelson

Karen & Hjalmer Carlson

In memory of Gayle Semmen

Corrine & Dale Semmen

In memory of George Frederick

Tim & Colette Bryan

In memory of Judy Einarson

Karen & Hjalmer Carlson

In memory of Natalie Hankel

Dr. Laci Ahrens

Natalie Hankel Run

In memory of Roger Lunde

Alyce Ann Lunde

CancerCare Center Endowment

Denise & Lynn Billadeau

CancerCare Cottage

Denise & Lynn Billadeau

Robert & Janell Gorder

In memory of Cindy Duben

Emery Duben

In memory of Darlene Floberg

Patrick & Theresa Stieg

In memory of the Larsen

Family - Doug, Amy,

Christian & Everett

Lynn & Judy Stevens

In memory of Mary Jo Snustad

Lynn & Judy Stevens

CancerCare Patient Assistance Fund

Dunn Diehl Dental Laboratory

Minot Automotive Center

Roger & Dorothy Hoffer

The Aggie Foundation

The Blue Rider

In memory of Barbara Bartosch

Upfront Healthcare Services, Inc

Merrilly Zodrow

Carolyn & Jim Bodell

Roy Bjordahl

Wanda Bjordahl & Family

Capital Improvement

Endowment

Brent & Tami Mattson

Dakota College at Bottineau -

Minot Student Nurse

Organization

Denise & Lynn Billadeau

Dr. Alexandre & Dr. Evelyne Kindy

Children's Fund

Starlight Children's Foundation

Town & Country Credit Union

First Response Ground

Ambulance

Ann & Roger Balk

Carol & Don Mohagen

Carol & Rodney Walth

Clara Sue & Gary Price

Dean & Diana Somerville

Denise & Lynn Billadeau

James Sundley

Linda & Dave Mahlum

Mike & Pam Uran

Myron & Kathleen Feist

Sandy & Jake Boschee

Thomas Family Funeral Home

In honor of Harry Hammond

Connie Hammond

In memory of Debbie Benter

Marlyn Marschner

In memory of Debra Love

Timothy Love

In memory of Dr. Don Kilene

Karen & Hjalmer Carlson

In memory of Dr. Gunay Raghbi

Karen & Hjalmer Carlson

In memory of Jan Bennett

Karen & Hjalmer Carlson

In memory of Judy Nehring

Jon Nehring

In memory of Kila Geary

Clara Sue & Gary Price

In memory of Lanny Wade

Karen & Hjalmer Carlson

In memory of

Madonna Harmon

Cassandra Harmon

In memory of Pam Shipley

Dr. Frank Shipley

In memory of Pam Simonson

Greg Simonson

In memory of

Ruby & Lloyd Enget

Laurel & Gerald Schlag

In memory of Yvonne Schreiner

Karen & Hjalmer Carlson

Fuel the Fight

Anonymous Contributions

Dakota Square Arco

Douglas & Robyn Wonnenberg

Dr. Douglas & Patti Bengson

Dr. Jeffrey & Janelle Verhey

Margaret & Wayne Schemp

Timothy & Monica Wonnenberg

Fundraising Gala

Mowbray & Son Plumbing &

Heating, Inc.

Guest House

Coca-Cola Bottling Company

High Country

Denise & Lynn Billadeau

South Prairie School District

Home Health & Hospice

In memory of Becky Peterson

Karen & Hjalmer Carlson

In memory of Bob Knudson

Karen & Hjalmer Carlson

In memory of

Chandra Hanson-Behm

Kyle & Celeste Hanson

In memory of Claudette Merck

Neil Howe

In memory of Darrel Gilseth

Kay Haugen

In memory of Duaine Fugere

Diane Fugere

In memory of Gary Mikkelson

Karen & Hjalmer Carlson

In memory of Judy Einarson

Karen & Hjalmer Carlson

In memory of Lynn Foley

Steven Foley

In memory of Phyllis Metz

Amy, Sophia & Olivia Metz

Anonymous Contributions

Ronald & Duska LaCount

Todd & Mary Ann Bodine

In memory of Warren Brey

Joyce Brey

Kenmare Hospital & Kenmare

Clinic

Computershare Trust Company

of Canada

Infinity Hydrocarbons LLC

Petro-Hunt LLC

Mental/Behavioral Health

Denise & Lynn Billadeau

New Town Clinic

Badlands Hot Oil LLC

Craig Elton

Dennis & Anita Rohde

Gladys Pennington

Joe Waldock

Karen Onstad

Keith Uran

Lois Zacher

Robert & Janell Gorder

Slawson Exploration Company,

Inc.

In memory of Delilah Bartelson

Neil Bartelson

In memory of Margaret Estvold

Carol Zacher

In memory of Ryan Wheeling

Mary Ellen Iverson

NICU Patient Transport System

Pam & Larry Hopkins

Nursing Scholarship

Endowment

Ann Jussero

Denise & Lynn Billadeau

Gladys Pennington

Sharon Rollman

In memory of Debra Love

Timothy Love

In memory of Don Anfinson

Norma Anfinson

In memory of JoAnne Behrens

Niki & Dale Roed

In memory of Phyllis Metz

Danny & Debora Seright

Ruth Ann & Butch Rexine

Organizational Development

Jim Grote

Parkinson's Exercise Program

Blanche & Leonard Schaan

Bruce & Cynthia Carlson

Clara Sue & Gary Price

Dr. Kon-Hweii Lee

Dr. Wayne & Nanni Jansen

Gerald & Joyce Deibert

Gloria Maragos

Jackie Pabian

Loren Larson

Minot Automotive Center

Peter & Roxanna Maragos

Rita Sundahl

Roger and Delores Odell Private

Trust

Vivian Ferguson

In honor of Curtis Feist

Kevin & Valerie Heisler

In memory of Darrel Quale

Joanne Quale

In memory of Julie Anderson

Jane & Richard Braun

In memory of Leo Jundt

Theresa & Steven Glascock

In memory of

Orin & Evelyn Baertsch

Zane & Winifred Puckett

Pastoral Care

Agnes Brandt

Dr. Michael & Peggy Vandall

Sandy & Jake Boschee

United Methodist Women of

Des Lacs

Prescription Assistance Fund

People Care - Our Redeemer's

Lutheran Church

Safe Kids Minot

Anonymous Contributions

ShIPLEY Endowment

Denise & Lynn Billadeau

Stop the Bleed

Anonymous Contributions

Trinity Health Foundation Fund

Ann Latimer

Dakota Square Arco



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

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

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.
- Nutrition counseling
- Survivorship support
- Palliative care
- Hospice
- Social work
- Chaplain services

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 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

In honor of Wyatt Rhodes
Ronald Martin

In memory of Anita LeBlanc
Dr. Kevin & Marie Franks

In memory of Carl Klein
Kathy & Raymond Beeter

In memory of Earl & Arlene Klosterman
Patti & Wade Whitson

In memory of Geraldine Holien
Patrick & Linda Holien

In memory of Linda M. Varty
Leslie Varty

In memory of Rosie Zahn
Rochelle Hickel

In memory of Umenaa E. Udekwe-Ozigbo
Dr. Anthony & Ogochukwu Udekwe

VERHEY CRITICAL CARE ENDOWMENT
Dr. Jeffrey & Janelle Verhey

In memory of Clayton Mayer
Dakota Supply Group

Debra Leyrer
Greg & Cindy Thrall
Mayer Electric Inc.
Rod & Denise Mayer

In memory of Tom Slorby
Dr. Jeffrey & Janelle Verhey
WESTERN DAKOTA COMMUNITY CLINIC
Chord Energy



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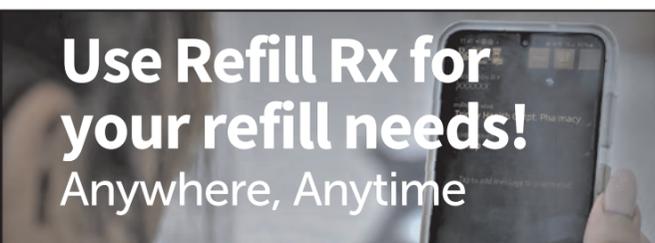


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What is a Heart-Check food?

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 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
- Calories: 208 per serving
- Fiber: 3g per serving
- Serving size: ¼ cup
- Protein: 5g 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
- Calories: 304 per serving
- Fiber: 11 g per serving
- Serving size: 1 ½ cups
- Protein: 35g 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/ 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 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.

“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

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.”

C O M M U N I T Y

CALENDAR

For the latest updates, check online at trinityhealth.org

Prepared Childbirth Classes
 February 3, March 2, April 6, May 4

Breastfeeding Basics
 February 7, March 6, April 3, May 1

Basics of Baby Care
 February 5, March 4, April 8, May 6

Sibling Class 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: trinityhealth.org/familybirth_registration.

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 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 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 and participate on social media using #OurHearts.

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 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 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.