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## KJ Armstrong Appointed to the North Dakota Board of Nursing

Trinity Health is proud to announce that KJ Armstrong, MSN, RN, CEN, Trauma Program Manager, has been appointed by Governor Kelly Armstrong to serve a four-year term on the North Dakota Board of Nursing.

As a member of the Board, Armstrong will play a key role in reviewing and supporting nursing licensure, practice standards and education across the state. She will also collaborate with colleagues and leaders throughout North Dakota to anticipate and adapt to ongoing changes in healthcare.

“We are incredibly proud of KJ for this well-deserved appointment,” said Ben Anderson, VP/Chief Nursing Officer. “Her passion for nursing, commitment to high-quality care and dedication to advancing the profession make her an excellent representative for nurses across North Dakota. This appointment is a testament to her leadership and the respect she’s earned among her peers.”

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## Samantha Morgan Turns Passion into Purpose at Trinity Health

Toward the end of her college career, Samantha Morgan knew the career path she wanted to follow; she just needed to determine how to get there. After graduation, Samantha began working in admitting at Trinity Health. This, she felt, was a great opportunity to get her foot in the door before ultimately reaching her goal of enrolling in the Radiologic Technologist program at Trinity Health.

After more than a year of working in admitting, Samantha applied to the Radiologic Technologist program and was accepted. Following a successful completion of the two-year program, which Samantha balanced while continuing to work in admitting, she was offered a position as a Mammography Technologist with Trinity Health.

This was a significant milestone in Samantha’s life. One that she had dreamt about for a long time. “When I was in high school, I initially thought being a radiologic technologist would be one of the coolest jobs. I was very fascinated by anatomy, and I thought being an X-ray tech would be something I would like to do for the rest of my life,” said Samantha.

She added, “When I was in college, I kind of changed career paths, but in my final year, I decided that I definitely wanted to work in radiology. Once I started pursuing that route, I learned about the different modalities available to registered technologists, and mammography was one of them. I thought mammography checked all the boxes of what I truly wanted to do.”

For Samantha, her passion for mammography comes from understanding how important these moments are and how much of a difference compassionate care can make for someone facing the unknown.

“When patients come in, you want to provide a good experience for them, right? Nobody wants to come in for a mammogram, so being the first person they see and providing them with a great experience can make a difference,” said Samantha.

She added, “When they have to come back for additional images if there is a finding, it’s generally the same person who does those extra views. For the patients, they are going through something pretty traumatic, but they feel a little more comfortable by seeing a familiar face. I knew I could be someone who provides a great experience for our patients.”

Samantha’s commitment to providing exceptional care and her passion for helping others didn’t go unnoticed. Just a few months after graduating and stepping into her new role as a Mammography Technologist, she was offered the opportunity to take on a leadership position with Trinity Health mammography.

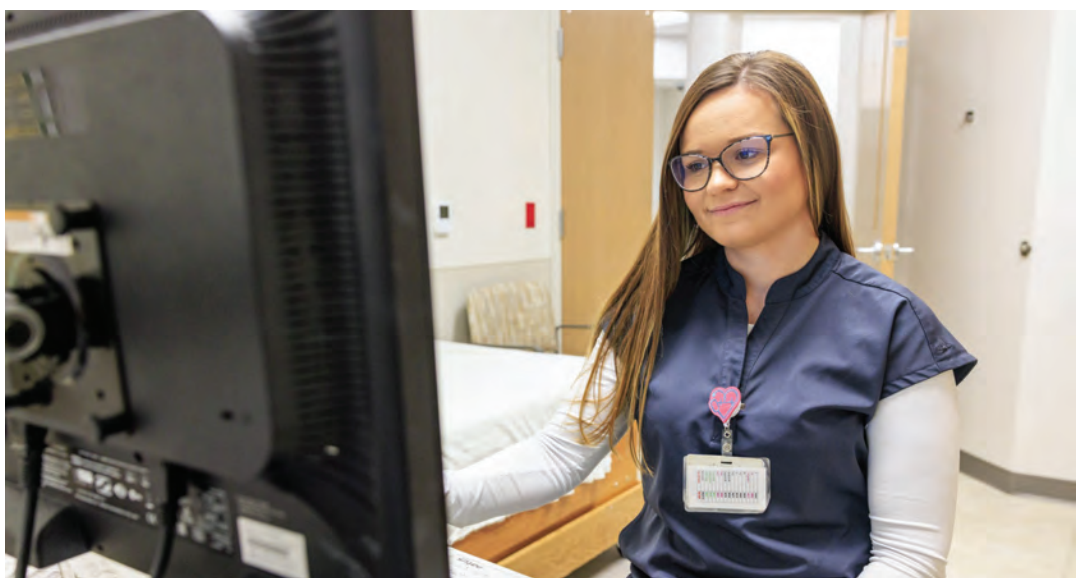
That position is her current role, where she serves as Mammography Tech Supervisor. It’s a position that brings her both pride and fulfillment, knowing the impact her team makes on patients every day.

“I take great pride in my work. I see students who show interest in mammography, and I get to introduce them to what the department and field are all about. Mammography can be very challenging when you’re just starting out. When you can’t get the perfect image for the radiologist, it can be frustrating. I enjoy supporting my team during these times and helping them learn, grow and build confidence,” said Samantha.

As Samantha reflects on how far she has come, she’s equally as energized by where the field is heading. Advancements in mammography technology,



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## From Curiosity to Career: How Taylor Hanna Found Her Path in Neurodiagnostics

The first time Taylor Hanna encountered her future career, she questioned what was happening. As a Certified Nursing Assistant with Trinity Health, a neurodiagnostic tech ran an electroencephalogram (EEG) on a patient she was working with. Being unfamiliar with the test procedure, Taylor raised questions.

“I asked the tech, ‘What are you doing?’ because I have never seen anything like that,” Taylor said. “They explained to me that they were checking to see if the patient was having seizures. I knew that somebody tested for seizures, but I didn’t know how they did it.”

An EEG is just one part of neurodiagnostics. At Trinity Health, there are Neurodiagnostic Tech I, II and Senior Tech levels. Tech I performs tasks such as hearing tests for newborns, EEGs and checks for slowing in patients with dementia.

Tech II works alongside surgeons to help protect nerves during procedures and performs nerve conduction tests to check for conditions such as carpal tunnel syndrome, neuropathy, ALS and more. Senior Techs can perform all tests in the department.

After learning more about the field through her first interaction with a Neurodiagnostic Tech, Taylor’s interest piqued. She began researching the field and continuing to learn more about it, where she began to feel like this could be a career path for her eventually.

Following her work as a CNA, Taylor became an Electrocardiogram Tech at Trinity Health before pursuing neurodiagnostics. While she was excited to start a new chapter, one she felt ready for, Taylor knew the transition would be intimidating. That feeling, however, quickly subsided thanks to the support she received.

“It was a little intimidating because when people think about neurology, they think it’s scary. I didn’t know anything when I started, but all of the neurologists were friendly and willing to help. No question was a silly question,” said Taylor.

On-the-job training was a significant part of the process for Taylor as she worked toward becoming a Neurodiagnostic Tech I. With the support of Trinity Health, she was able to become certified in EEG, nerve conduction and surgical monitoring. While these certifications are available for team members to earn at their own pace, Taylor’s passion for the field began building rapidly and she finished all of them within a year and a half.

These certifications include online modules, tests, hands-on learning and interactive videos, making it possible to learn while working.

Since transitioning to the neurodiagnostic field, Taylor has continued to focus on learning and growth within Trinity Health, where she currently holds the position of Neurodiagnostic Tech II. While the role builds on Tech I responsibilities, it carries more trust from providers, who rely on Tech IIs to make judgments and manage complex procedures.

“To be a Tech II, you have to know things like how to troubleshoot the machines and what could cause unusual readings. Doctors put a lot of trust in you, especially when you are on call,” said Taylor.

With that increased responsibility has come a stronger sense of purpose and fulfillment in her work. Taylor says transitioning to the neurodiagnostic field has been one of the most rewarding steps in her career.

“I’m more than satisfied with where I’m at in my career. I’m learning something new every single day with neurology and you don’t always get that in other fields. We also don’t do the same tests every day. There are three or four different tests we can do in the same workday,” said Taylor.

Taylor says what keeps her most engaged in the field is the variety and constant learning that come with each day. She adds that neurodiagnostics is especially appealing for CNAs or those with a nursing background who enjoy hands-on, patient-focused work.

“The days are always interesting, and no patient is the same. If you are feeling stuck with the same patients, we do it all and have a lot of variety in our days. If you come from a nursing background, there are plenty of opportunities to use those skills as well.”

Beyond the variety of the work itself, Taylor says one of the best parts of her role is the people she works alongside. The neurodiagnostic team, she explains, is a close-knit group that supports one another and continues to learn together each day.

“We’re a small department with four techs and the neurologists. It’s family-like. If someone needs help, we all pitch in. We get to work hands-on with doctors

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On the North Dakota Board of Nursing, Armstrong will bring her experience and perspective as a Trauma Program Manager to help guide nursing practice and education across the state. She shared that being appointed to the Board of Nursing is both an honor and a responsibility she takes to heart.

“Being named to the North Dakota Board of Nursing is a great honor and deeply meaningful,” said Armstrong. “This appointment is an opportunity to make a difference for the profession I love, supporting the nurses who live it every day alongside me, and ultimately, for the patients and communities we serve.”

Armstrong’s appointment underscores the vital role nurses play in shaping the future of healthcare in North Dakota. Her leadership and experience reflect Trinity Health’s continued commitment to advancing nursing excellence and improving patient care across the state.

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## Morgan continued from page 1



including innovative equipment now available at Trinity Health, are opening new doors for earlier detection and enhanced patient comfort.

At Trinity Health, those advancements are already making an impact. Thanks to strong community support and major fundraising events from Trinity Health Foundation, patients now have access to advanced 3D Mammography™ technology. This state-of-the-art system produces clearer images in a fraction of the time, reducing compression from about 40 seconds to under 10.

“Every day, I have patients tell me their mammogram experience this year is much better than last year. They even say it feels like we don’t have to compress as hard. Even though we do compress the same, it’s just a shorter amount of time. Most importantly, they say they will see us next year,” said Samantha.

With each milestone, Samantha has learned just how much opportunity exists within Trinity Health, especially for those willing to work hard and chase their passion. It’s a message she’s eager to share with others who are considering their own path forward.

“Going above and beyond is my top advice. Let your leaders know you’re interested in advancing, so they can help guide and prepare you if the opportunity arises. Lastly, don’t hesitate to take risks. I started my position very new, and I took a chance. There were some challenges along the way, but I was able to show I was ready for my role,” said Samantha.

Samantha’s path demonstrates what’s possible when passion meets opportunity. Whether working directly with patients or guiding the next generation of technologists, she is committed to advancing care and helping others see the career potential within Trinity Health.



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and learn from them. There's room for advancement, and education is continuous," said Taylor.

From the moment Taylor first encountered an EEG to her current role as a Neurodiagnostic Tech II, her career journey has been defined by curiosity, dedication and continuous learning. What began as a simple question evolved into a passion for a field that offers variety, challenge and the opportunity to make a real difference in patients' lives. Along the way, she has grown not only in technical skills but also in confidence and purpose, supported by a close-knit team and a culture that encourages collaboration and professional development.

Today, Taylor's story illustrates how exploring new opportunities, embracing growth and pursuing one's interests can lead to a deeply rewarding career. Her journey serves as a reminder of the impact that supportive teams, ongoing education and hands-on experience can have in shaping a fulfilling path at Trinity Health.



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## A Half-Century of Dedication: Judy Myers Celebrates 50 Years at Trinity Health

When Judy Myers, Buyer in Supply Chain Management, began working at Trinity Health, it was in a part-time role doing inventory. That only lasted a few months before she returned to the family farm near Berthold. After her family left the farm, she decided to come back to Trinity Health, where she began working in Central Supply. Little did Judy know that this time it would be the start of a 50-year career with the healthcare system.

At 19, Judy began her career in Central Supply, where she says she was the "young kid on the block" after replacing a retiring team member. From there, she worked as a Nursing Assistant in surgery before ultimately finding her permanent home in Supply Chain, where she started in 1980 when a team member went on maternity leave and has been with the department ever since.

A career that long requires a lot of dedication and passion for the role, qualities Judy developed early on and always demonstrated. "I get a lot of satisfaction from my role. I know I'm not on the front lines helping patients, but I know we contribute to patient care," said Judy.

She added, "There have been times when I had to work diligently to get a supply here for a patient. I've gotten in the car and driven to Bismarck to get supplies, or I've arranged for someone to meet halfway to obtain what we needed. That was a challenge but rewarding when accomplished."

That passion is something Judy feels has been shaped by each phase of her career, where she used her experiences in different departments as opportunities to learn as much as possible about the entire process, from buying supplies to understanding what was needed on the front lines of patient care.

From day one to day 18,250 at Trinity Health, the work has evolved, and departments have changed, but the reason Judy has stayed for 50 years has remained constant. "I love my job, and I love the people I work with. We are like a family. We have shared many memories, both personal and professional, over the years."

Looking back over five decades, Judy says she now sees how far she's come and what she wishes she could have told her younger self: "It will all work out. Things were hard at first and it seemed like maybe some people felt intimidated when I was the 'young kid on the block,' because the younger generation is more familiar with the newer technology."

After 50 years, that once "young kid" now stands at a milestone few reach—a milestone she set her sights on long ago. Reflecting on what it means, Judy said: "I wanted to stay until the new hospital. That was one of my goals. Once we got out to the Healthcare Campus and Medical District, I knew I was close to 50 years, so I told myself I wanted to have at least 50 years in. It felt like I could accomplish something not everybody gets a chance to."

As Judy marks 50 years with Trinity Health, her career stands as a testament to the impact of consistency, teamwork and unwavering commitment to patient care. Through decades of change, growth and innovation, she has remained a steady presence—supporting clinical teams, adapting to new demands and ensuring the people on the front lines have what they need. Her dedication embodies Trinity Health's mission and serves as an example for generations to come.

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## Building a Stronger, Healthier You in 2026

As the calendar turns to a new year, many people embrace the opportunity to reflect and find ways to better themselves. One common way people put those resolutions into action is by improving their exercise routine.

But turning those New Year's fitness resolutions into tangible results requires more than enthusiasm—it requires strategy and commitment. According to Dawn Mattern, MD, FAMSSM, Orthopedics/Sports Medicine at Trinity Health, finding what you enjoy is a good place to start.



Dawn Mattern, MD, FAMSSM

"The most important thing is to determine what you like. I am a huge believer that we all like to do different things. If all we consistently do is run or bike, then I think we can get into trouble with developing an effective routine," said Dr. Mattern.

She added, "I recommend that we do a variety of things, such as lifting on one day, or yoga or biking on another day. Our body needs to move in different ways. Exercise helps us. Being able to diversify our exercise really helps us."

Living in a climate like North Dakota, where it is cold for many months of the year, can make it difficult for people to do any outdoor activities during the winter months, but that doesn't mean there aren't enjoyable options for continuing a successful exercise program when it's cold.

According to Dr. Mattern, lifting is always an option during winter, but not the only option. "Lift something heavy. That doesn't mean you have to own a weight set or go to a gym, there are items you can lift around the house or do bodyweight exercises. You can go to a local gym if you are able to or you can walk around the mall when it's too cold outside. If the sun is out, you can bundle up and walk outside."

Once someone determines what type of exercise they enjoy, the next step is to make it a routine. Dr. Mattern has a simple formula for making exercise a long-term habit: find ways to move more.

"People experience the greatest health benefits when they first start exercising. They see significant improvements in their well-being as soon as they begin moving and being active," Dr. Mattern said. "Even 10 minutes of walking shows health benefits. That could be parking your car a little further away or taking the stairs. Once you start moving more, it's about increasing the duration. Nobody wants to stay in the same spot. You want to be able to progress, get better and do more from there."

In addition to those benefits, Dr. Mattern says that people will also see improvements in their sleep and a decrease in their blood sugar and blood pressure for 24 hours.

"Exercise is a blood pressure and blood sugar medicine all wrapped together. I don't like prescribing a lot of pills; I would rather say you need exercise. Exercise is your pill that you should take once a day in a 10 to 30-minute dose and then go from there."

As people work through the beginner stages of exercise and start to feel more confident and like it's a part of their routine, it's important to continue increasing the intensity at a safe level to avoid plateauing. This could involve finding a new challenge, trying a different type of exercise or just increasing the intensity of what you currently enjoy doing.

For most people, that might be easy, and they may have no limitations when they increase their exercise intensity. Others may have chronic pain or an injury history, which may cause them to think more carefully about what they are doing to their bodies and listen to how their bodies respond.

"Start slow and go. If you are recovering from an injury or surgery, make sure you talk with your provider to find out if there are any special recommendations," said Dr. Mattern. "If you are dealing with back pain, you can look at getting into a pool or figuring out how to incorporate safe lifting. Patients don't have to stop; there are effective ways to safely exercise, whether that is rehabilitation exercises, strength exercises or maybe a different cardio activity. Just remember to start slow and go for a few minutes at a time. Once that seems okay, then we can increase the intensity."

As important as increasing intensity is, rest and recovery are just as important and should be incorporated into any exercise routine. Dr. Mattern stresses the importance of regular sleep to promote recovery, stating that regular exercise helps regular sleep, so you can't do one without the other.

Recovery and listening to your body are also significant, mainly because the goal is to stick with an exercise routine, so you have to ensure you enjoy it and recover properly. If not, there are ways to continue exercising while focusing on recovery.

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## Kickstart 2026 with Healthier Eating Habits

The start of a new year often inspires a sense of renewal, prompting people to reflect on their lives and make changes, including adopting healthier eating habits. However, making positive changes to one's eating habits can be difficult and overwhelming.



Michelle Fundingsland, RDN, LRD

According to Michelle Fundingsland, RDN, LRD, Outpatient Nutrition Dietitian at Trinity Health, if someone wants to change their eating habits, one of the first things they should consider is to set realistic goals for themselves.

"SMART goal setting is beneficial because it makes the goals Specific, Measurable, Achievable, Realistic and Trackable. When we make a goal easy, we are more likely to complete it, making us feel good," Fundingsland said.

She added, "We can always set another goal, but making these goals more achievable will give us more success. Often, we want quick fixes, and when we don't accomplish them quickly enough, we get frustrated, give up and go back to old habits. So, it's important to make your dietary goals achievable."

To avoid feeling overwhelmed by the massive amount of information about eating habits that are easily accessible, guidelines like [www.myplate.gov](http://www.myplate.gov) give people visuals of what their plate should look like, which is a great starting point.

"Looking at those visuals as a guideline for your plate and having a vision with your meal plan are good places to begin. There are online and in-person diabetes prevention programs, such as Trinity Health's Weigh 2 Change program. This is a lifestyle change program using CDC approved curriculum, and is evidence-based for results that show a delay or prevention in the diagnosis of diabetes," Fundingsland said.

She added, "Having structure and accountability is also helpful. Trying to pair these changes with something you already do that's successful, like eating a healthier meal at a certain time or trying to incorporate exercise into a certain time of the day, are also good ways to start."

Fundingsland also noted that everyone is different, and you should find the best approach for you. Some people can confidently begin on their own with a simple food log or using an app, while others might need the support of a friend or loved one or a structured program such as Weigh 2 Change. Either way, it will take time, and each person will have a unique way of reaching their goals.

It's easy for someone to change their diet temporarily; however, sustaining those changes in the long term can be challenging. According to Fundingsland, a few ways to make small, sustainable changes that can help propel someone to long-term healthy eating habits include having three meals per day, watching your portion size, eating nutrient-dense foods, and slowing down while eating, ensuring you take at least 15-20 minutes to eat.

Mindfulness when eating is also essential when looking to sustain changes. Avoid eating out of stress, anger, or boredom and not feeling like you have to finish a plate, even when you are full. These are other essential tips to remember while aiming to make long-term changes.

"Sometimes we focus on things we can't have, like sweets or our favorite donut. What we really

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should focus on is making sure we are getting enough nutrient-dense foods. We want to ensure we have lean protein, whole grains, beans or lentils, low-fat dairy, fruits and vegetables. People often overlook the nutrient-dense foods we need in our diet, and these foods help us feel full due to the nutrient and fiber content," Fundingsland said.

After someone develops consistent, healthy eating habits and makes them part of their routine, the process will be more straightforward, and they will start seeing benefits, including having more energy and feeling more motivated.

Of course, challenges will appear no matter how far along someone is in their eating habit journey. One of the biggest challenges is dealing with cravings or cheat meals, which can cause someone to feel guilty when eating bad foods.

If we ensure we have three balanced meals daily, which are nutrient-dense with lean proteins, half a plate of vegetables, a quarter plate of starch, fruit for dessert and a cup of milk or yogurt, that should fill us up. The good fiber incorporated in our meal plan will also make us feel full for longer, which is helpful to avoid having those cravings so soon after a meal.

"It helps to look at your scheduled meal plan or when you usually eat. Maybe you are going too long without eating, causing you to overeat on foods or even overeat on calorie-dense foods. Knowing your hunger and fullness cues when you eat your meals helps you stay on top of those cravings," said Fundingsland.

As the new year unfolds, embracing healthier eating habits becomes a resolution and a commitment to nourishing both body and mind. By taking small, intentional steps daily, we set ourselves on a path to better well-being.

It isn't about perfection but about progress and consistency, making choices that empower us to feel our best. With every healthy meal, we're fueling our bodies and honoring the potential for growth, joy, and a brighter, healthier future.

Trinity Health offers a yearlong diabetes prevention program, Weigh 2 Change, on various dates throughout the year. Call Trinity Health Outpatient Nutrition at 701-857-2850 for more information and to find out when sessions are starting.

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"I want people to understand that when your knee is sore, you avoid running that day and work on strength exercises instead, or it's a day where you go to the pool or hop on a bike. We can modify our activities and give ourselves things to fall back on if we can't do a specific activity. But if things are good, you can continue to stick to your plan."

For those looking to jump into a new or improved exercise routine this year, Dr. Mattern says the guidelines are at least 150 minutes per week, but that is the low bar, and we shouldn't aim to be at 150 minutes forever. Don't be afraid to add different exercises or movements to give your body new challenges and progression.

When incorporating these changes into your present lifestyle, it's also important to give yourself a reason to transform these changes into a habit. That involves focusing not only on your present health but also on the future life you want to live.

Dr. Mattern says, "Exercise is the single most important thing you can do for your health. I think about what I want to do when I'm 90. I want to be walking, and I want to be independent. Yes, my body will decline and lose muscle, but if I've started higher on the curve, then when I'm 90, I can still do things I enjoy. For me, the biggest thing that will affect our quality of life is not a pill; it's how much we can continue to move our bodies."

## New Providers

### Teri Thiel, FNP-C

A member of our hospital medicine team, Teri Thiel, FNP-C, is a board-certified nurse practitioner who provides timely, coordinated care to hospitalized patients. She received her master's degree in nursing education and family nurse practice from Chamberlain University College of Nursing. Before her current role with the hospital medicine team, Teri worked as a charge nurse with Trinity Health for over five years, where she coordinated staffing assignments, developed patient care plans and trained nursing staff. A native of Minot, Teri enjoys spending time with her family, camping and traveling.



Teri Thiel, FNP-C

### Abir Oliver, PA-C

Trinity Health is excited to welcome Abir Oliver, PA-C, to our Cardiothoracic Surgery team. A native of Beirut, Lebanon, Abir earned a Bachelor of Arts in Biology from the University of Providence, Great Falls, MT, before earning her Master of Physician Assistant Studies from the University of North Dakota, Grand Forks. Throughout her career, Abir gained clinical rotation experience at Trinity Health in various specialties, including Cardiothoracic Surgery, Family Medicine, Hospital Medicine, General Surgery, Emergency/Trauma Medicine and Orthopedic Surgery. A member of the American Academy of Physician Associates, she also served as a CT Technologist with Trinity Health, performing imaging for trauma, stroke and routine diagnostic cases. In her free time, she enjoys cooking, traveling with her husband and gardening.



Abir Oliver, PA-C

### Sina Koochakzadeh, MD

A member of our ear, nose and throat team, Sina Koochakzadeh, MD, earned his Bachelor of Science in Chemical Engineering from the University of South Florida, Tampa, before earning a Doctor of Medicine from the University of Central Florida College of Medicine, Orlando. From there, Dr. Koochakzadeh completed an otolaryngology residency at the University of Florida College of Medicine, Gainesville, where he was the recipient of the Head & Neck Resident of the Year award. Serving as a mentor for first-year medical students at the University of Central Florida, Dr. Koochakzadeh provided one-on-one tutoring sessions on topics the students learned in their first year of medical school. A native of Tampa, FL, he is a member of the American Academy of Otolaryngology. In his free time, he enjoys nature, hiking and cycling.



Sina Koochakzadeh, MD

### Kyla Snyder, CRNA

A member of our anesthesiology team, Kyla Snyder, CRNA, is a certified registered nurse anesthetist who provides safe and effective anesthesia care to patients undergoing a wide range of surgical procedures. A native of Minot, Kyla earned a Bachelor of Science in Nursing from Minot State University. From there, she earned a Doctor of Nursing Practice with a specialization in Nurse Anesthesia from the University of North Dakota, Grand Forks. Kyla has more than 12 years of nursing experience at a variety of healthcare systems across North Dakota and the country, with the majority of her career spent in intensive care and rural emergency medicine. Outside of work, she enjoys spending time with her family and friends.



Kyla Snyder, CRNA

### Quijuana Gadd, FNP-C

A member of our emergency/trauma medicine team, Quijuana Gadd, FNP-C, is a board-certified nurse practitioner who provides care to patients with a variety of emergent illnesses or injuries. A native of Washington state, she earned a Bachelor of Science in Nursing from Walla Walla University, WA, before earning a Master of Science with a specialization in Family Nurse Practice from the University of North Dakota, Grand Forks. Quijana has served in various roles with Trinity Health for over 10 years, including Medical Floor RN, ICU RN and most recently, Flight RN. A member of the American Association of Critical-Care Nurses and the American Association of Nurse Practitioners, she enjoys spending time with her family, camping and hiking in her free time.



Quijuana Gadd, FNP-C

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## Trinity Health Foundation Announces Intention to Establish Healthcare Careers Scholarship

Thanks to a generous \$25,000 donation from Denise and Lynn Billadeau, Trinity Health Foundation is excited to announce the intention to establish a Healthcare Careers Scholarship Endowment. Once this endowment reaches \$50,000, it will support students from the region pursuing healthcare careers.

The Healthcare Careers Scholarship Endowment will also help address the critical shortage of healthcare professionals in North Dakota, particularly in rural areas. By investing in the education and development of local students, this fund helps strengthen the future healthcare workforce and ensures that communities across the region continue to receive the care they need.

“We are deeply grateful to Denise and Lynn Billadeau for their remarkable generosity,” said Dusty Zimmerman, Trinity Health Foundation Director. “Their support will open doors for students in our communities and help ensure that families across the region continue to receive exceptional care close to home.”

This meaningful donation reflects the shared commitment of both Trinity Health Foundation and the Billadeaus to investing in the future of healthcare in our region. This initiative will help prepare the next generation of healthcare professionals who will sustain exceptional care across the region.



## Fuel the Fight Raises More Than \$79,000 for CancerCare Center Patients

Thanks to the outpouring of support from the Minot and surrounding communities, the 8th Annual Fuel the Fight event at Dakota Square ARCO was a massive success.

A portion of all fuel and in-store sales at Dakota Square ARCO on the day of the event went to Fuel the Fight, which supports Trinity Health CancerCare Center patients by providing gas vouchers for their travel to treatment.

In total, Fuel the Fight raised \$79,503.69 this year, which will go a long way toward reducing travel costs for patients coming to the CancerCare Center.

“Fuel the Fight continues to show us how generous this community is. Every donation and every tank filled directly eases the burden on patients traveling for cancer treatment, and we’re incredibly grateful for the support,” said Dusty Zimmerman, Trinity Health Foundation Director.

Thank you to everyone who participated in Fuel the Fight, as well as the sponsors who made it possible. Contributions from all helped provide vital support for patients in need. For more information on Fuel the Fight, please visit [www.trinityhealth.org/foundation/fuel-the-fight/](http://www.trinityhealth.org/foundation/fuel-the-fight/).



## Trinity Health Foundation Supports Purchase of KeyCare Medical Transport Van

Trinity Health Foundation is excited to announce the purchase of a transport van for Trinity Health KeyCare Medical, made possible through contributions to the Home Health and Hospice Fund.

The transport van is brand-new and fully capable of handling North Dakota’s winter climate, thanks to features like all-wheel drive. It will be used to transport medical equipment to patients, primarily those receiving services through Trinity Health’s Home Health and Hospice programs.

“Reliable transportation is essential to ensuring our patients receive the care and equipment they need without delay,” said Travis Gotter, Director of Trinity Health KeyCare Medical. “We are proud to support our Home Health and Hospice teams with resources that help them deliver compassionate care directly to patients’ homes.”

The addition of the new transport van was made possible through the generosity of donors who support the Home Health and Hospice Fund. Their contributions enable Trinity Health Foundation to continue strengthening Trinity Health’s mission of providing high-quality, accessible care in every setting.



## Minot’s Biggest and Best Breast Cancer Fundraiser Double D-Haw Has Record-Breaking Year

Double D-Haw is proud to announce the biggest fundraising year ever: On November 3, 2025, Double D-Haw donated \$30,000 to Trinity Health Foundation for breast cancer detection and treatment at Trinity Health.

Furthermore, because of the generosity and commitment of Double D-Haw sponsors and patrons, over the past four years, Double D-Haw has donated almost \$80,000 to Trinity Health.

That means we have successfully reached the goal of purchasing the Brevera Breast Biopsy System, which enables faster and more accurate sample collection, provides real-time biopsy results and reduces discomfort and anxiety for needle biopsy patients.

More good news: The Brevera biopsy system is now installed and in use at Trinity Health. Because of your generosity, women in our community are already receiving better, faster and more complete breast health care.

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**SAVE THE DATE**

**Trinity Health Foundation  
Heart of Gold Fundraising Gala  
Friday, March 20, 2026, at 5:30 p.m.**

Visit [www.trinityhealth.org/foundation](http://www.trinityhealth.org/foundation) to learn more

## Double D-Haw

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Dusty Zimmerman, Director of Trinity Health Foundation, notes the impact of Double D-Haw's ongoing fundraising efforts: "For years, Double D-Haw has been both an incredible event and partner in the fight against breast cancer," says Zimmerman; "their passion and generosity have helped us continually enhance breast cancer detection and treatment at Trinity Health. This \$30,000 gift reflects a continued commitment to our community and to the patients we serve."

And we're not done yet. There is always more to do in the fight against breast cancer, and we don't have any intentions of quitting. Double D-Haw will be back in 2026—and we have a new goal: the purchase of a Trident Radiography System. This portable system allows surgeons to get sharp and detailed images of breast cancer margins in the operating room, which increases surgical accuracy and decreases time under anesthesia.

Double D-Haw Executive Director ShaunAnne Tangney offers this challenge: "Consider this: what if we could double our 2025 fundraising total? Imagine how much good we could do and care we could provide with a \$60,000 donation in 2026!"

So, rest assured: the block party to beat breast cancer will be back, bigger and better than ever—the amazing seafood boil, the colossal Bloody Marys, the crazy auction, the street dance, the after party—nobody throws a better party than Double D-Haw—and it's all so that we can kick breast cancer's butt.

*This story is written by and attributed to Double D-Haw.*



## Trinity Health Rad Tech Program Enhances Training with New Supertech Phantom

Trinity Health Foundation is excited to announce the purchase of a new Supertech Whole Body Phantom to advance hands-on education and training within Trinity Health's Radiologic Technology Program. The life-size model, which recently arrived on campus, will allow students to safely practice imaging techniques and clinical decision-making in a controlled environment that closely mirrors real patient care.

The full-body phantom features a state-of-the-art synthetic skeleton along with simulated lungs, liver and kidneys, enabling students to perform realistic diagnostic imaging exercises. The phantom, named "Frankie," combines approachability with high-level learning, giving students the opportunity to develop confidence and refine their skills as they prepare for clinical practice.

In addition to classroom and training use, the phantom includes removable, modular components, making it a valuable tool for demonstrations at career fairs and community outreach events.

"This investment represents more than new equipment; it represents Trinity Health's commitment to the future of healthcare in our region," said Dusty Zimmerman, Director of Trinity Health Foundation. "By supporting advanced training tools like the Supertech Whole Body Phantom, we're helping ensure today's students become tomorrow's highly skilled caregivers, right here at Trinity Health."

The Foundation's investment reinforces Trinity Health's goal of cultivating, training and advancing the next generation of healthcare professionals by providing innovative educational resources across its programs.

Trinity Health's Radiologic Technology Program combines rigorous classroom instruction with hands-on clinical rotations at Trinity Health facilities, including working with patients. For more information on the program, contact Michelle Bratton, Program Director - [Michelle.Bratton@trinityhealth.org](mailto:Michelle.Bratton@trinityhealth.org) or 701-857-2316.



## Mayo Clinic Q&A: Seasonal Affective Disorder is More Than Feeling Sad

**DEAR MAYO CLINIC:** I love the fall, but I dread the shorter days and how I feel. I've read about seasonal affective disorder, but could you please tell me more about it?

**ANSWER:** Seasonal affective disorder, or SAD, is a type of depression that's related to the changes in seasons. Symptoms typically appear in the fall, worsen through the winter months and eventually go away in the spring or summer. The answers to these questions should help you better understand SAD and determine if you should seek care.

### What are the possible causes of SAD?

While the exact cause is unknown, it may be linked to reduced sunlight, which reacts with the natural chemicals in your body, like serotonin and melatonin, that determine mood and energy levels and regulate sleep.

SAD isn't just a case of the winter blues, a condition that is milder and more common. SAD symptoms can make it difficult to function at home, work and in social settings.

### Who is most at risk for experiencing symptoms of SAD?

People who live in the northern half of the U.S., where daylight hours are shorter and there's less sunlight, are at more risk. It's estimated that about

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## HR Hot Jobs

### RN, Home Health & Hospice – Sign on Bonus Eligible Full-Time, Trinity Health Hospital Campus & Medical District

Provides nursing care utilizing the nursing process; carries out nursing skills contributing to treatment, rehabilitation for home health patients and pain control, symptom management, and comfort for hospice patients and families. Plans for coordinated nursing service for individuals and families under her/his care. Appraises individual and family health needs and hazards—existing or potential. Provides health counseling, including emotional support, to individuals, families, and groups. Consults with and refers families to appropriate personnel within the agency or community services.

#### Qualifications

- Licenses and Certifications Required
  - Current or temporary RN license in ND or compact RN licensure
  - Current driver's license required and car available to travel to the patient's home
  - BLS required within orientation period
- Educational Requirements
  - RN program as evidenced by licensure
  - Official diploma or transcript from the school/university from where degree was received
- Experience Requirements
  - 2 years previous experience is preferred but not required
- Special Skills or Training Requirements
  - Must have good comprehensive knowledge of general nursing theory and practice
  - Organize time well and meet job expectations and performance standards
  - Exhibits responsibility and flexibility in work situations, willing to work irregular and/or less favorable hours
  - Demonstrates tact, sensitivity, sound judgement and professional attitude when relating with patients, families and colleagues
  - Demonstrate a caring and respectful attitude when providing patient care
  - Meet the physical and emotional demand of the position
- Core Competencies
  - OASIS and HIS data accuracy
  - Wound Care
  - IV therapy and venipuncture, bladder scanner
  - Patient and family teaching
  - Discharge planning
  - Safety and infection control

# Sad

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20% of people in this region could have symptoms of SAD. It's believed that SAD runs in families, and it's more common in women.

## What are the symptoms of SAD?

Symptoms of seasonal affective disorder to watch for include:

- Difficulty concentrating.
- Feeling persistently tired and fatigued, including feeling a loss of energy nearly every day of the affected months.
- Feelings of worthlessness.
- Losing interest in things you would typically enjoy, such as hobbies and social activities.
- Persistently feeling down or sad.
- Sleep disturbances, which could include hypersomnia (sleeping too much) or insomnia (difficulty falling asleep).
- Thoughts of suicide.
- Weight changes, including weight gain or weight loss.

## What are the treatments for SAD?

### Light therapy

Bright light therapy is considered an effective treatment for SAD. Research suggests that around half of people who use a bright light therapy box have good results in reducing symptoms.

It's essential to meet with a healthcare professional familiar with light therapy to determine the type of device needed to be effective, how to correctly set it up and the length of time required in front of a light box. They'll also help you if your skin or eyes are sensitive to light due to a medical condition or medication.

Generally, the light box should provide an exposure of 10,000 lux of light and emit as little UV light as possible. The typical recommendation is to use the light box within the first hour of waking up in the morning for 20–30 minutes. Light boxes emit either white or blue light, but the color doesn't make a difference.

### Medications

Your healthcare professional may prescribe an antidepressant.

### Physical activity

Research has shown that exercising for 20 minutes at least three days a week is similar to taking an antidepressant. Being active can help with serotonin production and boost your mood. Exercising

outdoors during daylight hours increases its effectiveness in reducing symptoms.

### Cognitive behavioral therapy (CBT)

CBT helps people learn how to manage their symptoms of depression or reduce their severity. Talk with your healthcare professional about CBT and how to find someone skilled in it for depression or anxiety.

### What can I start doing before the onset of symptoms?

If you have SAD, there are preventive measures that you can put in place, including:

- Be physically active. Exercise helps relieve stress and anxiety. It's essential to stay active during winter, even if you're tempted to "hibernate."
- Get outside. Spend 15 to 20 minutes outside when the sun is out. If the weather allows, take a walk outside when the sun is at its peak. Sunlight helps adjust your body's internal clock.
- Make your environment bright. Open the window blinds and allow sunlight into your home. Sit near a window while at home or work.
- Prioritize sleep. Go to bed and wake at the same time every day, with the goal of getting seven to nine hours of restful sleep. Excessive napping and oversleeping beyond your typical schedule can disrupt your circadian rhythm.
- Stay connected to friends and family. SAD can lead to staying home and isolating. Engaging with friends, staying in a routine, and getting active at home and outside of the home are essential.
- Take care of your body and mind. Eat regular, healthy meals. Avoid drugs and alcohol, which can make depression worse. Manage stress with practices like deep breathing, mindfulness and meditation.

If you have a history of SAD, talk with your healthcare team about a plan to better manage your mood during the winter months.

*This story is written by and attributed to Mayo Clinic. Trinity Health is a proud member of the Mayo Clinic Care Network.*

## C O M M U N I T Y

# CALENDAR

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

### Prepared Childbirth Classes

**January 3, February 7, March 7, April 11, May 2, June 6**

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 7, February 4, March 4, April 1, May 6, June 3**

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.

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

### Basics of Baby Care

**January 5, February 9, March 9, April 13, May 4, June 8**

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 8:30 p.m.

### Sibling Class

**February 2, April 7, June 2, August 4, October 6**

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.

### Upcoming January Events

#### January 6

Free community Car Seat Checks will be available from 12 to 3 p.m. in Minot Fire Station 1, 2111 10th St SW. Appointments are required; call 701-837-5190. If leaving a message please leave the following information-number of seats to be checked, make model of vehicle, ages of child(ren), brand and model of car seat and preferred time of check on scheduled date.

#### January 21

Trinity Health's Healthcare Exploring Program meets at 6:30 p.m. in the Prairie Rose Conference Center in Trinity Health Hospital. Any students in grades 9-12 interested in a healthcare career is invited to participate in the program, sponsored by Scouting America. The group will meet the third Wednesday of each month. For more information, call Kathleen at 701-857-5099.

#### January 21

The Stroke Support Group will meet at 7 p.m. in Trinity Health Riverside Education Center, 1900 8th Ave. SE. The group is open to all stroke survivors and caregivers. For more information, call 701-418-8518.

#### January 29-31

Stop by the Trinity Health booth at the KMOT Ag Expo to learn how to STOP THE BLEED®, get a free blood pressure check and a cholesterol screening for \$15.

### Upcoming February Events

#### February 3

Free community Car Seat Checks will be available from 12 to 3 p.m. in Minot Fire Station 1, 2111 10th St SW. Appointments are required; call 701-837-5190. If leaving a message please leave the following information-number of seats to be checked, make model of vehicle, ages of child(ren), brand and model of car seat and preferred time of check on scheduled date.

#### February 18

Trinity Health's Healthcare Exploring Program meets at 6:30 p.m. in the Prairie Rose Conference Center in Trinity Health Hospital. Any students in grades 9-12 interested in a healthcare career is invited to participate in the program, sponsored by Scouting America. The group will meet the third Wednesday of each month. For more information, call Kathleen at 701-857-5099.

#### February 18

The Stroke Support Group will meet at 7 p.m. in Trinity Health Riverside Education Center, 1900 8th Ave. SE. The group is open to all stroke survivors and caregivers. For more information, call 701-418-8518.

#### February 23-26

Trinity Health Occupational Medicine will have an educational booth at the North Dakota Safety Council statewide conference in Bismarck.