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From left to right: Andrew Skadsem, Amanda Riley, Debbie Hartung and Rebecca Skadsem all pose together for a photo after Debbie went home to recover from her heart attack. This is the first time Debbie and her kids have all been together in six or seven years.

Defying the Odds: Debbie Survives Widowmaker Heart Attack

October was an exciting month for Debbie Hartung. She started a new job at the nursing home in Velva and was looking forward to the start of a new chapter in her life. Just as quick as this new chapter began, things changed and a bump in the road began to surface.

“I called my husband Jason during my lunch break to tell him what I thought of the job so far. The minute I hung up the phone, I felt chest pain,” Hartung said. The week before, Debbie felt similar chest pain and ended up going to the fire department to have her heart monitored, which did not show any concerns at that time.

However, this time it felt different. “After hanging up the phone on my lunch break, I had to call 911 because the pain was getting worse,” Hartung said.

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Tel Sorenson petting Rayban, one of his heel horses, just a few days after returning home from the hospital.

When an Exciting Trip Home Turns Into a Traumatic Event

Lending a helping hand on the family ranch in Watford City was always a joyful experience for Tel Sorenson. Being around animals in his early years and developing a passion that stemmed from his parents, Kadie Sorenson and Jarvis Sorenson, led to Tel falling in love with competing in rodeos.

Tel’s passion paid off, as he earned a full-ride rodeo scholarship to Gillette (Wyo.) College last year to compete in Tie Down Roping and Team Roping. In October, Tel returned home to practice with his partner for the Circuit Finals. Qualifying for the Circuit Finals is an incredible accomplishment, creating excitement for someone like Tel, who lives and breathes rodeo competitions.

Unfortunately, the exciting trip home turned traumatic when fires started flaring up in Watford City. With the family together, Jarvis, Tel, and his brother, Stran, knew they had to help save their land, animals and the surrounding area from being severely damaged.

“Tel came back that week because he made it to the Circuit Finals, which is a really big deal in the rodeo world. He came back to get ready for it and practice with his partner. Then suddenly, things changed,” said K. Sorenson

At first, the situation seemed to be under control. On Friday of that week, Jarvis, Tel and Stran saw fires flare up, and they quickly brought out their equipment to keep it under control. They also received help from their neighbors and the Watford City Fire Department. The fires were put out that day and everything seemed to be fine.

The following day, the wind picked up and caused the fires to spark up again around 1 p.m. In a collaborative effort, Jarvis went out on the tractor, while Tel and Stran went to get the truck before meeting up. In the back of the truck was a pressurized fire unit that helps smother fires.

With everything going on around them, the pressurized unit was still under pressure when Tel went to check the tank level. That’s when it lit off and blew up, resulting in Tel being hit in the face by a 120-pound pressurized cap. Fortunately, his brother Stran was there to alert the rest of their family about the accident.

Because of the wind and fires happening around Watford City, a helicopter was unable to get Tel and an ambulance couldn’t leave town right away. A few hours later, an ambulance out of Williston was able to get Tel and transported him to Trinity Health in Minot, where he arrived around 9:30 p.m.

“I’m very thankful that we have our kid here, but when we couldn’t get a helicopter in because of the wind, I was panicking,” said K. Sorenson

Upon arrival, Tel met with the Neurosurgery team at Trinity Health, where they went over the initial treatment plan with the family. The first step was getting bone fragments surgically removed from Tel’s brain to avoid an infection.

“The Neurosurgery team was so confident, and their bedside manner was awesome. Our family was very impressed with their confidence,” K. Sorenson said. “Every nurse and every doctor were great to us. We can’t say enough good things about the care team.”

The surgery was expected to last roughly one hour, although it ended up being a little longer than that, causing the family to worry. Jarvis called the care team, who reassured the family that things were going well.

“We were all wondering what was happening, but then they told us everything was going well. We were scared, though. My husband [Jarvis] kept saying, ‘Why couldn’t it have been his arm or leg and not his brain of all things?’”

Following a successful surgery, Tel went back to the ICU, and his family was able to see him around 1:30 a.m. Even though Tel’s family was happy the surgery went well, it was still very emotional seeing Tel after everything he just went through.

The recovery process for Tel involved physical therapy, which he passed with flying colors, as well as family visits and getting him up to walk around Trinity Health Hospital throughout the day. In the location where Tel was hit with the pressurized cap, and because of the brain trauma, it was hard for him to eat.

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Traumatic

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The nurses on staff were able to assist with that and reassured the family that this was all normal and the brain trauma was similar to a really, really bad concussion.

After getting out of the ICU on Sunday, Tel felt ready to go home, but he still had to wait a little longer. On Tuesday, David Min, MD, Neurosurgeon at Trinity Health, came in to assess Tel and told the family that he could go home on Wednesday.



Tel Sorenson (left) and Kadie Sorenson (right) pose for a photo as Tel gets ready to head home.

When the time came for Tel to head back to Watford City, Kadie admits that while she was happy for him to go home, she also felt slightly nervous about it. “I wasn’t ready for him to come home, but the kids love home, and you heal up faster at home.”

By Sunday of that week, Kadie recalls Tel starting to hit a turning point: He was awake more often, could talk more clearly and was acting more like his normal self.

While at home, Kadie and Jarvis encouraged Tel to take small steps toward a healthy recovery by having him walk to the barn, pet his horse and walk to the mailbox and back so he could get some fresh air.

Kadie and Tel also watched the Circuit Finals and his brother and sister compete in a high school Badlands Challenge in Bowman on TV. So, while Tel’s life felt completely different for a few days, there began to be a sense of normalcy again.

When the family met with the Neurosurgery team for a follow-up after the surgery and treatments, the sense of normalcy continued as they told Tel he could get on a horse again.

As far as school goes, Tel has been doing online classes and working toward building his endurance back up. Although he has had a strong recovery from the brain injury, he is not pushing himself and taking breaks when he feels tired.

Since Tel has been improving and seeing his everyday life come back together, he has his sights set on making it to Arizona to train for the World Series of Team Roping.

“When he couldn’t enter the Circuit Final, we decided that it would be Tel’s goal to go to the World Series of Team Roping. We told him, ‘If you get better, you can go out to the World Series.’ That is what he has been working toward,” said K. Sorenson.

She added, “I’m a little nervous about roping and what will come back and what won’t, but Tel has full confidence, and his dad has full confidence. It is just a matter of doing it and seeing how he feels. Tel is really listening to his body, so we know what to ask and how to get him there.”

As Tel gets back into his passion for roping and riding horses, where he excelled, it’s evident that his journey has been remarkable. What started as a traumatic event turned into a testament to his determination, with the support of his family and the help of his Trinity Health care team along the way.

“As a parent, in the back of your mind, you think, ‘Did we go to the right place?’ We were scared that night. I really do feel like God had a plan, and he put us in the hands of the right people.”



Pediatric Therapy Gym Now Open at Trinity Health West

Thanks to a generous gift from Town & Country Credit Union and Trinity Health Foundation, children with a broad range of developmental disabilities will receive enhanced therapeutic care with the opening of the Trinity Health Pediatric Therapy Gym, located on the main floor of Trinity Health West.

The pediatric initiative is one of several efforts stemming from a partnership that formed between Trinity Health and Town & Country Credit Union. Wade McDowell, Director of Trinity Health Therapy Services, says the pediatric sensory initiative has been a longtime goal of his.

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Heart

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By the time Jason drove to Velva, Debbie was still sitting in her car as the pain and symptoms worsened. She couldn’t lift her head off the steering wheel, her arms and legs were going numb, she was dry heaving and having pain right in the center of her chest.

Shortly after, an ambulance arrived and transported Debbie to Trinity Health Hospital in Minot.

Upon arrival to Trinity Health Hospital, Debbie doesn’t remember much besides waking up and seeing Samir Turk, MD, Cardiologist at Trinity Health, and a heart on a big monitor. She asked, “Is that my heart on the monitor?” to which Dr. Turk replied, “Yes, and you are very lucky to be seeing that.”

It turns out that it was not just any heart attack that Debbie had, but it was a widowmaker heart attack. It gets its name because of the severity of the heart attack when there is blockage in the biggest artery in your heart. It is immediately life-threatening.

Initially, Debbie did not realize what happened after waking up or how bad the heart attack was. After she came to her senses and talked with Dr. Turk, she began calling her children and loved ones right away to let them know what happened.

The first day after the surgery marked the beginning of Debbie’s remarkable recovery as she was able to get out of bed and walk around the halls at Trinity Health Hospital. She was there for just three days before she was able to head home and return to the life she knew.

Since returning home, the remarkable recovery has continued. Today, Debbie is back to work full-time at the nursing home and has been able to incorporate exercise into her weekly routine. Although she can’t exercise as much as she used to, she is just happy being able to do the things she enjoys again.

“I was a little sore when I first came home, but I had energy and would not have guessed that I had the widowmaker heart attack and lived through it,” Hartung said.

She added, “I have a feeling that if the heart attack didn’t happen on that day and if it wasn’t for Dr. Turk, I wouldn’t be here right now. I fully believe that Dr. Turk saved my life.”

Though surviving a widowmaker heart attack was a harrowing experience, it has marked the beginning of another new chapter for Debbie. One where her story and her experience can inspire others to take preventive steps and to understand the importance of heart health.

Trinity Health

Speaker’s Bureau

Call Community Education at

701-857-5099

for available dates and topics

Trinity Health

Outpatient

Pharmacy

Medical Office Building, 1st Floor
2305 37th Ave SW, Minot, ND

701-857-7935



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 July 1 to September 30, 2024. These contributions illustrate a generous and caring community, striving to bring the highest quality care to those we serve. We want to thank those contributors for their generous support of Trinity Health’s mission: “To excel at meeting the needs of the whole person through the provision of quality healthcare and health related services.” For more information on honoring the memory of a loved one through philanthropic giving, contact Trinity Health Foundation at 701-857-5432.

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Trinity Health Foundation Red Carpet Fundraising Gala



Mark your calendars for a night of elegance and impact! Support Trinity Health Foundation and help us make this year’s gala an unforgettable experience. With a live and silent auction and our exciting purse-onality and bro bag auction, there is something for everyone!

Sponsorship Opportunities:

Premier Sponsor - \$10,000

- VIP Experience for 16 guests (two premium-positioned tables)
- Premium wine service (2 bottles per table)
- Exclusive tableside hors d'oeuvres service
- Dedicated spotlight post on Instagram & Facebook
- Featured in our event highlight reel
- "Sponsor Spotlight" Instagram Story with link sharing
- Premium logo placement in event program
- Premium logo placement in event digital displays
- Three dedicated mentions by our emcee
- Year-round logo placement on our Foundation website

Platinum Sponsor - \$5,000

- Premium seating for 8 guests
- Select wine service (2 bottles)
- Featured in our event highlight reel
- Custom Instagram Story feature
- Group recognition post on Instagram & Facebook
- Prominent logo placement in event program
- Prominent logo placement in event digital displays
- Two emcee recognitions
- Logo placement on our Foundation website

Help us surpass last year’s \$156,000 raised to support a new NICU transport incubator. Let’s make a difference together!

For sponsorship info, contact Darla Miller: Darla.Miller@trinityhealth.org or 701-857-2896.

Gold Sponsor - \$2,500

- Table for 8 guests
- Wine service (1 bottle)
- Featured in event highlight reel
- Group recognition post on social media
- Logo placement in event program
- Logo placement in event digital displays
- Special emcee recognition
- Listed on our Foundation website

Silver Sponsor - \$1,200

- Table for 8 guests
- Featured in event highlight reel
- Group recognition post on social media
- Logo placement in event program
- Logo placement in event digital displays

Bronze Sponsor - \$500

- Featured in event highlight reel
- Group recognition post on social media
- Name recognition in event program
- Name recognition in event digital displays

Making an Impact Together in 2024



Trinity Health Foundation, Marketplace Foods Team up for Power of Pink

The 18th annual Power of Pink Fundraiser held by Marketplace Foods was a huge success. During October, 10% of specially marked pink bakery sales were donated to Trinity Health Foundation to benefit Trinity Health’s Focused Exercise—Cancer Program. The \$26,260.06 raised from Minot’s local Marketplace Foods went directly to Trinity Health Foundation, which contributed to the grand total of \$39,116.71 raised by Johanneson Companies for local cancer foundations.



Fuel the Fight Raises Nearly \$80,000 for Trinity Health CancerCare Center Patients

In September, Trinity Health Foundation hosted its 7th annual Fuel the Fight at Dakota Square ARCO. Those who purchased eight or more gallons of fuel were entered to win free gas for a year. A portion of all fuel and in-store sales at Dakota Square ARCO that day were donated to Fuel the Fight, which supports Trinity Health CancerCare Center patients by providing gas vouchers for their travel to treatments. In total, Fuel the Fight raised \$79,273.84 which will go a long way in helping lighten the cost of travel for patients coming to the CancerCare Center for treatments.



Double D-Haw Raises Awareness

Minot’s biggest and best breast cancer fundraiser, Double D-Haw, was a huge success, raising \$25,000. Attendees were able to enjoy a seafood boil, art auction, fun and games and a street dance, all while supporting a great cause! The \$25,000 raised goes toward the purchase of a Brevera Breast Biopsy System. This new technology makes it faster, more accurate and less invasive in the detection and treatment of breast cancer.



Building Hope Raises Over \$35,000 for CancerCare Patient Assistance Fund

Although rain had delayed the original date of the event, that did not stop the community from coming out to support a great cause at the 26th annual Building Hope Women’s Golf Tournament. With 31 teams teeing off at Souris Valley Golf Course, the outstanding support helped raise \$35,538 which will benefit the Trinity Health CancerCare Patient Assistance Fund. This fund provides cancer support programs free of charge and direct patient financial assistance to Trinity Health CancerCare patients.

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Last Year’s Nursing Scholarships Awarded

Pictured are last year’s Trinity Health Foundation Nursing Scholarship 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.

Last 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.

Stay tuned for more information on the Trinity Health Foundation Nursing Scholarship recipients for 2024-25.

Events continued from page 4



50-50 Raffle Taken to new Heights!

In August, Trinity Health Foundation took their 50-50 raffle to new heights with their 2nd annual Chopper Drop. Golf balls were available for purchase for a chance to win up to \$5,000. Trinity Health First Response flew over Souris Valley Golf Course and poured the bucket of numbered golf balls out the window. The golf ball closest to the target won the 50-50 cash prize.



Ryan Chevrolet Serves Breakfast to Benefit a Great Cause

As part of Breast Cancer Awareness Month, Ryan Chevrolet held their 11th annual Pancake Breakfast in October. The funds raised benefitted Trinity Health’s Cancer Exercise Rehabilitation Program. This program allows cancer patients to participate in supervised exercise programs that have been shown to improve physical function, reduce fatigue and improve quality of life. Thanks to Ryan Chevrolet’s support, we will be able to continue to provide these important services to cancer patients in our community.

Gym continued from page 2

“Play is the work of children. That is how children learn, grow and mature,” said McDowell. He added, “I think you will see that in these spaces. They are designed to engage play in a lot of different ways, whether it is energetic and active play, or quiet time and calming spaces.”

With an advanced facility that consists of a sensory gym and two calming rooms, each area is equipped with features that provide a stimulating and stress-free environment to receive physical, occupational and speech therapy services.

Inside the sensory gym, there are swings, a zip line, rock climbing walls and a slide for the children to freely play on. The combined spaces offer a safe and structured environment, where patients can play and explore which will improve their core strength, sensory processing skills and give them social interaction.



“These spaces provide our occupational therapists, physical therapists and our speech language pathologists with the tools in their environment to work most effectively,” said McDowell.

He added, “I have seen a patient run in looking happy, smiling and having fun. When a parent followed them in the door, their expression was not much different. To me, that is what this is all about.”

Trinity’s Outpatient Pediatric Therapy Clinic, located in Trinity Health West, is staffed by a team of seasoned therapists who offer physical, occupational and speech therapy tailored specifically for children. All services are individualized and utilize therapy models to help children achieve their goals.



Kyle Nathan, PA-C



Mariah Nathan, PA-C



Kimberly Salas, FNP-C



Abdullahi Adamu, MD



Alexis Harvey, MD



Kasey Rabe, PMHNP-BC



Sally Eberle, FNP-C

New Providers

Trinity Health is excited to welcome **Kyle Nathan, PA-C**, to our Emergency/Trauma Medicine team. A board-certified physician assistant, Kyle is dedicated to providing high quality care to people with emergent and life-threatening conditions. A native of Monticello, Minn., he received his Bachelor of Science in Biology from the University of North Dakota in Grand Forks and went on to complete his Master of Science in Physician Assistant Studies from Northwestern College in Orange City, Iowa. His professional memberships include the American Academy of Physician Associates. Kyle enjoys playing board games, reading, hunting and hiking in his free time. He is eager to contribute the latest insights to Trinity Health after his recent academic achievements.

A member of our Walk-In Clinic Team, **Mariah Nathan, PA-C**, is a physician assistant who is well qualified to provide diagnosis and treatment to patients seeking care for non-emergent illnesses and injuries. Mariah received her Bachelor of Science in Biology and Bachelor of Arts in Honors from the University of North Dakota in Grand Forks before earning her Master of Science in Physician Assistant Studies from Northwestern College in Orange City, Iowa. She is a member of the American Academy of Physician Associates and the North Dakota Academy of Physician Assistants. She is board certified by the National Commission on Certification of Physician Assistants. In her free time, Mariah enjoys playing violin, cooking, spending time outdoors and playing board games with family and friends. She is enthusiastic about contributing to the innovation and creativity that Trinity Health offers.

A board-certified nurse practitioner, **Kimberly Salas, FNP-C**, is part of our Walk-In Clinic team, providing care to patients to evaluate their health status and recommend treatment for the full range of non-emergent conditions that are not life-threatening but still need immediate care. Born and raised in Mohall, Kimberly earned her Bachelor of Science in Nursing from Western Governors University in Salt Lake City. She went on to receive her Master of Science in Family Nurse Practice from the University of North Dakota. Previously, Kimberly was an Emergency Room nurse for over 13 years and a nurse at the walk-in clinic with Trinity Health before beginning her new role. In her free time, she enjoys traveling, crafting, photography and scrapbooking.

Trinity Health is pleased to welcome **Abdullahi Adamu, MD**, to our Neurology team, where he will focus on conditions of the brain, spinal cord and peripheral nerves. A native of Nigeria, Dr. Adamu earned his Bachelor of Medicine and Bachelor of Surgery from Bayero University Kano College of Medicine in Nigeria. From there, he earned a master’s degree in public health focusing on epidemiology and global communicable diseases from the University of South Florida in Tampa. After completing an Internal Medicine internship at Louisiana State University, Shreveport, Dr. Adamu completed his Neurology residency at the same institution. A member of the American Neurological Association, American Public Health Association and the Medical and Dental Council of Nigeria, he enjoys watching soccer, volunteering in the community and spending time with family.

Trinity Health is pleased to welcome **Alexis Harvey, MD**, to our general surgery team. Dr. Harvey received her Bachelor of Science in Microbiology from the University of Texas at Austin before earning a Doctor of Medicine from Case Western Reserve University School of Medicine in Cleveland, Ohio. Upon graduation, she completed a general surgery residency with the Cleveland Clinic Foundation. A native of San Antonio, Texas, Dr. Harvey is excited to contribute to the overall health of the Minot community. A member of the American College of Surgeons, the American Medical Association, and the Association of Women Surgeons, she enjoys reading, gardening and birdwatching in her free time.

A member of our Behavioral Health team, **Kasey Rabe, PMHNP-BC**, is a psychiatric mental health nurse practitioner, board certified by the American Nurses Credentialing Center. She specializes in providing mental healthcare to children, adolescents and young adults up to age 25 who are dealing with a wide range of psychiatric conditions, ranging from depression and anxiety to attention deficit hyperactivity disorder (ADHD) and mood disorders. A Minot native, Kasey stayed close to home to earn a Bachelor of Science in Nursing from Minot State University. From there, she received a Master of Science in Nursing from the University of North Dakota, Grand Forks. Kasey has worked as a nurse with Trinity Health in various units since 2017, including home health and hospice, children and adolescent partial hospitalization and the 3C psychiatric inpatient unit. She also worked as a CNA with Trinity Homes for two years. Kasey enjoys spending time with her family, being outside, traveling, going to church and playing darts.

Sally Eberle, FNP-C, is a board-certified nurse practitioner who is part of our Radiation Oncology team. A Minot native, Sally earned her Bachelor of Science in Nursing from Medcenter One College of Nursing, Bismarck, and practiced four years at Garrison Memorial Hospital before earning her Master of Science in Family Nurse Practice from the University of Mary, Bismarck. She provided primary care services to patients at Trinity Health’s convenience clinic for seven years and spent three years serving patients at CHI St. Alexius Health. Most recently, Sally served as a nurse practitioner with our Family Medicine team at Trinity Health East Ridge since 2018. She’s certified by the American Academy of Nurse Practitioners and is a member of the North Dakota Nurse Practitioners Association. During her free time, she enjoys gardening, going to the lake and reading.



Cervical Cancer Awareness

Each year, 11,500 new cases of cervical cancer are diagnosed and an estimated 4,000 women die of this cancer, according to the Center for Disease and Control Prevention (CDC). Learning about the disease and recommended prevention methods are critical to protect yourself and children from the main cause of cervical cancer, HPV.

What is HPV?

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

What are risk factors for cervical cancer?

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

What are Ways to reduce risk?

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

What is the HPV vaccine?

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

When should vaccination occur?

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

What screening options are there?

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

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

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

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



Learn to Save a Life with STOP THE BLEED® Training

Cost: Free!

Did you know? Someone with life-threatening bleeding can bleed to death in as little as five minutes. Bleeding is the #1 cause of preventable death after an injury.

That’s why Trinity Health hosts a free community training to teach you the skills you need to take action in an emergency. Whether it’s a car accident, farm injury, workplace incident, or unexpected event in a public place, STOP THE BLEED training can empower you to save a life.

In this one-hour session, you'll learn how to:

- Recognize life-threatening bleeding.
- Take simple steps to control severe bleeding.
- Act quickly and effectively to help someone in need.

We live in a world where emergencies can happen anytime, anywhere—be prepared to make a difference. Join us and become the person who can save a life when every second counts.

Stay tuned for details on when STOP THE BLEED classes are held.



Tips to Reduce Holiday Stress

This time of year, nature’s crisp beauty invites us to unwind, embrace family and friends and renew connections that help sustain us. Here are a few ideas on how to tap into the season’s healing bounty.

1. Stress Less

Give yourself space – and grace. Try:

- Not saying “yes” to all that is asked of you.
- Making realistic holiday and to-do lists and learning what you can “let go.”
- Breathing deeply and slowly before starting each new task.
- Refreshing your coziest spot at home – with a soft chair, warm throw, fire logs or a candle and a place to rest your head.
- Setting aside time for a book you’ve been meaning to read or show you’ve wanted to watch.

2. Mind Over Matters

No matter what you’re doing, be present. Try:

- Noticing the details that make up one of your favorite places.
- Stretching to reach a failing leaf and crumbling it in your hand.
- Indulging in only your absolutely favorite treats – and experiencing their taste, smell and texture fully.
- Giving someone your complete attention.
- Gazing at the stars or looking for shapes in the clouds.

3. People Power

Connect with your whole heart. Try:

- Turning shopping or cooking into a pairs or team event.
- Scheduling a festive lunch date or a walk outdoors with someone new.
- Sharing a favorite food or recipe with a friend or co-worker.
- Retelling a favorite memory at a gathering or in a holiday greeting.
- Enlisting a friend to help you rake leaves or build a snowman.

4. Giving Thanks

Note blessings big or small. Try:

- Listing objects that comfort you. Think about your morning coffee, a favorite meal, a pair of snuggly socks or a warm, chunky scarf.
- Smiling as the winter sun shines on your face.
- Jotting down all the things that went right today.
- Savoring the abundance of food at a local market (and taking a bite of a perfect apple!)
- Thanking someone for making your life better.

5. Rest for Your Best

Replenish both body and mind. Try:

- Sticking to a regular sleep schedule of seven to nine hours per night.
- Renewing your stamina with exercise, yoga or a good stretch.
- Closing your eyes for a few minutes at work.
- Scheduling “me” time to relax with a hot bath or cup of tea.
- Snoozing one afternoon, for no good reason.

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. Visit heart.org/en/ to learn more about important heart topics and healthy living tips.

Occupational Medicine Services

701-857-7840

400 Burdick Expy E, Minot

HR Hot Jobs

Social Worker-LMSW

The Home Health/Hospice social worker is responsible for identifying psychosocial needs, goals and interventions of patient/family/significant other, and the services must be in accordance with the plan of care. The social work services are under the direction of a physician, and care is given to patients specific to population served with special attention with geriatric population. All the job standards and skills included within this document will be performed and documented according to established policies, procedures, and guidelines with the Home Health/Hospice Department and Trinity Hospital. Standards measured by: Direct or indirect observations, documentation, valid complaints, QM reports, review, and demonstration. Any areas found to be below in a standard for more than 1 consecutive year, will result in a below rating for entire standard.

Minimum Qualifications and Requirements

- Licenses and Certifications Required
 - Currently is a licensed certified social worker, and/or licensed social worker in North Dakota.
- Educational Requirements
 - MSW required. Must provide proof upon hire.
- Experience Requirements
 - Preferred at least one year experience in a healthcare setting.
- Special Skills or Training Requirements
 - 30 hours every 2 years of continuing education.

LPN Float

Responsible for nursing care under the supervision of providers, clinical services manager and RNs. The LPN II Float will be assigned daily to a nursing unit by the Nursing Supervisor.

Minimum Qualification and Requirements

- Licenses and Certifications Required
 - Current or temporary LPN license in ND or compact LPN licensure.
 - CPR required within orientation period.
 - Ongoing point of Care certifications as required for department required within orientation period.
- Educational Requirements
 - LPN as evidenced by licensure.
- Experience Requirements
 - One year or more of LPN experience preferred.
 - Clinic experience preferred.
 - Coding experience preferred.
- Special Skills or Training Requirements
 - Flexibility required.
 - May require travel to satellites.
 - Computer use.
 - Trinity community clinics – draw and package lab tests.
 - Minot clinics – participate in convenient care weekend schedule.

Clinical Education Manager

The “Clinical Education Manager” is responsible for the overall management and coordination of educational services primarily for the acute-care division of nursing, while serving as a resource for the other clinical departments as needed. The manager holds the accountability to manage within the context of the organization, and to transform organizational values into daily operations yielding an efficient, effective, and caring organization. This includes management of designated clinical education that are evidence based and support the clinical practice. The manager is responsible to assess, develop, implement, maintain, and evaluate outcomes, policies, programs, and services related to clinical education and training. The manager participates in assessing the environment, forecasting trends, transmitting values, communicating ideas, coaching, and mentoring others, managing resources, and assuring that nursing’s core values are implemented, and professional practice maintained.

Minimum Qualifications and Requirements

- Licenses and Certifications Required
 - Current or temporary RN license in ND or compact RN licensure.
 - BLS certification required within orientation period.
- Educational Requirements
 - RN: Master’s Degree (either bachelors or masters must be in nursing).
- Experience Requirements
 - 5 years of nursing experience with experience in nursing education or an applicable educational setting preferred.
 - Preference will be given to individuals with previous leadership and management experience.
- Special Skills or Training Requirements
 - PC experience required.
 - Microsoft Office experience required.



Embrace Winter with Outdoor Activities

Sure, it’s winter, but the cold doesn’t have to keep you inside or stationary. North Dakota offers plenty of outdoor activities that are not only fun, but beneficial to your physical and mental health as well. What are you waiting for? Get outside and get moving!

Cross-Country Skiing

Cross-country skiing relies on your body’s own strength and stride to navigate snow-covered terrain. For this reason, cross-country skiing is an excellent exercise.

- Full-body workout – Cross-country skiing simultaneously works the lower and upper body, activating the “pulling” and “pushing” muscles of each region to create a full-body workout.
- Burns calories – Cross-country skiing burns more calories than any other form of exercise or sport. You can burn more than 1,000 calories per hour for intense skiing.
- Improves cardiovascular endurance and health – Because no single muscle group is overstressed with cross-country skiing, the activity can be sustained for hours, making it an excellent aerobic workout.

The Minot Park District grooms trails at the Moose Park and Oak Park for cross-country skiing and snowshoeing when snow conditions allow. For more information, visit <https://minotparks.com/programs-activities/cross-country-ski-snowshoe/>

Downhill Skiing

Downhill skiing is a great activity for people of all ages and skill types. Plus, it’s beneficial for your physical and mental health.

- Improves balance and core strength – While you’re skiing, your core is constantly engaged as it works to stay balanced. Your engaged core will improve muscle tone in your abdomen and overall core strength.
- Strengthens lower body muscles – You will most certainly feel your legs burning after a day of skiing. That’s because the sport puts you in a constant squat position, working your inner and outer thighs, hamstrings, quads and glutes.
- Boosts your mood – Getting outdoors and exercising promotes increased production of endorphins, which creates feelings of relief and happiness. You can also benefit from the added boost of vitamin D exposure from the sun, which is especially important in the winter when days are shorter.

You don’t have to go far to find great skiing. Bottineau Winter Park is open for skiing, snowboarding and tubing. For more information, visit www.skibwp.com.

Ice Skating

Ice skating is a great year-round exercise as many cities have indoor ice-skating rinks that allow you to enjoy the activity no matter the temperature outside. Stability, control and strength are key elements in the sport that make it a healthy activity for all ages.

- Improves joint flexibility – Because skating relies on quick foot movements and strong knees, your leg joints will no doubt receive a great workout.
- Endurance – Ice skating is an excellent way to build endurance as it requires you to use energy over an extended period. As with other sports, the longer you skate, the more you’ll improve your endurance.
- Weight management – Ice skating is a good way to burn calories while having fun. You can burn between 300 and 650 calories per hour, depending on the intensity of your skate.

The Minot Park District maintains four outdoor rinks: Corbett Field, Polaris Park, Roosevelt Elementary School, and Perkett Elementary School. The rink hours vary by date and location. For more information, visit <https://minotparks.com/programs-activities/outdoor-rinks/>.

Maysa Arena offers indoor skating; visit <https://minotparks.com/maysa-arena/> for available times.

Sledding

Sledding is a fun family activity and an excellent workout for children and adults!

Sledding works on our endurance, cardiovascular fitness and total body strength (between lugging a sled uphill and drudging through snowy terrain) and encourages core stability and control during the fast ride down.

Minot Park District offers sledding at Souris Valley Golf Course during the winter months (weather permitting). For a map, visit <https://minotparks.com/programs-activities/sledding-hill-tube-rentals/>.

Ice Fishing

Ice fishing requires a great deal of focus and awareness. This takes your mind off internal conflict and stress. As a result, it helps to reduce anxiety, fight off depression and promote relaxation.

Believe it or not, ice fishing can be quite beneficial to your physical health, too. Walking to an ice-fishing hole or house, for example, can burn about 400 calories per hour. Plus, your back and shoulder muscles get a good workout when you’re shoveling snow and drilling holes.

Ice fishing is a popular activity in North Dakota, and no matter where you live, you don’t have to drive far to find a place to fish. Visit <https://www.ndtourism.com/articles/winter-fishing-nice-be-ice> for more information.



Trenton Bohan is presented with an award after winning the 2024 Trauma Conference Emergency Medicine Poster Contest. Pictured from left to right: Jon Solberg, MD, FACEP, FAWM, Chair of the Department of Emergency Medicine at the UND School of Medicine & Health Sciences; Trenton Bohan UND medical student doing rotations at Trinity Health; Jake Naidu, DO (Interventional Radiology); and Scott Knutson, MD (Emergency Medicine), Chief of Staff.

UND Medical Student Recognized for Excellence in Emergency Medicine Poster Contest

In September, the 25th Annual North Dakota Statewide Trauma Conference took place in Bismarck, where healthcare professionals and medical students attended to advance their education on trauma care for patients.

Trenton Bohan, a medical student at the University of North Dakota (UND) School of Medicine & Health Sciences Northwest Campus (Minot), who is doing his third- and fourth-year rotations at Trinity Health, was there to do more than advance his education. Trenton participated in the Emergency Medicine Poster Contest, where he presented a case on an unresponsive patient.

UND medical students were tasked with taking their most interesting trauma case and presenting it online, giving other students from across the state the opportunity to learn from it. They also had to create a poster to accompany the presentation and all were displayed at the trauma conference.

Mentored by Scott Knutson, MD, Chief of Staff, and Jake Naidu, DO, both of Trinity Health, Trenton’s case won the Emergency Medicine Poster Contest. This is a remarkable accomplishment, as Trenton’s findings, education and case results stood out among presentations from students across North Dakota.

In this case, Trenton faced many unknowns with an unresponsive patient and no background to use as a starting point. Trenton had to fully evaluate them while collaborating with Dr. Knutson and Dr. Naidu. This included a lab investigation and a CT scan, which helped lead the group to a solution.

Trenton noted that this patient was complicated for multiple reasons, but the thorough examination avoided the risk of missing additional diagnoses and guided them to why the patient was unresponsive.

“Trent Bohan and the faculty he worked with were Dr. Naidu from Interventional Radiology and Dr. Knutson from Emergency Medicine. It was fun to see these departments working together for medical education,” said Jon Solberg, MD, FACEP, FAWM, Chair of the Department of Emergency Medicine at the UND School of Medicine & Health Sciences.

Together, this group showcased teamwork while taking the opportunity to further educate their peers by being thorough and finding success in the uniqueness of their case.

Find a Primary Care Provider

If you need help identifying a primary care provider that meets your specific needs, call **701-857-3748** to speak with one of our specialists.

Walk-In Clinic

Monday-Friday
8 a.m.-8 p.m.

Weekends & Holidays
9 a.m.-5 p.m.

Visit trinityhealth.org for wait times

400 Burdick Expy E, Minot

No Appointment Necessary

C O M M U N I T Y

CALENDAR

For the latest updates, check online at trinityhealth.org

Prepared Childbirth Classes

January 11, February 8

Prepared Childbirth classes are offered monthly. Classes should be attended during the last eight weeks of pregnancy. Each session provides information regarding: signs of labor, what to expect in labor, comfort measures, options for pain relief, early postpartum cares and tour of Family Birth Center. Meets from 9 a.m. to 4 p.m.

Breastfeeding Basics

January 8, February 5

Breastfeeding Basics is an opportunity to learn all things breastfeeding. Topics covered include feeding positions, proper latch, skin-to-skin contact, signs baby is getting enough to eat and more! We encourage you to attend the class prior to delivery; however, this class is also available to women who have recently delivered. Meets from 6 to 8 p.m.

Basics of Baby Care

January 13, February 3

Welcoming a new baby is a special and exciting time! A time that can also bring up many questions: How will I know my baby is hungry? When will my baby sleep? How do I keep my baby safe? This class will answer those questions and more! We will cover the basics of newborn care such as feeding, bathing, diapering, soothing and sleep. This class does NOT include CPR. Available to expectant or parents of newborns. Meets from 6 to 8 p.m.

Sibling Class

February 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, but anyone is welcome. 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 Health 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 January Events

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

January 24—Join us at the Minotauros hockey game for Trinity Health night in the Maysa Arena. The puck drops at 7:35 p.m. against the Watertown Shamrocks. Trinity Health is a proud sponsor of the Minot Minotauros.

January 28—Jerrica Maxson, Aud., will give a presentation on hearing aids at 10:30 a.m. in the Parker Senior Center as part of the Good to Know series.

January 29-31—Trinity Health will educate attendees on STOP THE BLEED® at the KMOT Ag Expo in the North Dakota State Fair Center. Someone who is severely bleeding can bleed to death in as little as 5 minutes. In fact, bleeding is the #1 cause of preventable death after an injury. Stop by the booth to learn this potential life-saving technique. Cholesterol screenings and free blood pressure checks also will be provided.