



Given his family history of heart disease, triple bypass patient Stuart Hammer knew better than to ignore his symptoms.

Avoiding a Heart Attack, He Bucked a Family Tradition

Minot Fire Inspector Stuart Hammer had just turned 50, so his relatively young age was in his favor. On the other hand, the former flight paramedic had risk factors that weren't so favorable.

"In 2001 my dad had a heart attack; in 2019 he had quadruple bypass. In 2017 my younger brother had a heart attack, and in 2020 my mom passed away from a heart attack," Hammer said. "Having been a paramedic for a number of years, I knew that family history is a huge part of your own health history and a definite warning sign that needs to be watched."

Hammer was taking steps to take care of himself. In fact, joining the Minot Fire Department was one of them. His life prior to that is a period that Hammer describes as "busy and stressful."

He served as a medic with the North Dakota Guard and was part of the deployment in 2012 when two soldiers assigned to the 818th Engineer Company were killed in action while on duty in Afghanistan. The experience left Hammer with a PTSD diagnosis. Later, his work as a flight paramedic with Bismarck Air Medical took him on calls that were hard to process, something that goes hand in hand with being an EMS professional. Joining the Minot Fire Department was a godsend.

In recent years, Hammer has continued to take steps to keep himself healthy. He joined an exercise program that meets three days a week for an hour each day. That's where his story begins.

"I was doing great with my exercises," Hammer said. "Paige (the trainer) keeps me on track. But around mid-May (2023), I'd be about 45 minutes into my routine and would find myself just exhausted. In the back of my mind I was thinking – this could be my heart, but I'm not having chest pain or any other symptom."

Still, Hammer considered the matter a red flag and filed it in the back of his mind. Then came another warning. It happened on June 6, a week after he turned 50.

"I was home over lunch and developed some chest pain. It wasn't anything I would call alarming. The pain was barely perceptible and something I would have dismissed without a second thought. But coupled with my family history, the fact that I was getting tired on my workouts that I'd been able to complete before – and now chest pain. One plus one plus one equals three. Just for my peace of mind I thought, we need to get this checked out, and if it is a heart attack I need to go to the ER."

Given that his symptoms were quite mild, Hammer's decision to go directly to the emergency room was remarkable. But it was the correct choice and one that likely spared him heart damage and perhaps even saved his life.

At the Trinity Health Emergency Trauma Center, Hammer received tests, including an electrocardiogram or EKG. Cardiologist Valentine Chikwendu, MD, conducted further tests that brought Hammer some good news. What he had experienced wasn't a heart attack. However, further tests revealed signs of developing coronary artery disease.

Among the tests was a chemical stress test that uses medications to stimulate the heart's response to exercise to assess how well the heart is pumping blood. He also underwent a coronary angiogram, a test that uses a special X-ray along with a contrast agent to look at the heart's coronary arteries to detect narrowing or blockages. Hammer's angiogram showed partial blockage in two (and eventually three) arteries that could possibly be addressed with angioplasty and stenting. Hammer recalls waking up in Trinity's cardiac catheterization lab after his procedure and asking, "Did the stents go in okay?" It turns out the location and characteristics of the vessels weren't favorable for stenting. He would need triple bypass surgery.

Cardiothoracic surgeon Michael Savitt, MD, scheduled Hammer's surgery for the following week. The fact that he could wait a week was a credit to his decision

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Cheryl Nitsch, LPN, marks 50 years in the nursing profession. When Nitsch started as a nurse, minimum wage was \$1.65. Since then she has lived a fulfilling career at Trinity Health.

The Secret to Successful Nursing: Never Stop Learning

When Cheryl Nitsch, LPN, entered the nursing profession in 1973, her pay was a whopping \$1.99 per hour. After she passed her state boards it rose to a lofty \$2.29 an hour.

"When I started as a nurse, minimum wage was a dollar 65 an hour, so when I got a dollar 99, I thought – this is more money than I've ever made," she laughs.

Nitsch, a staff nurse at FirstCare Walk-In Clinic, has reason to look back. These days she is celebrating a milestone in her inspiring career, marking 50 years of dedicated service to the nursing profession and the Minot community.

"It's a very rewarding profession," she said. "There's a lot to learn, and you never quit learning. I don't care how many years you've worked in this profession; you always learn something new."

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Heart

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Thanks in part to exercise, Hammer returned to work six weeks after bypass surgery.

to pay attention to his symptoms. “They said the blockage wasn’t severe,” said Hammer. “I had 50 percent in one artery and the most (in another artery) was 70 percent. I wasn’t in any danger of suffering a heart attack between then and the surgery.”

On the morning of June 14, Hammer and his wife, Shondell, reported to Trinity’s Healthcare Campus and Medical District. “The cool thing was that, at that time, I probably had spent more time in that hospital than a lot of the employees had because as fire inspector I’d been in the building from when it was gravel floors until it was completed, doing inspections for fire suppression, alarms and different aspects of fire prevention and protection.”

The surgery and his stay in the Intensive Care Unit went well. “One of the things I told my wife is that she needed to help me. I knew I wouldn’t be awake for all the staff because of the surgery and anesthesia, but I wanted her to make sure that everybody got thanked. It’s a job where you just don’t hear it enough.”

Hammer also extended kudos to his exercise group. His workouts improved his overall fitness and gave a boost to his recovery, so much so that he was able to leave the hospital after just three days. “The people in my exercise group have no idea how much they inspire and motivate me to keep going.”

After a month of rehabilitation in Trinity’s Cardiopulmonary Rehab Unit, Hammer was back to work on light duty and within six weeks was able to resume his normal load.

But that’s not the end of his story. Being an EMS provider and instructor, Hammer is passionate about sharing information that could help others. His message is a simple one: heart disease can be a stealthy killer. Don’t ignore your symptoms.

“If you’re experiencing something that isn’t normal for you; if you’re getting worn out with tasks that you normally would be able to do with no problem – that’s a sign. Your body is telling you something,” Hammer asserted. “You might have a small amount of chest pain, or some other symptom. Taken individually they aren’t a concern, but together they can add up to something bigger. You need to listen to your body and take advantage of what it’s telling you and get treated sooner rather than later. Because time is muscle; time is everything. The longer you wait, the worse it’s going to get.”


Trinity Health

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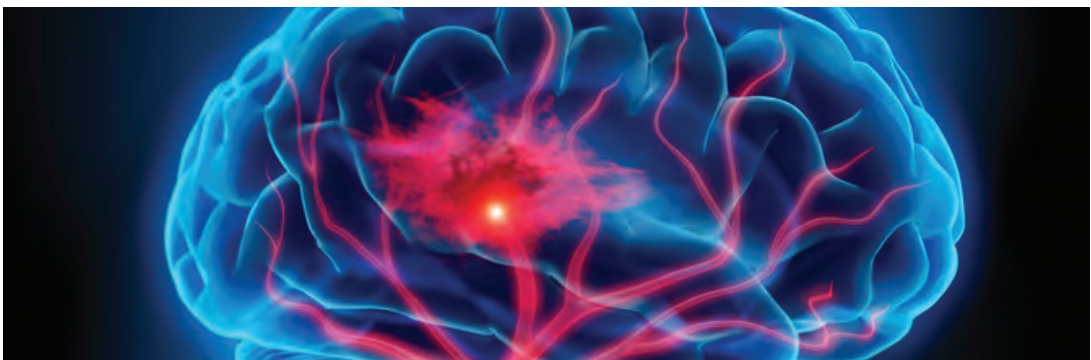
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857-DR4U

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What to Know About Brain Injuries

Every nine seconds, someone in the United States sustains a brain injury. Yet there are many misconceptions and gaps in knowledge about brain injuries. A brain injury affects how a person thinks, acts and feels. The symptoms and impacts are wide ranging and can change everything about someone in a matter of seconds. This event affects both the survivor and their support network, so it is important to keep some things in mind when interacting with a survivor.

1. A person with a brain injury is a person first.
2. No two injuries are the same.
3. The effects of the injury are complex and vary from person to person.
4. The effect of the injury depends on factors such as cause, location and severity.

Several types of brain injuries can happen, they include traumatic brain injuries, concussions and non-traumatic brain injuries. The brain has many functions and therefore when there is an injury, it can have numerous effects on the survivor.

A traumatic brain injury, also called a TBI, occurs when brain function is altered by an external force. This happens when something strikes the head or when the head hits something as the result of a fall, motor vehicle accident, assault, etc.

A concussion is sometimes referred to as mild traumatic brain injury or mTBI because they are usually not life threatening. A concussion is caused by a bump, jolt or blow to the head that causes the brain to bounce around or twist in the skull. Although these are referred to as an mTBI, these are not necessarily mild injuries in terms of their symptoms and impacts on survivors.

Non-traumatic brain injuries cause damage to the brain because of internal factors such as lack of oxygen, exposure to toxins and pressure from a tumor.

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

Nurse

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A former candy striper at Trinity Hospital, Nitsch was drawn to the medical field while a student at Erik Ramstad. “I was just passionate about helping others,” she recalls. After graduation, she earned a licensed practical nursing degree from Lake Region State College in Devils Lake and immediately landed a job at Minot’s St. Joseph’s Hospital, now a part of Trinity Health.

While she worked many years in the chemical dependency unit and briefly in the surgical unit at St. Joseph’s, she has spent most of her career as a medical nurse at both St. Joseph’s and Trinity hospitals. “I worked 37 and a half years in hospital nursing, and I do not regret one day of it,” she declares. “I got my best experience from the medical floor, and I always encourage new nurses to get some all-around experience before you specialize. The hospital is where you’re going to get unbelievable experience; that’s where you’re going to see medical cases that you really learn from. Then, when you go to other areas you can take all that experience with you.”

Nitsch heeded her own advice. She took her years of hospital experience and transitioned to clinic nursing several years ago. She worked five years in family medicine at Trinity Health Medical Arts. When Trinity Health opened FirstCare Walk-In Clinic in 2017, Nitsch became part of the inaugural staff. “The day we opened we had 54 patients,” she said. “We had to move quickly to increase staff.”

Nitsch has enjoyed her tenure at FirstCare. “I work with wonderful people,” she said. “The nurses, providers and CNAs – we couldn’t have it any better. We’re very busy most of the time, averaging over 100 patients a day and sometimes over 150. The most we’ve ever had is 199 in a day.” With COVID-19, FirstCare became “crazy busy,” according to Nitsch, owing to its identification as a COVID testing site. “We got through it thanks to an amazing group of co-workers.”

COVID aside, Nitsch says her greatest challenge these past 50 years has been the rapid pace of change. “There’s so much change in medicine; you’re always learning something new,” she says. “There’s always new technology, modernized equipment. I went through the era when heart catheterizations started and the age of computers. Technology has evolved so much. I think back to when we had glass thermometers and IV bottles with no control pumps. I cringe to think about it. You had to count the number of drips in a minute and hope that the IV didn’t speed up or slow down. Now it’s all automated. There have been some really great changes.”

Nursing has evolved too, becoming an integral part of the care team. “We’re a very valued part of a patient’s care, with more responsibilities and duties than ever. Oftentimes we’re the voice or resource for doctors. We do a lot of critical thinking and decision making,” Nitsch said.

Asked how she would counsel people contemplating a nursing career, Nitsch had some words of advice. “I inform people that in nursing you’ll always have a job. There will always be opportunities in the medical field. I recommend a four-year degree which gives the opportunity to branch out into other areas of nursing. Above all, I always tell them that you have to be able to work with people, treat people with kindness, care, respect, compassion and empathy. You can go far if you uphold those qualities.”



Six Tips to Protect Your Colorectal Health

Colorectal cancer is one of the more common cancers in the US. About 1 in 25 people in the United States will develop colon or rectal cancer at some point during their lifetime. But there are things you can do to help lower your risk.

Here are six ways to help protect your colorectal health.

Get screened for colorectal cancer. Screenings are tests that look for cancer before signs and symptoms develop. These tests can find colon or rectal cancer earlier when treatments are more likely to be successful. The American Cancer Society recommends testing starting at age 45 for people at average risk. Some colorectal screening tests can also find and remove precancerous growths (polyps) in the colon or rectum. Polyps are not cancer, but over time cancer can start in the polyps. Removing them lowers the risk of cancer. Talk to your primary care provider about when you should start screening and which tests might be right for you.

Eat lots of vegetables, fruits, and whole grains. Diets that include lots of vegetables, fruits, and whole grains have been linked with a decreased risk of colon or rectal cancer. Also, eat less red meat (beef, pork, or lamb) and processed meats (hot dogs and some luncheon meats), which have been linked with an increased risk of colorectal cancer.

Get regular exercise. If you are not physically active, you may have a greater chance of developing colorectal cancer. Being more active may help reduce your risk.

Take control of your weight. Being overweight or obese increases your risk of getting and dying from colon or rectal cancer. Eating healthier and increasing your physical activity can help you control your weight.

Do not smoke. People who have been smoking for a long time are more likely than people who do not smoke to develop and die from colon or rectal cancer. Getting help increases your chances of quitting successfully.

Avoid alcohol. Alcohol use has been linked with a higher risk of colorectal cancer. It is best to not drink alcohol. But if you do, the American Cancer Society recommends no more than two drinks a day for men and one drink a day for women. A single drink equals twelve ounces of beer, five ounces of wine or one and a half ounces of 80-proof distilled spirits (hard liquor).

Research shows that habits related to diet, weight, and exercise are strongly linked to colorectal cancer risk. Changing some of these lifestyle habits may be hard. But making the changes can also lower the risk for many other types of cancer, as well as other serious diseases like heart disease and diabetes.

If you are at average risk for colorectal cancer and are 45 or older, talk to your primary care provider about screening options today. Call 701-857-DR4U to find a Trinity Health primary care provider to learn more about colorectal cancer and preventive health screenings.

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



Creating a Healthy Skin Barrier

Cleanse. Exfoliate. Moisturize. Treat. Protect.

Everyone should know the key to creating a healthy skin barrier. But with so many options it can be hard to understand and follow a daily regimen for all the different skin types that exists. From men’s products, acne control and anti-aging to protecting the skin, shopping for skincare products can become overwhelming.

To start shopping for skincare products it is helpful to understand what products can help your skincare goals. Everyone should follow five simple steps to achieve a healthy skin barrier.

Step 1: Cleanse

Cleansing helps remove build up within the skin’s pores and helps balances the skin’s oils. By cleansing the skin, the formulas and targeted solutions used in your skincare regimen can get to work and create better looking results.

Step 2: Exfoliate

Exfoliation will help your skin regenerate new skin cells by removing the outermost layer of dead skin cells. Exfoliation helps the skin by creating smoother surfaces and allowing for targeted solutions to improve the skincare goals that your set out to achieve. Following exfoliation directions is important to ensure that damage does not occur from over using the product.

Step 3: Treat

Treatment goals will vary depending on the skincare objectives that you wish to achieve. To achieve a goal of anti-aging skin, add retinol serums to the routine. If your goal is to have glowing and smoother skin, look for vitamins E and F to help provide your skin a more rejuvenated look and feel.

Step 4: Moisturize

Moisturizers help hydrate the skin, common ingredients include hyaluronic acid and vitamins A and E. To help build a healthy complexion and improve elasticity, it is a must have.

Step 5: Protect

UV rays will damage the skin, but they are not the only invisible threat to having healthy skin. Environmental stressors like pollution and air quality can wreck your goals on achieving a healthy skin barrier. To protect the skin, try adding a broad-spectrum sunscreen of SPF 30 and antioxidants to reinforce the skin’s barrier. Antioxidants such as green tea extract and niacinamide (vitamin B3) combat environmental damage while the SPF sunscreen protects the skin from UV radiation.

Achieving a healthy skin barrier takes time, do not expect results to happen overnight. Weeks of patience, discipline and consistency will create the healthy skincare barrier that you are wanting to see so you can feel confident.

To help with the overwhelming shopping experience, the associates at Trinity Health KeyCare Medical can assist you with perfecting the right skincare order. With clinically tested and paraben free skincare products from Cosmedical Technologies®, the associate team will help you find the right luxury medical-grade and dermatologist formulated products that will make your skin stand out. The product lines from Cosmedical Technologies® include cleansers, exfoliants, moisturizers, treatments and protectors to help form a healthy skin barrier that will help you feel more confident.

Visit our store locations at Trinity Health Medical Office Building or KeyCare Medical to shop for affordable luxury medical-grade skincare products today.

Director’s Corner

McKee Appointed Maintenance Director

Trinity Health announces that Craig McKee, a member of Trinity Health’s Facilities Management team for the past two years, has been promoted to the position of Director of Maintenance.

McKee is responsible for ensuring that all buildings run through Trinity’s energy plant operate efficiently and that all equipment functions properly. He also provides leadership to make sure Trinity Health is in compliance with all Life Safety and Environment of Care standards.

“Craig has been a great addition to our team,” said Christopher Van Gels, Vice President, Facilities Management. “He’ll bring significant experience to the role of ensuring that our new campus operates at an optimal level in support of outstanding patient care.”

An experienced mechanical systems and services operator, McKee joined Trinity Health in 2022 as a Maintenance Mechanic. Prior to that he served as a leader with James CRAFT & Son, Inc., a Plumbing, HVAC and Service contractor in Pennsylvania. While with James CRAFT, he attended multiple courses offered through ABC Keystone, an association that specializes in training people to work in the construction industry.



Craig McKee, Maintenance Director

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Trinity Health Foundation’s History

For over 100 years, thanks to the generosity of donors, Trinity Health Foundation has made a positive difference in the health and wellness of people in our region. Trinity Health Foundation is supported through the financial stewardship of individuals, families, family foundations, corporations, foundations, civic clubs and other organizations. Through your gift to Trinity Health Foundation, you significantly impact the quality of life in our region. Trinity Health Foundation supports the efforts of Trinity Health to provide the highest level of healthcare to patients in northwestern North Dakota and eastern Montana through funding of equipment, education and facilities.

We know that those seeking to support Trinity Health Foundation have different preferences and priorities for utilizing their donations. Because we desire to provide donors with flexibility and control in their giving, Trinity Health Foundation offers a variety of ways by which you may give and a variety of specific projects and programs that your donations may support.

Contributions to Trinity Health Foundation, a not-for-profit, private organization, are tax-deductible, as provided by law. Trinity Health Foundation is committed to principles of good stewardship and pledges itself to use the gifts you generously provide to benefit those in our care.

Trinity Health Foundation’s Mission

The mission of the Trinity Health Foundation is to assist Trinity Health in impacting health and wellness throughout the region. We work collaboratively with Trinity Health and pursue other opportunities to advance healthcare. By working collaboratively with Trinity Health, we commit to preserving and improving the quality of health to the people we serve.

What types of opportunities can I support?

Trinity Health Foundation has eight endowments and 24 funds that support the mission of Trinity Health’s commitment to preserving and improving the quality of health to the people we serve. The endowment funds support countless opportunities and make an impacting legacy on the lives of Trinity Health employees, patients and communities. The philanthropic endeavors of individuals, families and businesses multiply the quality of care that patients receive at Trinity Health. The generous donations that support countless opportunities in our region help Trinity Health excel at meeting the needs of the whole person through the provision of quality healthcare and health related services.

How can I support the Trinity Health Foundation?

Make your stocks work for you:

If you own high-performing stocks you wish to sell, or you no longer need, and are looking for a way to avoid owing capital gains tax, consider making a gift of your stock to help further our mission. Plus, if you make a gift of stock rather than cash to us, you can use the cash you would have given to purchase more of the same stock. Then you will have made your gift, but you still own the same stock, only now with a higher basis. Please contact us if you need assistance with making a stock transfer. We can provide you with transfer instructions to make your gift easy and effective.

Life Insurance:

If you are a bargain hunter, you might consider making a gift of life insurance. By naming a charity like ours as the beneficiary of an unneeded policy, you can spend dimes to give dollars and receive tax savings. Once you have given the policy, you can receive additional income tax savings by making a gift each year in an amount equal to the premium payment.

Charitable Remainder Trust:

When you make a gift to fund a charitable remainder trust, you get cash back for as long as you live. Our organization benefits from what remains after all payments have been made to you and any other beneficiaries. You will receive an income tax deduction this year for your gift.

IRA Charitable Rollover:

Congress made the IRA charitable rollover permanent. The rollover law allows taxpayers who are required to withdraw money from their IRAs to give directly to charity. Because the rollover counts against your required minimum distribution (RMD), making an IRA rollover gift to an organization like ours could reduce your income and taxes. Persons aged 70 ½ or older can rollover up to \$100,000 from their IRA to a qualified charity like ours. While you will not receive an income tax deduction for a rollover gift, you also will not pay any income tax on the transfer. The transfer only works for IRAs and not for other retirement accounts. You may be able to roll over your 401(k) or other plan into an IRA and take advantage of this strategy. Check with your tax advisor or contact us to learn more about how you can use your RMD for good and lower your taxes.

Real Estate:

If you have real estate you are tired of holding then give that real estate (or part of it) to a qualified charity. You lose the burden of maintaining and paying taxes while gaining income tax advantages, such as avoiding paying capital gains tax on the transfer and receive a tax-saving charitable deduction.

Business Ownership:

If you have a business ownership where you wish to reduce your share, then donate a share of your closely held stock to charity. You receive an income tax deduction and reduce your ownership.

Gifts in Kind:

There are many in-kind items that Trinity Health Foundation uses on a regular basis. For more information about donating specific items, please contact us.

Who can I contact to ask questions about giving to the Trinity Health Foundation?

The Trinity Health Foundation staff create and plan opportunities for businesses, individuals and families to donate and support the mission of Trinity Health.



Dusty Zimmerman,
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701-857-5432



Darla Miller,
Development Officer
701-857-2896



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Development Strategist
701-857-2430

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

SAVE THE DATE



Trinity Health Auxiliary
Hearts Club

Men’s and Women’s

Hearts
Golf Scramble

Monday, May 20, 2024

\$500/team of 4

Vardon Golf Club
Minot, ND

Registration: 12 p.m.
Tee-Time: 1 p.m.

- 2 golf carts
- Lunch will be provided

Team Registration:
call Sherry Maragos
701-418-7070



A Trinity Health
Auxiliary
Fundraiser

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New Providers

Halle Henderson, FNP-C

Trinity Health is pleased to welcome Halle Hendrickson, FNP-C, to our provider team at FirstCare Walk-In Clinic. Halle is a board-certified nurse practitioner fully trained 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 obtained her Master of Science in Advanced Nursing Practice through Maryville University, St. Louis, MO. A member of the North Dakota Nurse Practitioner Association and the American Association of Nurse Practitioners, Halle’s experience includes hospital, long term care and clinic nursing. Most recently, she provided care and education to patients on anticoagulant medications at Trinity Health’s Anticoagulation Clinic. In her off time, Halle spends a lot of time in the outdoors with her husband and three children.



Halle Henderson,
FNP-C

Beth Kraft, FNP-C

A member of our care team at Trinity Health Velva Clinic, Beth Kraft, FNP-C, is a family nurse practitioner specially trained to provide comprehensive primary care services to people across the lifespan, including annual checkups, diagnosis and treatment for a broad range of illnesses and management of chronic health conditions.



Beth Kraft,
FNP-C

The Sawyer native and graduate of Sawyer High School began her medical career as a CNA at Trinity Homes. She earned an Associate Degree in Nursing from North Dakota State College of Science in 2001 and went on to earn her Bachelor of Science in Nursing from North Dakota State University, Fargo. Later, she received her Master of Science in Advanced Nursing Practice from Maryville University of Saint Louis in Missouri. A member of both the American and North Dakota Associations of Nurse Practitioners, Beth’s experience includes working as a nurse in Trinity’s Home Health Department and serving as a manager at Edgewood Vista in Minot.

Beth and her husband have two children – the oldest is a Velva graduate and the youngest is a senior at Sawyer. They live just a block from where Beth grew up. An avid lover of all animals, especially her dog Ella, Beth’s interests also include raising succulents and planting flowers and vegetables in the summer.

Trinity Health Gift Shop

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trinityhealth.org/giftshop



Health and Wellness Screenings

Trinity Health offers a wide variety of health screenings. It’s our way of making more possible in your life and your loved ones. Doing more today to prevent a problem tomorrow is the heart of everything we do. That’s why we offer a wide variety of health screenings.

Colonoscopy Screenings

Even though it is one of the most preventable cancers, colon cancer is the second leading cause of cancer death in the U.S. The American Cancer Society recommends that adults at average risk should have a screening for colon cancer starting at age 45. This can be done by doing an at-home stool-based test and/or colonoscopy. Having a colonoscopy is the gold standard for detecting and treating colon cancer in its early and most curable stage, colonoscopies are recommended every 10 years and are performed by a provider. Stool-based tests are recommended annually or every three years depending on the type of test that is completed.

How do I schedule a Colonoscopy?

Talk with your primary care provider about what options you have to get screened. Options for colorectal screenings include at-home tests such as Cologuard® or doing a colonoscopy performed by a physician to remove precancerous polyps. If you need a primary care provider, call 701-857-DR4U.

Breast Cancer Screenings

When it comes to breast health, we are on the leading edge of imaging. Our 3D mammograms enable physicians to detect cancer early when it is most treatable. Whether you have a family history or not, having regular mammogram screenings can save your life. Women should talk to their primary care provider about their family history and discuss when they should start screenings. For most women, at age 40 you should have a screening annually.

How do I schedule a 3D Mammogram?

To schedule a mammogram, call 701-857-2640 to book a visit in Minot. To schedule a mammogram in Williston, call 701-774-0810.

Heart Attack and Stroke Screenings

Trinity Health offers MyChoice Checks to learn more about heart health and the risk factors of having a heart attack or stroke. You can choose one or have them all, no referral needed*.

- Heart attack—Calcium Score Screening \$60
- Stroke—Carotid Artery Disease Screening \$35
- Abdominal aneurysm—Abdominal Aortic Aneurysm (AAA) Screening \$35
- Painful legs and feet—Peripheral Artery Disease (PAD) Screening \$35
- Heart disease—EKG \$20

*CT for Coronary Artery Calcium Scoring testing may require provider approval.

How do I schedule a heart attack and/or stroke screening?

To schedule any or all MyChoice Health Checks, please call Trinity Health’s Imaging Scheduling Line at 701-418-8130.

Lung Cancer Screenings

Lung cancer is treatable when found in the early stages of the diagnosis. Trinity Health is offering the latest in lung cancer screening. The screening is simple, easy and only takes a few minutes to do. Visit with your primary care provider to see if you meet the criteria and recommendations for a screening. Criteria includes:

- Must be a current or former smoker.
- Age 55-77
- If a former cigarette smoker, must have quit smoking within the last 15 years.
- You smoke at least 30 pack years. A pack year is smoking an average of one pack of cigarettes per day for one year.
- Have no current sign or symptoms of lung cancer such as a cough, difficulty breathing, shortness of breath, wheezing, coughing up blood or have pain the in chest.

How do I schedule a Lung Cancer Screening?

Schedule a visit with your primary care provider and discuss in your visit about your history of smoking. If you need a primary care provider, call 701-857-DR4U.

Hearing Screenings and Tests

Having a baseline hearing test can help you catch and manage issues earlier, leading to improved overall health. Our services include hearing tests, balance tests for patients with dizziness, hearing aids, tinnitus management and more.

How do I schedule a baseline hearing test?

Trinity Health has two audiologists who perform baseline hearing tests. Call 701-418-7530 to schedule an appointment today.



Get to Know the Trinity Health Pediatric Providers

Every child has a health journey of their own and deserves care tailored to focus on the child and family’s needs. Trinity Health’s pediatric providers are dedicated to providing compassionate, patient-focused care and education for children and their families. From little ones that are newborns to young adults that are 18, Trinity Health has a pediatric care team ready for your child.

What Pediatric Services does Trinity Health offer?

Trinity Health pediatric providers offer a full scope of services for children from birth to 18 years of age, meeting all of their evolving healthcare needs as they grow into adulthood. Pediatric services include:

- Assessment and treatment of sick children
 - Nutrition information
 - Routine physical evaluation/exam
 - Sports physicals
- Disease prevention
 - Development checkups
 - Well-child visits and immunizations
 - Attention disorders and learning problems

Well Child Visits

Every care journey is different for everyone. Primary care providers and pediatricians help support the development of infants and children as a primary care provider for our children. That’s why it’s recommended to establish a primary care provider/pediatrician relationship for your child at the earliest time possible. At Trinity Health our team of pediatricians is a great place to start to establish routine well child visits. Well child visits allow us to focus on developmental benchmarks to promote the continued good health of your child from birth until age 18.

Children from birth to 14 months should visit a primary care provider/pediatrician during the following schedule:

- 2 to 5 days
- 1 month
- 2 months
- 4 months
- 6 months
- 9 months
- 12 months
- 14 months

Children from 18 months to 3 years should see a primary care provider/pediatrician to discuss their health and wellbeing on the following schedule:

- 18 months
- 2 years
- 2 ½ Year

Once your child has reached the age of 3 it is recommended that you schedule an annual well child visit to discuss things that are not part of the conversations with a doctor for when a child is sick. Well child visits are often covered by insurance, visit with your insurance representative to learn more about what types of preventive and annual visits are covered for your children.

Sports Physicals

The North Dakota High School Activities Association requires that athletes have a pre-participation physical on a yearly basis. At Trinity Health, our pediatricians will complete sports physical forms and address other aspects of your child’s health including:

- Immunizations
- Medications
- Acne

The exam is also an opportunity to bring up health concerns, even if they are unrelated to sports. Our pediatric team can perform physicals year-round but keep in mind that the North Dakota High School Activities Association may have requirements for when the physical can be performed for the upcoming school year. Talk to your school’s Activities Director to learn more about the requirements for your student’s athletic program.

Other types of providers at Trinity Health can complete your child’s sports physical. If you need help finding an expert provider at Trinity Health, call 701-857-DR4U.



Melissa Andreasen, FNP-C



Katharyn Burgardt, FNP-C



Ann Cadwalader, MD



Brianna Ellingson, FNP-C



Michael Holland, MD



Frederick Jones, MD



Allison Lesmann, FNP-C



Friday Osuala, MD



Diana Peterson, MD



William Sisa, MD



Anthony Udekwe, MD

Trinity Health pediatric providers are located in the Trinity Health Medical Arts building near downtown Minot. Our team of dedicated providers are ready to offer a full scope of services for children from birth to 18 years of age. To book an appointment with our compassionate children's care team, call 701-857-5413.



Recipes

Sweet Potato & Peach Baby Food

Nutritional Information
Serving size: 1/4 cup or 4 tablespoons, Serves: 10, Calories: 60 per serving, Total Fat: 0g, Cholesterol: 0mg, Sodium: 3mg, Total Carbohydrate: 14g, Dietary Fiber: 2g, Protein 1g.

Note: This nutrition information was calculated using water as a thinner not formula or breast milk.

- Ingredients**
- 2 large, sweet potatoes (washed)
 - 4 ripe peaches (washed, peeled, halved and pitted)
 - 1/4 to 1/2 teaspoon nutmeg
 - 2 tablespoons water (or formula or breast milk)
- Directions**
- Preheat oven to 400° F. Bake sweet potatoes 55 minutes to 1 hour until tender. Allow potatoes to cool until easy to handle.
 - Meanwhile, place peaches in a vegetable steamer. Steam, covered, for 6 minutes until tender.
 - Peel sweet potatoes, place in food processor and add steamed peaches. Process until smooth.
 - Add water (or formula or breast milk) for the desired consistency. Sprinkle in nutmeg and blend.

Tips
Store unused baby food in refrigerator for 48 to 72 hours; or freeze the remainder in ice cube trays to create individual servings, then store in an airtight container and thaw as desired (make sure to use it within two months). To thaw, microwave frozen food cubes in 15 second intervals for 60 seconds. For stove-top thawing, heat the cubes in a saucepan on low for five to 10 minutes. Make sure the baby food is cool before serving.

The above information was obtained and is attributed to the Academy of Nutrition and Dietetics®. Visit eatright.org to find more healthy and nutritional recipes to make at home.

Gluten-Free BBQ Chicken Nuggets

- Nutritional Information**
Serving Size: 6 to 8 pieces, Serves: 4, Calories: 290, Total Fat: 10g, Saturated Fat: 2.9g, Trans Fat: 0.1g, Cholesterol: 75mg, Sodium: 485mg, Total Carbohydrate: 25g, Dietary Fiber: 2g, Sugars: 15g, Protein: 26g, Calcium: 26.4mg , Iron 1.6mg.
- Ingredients**
- 1 tablespoon vegetable oil
 - 1 tablespoon butter
 - 1/4 cup brown rice flour
 - 1/2 teaspoon salt
 - 1/4 teaspoon black pepper
 - 1 pound chicken tenders, cut into 1-inch pieces
 - 1 8 oz. can low-sodium tomato sauce
 - 1 tablespoon white distilled vinegar
 - 1 tablespoon dark brown sugar
 - 1 tablespoon gluten-free Dijon mustard
 - 2 tablespoons honey
- Directions**
- Heat the oil and butter in a large skillet over medium-high heat.
 - Mix the flour with the salt and pepper in a shallow dish.
 - Dredge the chicken in the flour, shaking off the excess and place each piece in the skillet.
 - Cook the nuggets for 4 to 5 minutes, until the chicken is cooked through and browned.
 - Mix the tomato sauce, vinegar, sugar, mustard and honey in a small saucepan with a wire whisk until well combined. Heat over low heat until the sauce just reaches a simmer.
 - When the chicken is done, dip each piece into the sauce to coat it and place the nuggets on a serving plate.

The above information was obtained and is attributed to the Academy of Nutrition and Dietetics®. Visit eatright.org to find more healthy and nutritional recipes to make at home.

Celebrating National Nutrition Month®

March is a special month in which everyone is invited to celebrate and learn about making informed food choices and developing healthful eating and physical activity habits. The Academy of Nutrition and Dietetics has designated the month of March as National Nutrition Month® since 1980 and this year’s theme is “Beyond the Table.” The theme addresses the farm-to-fork aspect of nutrition, from food production and distribution to navigating grocery stores and farmers markets. It also describes the various ways we eat and includes sustainability.



Trinity Health’s Michelle Fundingsland, RDN, LRD, and Kayla Cole, RDN, LRD, share their thoughts about how to participate in National Nutrition Month® in the Q & A below.

Moderator (Q): What is a Registered Dietitian Nutritionist (RDN)?

Fundingsland: A RDN helps patients receive personalized nutrition information to meet your health goals. The support of an RDN helps specialize the unique needs of people to help achieve healthier lives. At Trinity Health we support patients with many different conditions and diagnoses.



Michelle Fundingsland, RDN, LRD

Moderator (Q): How do people book an appointment with an RDN?

Cole: To book an appointment with an RDN, a patient would receive a referral from their primary care provider. Many patients that have diabetes will be referred to an RDN to help them manage their nutrition goals.



Kayla Cole, RDN, LRD

Moderator (Q): How can people stay nourished on any budget?

Cole: Learn cooking, food preparation, meal planning skills and practice food safety at home. When going to the grocery store, create a list and shop sales when purchasing food. Shop at home first to reduce waste and prevent foods you already have from going bad. Think about planned overs instead of leftovers such as using the ground turkey you purchased for several different meals. Also, consider buying in bulk if it is more cost effective and freeze foods so it can be used later.

Moderator (Q): How can you make sustainable lifestyle changes?

Fundingsland: Think of your eating habits as a lifestyle change and not a diet. A good place to start with changing your lifestyle can be done by trying a DASH diet or a Mediterranean Diet. Maintaining a healthy lifestyle change can be hard but using S.M.A.R.T.* goals can help you take small steps to achieve healthy eating habits. For example, you can set a S.M.A.R.T. goal of having one liter of pop a day in a month rather than two liters of pop. This will help you achieve attainable goals over a longer period.

*S.M.A.R.T. is an acronym for specific, measurable, achievable, relevant and timebound. The framework can help you succeed in setting and attaining goals. The approach eliminates generalities and guesswork, sets a clear timeline, and makes it easier to track progress and identify missed milestones.

Trinity Health Medical Nutrition Therapy

Medical Nutrition Therapy (MNT) is a service provided by a registered dietitian nutritionist who has the knowledge in nutrition and disease management to work with individuals who have specific needs. Areas of expertise include, but are not limited to, cardiovascular (high blood pressure, high cholesterol and high triglycerides), diabetes, prediabetes, food allergies, celiac disease, gastrointestinal disorder, kidney disease, cancer, weight management, bariatric and childhood and adolescent nutrition.

Will insurance cover visits to RDNs?

Please check with your individual insurance company for authorization prior to your first visit to see if your specific medical condition is covered for MNT. Examples of coverage from companies such as Blue Cross Blue Shield or Medicaid include, but are not limited to, hyperlipidemia, hypertension, eating disorders, diabetes, renal failure and obesity. Coverage for Medicare includes diabetes and renal failure.

How long is a counseling session?

Typically, the initial session is an hour to fully assess nutritional needs and begin goal setting. Follow up appointments are available from 15-60 minute sessions depending on your needs.

Do I need a doctor’s referral?

A doctor’s referral is necessary for all appointments. It gives the RDN the medical information needed to plan an appropriate and individualized counseling session and is also necessary to receive insurance reimbursement.

How do I schedule an appointment?

Once the referral is obtained, please call 701-857-5268 to schedule your appointment.

How much will it cost?

Fees vary depending on the length of service provided. With a physician’s referral, your health insurance can be billed. Contact your insurance company to discuss your benefits. Financial arrangements and payment plans are available through the Trinity Health Business Office.

What should I bring to the first visit?

Bring a list of any vitamins, minerals or herbal products being used, a list of any food allergies, three day food record of food consumed during the day with time eaten, food type and quantity of each food item.

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



Casino Royale Fundraising Gala Sponsorships

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

Deadline for sponsorships is March 8.





**“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.

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

**Order deadline:
March 25, 2024**

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

fundraisingbrick.com/trinityhealth

COMMUNITY

CALENDAR

For the latest updates, check online at trinityhealth.org

Prepared Childbirth Classes
March 2, April 6, May 4, June 1

Breastfeeding Basics
March 6, April 3, May 1, June 5

Basics of Baby Care
March 4, April 8, May 6, June 3

Sibling Class

March 5, April 2, May 7, June 4

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 March Events

March 5, 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 701-837-5190 to schedule an appointment.

March 5, Weigh 2 Change Session Zero
Take charge of your health and start making positive lifestyle changes with the help of a trained lifestyle coach and fun, engaging support groups. The Session Zero class will be held at 4 p.m. in Skywalk A Classroom, 5th Floor, Trinity Health Medical Arts Building. Session Zero helps introduce participants to the Weigh 2 Change courses taught by Trinity Health Outpatient Dietitians. Weigh 2 Change is a yearlong course that focuses on caring for your diabetes diagnosis and lifestyle habits. The cost of the program is \$220 and is not covered by Medicare. The fee covers educational sessions and materials for the entire year. RSVP for the March 5 course by calling 701-857-5268. Or call 701-857-2850 if you would like more information or cannot make the free Session Zero course.

March 7, 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 call 701-858-6310.

March 14, 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 call 701-858-6310.

March 20, 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.

March 21, Pediatric Heartsaver CPR/AED/First Aid
This 4-hour class located at Trinity Health Riverside Education Cetner 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 call 701-858-6310.

March 22, 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 701-837-5190 to schedule an appointment.

March 30, National Doctors’ Day
Trinity Health would not be able to keep our community as healthy as it can be without the amazing support and care that our doctors give to our patients. Thank you to our doctors for all you do to deliver quality care in our region to patients, families and communities. Happy National Doctors’ Day!