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## Watch Your Step: Summer Foot Tips for Staying Comfortable

As the days grow longer and temperatures rise, our feet finally escape winter boots and step into flip-flops and sandals. But with that freedom comes exposure to sun, heat, moisture and rough terrain—making summer the season when our feet need the most care.

Whether you're heading to the lake, relaxing by the pool, hiking a trail, or enjoying a backyard barbecue, proper foot care is essential to staying comfortable and avoiding warm-weather problems.



Thomas Nordquist, DPM, Podiatrist at Trinity Health

### Common Summer Foot Problems

“Some of the most common foot issues we see in the summer include athlete's foot, blisters, sunburn, cracked heels, plantar fasciitis, warts, insect stings and fungal infections,” said Thomas Nordquist, DPM, Podiatrist at Trinity Health.

Hot weather brings a host of challenges for feet, often triggering problems that go unnoticed until they become painful. Increased sweating, swelling and dry skin all contribute to discomfort and potential infections.

“Warm weather causes more sweating, especially in closed-toe shoes,” said Dr. Nordquist. “That excess moisture can lead to fungal infections like athlete's foot or toenail fungus and increased foot odor.”

He added, “Heat causes blood vessels to dilate, which leads to swelling. That makes shoes feel tighter and can increase the risk of blisters or pressure sores. And when the skin dries out—particularly the heels—it can crack or develop painful calluses, especially in flip-flops.”

### Don't Forget Sunscreen—for Your Feet

Sunburned feet are another frequent issue. “People often forget to apply sunscreen to the tops of their feet, but even two or three hours in the sun can lead to a painful burn,” said Dr. Nordquist.

He recommends using an SPF of at least 30, or 50 for areas with scars. “Make sure to cover your feet thoroughly—including the tops, ankles, and even between the toes if they're exposed—and reapply every two hours, or more often if you're swimming or sweating.”

### Protecting Bare Feet in Public Places

Pools, locker rooms and sandy areas can be hotspots for bacteria, viruses (like those that cause warts) and fungus, particularly for those with sweaty feet. “These environments are common places where people pick up infections,” Dr. Nordquist said.

Having a consistent foot care routine during the summer and year-round can go a long way in preventing problems.

### Summer Foot Care Tips

Dr. Nordquist recommends the following steps to keep your feet healthy:

- Wash feet daily with soap and water, paying close attention between the toes.
- Dry thoroughly.
- Wear moisture-wicking socks and change them if they become damp.
- Apply antifungal powder or spray as needed.
- Moisturize daily to prevent cracked heels and calluses (preferably at night).
- Let shoes dry out completely between wears and rotate pairs regularly.

### Flip-Flops: Convenient, But Use with Caution

While flip-flops are a summer staple, they're not designed for all-day wear. “They usually don't offer the arch or heel support your feet need,” said Dr. Nordquist. “It's okay to wear them for short periods, but problems start when they're used for long walks or daily wear.”

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Thomas Hjelmstad (left) and Dr. Cody Pehrson (right), examine the functionality of Thomas' arm during a visit.

## Laughter and Care Help Thomas Hjelmstad Heal from Broken Bone at Trinity Health

Breaking a bone—or in Thomas Hjelmstad's case, multiple bones—can be a terrifying and traumatic experience, especially for children. For nine-year-old Thomas, that fear became a reality when he broke two bones in his arm.

One of the joys of childhood is the freedom to run, play and discover activities you love. For Thomas, that passion was tennis—an activity he had to set aside while recovering from his injury.

As Thomas and his family began determining the plan to fix his broken arm, it was inevitable that surgery was on the horizon. For Thomas, that was a scary thought. “There were a lot of emotions. I was scared, I didn't know what to do, and I was hoping the doctors could fix my arm,” said Thomas.

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# Broken continued from page 1

It wasn't just Thomas who was dealing with a rollercoaster of emotions; his parents, Cassidy and Travis Hjelmstad, were also concerned for their son while pondering whether there was anything they could have done to help prevent the injury.

"Our initial reaction when we realized Thomas had two broken bones was fear. There was also guilt, of course. As parents, you wonder what we could have done? How can we help him? And then once we got a plan with Trinity Health and our doctor, we felt a lot of comfort knowing that Thomas was going to be taken care of," said Cassidy.

Thomas' plan was established once he began seeing Cody Pehrson, MD, orthopedic surgeon at Trinity Health. From the initial meeting to following through with the care plan, the Hjelmstad family and Dr. Pehrson developed an immediate bond, and their fears began to dwindle.

"The care at Trinity Health was great. Not only did they make us feel comfortable, but the biggest thing was also making our son feel comfortable. You have a nine-year-old kid who is nervous, scared and not sure what is going to happen with this broken arm," said Cassidy.

She added, "But Dr. Pehrson met with us to tell us step by step what was going to happen and how he was going to fix Thomas' arm. He even showed Thomas the rods that he was going to put in his arm, to give Thomas a sense of, 'this is how I'm going to take care of you.'"

Dr. Pehrson is a father and understands the uneasiness of situations like these. Developing trust and connecting with patients and their families in these moments plays a crucial role in navigating the difficulties of the unknown, sometimes requiring getting creative to make them feel more comfortable.

"Children are oftentimes very concerned and confused. They don't understand what's going on," said Dr. Pehrson. "So sometimes, by making light of serious situations while also conveying the seriousness of them, helps you develop a relationship of trust, which I think serves well up to the point of the patient being healed."

The sharing of jokes meant a lot to Thomas, as it made him feel better about his broken arm and created an immediate connection with Dr. Pehrson. "Dr. Pehrson opened up to me a lot more than other doctors would. He made me feel better by telling me jokes and other funny stuff. I trusted him to fix my arm," said Thomas.

It wasn't just these moments with Dr. Pehrson that made a lasting impression on the Hjelmstad family, however. They were also pleased with the nursing staff that worked with Thomas, as well as the entire process, from X-rays to surgery to recovery.

"From the moment we arrived at Trinity Health to the months of follow-up visits, making sure Thomas' arm was healing properly, the care was nothing short of excellent. Our doctors were phenomenal, the nursing staff was incredible and the X-ray technicians made Thomas feel so comfortable. That is all you could ever hope for as a parent," said Cassidy.

After the first surgery, Thomas had a successful recovery that involved getting rods put in his arm to help the bones heal and align properly before eventually having those rods removed with a second surgical procedure. He also used this accident as a learning experience, where he gained an understanding of where he broke his bone, all of the bones in the arm and the different places those bones can break.

Finally, after a long journey and a successful recovery, Thomas reached the point where he could be a kid again. He was able to dive back into his passion for playing tennis, as well as other sports and spending time with his friends.

"I'm feeling pretty good," said Thomas as he reflected on his path to where he is today. "When I came to Trinity Health the first time, I was a little scared of what the outlook would be. Now I'm just happy and grateful that my arm is healed."

For Dr. Pehrson, hearing words like that and seeing a child bounce back from a difficult moment of not knowing what comes next, to gaining full functionality and getting their life back, are among the main reasons he began working in orthopedics.

"Getting people back to functioning life is the sole reason I chose orthopedics. Orthopedics is unique in that a person comes in with a broken bone. I fix the bone, and I get to see them fully functioning when I'm done. They are playing their sports, running, jumping, and returning to play pickleball or whatever their passion is. That's the main reason I went into medicine in general, and that's why I specialize in orthopedics and orthopedic trauma," said Dr. Pehrson.

As Thomas enjoys life again as he once knew it, the Hjelmstad family has been on a rollercoaster of emotions to get to that point. Most importantly, they are excited to see their child happy and healthy again.

"We have incredible health care experts right here in Minot, North Dakota, who are serving our community every day. I couldn't be more grateful to have care



Cassidy Hjelmstad (left) and Thomas Hjelmstad (right) pose for a photo as they share Thomas' story together.



Thomas Hjelmstad with a smile and his cast as he bravely works towards getting his arm healed.



Thomas Hjelmstad getting back to doing what he loves most: playing tennis.

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# Foot continued from page 1

He advises investing in a quality pair of sandals with features like arch support, cushioning and a secured strap. "Many sporting goods stores carry sandals with contoured footbeds and built-in orthotics that offer much better support."

## Choosing the Right Summer Footwear

For more active days, breathable shoes are key. "Shoes made of mesh or leather allow sweat to evaporate and keep feet cooler," said Dr. Nordquist. "Avoid plastic or vinyl shoes and cheap sneakers that trap heat and moisture."

When shopping for shoes, look for:

- Breathable materials like mesh or leather.
- Supportive sandals with arch and heel support.
- Water shoes or athletic slides with textured soles for grip.

## Ease Back Into Summer Activities

After long winters—especially in climates like North Dakota—many people are eager to get moving again. But diving in too quickly can lead to injuries.

"Start slowly," Dr. Nordquist said. "Do about 50% of what you think you can do and see how your body responds. If you've run five miles in the past, don't start there—try one or two and build up gradually."

## Footwear and Tips for Hiking

For hiking enthusiasts, supportive footwear is crucial. "Choose hiking shoes or boots with ankle support, good traction and a snug fit," Dr. Nordquist said. "And don't forget to break in new boots with shorter walks to avoid blisters."

He also recommends:

- Moisture-wicking synthetic or wool socks.
- Wearing two pairs of socks to reduce friction.
- Using trekking poles to improve stability and reduce joint stress on uneven ground.

## Keep Feet Healthy and Happy

Summer encourages us to be more active and spend more time outdoors—but the combination of heat, moisture and increased activity can take a toll on our feet. With the right footwear, hygiene habits and protective strategies, you can prevent common foot issues and enjoy all that summer has to offer.

"Taking a little time to care for your feet now can make a big difference in staying comfortable, active, and pain-free all season long," said Dr. Nordquist.

# Trinity Health Speaker's Bureau

Call Community Education for available dates and topics  
**701-857-5099**

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

# Trinity Health Outpatient Pharmacy

Medical Office Building, 1st Floor  
2305 37th Ave SW, Minot, ND  
**701-857-7935**



# HealthTalk

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## Red Carpet Fundraising Gala Features Record Night

A red carpet evening featured a record night at the 2025 Trinity Health Fundraising Gala. Not only did this year's gala see the most attendees in its history, with over 420 guests, but it also featured the most funds raised, with a total of \$165,110 going toward an important cause.

This year, funds went toward the purchase of a state-of-the-art 3D mammography system with biopsy capabilities. This cutting-edge technology will significantly enhance breast care in our region, allowing for earlier and more accurate breast cancer detection and leading to better patient outcomes.

"Trinity Health Foundation is deeply moved by the outpouring of support at this year's fundraising gala," said Darla Miller, Foundation Manager. "Thanks to our generous donors and attendees, we can take a significant step forward in our community's fight against breast cancer. This milestone is a powerful reminder of what we can achieve together, giving more women in our community a real fighting chance through early detection."

The 2025 Trinity Health Foundation Fundraising Gala was a night of elegance and a testament to the power of community. With record-breaking attendance and generosity, this event has brought us one step closer to transforming breast care in our region. The impact of the evening will be felt for years to come—through lives saved and hope strengthened for women across our community.

## Hjelmstad continued from page 2

available minutes from our house, allowing us to get Thomas taken care of. You can't replace that," said Cassidy.

She added, "The fact that when you walk in, whether it's the front desk and you're greeted by someone with a smile on their face or going to check into various places throughout the hospital, no matter what you are here for, it's often you're going to run into someone you know because you live in the community. They work here. They live here. I love that our local Trinity Health system can provide this level of care for us."

## Trinity Health Gift Shop

Find the perfect gift for a loved one, Trinity Health employee or yourself at the Trinity Health Gift Shop. With online ordering and hospital delivery, brightening someone's day has never been easier.

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- |                  |                |
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2305 37th Ave SW

**701-418-7070**



Keshia Gathman (right), Clinical Coordinator of Trinity Health's Diagnostic Medical Sonography Program, demonstrates how the ultrasound equipment works with a Minot North Healthcare Careers program student.

## Trinity Health Empowers the Future of Healthcare with Ultrasound Equipment Donation

Trinity Health is proud to announce the donation of ultrasound equipment to Minot and Minot North high schools. Thanks to the generous grant from the Helmsley Charitable Trust, which enabled Trinity Health to purchase new ultrasound equipment, Trinity Health is, in turn, supporting the next generation of healthcare professionals by donating equipment to the Healthcare Careers programs at both schools.

In addition to the benefit of the students receiving hands-on learning with real medical technology, this equipment allows the students to become familiar with equipment they can see in the field, creating a sense of comfortability and experience before they begin working with patients or furthering their education in a more specialized setting.

Giving students access to this technology helps bridge the gap between classroom learning and clinical practice. This opportunity not only enhances their education but also lays the groundwork for a new generation of knowledgeable and capable healthcare professionals. It's an investment in their future and in the quality of care our community will rely on for years to come.



## Trinity Health Enhances Animal Care with Ultrasound Equipment Donation to Roosevelt Park Zoo

Trinity Health is proud to announce its donation of ultrasound equipment to Roosevelt Park Zoo. Thanks to a generous grant from the Helmsley Charitable Trust, which allowed Trinity Health to acquire new ultrasound equipment, the organization is now supporting animal care at the zoo through this donation to Roosevelt Park Zoo.

Instead of not utilizing still-functioning ultrasound equipment, Trinity Health recognized an opportunity to repurpose it in a way that benefits a vital aspect of the community. The equipment will enhance the diagnostic capabilities of the Roosevelt Park Zoo team, allowing them to work with real medical technology while managing the overall health of the animals.



This donation exemplifies Trinity Health's unwavering commitment to supporting the well-being of the region in creative and meaningful ways. By donating this equipment to Roosevelt Park Zoo, the organization continues to demonstrate its commitment to the community, both humans and animals alike.



## Mayo Clinic Q and A: Are Energy Drinks bad for Your Health?

**DEAR MAYO CLINIC:** My husband and son are constantly coming home with an energy drink in hand. I tell them that they are bad for you, but I don't know enough to make a strong case. What are the effects of energy drinks on the body?

**ANSWER:** Energy drinks are a multibillion-dollar industry and are the most consumed supplement not under the control of the Food and Drug Administration other than multivitamins. It's a bit like the "Wild West" in the sense that energy drinks and their stimulating ingredients are under no FDA regulation and are not classified as a food or a drug but as a supplement.

Energy drinks contain ingredients such as caffeine, taurine and guarana that affect the heart, the heart's electrical system and the heart's muscular pump. When our bodies react to these chemicals, the heart rate and blood pressure can change. The heart's recharging of the electrical system can be affected by these chemicals. For most people with a healthy heart, the consumption of an energy drink would have no serious impact on our health. However, if you have a genetic heart condition that predisposes you to sudden cardiac death, exposure to an energy drink may not be as harmless.

People with underlying genetic heart disease or adults with coronary artery disease or weaker heart pumps can be more vulnerable to the chemicals in energy drinks. About one in 200 people have a sudden death-predisposing genetic heart disease, including hypertrophic cardiomyopathy, long QT syndrome, arrhythmogenic cardiomyopathy and catecholaminergic polymorphic ventricular tachycardia. A healthy heart can handle caffeine in moderation, but a fragile heart may not be able to.

Consuming up to 400 mg of caffeine a day is safe for most adults — some energy drinks contain over half this amount in a single can. Depending on the age of your son, he may need to stay under 100 mg of caffeine per day, which is the recommended amount for adolescents ages 12-18.

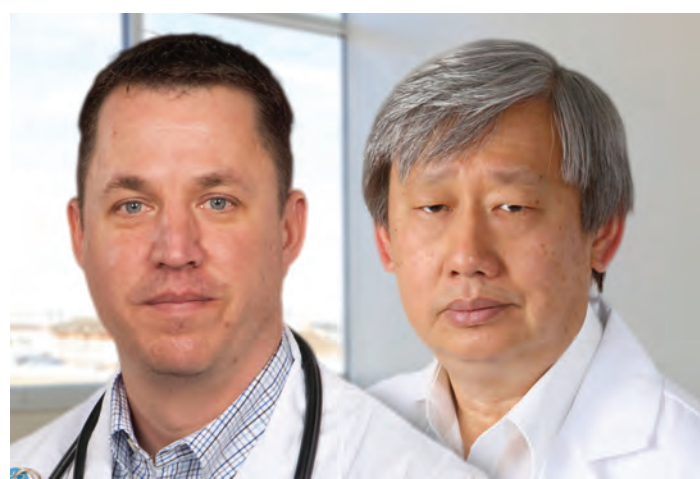
In addition to heart risk, studies have suggested an increased risk of stroke with energy drink consumption. Long-term exposure to these substances over time affects how the blood vessels and heart react to the chemicals. Our blood vessels that control our blood pressure are reacting to these chemicals, and the potential reason behind stroke risk is the tightening of our blood vessels.

For the 199 out of 200 people who have a healthy heart and who do not have a genetic heart disease, energy drink consumption in moderation is safe. However, you might want to ask yourself: Can you go three days without it? If not, you may be experiencing some dependency on the chemicals in the energy drink. Heavy caffeine consumption can cause physical and psychological dependence, restlessness and insomnia.

Overall, there is very little health value to energy drinks. Listen to your body — Are they making you feel shaky or causing you to experience withdrawals? Can you be satisfied with your morning coffee or tea instead?

There is a lot of room for future research on these beverages. Consuming the wrong thing at the wrong time in the wrong person is a setup for the perfect storm. Caffeine may also interact with a person's medications. Tell your healthcare team that you are consuming energy drinks and the unregulated supplements they contain, and you can decide together what the right choice is for you. — **Michael Ackerman, M.D., Ph.D., Cardiovascular Medicine, Mayo Clinic, Rochester, Minnesota**

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



(From left to right): Jim Schmidt, MD, and Brian Tin-Maung, MD, were recipients of UND School of Medicine & Health Sciences Faculty Awards.

## Two Trinity Health Providers Earn UND School of Medicine & Health Sciences Faculty Awards

The University of North Dakota School of Medicine & Health Sciences (SMHS) recently presented awards to its class of 2025 medical students, as well as faculty members.

Faculty awards included the Dean's Special Recognition Awards for Outstanding Clinical Faculty and the graduating medical students selecting an outstanding physician at each UND campus.

Among the winners of the Dean's Special Recognition Awards for Outstanding Clinical Faculty was Brian Tin-Maung, MD, Anesthesiology at Trinity Health. Dr. Tin-Maung received the award as a Clinical Instructor of Surgery for UND.

Jim Schmidt, MD, Hospital Medicine and Chief of Medicine at Trinity Health, was selected by the graduating medical students as an outstanding Clinical Instructor of Family & Community Medicine at the Northwest Campus (Minot).

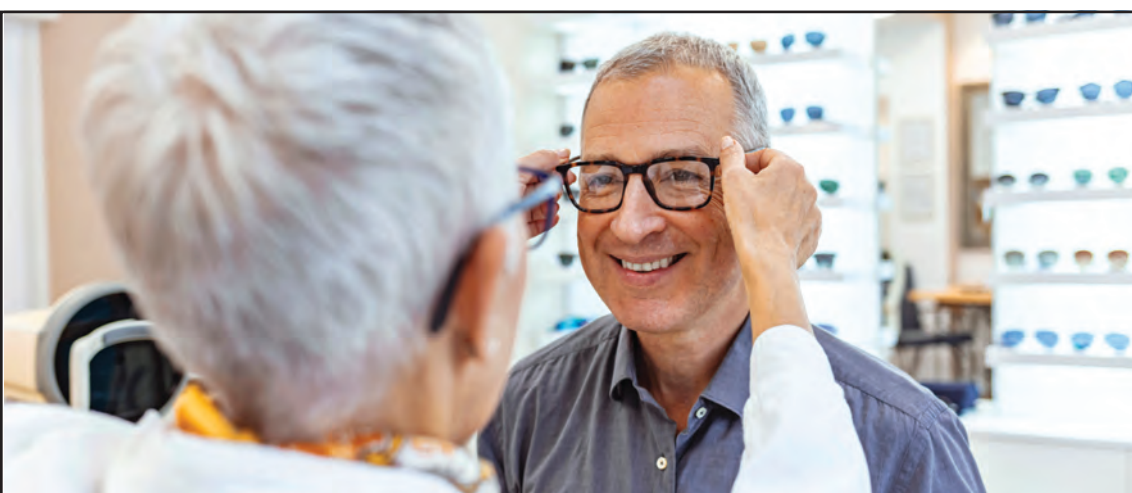
"We are deeply grateful to these physicians, many of whom are our alumni. Like those who came before these faculty, they provide invaluable teaching, training, and mentoring for our medical students and residents. We extend our deepest thanks for their service," said Marjorie Jenkins, MD, MEdHP, FACP, vice president for health affairs and dean of the SMHS, through a media release recently submitted by the organization.

These awards highlight the vital role that dedicated clinical faculty play in shaping the next generation of physicians. Their commitment to excellence in education, mentorship and patient care leaves a lasting impact on the students and the communities they will go on to serve.

## Occupational Medicine Services

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**701-857-7440**

## Find a Primary Care Provider

If you need help identifying a primary care provider that meets your specific needs, call

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to speak with one of our specialists.

## New Providers

### Matthew Finke, MD

A member of our emergency/trauma medicine team, Matthew Finke, MD, provides care to patients with a variety of emergent illnesses or injuries. A native of Sioux Falls, SD, Dr. Finke earned a Bachelor of Science in biochemistry and a Master of Public Health in environmental epidemiology from the University of Minnesota, Minneapolis. From there, Dr. Finke obtained his Doctor of Medicine from the University of South Dakota, Vermillion, and completed an emergency medicine residency at the University of Iowa Hospitals and Clinics, Iowa City.

Throughout his career, Dr. Finke has helped shape the future of healthcare through roles such as Assistant Professor (Clinical) of Medicine at the University of North Dakota and Assistant Professor (Academic) of Medicine at the University of South Dakota. A member of the American Academy of Emergency Medicine, Emergency Medicine Residents Association and the Wilderness Medical Society, Dr. Finke looks forward to expanding emergency coverage at Trinity Health. In his free time, he enjoys spending time with family, and doing outdoor activities such as biking and running.

### Wade Fischer, MD, FACS

Wade Fischer, MD, FACS, is a distinguished board-certified cardiac surgeon who brings over three decades of experience to Trinity Health's cardiothoracic surgery team. Dr. Fischer earned his bachelor's degree from Cornell University, Ithaca, NY, before obtaining his Doctor of Medicine from Tulane University School of Medicine, New Orleans, LA.

Subsequently, he completed a general surgery residency at the Cleveland Clinic Foundation, Ohio, followed by cardiothoracic surgery residency at State University of New York Health Sciences Center, Brooklyn. Dr. Fischer further enhanced his expertise through specialized fellowship training in heart and lung transplantation and mechanical circulatory support at the University of California, Los Angeles (UCLA).

Throughout his career, Dr. Fischer has held numerous leadership positions, including Co-Director of the Heart Transplant Program, Director of the Ventricular Assistive Device Program, and Chairman of Cardiothoracic Surgery at Via Christi Regional Medical Center, Wichita, KS; President of Medical Staff at Kansas Heart Hospital; Director of Cardiovascular Surgery at San Jacinto Methodist Hospital, Texas; and Medical Director of Cardiothoracic Surgery at Osceola Regional Medical Center, Kissimmee.

As a member of the American Heart Association, International Society of Heart and Lung Transplantation, Society of Thoracic Surgeons, and American College of Surgeons, Dr. Fischer has maintained a dual commitment to exceptional patient care and medical education. His academic contributions include multiple educational administrative appointments, serving as Clinical Educator of Fellows and Residents at Baylor College of Medicine, UCLA, Via Christi Regional Medical Center, and The Methodist Hospital, Houston.

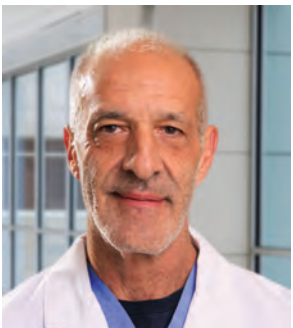
Dr. Fischer is the author of multiple peer reviewed papers and a lecturer at national and international cardiac surgical meetings. In his spare time, he enjoys spending time with family and walking with his boxer, Ace.

### Cristina De Souza, MD, MFA

Cristina De Souza, MD, MFA, is part of our team of providers at Trinity Health Western Dakota in Williston. Dr. De Souza is board-certified in internal medicine, bringing over 30 years of experience in direct patient care, medical education, and teaching through various leadership and patient-care roles. A native of Rio de Janeiro, she



Matthew Finke, MD



Wade Fischer, MD, FACS



Cristina De Souza, MD, MFA

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## Fire Safety tips for Families: Prevent Burns Around Campfires

Campfires are a beloved part of summer — whether you're roasting marshmallows, telling stories or just enjoying the warmth. But for families with young children, it's important to be aware of the risk of burns and know how to prevent and respond to such injuries.

"It's almost a part of a life ritual," says Denise Klinkner, M.D., pediatric trauma center director and pediatric surgeon at Mayo Clinic in Minnesota, of social gatherings around a fire. "But approach it diligently to maintain a safe and fun environment."

Dr. Klinkner urges adults and caregivers to remain vigilant and aware, especially regarding the status of the fire and the location of any children.

### Risks to watch for around campfires

Children, particularly toddlers and preschoolers, are naturally curious and still developing coordination. That makes them more likely to trip or move too close to the fire. Because of this, most campfire burns in children happen to the hands and are usually second-degree or even third-degree burns.

Here are some common dangers to watch out for:

- **Hot tools and sticks:** Roasting sticks and metal forks can cause burns or even eye injuries if a child grabs or walks into them.
- **Grease from food:** Dripping grease can flare up flames and cause more severe burns.
- **Accelerants like lighter fluid:** These can cause explosions when they catch fire or make burns worse if they come into contact with skin. Caregivers should also ensure these items are sealed to avoid accidental consumption by a young child.
- **Propane fire pits:** While convenient, they can explode if not handled properly.

### Burn prevention tips

You don't have to give up campfires to stay safe. Dr. Klinkner has these tips:

- **Keep a safe distance:** Set a clear boundary around the fire that kids know not to cross.
- **Supervise closely:** Always have an adult watching the fire and the children.
- **Avoid accelerants:** Never use gasoline or lighter fluid to start or boost a fire.
- **Teach fire safety:** Show children how to safely enjoy the fire, and for older kids demonstrate what to do in an emergency. Have water or blankets available to stop fires.
- **Extinguish completely:** Make sure a fire is fully out before leaving or going to bed.

### What to do if a burn happens

Dr. Klinkner encourages you to remember the "stop, drop, and roll" fire safety technique to put out the flames if a child's clothing or skin catches fire.

If a child experiences minor burns or blisters, Dr. Klinkner suggests these steps:

- Apply a cool, wet cloth to help cool the burn until the pain eases. Do not use cold water as children's body temperatures can drop quickly.
- Apply a clean, dry dressing or bandage loosely around the burn. This blocks airflow over the burn, often a significant source of pain.

Seek medical help immediately, especially for larger, deeper or more severe burns.

"Enjoy your summer and remember — only you can prevent forest fires, and more importantly, burns to your friends and family," says Dr. Klinkner.

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



Trinity Health Foundation was excited to award \$10,000 to HOSA (Health Occupations Students of America) students from Minot High School and Minot North High School to support their trip to the 2025 HOSA International Leadership Conference!

# 27th Annual Building Hope Women's Golf Tournament

Thank you to all the sponsors, participants and volunteers for your generosity and support in making the 27th annual Building Hope Women's Golf Tournament and 3rd annual Chopper Drop a tremendous success! The event was a wonderful day of golf, food and camaraderie among women, all while supporting an important cause. This year, funds were raised to help purchase a cutting-edge 3D mammogram system with biopsy capabilities. This state-of-the-art technology will represent a vital advancement for breast care across our region.



## Fuel the Fight at Dakota Square ARCO

Trinity Health Foundation invites you to participate in the 8th annual Fuel the Fight on Saturday, September 6, from 9 a.m. to 5 p.m. at Dakota Square ARCO. Join us in raising funds to provide gas vouchers for patients at the Trinity Health CancerCare Center who travel for treatment. Activities throughout the day include hourly door prizes, raffle prizes and much more. A percentage of sales on fuel and in-store purchases on September 6 will be donated to Fuel the Fight. Save the date and stay tuned for more information about this impactful event!



**MINOT'S BIGGEST & BEST BREAST CANCER FUNDRAISER**

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ALL PROCEEDS GO TO THE CANCER FUND AT TRINITY HEALTH FOUNDATION

### Save the Date for Double D-Haw!

September 6, 2025, at the Blue Rider

Join us at 5 p.m. for a seafood boil, art auction, street dance, fun, games and specialty brewed beer by Atypical Brewery.

# HR Hot Jobs

## Stroke RN, Trinity Hospitals

### Position Summary

The Stroke RN is responsible for monitoring and improving stroke care quality by conducting clinical reviews, data analysis, and performance improvement initiatives. This role ensures compliance with The Joint Commission (TJC) Stroke Certification, American Heart Association (AHA) guidelines, and CMS Core Measures while working closely with the Stroke Program Coordinator and interdisciplinary teams to enhance patient outcomes.

### Minimum Qualifications and Requirements

- Licenses and Certifications Required
  - Active RN license in North Dakota or compact RN license.
  - BLS certification required.
  - NIH Stroke Scale (NIHSS) certification required within 90 days of hire.
- Educational Requirements
  - Associate or bachelor's degree in nursing required (BSN preferred).
- Experience Requirements
  - Requires a minimum of 2-3 years of experience in stroke care, neurology, emergency medicine, or critical care.
  - Prefers experience in quality improvement, data analysis and performance monitoring.
- Special Skills or Training Requirements
  - Strong analytical and critical thinking skills.
  - Proficiency in eCare documentation and stroke registry reporting.
  - Excellent communication and presentation skills for engaging staff and leadership.
  - Ability to work independently and manage multiple projects.

## RN III, Occupational Medicine

### Position Summary

- Responsible for providing care to patients, including assessment, treatment, care planning and medical care evaluation.

### 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.
  - Ongoing point of care certifications as required for the department, required within the orientation period.
- Educational Requirements
  - RN program as evidenced by licensure.
- Experience Requirements
  - One year or more of professional nursing experience preferred.
  - Clinic experience preferred.
- Special Skills or Training Requirements
  - May include travel to satellite clinics.
  - Computer and keyboard skills.
  - Trinity community clinics - draw and package lab tests.
  - Additional special skills required for specific departments.
  - Minot clinics – participate in First Care Weekend Schedule.

## Medical Assistant, Trinity Health East Ridge

### Position Summary

- Responsible for nursing care under the supervision of providers, clinic nurse manager, RN and LPN.

### Minimum Qualifications and Requirements

- Licenses and Certifications Required
  - Current North Dakota State registration as UAP Medical Assistant.
  - Registration or certification as a Medication Assistant III by ND Board of Nursing.
  - CPR certification required within orientation period.
  - Ongoing Point of Care certifications as required for department.
- Experience Requirements
  - One year or more of MA experience preferred.
  - Clinic experience preferred.
  - Coding experience preferred.
- Special Skills or Training Requirements
  - May require travel to satellites.
  - Computer use.
  - Minot clinics – participate in Convenient care weekend schedule.

# Providers *continued from page 5*

earned a Doctor of Medicine from Centro Da Saude of the Federal University of Rio de Janeiro before completing internal medicine residencies at Good Samaritan Medical Center and the Veterans' Administration Medical Center in Phoenix, AZ, both sponsored by the University of Arizona, Phoenix campus. As an educator focused on mentoring the future of healthcare, Dr. De Souza has served as an assistant professor of clinical medicine at the University of Arizona, Phoenix, and assistant professor of medicine at the Central Vermont Medical Center, Berlin. Outside work, she enjoys reading, writing poetry, cinema, photography, being in nature and spending time with her family.

## Isaac Tea, MD, MSc, FACC, FSCAI

Isaac Tea, MD, MSc, FACC, FSCAI, is an experienced interventional cardiologist who is board-certified in both interventional cardiology and cardiovascular medicine. A graduate of the University College Dublin School of Medicine in Ireland, Dr. Tea earned a Bachelor of Medicine, Bachelor of Surgery and Bachelor of Obstetrics with Honors, as well as a Master of Medical Science (under scholarship) before beginning his postgraduate training in the United States. He went on to complete his fellowships in general cardiology and interventional cardiology at the Houston Methodist DeBakey Heart & Vascular Center in Houston, Texas. Throughout his training, he was recognized with multiple honors and awards, including the John S. Zachariah, MD, Award (2017), American College of Physicians PA-SE Resident Professionalism Award (2017), Best Teaching Resident Award (2018), Rising Star Award (2019) and Homer Liston Beazley Award (2021).



Isaac Tea, MD, MSc, FACC, FSCAI

Dr. Tea's professional journey and clinical practice are deeply rooted in a commitment to delivering cutting-edge, patient-centered care across the entire spectrum of cardiovascular disease. He specializes in a wide range of advanced interventional procedures, including Complex High-Risk Indicated Percutaneous Coronary Interventions, Chronic Total Occlusion interventions, low contrast percutaneous coronary intervention (PCI) and peripheral interventions (including carotid stenting). He is a strong advocate for the use of intravascular imaging with intravascular ultrasound to enhance PCI outcomes. Furthermore, Dr. Tea is experienced in the employment of temporary mechanical circulatory support (including Impella) for both protected high-risk PCI and in the setting of cardiogenic shock.

Dr. Tea also has significant experience in structural procedures, including Transcatheter Aortic Valve Replacement (TAVR) and Patent Foramen Ovale closure. TAVR is a minimally invasive procedure designed to replace a severely narrowed aortic valve, often serving as a life-saving alternative to open-heart surgery for many patients. At his previous institution, he played a pivotal role in streamlining TAVR workflows and ensuring procedural excellence, contributing significantly to the development of a robust, high-quality TAVR program.

In addition to his expertise in interventional cardiology, Dr. Tea is deeply committed to Heart Failure care. He is passionate about expanding access to advanced, state-of-the-art heart failure therapies and management to patients in the community and rural settings. His goal is to ensure high-quality cardiology and heart failure care is available close to home, so patients do not have to face the logistical and financial burdens of extensive travel just to get the care they deserve. Dr. Tea is experienced in the full spectrum of heart failure management, from optimizing guideline-directed medical therapy to cardiogenic shock and evaluating candidates for advanced heart failure therapies. He has previously established and led a successful and comprehensive heart failure program, which included oversight of the CardioMEMS program — a cutting-edge remote hemodynamic monitoring device implanted in the pulmonary artery that allows for continuous monitoring and early intervention to prevent heart failure decompensation and reduce hospitalizations, thus allowing patients to remain at home and live more fulfilling lives. He is also well-versed in cardiogenic shock and the multidisciplinary expertise required

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Thank You, Minot Curling Club! We're incredibly grateful to the Minot Curling Club for hosting its 5th annual Curling for the Cure bonspiel and generously donating \$5,892.50 to Trinity Health Foundation in support of the Trinity Health CancerCare Center. Your continued partnership and heartfelt support make a meaningful difference in the lives of patients and families facing cancer.

# Provider *continued from page 7*

to take care of these critically ill patients. Additionally, his clinical experience encompasses the management of patients with LVADs and those requiring post-transplant care, utilizing a shared care model.

Dr. Tea remains committed to training the next generation of cardiologists. He is deeply involved as a national faculty educator in the yearly Houston Methodist Fellow's Boot Camp, where he plays a crucial role in training newly minted cardiology fellows in the comprehensive management of heart failure and cardiogenic shock.

Outside of medicine, Dr. Tea is an avid cyclist, tech enthusiast and scale model builder who also enjoys cycling, kayaking and shooting sports.

## Walk-In Clinic

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

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

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

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](http://trinityhealth.org)

### Prepared Childbirth Classes

**July 12, August 2, September 6, October 4**

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

**July 2, August 20, September 3, October 1**

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

**July 14, August 4, September 8, October 6**

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

**August 5, October 14, December 2**

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 July Events

#### July 1

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 701-837-5190. 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.

#### July 12

Trinity Health pediatric nurses will host a Community Car Seat Check from 10 a.m. to 1 p.m. in Trinity Health Medical Arts east parking lot. The event is free and open to the public; appointments are not necessary but first come, first served. Please bring your car seat and instructions, vehicle owner's manual and child(ren) using the seat(s), if possible. For more information, call Tiffany or Wendy at 701-857-5413.

#### July 14-17

Trinity Health will host the UND Center for Rural Health Scrubs Academy II for students in grades 10-12. This provides a unique opportunity for students to experience careers in healthcare through interactive and hands-on activities, including job shadowing.

#### July 16

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

#### July 18-26

Be sure to stop by the Trinity Health booth at the North Dakota State Fair in Commercial III from 11 a.m. to 10 p.m. to play a game, win a prize, meet some staff and learn more about some of the great things Trinity Health has to offer. Trinity Health is a proud sponsor of the North Dakota State Fair.

#### July 19

First Response Air and First Response Ground will join the State Fair Parade, which starts at 9 a.m. at the corner of Broadway and Burdick.

#### July 24

Trinity Health will provide educational information on stroke awareness, RehabCare and Well Care at the North Dakota State Fair Senior Festival from 10 a.m.-3 p.m. in the NDSF Center. Trinity Health is sponsor of this event.

#### July 25

Free community Car Seat Checks will be available from 11 a.m. to 2 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 and model of vehicle, ages of child(ren), brand and model of car seat and preferred time of check on scheduled date.

### Upcoming August Events

#### August 5

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 701-837-5190. 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.

#### August 5

Trinity Health First Response Air and First Response Ground will attend National Night Out from 5:30 to 8 p.m. in Oak Park. Be sure to stop by to check out the helicopter and ambulance and meet the crews.

#### August 9

Trinity Health pediatric nurses will host a Community Car Seat Check from 10 a.m. to 1 p.m. in Trinity Health Medical Arts east parking lot. The event is free and open to the public; appointments are not necessary but first come, first served. Please bring your car seat and instructions, vehicle owner's manual and child(ren) using the seat(s), if possible. For more information, call Tiffany or Wendy at 701-857-5413.

#### August 20

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

#### August 22

Free community Car Seat Checks will be available from 11 a.m. to 2 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 and model of vehicle, ages of child(ren), brand and model of car seat and preferred time of check on scheduled date.

#### August 27

Trinity Health's Senior Safari features free zoo admission all day for those 60 and older. Minot Commission on Aging will provide a box lunch for a nominal fee and educational booths from various Trinity Health departments will be onsite from 10 a.m. to 2 p.m.