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Teamwork at the Heart of Care: Terri Brown's CRNA Journey

Terri Brown, Lead Certified Registered Nurse Anesthetist (CRNA), began her journey at Trinity Health 36 years ago, working on the medical floor while attending nursing school. Upon graduating, Terri began working in the intensive care unit (ICU) at Trinity Health, where she spent her practicum and developed a passion for the ICU.

Although Terri will always have a passion for the ICU, her 12 years there and her time as a flight nurse laid the foundation for her next passion in anesthesia, where she continues to serve patients today. "The ICU and being a flight nurse gave me the base for all of what someone needs to know to be a great CRNA. The skillset that you develop and the gut feelings you get while taking care of patients really turned out to be a perfect precursor for anesthesia," said Terri.

When Terri decided to move from the ICU to anesthesia, she eagerly seized the chance to try something new and continue using the skills she loves, now with more autonomy and

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Trinity Health Foundation Awards 2025-2026 Nursing Scholarships

Seven nursing students and two high school students received scholarships to further their nursing education, as Trinity Health Foundation hosted its annual Nursing Scholarship Awards Program. The event brought students, families and supporters together to recognize the recipients and honor contributors to the Trinity Health Foundation Nursing Scholarship Endowment Fund.

Receiving \$10,000 scholarships were Brett Chatten, Robbyn Gimm and Brianna Quick, who are pursuing degrees at Dakota College at Bottineau, and April Lawrence, who is pursuing a degree at Minot State University. The \$10,000 scholarships were granted to these four individuals who made a two-year commitment to work for Trinity Health upon graduation.

Those receiving \$5,000 scholarships were Kimberly Cain and Chloe Clark, who are pursuing degrees at Minot State University, and Kayci Powell, who is pursuing a degree at Dakota College at Bottineau. Powell was the recipient of the Blue Cross Blue Shield of North Dakota (BCBSND) Scholarship, which was generously funded by BCBSND. As part of their scholarships, Cain and Clark committed to working for Trinity Health for 18 months upon graduation.

Additionally, Keira Miller and Jaelynn Zarr, students in the healthcare careers program at Minot North High School, received a \$1,000 scholarship.

"By supporting nursing students at every stage of their education, we are investing in the next generation of caregivers who will care for our region for years to come," said Ben Anderson, VP/Chief Nursing Officer at Trinity Health. "This program not only helps address today's nursing shortage but also builds a sustainable pipeline of local talent for the future."

Below are statements from the scholarship recipients on the impact it will have on their futures.



Brett Chatten

Brett Chatten, Dakota College at Bottineau:
"Thank you so much to all of the donors who make this scholarship possible! This scholarship will make a huge difference to my family and me! I am so grateful to have been selected."



Robbyn Gimm

Robbyn Gimm, Dakota College at Bottineau:
"I want to thank the Trinity Health Foundation for an outstanding contribution to my academic career. This has been a big blessing in my life and I am very excited to be able to attend school and continue my education and pursue my career as a nurse."



April Lawrence

April Lawrence, Minot State University:
"Thank you for your extremely generous contribution to this scholarship. Your support is an investment in both our academic success as well as the future of patient care."



Brianna Quick

Brianna Quick, Dakota College at Bottineau:
"Thank you to everyone who made financial contributions to make this scholarship possible. Your generosity has provided me with the opportunity to focus on my education goals, rather than worry about financial burdens."

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Scholarships continued from page 1



Kimberly Cain

Kimberly Cain, Minot State University:
“Thank you to the generous donors who made this nursing scholarship possible. Your generosity supports my education and my dream of becoming a nurse. I am deeply grateful for your belief in students like me. I am honored and grateful for your investment in my future.”



Chloe Clark

Chloe Clark, Minot State University:
“Thank you so much for your generous financial contribution to my nursing education. I am truly grateful for your investment in my future and for believing in the next generation of nurses!”



Kayci Powell

Kayci Powell, Dakota College at Bottineau:
“I would like to say thank you to the Trinity Health Foundation and all the contributors who make this scholarship possible. Thank you to Trinity Health as a whole, as well as Blue Cross Blue Shield of North Dakota.”



Keira Miller

Keira Miller, Minot North High School:
“I would like to thank my parents for always pushing me to achieve the best for myself and I wouldn’t be who I am today without them. I would also like to thank my Medical Careers teacher, Christine Thompson, for opening up many great opportunities for me.”



Jaelynn Zarr

Jaelynn Zarr, Minot North High School:
“Thank you to the Trinity Health Foundation and other contributors who make this scholarship possible. I am beyond grateful to have received this award to continue my education to become a nurse.”

For more information about the Trinity Health Foundation Nursing Scholarship Program, visit www.trinityhealth.org/foundation/programs-initiatives/investment-in-the-future/ or call **701-857-2430**.

Terri continued from page 1

responsibilities. When it was time for her first patient in her new field, she remembers the feeling vividly.

“I felt proud knowing I was able to care for a patient, and everything went smoothly. It was such a good feeling to know I could do this, especially on my own.”

Twenty years later, Terri continues to care for anesthesia patients at Trinity Health, where she has observed significant changes in the field. Some notable changes include technological advances, increased practice opportunities, the evolution of monitoring technology, and the readily available information and assessment tools that aid in making timely decisions.

“We used to carry a bag full of books to look at when you came across something new. Now, we have so much information readily available at our fingertips. It’s all right there for very quick access,” said Terri.

While many things have changed over the years, one constant has been the support for each other and the culture of the CRNA team, many of whom have worked together for over 20 years, and at both the Healthcare Campus and Medical District and at the Legacy campus.

“Most of our team is homegrown, and we have a family-like atmosphere. We stick together, support one another, help each other out and everyone is ready to jump in if needed. I think that’s what makes us a great team,” said Terri.

She added, “When we moved facilities, it seemed like such an uphill process at first, but it was nice that we all had worked together for so long, developed a plan and carried it out. It was a big undertaking, but it went so smoothly. I think because we all had the experience of working together and knew our plan, it ended up being a seamless move.”

While teamwork and experience shape the foundation of Terri’s work, it’s her commitment to caring for and advocating for patients that continues to define her role in anesthesia. For Terri, anesthesia is about far more than medications and monitoring; it’s about being a constant voice for patients during some of their most vulnerable moments.

“Being there for patients during their most vulnerable moments is the most important thing and always our number one concern. Every decision we make is focused on the patient,” said Terri. “They may not remember us, but we always want them to feel comfortable knowing we care and that everything we do is for them.”

That same sense of care and purpose extends beyond Terri’s work in the operating room and into her long-standing commitment to Trinity Health. For Terri, staying with the organization for more than three decades has always been about more than a job; it’s about the people, the mission and the ability to make a meaningful difference close to home.

“This is my home. Trinity Health is our community hospital. It serves my family and friends, and I’m committed to this place.”

With years of experience behind her, Terri now finds purpose in mentoring and supporting new CRNAs as they enter the field. She encourages those starting their careers to trust their training, lean on their teams and never lose sight of the patient.

“You will have good days and bad days. Never stop learning and give yourself some grace. There can be such an array of emotions you experience, but it is the most rewarding career,” said Terri.

More than three decades into her career, Terri remains guided by the same purpose that first led her to healthcare: caring for patients and supporting those around her. Through teamwork, advocacy and mentorship, she continues to make a meaningful difference for patients and colleagues alike.

Find a Primary Care Provider

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

701-857-3748

to speak with one of our specialists.

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Call Community Education for available dates and topics

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Embrace Winter with Outdoor Activities

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

Cross-Country Skiing

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

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

The Minot Park District grooms trails at the Souris Valley Golf Course, Oak Park and the Bison Plant for cross-country skiing and snowshoeing.

For more information, visit <https://minotparks.com/cross-country-skiing/>

Downhill Skiing

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

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

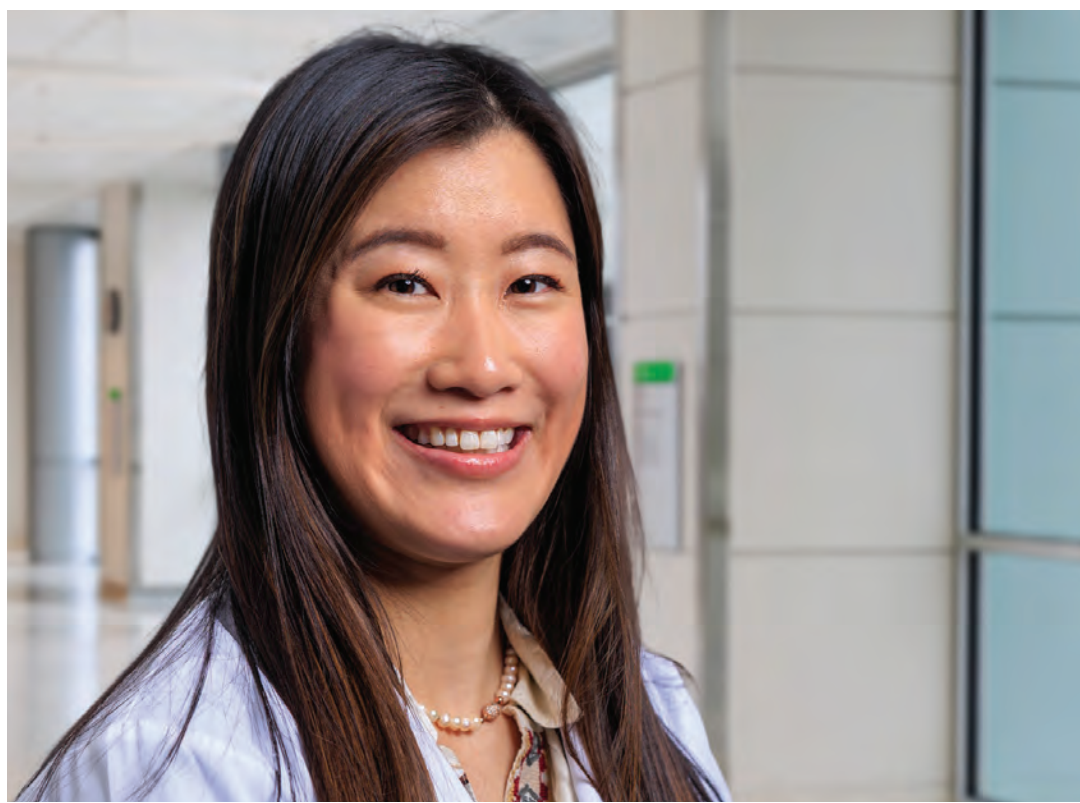
You don't have to go far to find great skiing. Bottineau Winter Park is open for skiing, snowboarding and tubing. For more information, visit www.skibwp.com.

Ice Skating

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

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

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Coming Home to Care: Kelley Vigstol Begins Her Next Chapter at Trinity Health

For Kelley Vigstol, becoming a nurse and eventually a Certified Registered Nurse Anesthetist (CRNA) at Trinity Health was a passion that developed early and was something she witnessed firsthand in her family. Knowing she would enjoy that field as well, Kelley followed her passion on her own path.

“My older sister went into nursing, specifically in family medicine. It was nice to follow in her footsteps, but also branch out in my own way,” said Kelley. “Nursing is just a way of caring and giving back to your community. It's a very diverse field where you see something new every day.”

Growing up in Minot, Kelley always felt a strong sense of community and knew she wanted to finish her education in North Dakota as she pursued her career. This led to Kelley obtaining a Bachelor of Science in Nursing from Minot State University and a Doctor of Nursing Practice from the University of North Dakota.

Although Kelley moved to Colorado Springs to gain experience as a Registered Nurse in the Intensive Care Unit (ICU) after graduating from Minot State, returning to North Dakota was always part of her plan.

“North Dakota shaped my sense of community. Being around the people I would work with in the future was always appealing to me. Even though I moved to Colorado Springs, I knew I always wanted to return home. It was nice to experience life outside of North Dakota, but to also plan to come back in the future,” said Kelley.

Throughout her time working in the ICU and during clinical experiences, Kelley became more familiar with anesthesia and the role of CRNAs. This ultimately shaped her decision for her career path and helped her develop the necessary skills to become a CRNA.

“As an ICU nurse, you work very closely with your patients, providers and other departments. It involves critical thinking at all times and teaches you who you can rely on and that you are capable of caring for the person in front of you,” said Kelley. “Meeting the people who work in anesthesia was inspiring and motivating to me. It's a field that gives you ample opportunity to keep on learning.”

Once Kelley knew she wanted to advance her career and become a CRNA, she enrolled at the University of North Dakota in Grand Forks, where she pursued her Doctor of Nursing Practice.

“Nurse anesthesia is a very rigorous three-year doctoral program. You are working and learning the entire time. You are continuing to utilize your critical thinking skills, managing anesthetics, managing patients and coming up with plans. It's a great field that gives you something new every day.”

As Kelley progressed through her training and clinical experiences, she began to see why nurse anesthesia is such a compelling path for students and early-career nurses who are exploring their next step. The blend of hands-on patient care, advanced clinical decision-making and lifelong learning stood out to her as she considered where she wanted her career to lead.

“Anesthesia is an ever-evolving field that requires constant critical thinking. You're working through decisions independently while also collaborating closely with others. Ultimately, it's about caring for the patient in front of you and doing everything possible to keep them comfortable and ensure they have a positive experience,” said Kelley.

In her role, Kelley says the work of a CRNA is both highly technical and deeply personal, offering the opportunity to build trust with patients during some of their most vulnerable moments.

“You get to know your patients and you take care of them in their most vulnerable states, focusing on one patient at a time,” said Kelley. “It's truly a passionate field where you work closely with so many people.”

As Kelley's career path became clearer, so did the place where she wanted to continue that journey. From her time as an ICU nurse to completing clinical rotations at Trinity Health, she found herself drawn back to the organization that helped shape her professional growth. That connection ultimately led her back as she prepares to begin her role as a CRNA this fall.

“The people at Trinity Health have always been so welcoming, inviting and encouraging. They truly made it easy to come back. It has been a smooth transition. Everyone is so willing to teach and encourages you to learn at the same time,” said Kelley.

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In Recognition and Thanks from the Foundation

Trinity Health Foundation is proud to list the names of individuals, organizations and businesses whose gifts were received from October 1–December 31, 2025. These contributions illustrate a generous and caring community, striving to bring the highest quality care to those we serve. We want to thank those contributors for their generous support of Trinity Health’s mission: “To excel at meeting the needs of the whole person through the provision of quality healthcare and health related services.” For more information on honoring the memory of a loved one through philanthropic giving, contact Trinity Health Foundation at 701-857-5432.

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Winter continued from page 3

The Minot Park District maintains four outdoor rinks: Corbett Field, Polaris Park, Roosevelt School and Perkett School. For more information, visit <https://minotparks.com/outdoor-rinks/>

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

Citizens Alley offers outdoor leisure skating and ice bumper cars; visit <https://www.citizensalley.com/winter> for more information.

Sledding

Sledding is a fun family activity and an excellent workout for children and adults! Sledding works on our endurance, cardiovascular fitness and total body strength (between lugging a sled uphill and drudging through snowy terrain) and encourages core stability and control during the fast ride down.

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

Ice Fishing

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

Heart of Gold Fundraising Gala Sponsorship Opportunities

Partner with us to make this year's Heart of Gold Gala our most successful yet! Last year, we raised more than \$165,000 to fund a state-of-the-art 3D mammography system. With your support, we're aiming even higher in 2026.

Premier Sponsor - \$10,000

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

Platinum Sponsor - \$5,000

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

Gold Sponsor - \$2,500

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

Silver Sponsor - \$1,200

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

Bronze Sponsor - \$500

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

For more information about sponsorship opportunities, contact Darla Miller at Darla.Miller@trinityhealth.org or by calling 701-857-2896.

trinityhealth.org/foundation

Vigstol continued from page 3

She added, "I always knew that Trinity Health was the organization that I wanted to strive to work for. Getting to know all of the people, being able to do clinical rotations and also experiencing life elsewhere helped me solidify the thought of this being the organization I want to work for."

With her role as a CRNA set to begin this fall, Kelley hopes to encourage students and early-career nurses who may be considering a similar path. Drawing from her own experience, she offers simple but powerful advice for those exploring a future in nurse anesthesia.

"Go for it. The only thing holding you back is yourself. If it's something you're interested in, just gain the knowledge and pursue it," said Kelley.



Trinity Health Foundation's Heart of Gold Fundraising Gala

Trinity Health's Heart of Gold Fundraising Gala is on Friday, March 20, 2026, at the Clarion Hotel (2200 E Burdick Expy, Minot, ND) at 5 p.m. Dress to impress and add a touch of gold as we celebrate the hearts that make more possible. Proceeds support the purchase of advanced cardiac technology, expanding access to life-saving diagnostic and treatment options for patients across our region.

Trinity Health Foundation is excited to announce the newest partner for the Heart of Gold Fundraising Gala: The American Fundraising Foundation (AmFund), which will elevate our vacation auctions to the next level. Keep an eye out on the Foundation's social media pages for more details about these bucket-list experiences.

To purchase gala tickets online, visit <https://www.trinityhealth.org/foundation/heart-of-gold-gala-2026/tickets-menu/>

HEART *of* GOLD

Fundraising Gala

FRIDAY, MARCH 20, 2026
THE CLARION HOTEL
 2200 E Burdick Expy, Minot, ND

5:00 p.m.

VIP Pre-Party featuring hors d'oeuvres, live music and exclusive auction items

5:30 p.m.

Registration and silent auction begin

7:00 p.m.

Dinner

Tickets

VIP Pre-Party \$25 per person

\$125 per person

\$1,200 reserved table for 8

Purse-onality & Bro Bag Auction | Entertainment
 Plated Dinner | Live and Silent Auctions

Website

trinityhealth.org/gala

Dress to impress—and add a touch of gold as we celebrate the hearts that make more possible.

Proceeds support the purchase of advanced cardiac equipment

Must be 21 to attend.



Mayo Clinic Q&A: What Heart-Healthy Habits Should I Consider Starting in the New Year?

DEAR MAYO CLINIC: Heart disease runs in my family, and I really want to avoid developing it myself if I can. What heart-health habits should I consider starting in the new year?

ANSWER: When it comes to heart health, prevention still delivers the greatest return. Taking steps now — no matter how small — provides far greater benefits than managing heart disease later. Fortunately, there are many practical, sustainable ways to lower your risk, even if heart disease is common in your family.

A good place to begin is with the simple, everyday choices that influence your long-term cardiovascular health. To build healthier habits, start gradually. Improving your diet one step at a time, moving your body throughout the day and avoiding long periods of sitting can make a measurable difference. Small changes add up, and consistency matters more than perfection.

Emotional well-being also plays a vital role in heart health. Activities that bring meaning or connection, such as walking with a friend or focusing on purpose in daily life, can lower stress and support healthier behaviors. Caring for your emotional health isn't separate from caring for your heart; both are deeply interconnected.

Taking medications as directed is another key factor in preventing heart attacks or stroke. If you have been prescribed treatment for high blood pressure, high cholesterol or other risk factors, following your clinician's guidance and monitoring your numbers ensures those risks stay under control.

Heart-healthy steps to consider

Here are eight additional steps that can strengthen your heart-health plan for the year ahead.

1. Avoid tobacco.

Smoking or using smokeless tobacco damages the heart and blood vessels, and it lowers the oxygen available to your body, forcing the heart to work harder. The benefits of quitting begin almost immediately, and the risk of heart disease decreases significantly within a year.

2. Get moving every day.

Aim for 30 minutes or more of physical activity most days of the week. Brisk walking, cycling, gardening, taking the stairs and even brief movement breaks throughout the day all contribute to better cardiovascular fitness. National guidelines recommend at least 150 minutes of moderate or intense activity weekly, but any amount of movement is better than none. If you've been inactive, increase your activity gradually.

3. Follow a heart-healthy eating plan.

Diet affects many major risk factors, including blood pressure, cholesterol and blood sugar. Heart-healthy patterns such as the Mediterranean diet and DASH eating plan emphasize fruits, vegetables, legumes, fish, lean protein, low-fat dairy products, whole grains, and healthy fats like olive oil and avocado. Limiting salt, added sugars, refined carbohydrates, alcohol, saturated fat and processed foods, including processed meat, further protects your heart.

4. Maintain a healthy weight.

Excess weight, especially around your belly, raises the risk of high blood pressure, high cholesterol, type 2 diabetes, sleep apnea and heart disease. Even modest weight loss of 3% to 5% can improve blood sugar, triglycerides and overall metabolic health.

5. Prioritize quality sleep.

Adults typically need at least seven hours of sleep each night. Poor sleep is linked to obesity, high blood pressure, diabetes and heart disease. Maintain a consistent sleep schedule and a restful environment. If you snore loudly, wake up gasping or feel excessively tired despite adequate sleep, talk to your clinician about screening for obstructive sleep apnea.

6. Manage stress in healthy ways.

Chronic stress can elevate blood pressure and affect lifestyle choices. Techniques such as mindfulness, yoga, relaxation exercises, mindful breathing, physical activity and seeking social support can lessen stress and improve overall well-being.

7. Stay up to date with screening tests.

High blood pressure, high cholesterol and high blood sugar often develop silently. Regular screenings allow early detection and treatment. Your clinician can recommend how often to check your numbers based on your age and risk profile.

8. Prevent infections.

Good dental care and staying up to date on vaccinations reduce risks associated with infections that can harm the heart or worsen existing conditions.

While you can't change your family history, you can adopt many habits that strengthen and protect your heart. Start with small, manageable steps, stay connected emotionally, take medications as prescribed and partner with your care team to monitor your health.

Prevention is a powerful investment and the new year offers a perfect opportunity to begin.

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

HR Hot Jobs

RN, Medical Nursing

**Sign on Bonus Eligible, Full-Time, Days/Nights
Trinity Health Hospital Campus & Medical District**

The RN is competent and accountable for the overall health status of patients assigned to her/his care. The RN is responsible for the assessment, evaluation of the data collected and the continuum of care through: monitoring and evaluating changes in patient's condition, evaluation of patient responses to therapy and the discharge process. The RN may delegate selected nursing activities to other healthcare workers, but retains the responsibility and accountability for the overall nursing care. When activities are delegated by the RN, the RN remains responsible for the delegation, supervision and evaluation of those activities. New graduates will be enrolled in the Trinity Nurse Residency program and expected to graduate from the program.

Licenses and Certifications Required

- Current or temporary RN license in North Dakota or compact RN licensure.
- BLS certification required within orientation period.
- Specialty certification in area of practice is desirable.

Educational Requirements

- RN program as evidenced by licensure.
- Official diploma or transcript from the school/university from where Degree was received.

Experience Requirements

- Hospital experience is preferred, but not required.

Special Skills or Training Requirements

- As required by specific units.

Paramedic, Full-Time, Days/Nights

**Trinity Health First Response Ground Ambulance
Headquarters**

Under the direction of a Physician and/or established protocol, the Paramedic provides direct patient care in an emergent and non-emergent setting. The Paramedic practices in accordance with philosophy, policies, procedures and standards of the hospital; functions within the guidelines of the protocols for the ambulance service that are reviewed and agreed on by program Medical Director. The Paramedic functions include the identification, planning, implementation and evaluation of emergency care for acutely ill neonates, pediatrics and adults in collaboration with their partner, other responding agencies and the medical control physician. This person is responsible for obtaining pertinent medical histories, performing physical examinations and formulating differential diagnoses and care management plans. Responsibilities include performing necessary diagnostic and therapeutic procedures as indicated for identification and management of problems. The Paramedic provides family centered care, including psychosocial support, education and transfer planning in conjunction with medical staff and other responding agencies. Represents the hospital to community partners. Maintains effective communication with medical staff, community partners and families. Initiates and participates in educational, research, professional and organizational activities that contribute to improving patient care, the ambulance service and the individuals own professional development.

Licenses and Certifications Required

- North Dakota Paramedic registration submitted to North Dakota Department of Health Division of Emergency Medical Systems (DEMS) within 30 days of hire.
- Must be National Registry of Emergency Medical Technician (NREMT) certified paramedic at time of hire.
- Basic Life Support (BLS), Advanced Cardiac Life Support (ACLS), Pediatric Advanced Life Support (PALS) required at time of hire.
- Pre-Hospital Trauma Life Support (PHTLS) or Advanced Trauma Life Support (ATLS) preferred.
- Valid Driver's License.
- Must be able to be insured to operate a motor vehicle.
- ICS 100, 200, 700 and 800 within 30 days of hire.

Educational Requirements

- High school diploma or GED strongly preferred.

Special Skills or Training Requirements

- Knowledgeable of current trends, developments and concepts in pre-hospital care.
- Available for on-call duty as scheduled or requested.

Social Worker, LBSW, Part-Time, Days

Trinity Health Hospital Campus & Medical District

The Case Management Social Worker performs effective assessments of patients and their families. Based on the needs identified in an assessment, the Social Worker arranges, coordinates, and monitors multiple services from different providers to meet patients needs. The Social Worker addresses the psychological and social needs of the patients and formulates the discharge plan in collaboration

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with all appropriate team members. Under the guidance of the Case Management Supervisor, the Social Worker is responsible for conducting and coordinating patient assessments, transition of care, discharge planning affecting patient outcomes and patient/family education.

Licenses and Certifications Required

- Licensed Social Worker in the state of North Dakota.
- BLS certification required within orientation period.

Educational Requirements

- Bachelor's degree in social work required.

Experience Requirements

- Two years of experience in area of Social Work preferred, particularly in an acute care setting.

Special Skills or Training Requirements

- Demonstrated evidence of dependability, diplomacy, and initiative.
- Demonstrated strong communication and interpersonal skills with all levels of internal and external customers, including but not limited to medical staff, patients and families, clinical personnel, other Case Managers and Social Workers, support and technical staff, outside agencies, third party payors and members of the community.
- Basic understanding of reimbursement issues, denials and DRGs.
- Personal computer skills using e-mail and Microsoft Office Suite.

Physical Therapist, Full-Time, Days Trinity Health Hospital Campus & Medical District

Provide services to patients/clients of all ages who have impairments, functional limitations, disabilities, or changes in physical function and health status resulting from injury, disease or other causes. Develop an individualized plan of care focused on mutually determined physical and functional goals to provide the highest quality of care to patients. The physical therapist will interact and practice in collaboration with other professionals and direct and supervise physical therapy services, including supportive personnel. Physical therapist will also participate in the provision of prevention and wellness services, including screenings and health promotion.

Licenses and Certifications Required

- Current Physical Therapist license or temporary permit in ND required.
- Basic Life Support (CPR) required within 30 days of hire.

Experience Requirements

- Outpatient physical therapy clinical experience preferred.

Special Skills or Training Requirements

- Organize time well to meet job expectations and performance standards.
- Teach one-on-one or to large groups of people.
- Establish good rapport with other health care professionals.
- Be adaptive to changing work situations and be flexible to changing work environments.
- Communicate orally with all customers.
- Able to address the needs of specific age groups (i.e., infants, pediatric, adolescent and geriatric) by assessment/treatment or referral to therapy personnel competent in their care.

LPN Clinic, Float – Full-Time, Days Trinity Health Medical Arts, Trinity Health Riverside, Trinity Health Town & Country

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

Licenses and Certifications Required

- Current or temporary LPN license in ND or compact LPN licensure.
- CPR required within orientation period.
- Ongoing Point of Care certifications as required for department required within orientation period.

Educational Requirements

- LPN as evidenced by licensure.

Experience Requirements

- One year or more of LPN experience preferred.
- Clinic experience preferred.
- Coding experience preferred.

Special Skills or Training Requirements

- Flexibility required.
- May require travel to satellites.
- Computer use.
- Trinity community clinics – draw and package lab tests.
- Minot clinics – participate in walk-in clinic weekend schedule.



Mayo Clinic Q&A: What are Prebiotics and Probiotics?

DEAR MAYO CLINIC: I'm confused about prebiotics and probiotics. Could you help me understand what they are and how they could benefit my health?

ANSWER: You're not alone in wondering about the health benefits of prebiotics and probiotics. Even the names can be confusing.

The human gastrointestinal tract houses roughly 100 trillion microorganisms (good bacteria). These microorganisms make up what's called the gut microbiome.

These good bacteria fight off bad bacteria to help keep our intestinal tract healthy.

Probiotics: Promoting digestion, benefiting health

Let's start with probiotics. Probiotics are living organisms, also known as microbes. They're primarily bacteria and yeast whose main role is to aid digestion and improve overall health. Probiotics help strengthen the gut barrier, aid in the absorption of nutrients, and replace less beneficial or harmful microbes.

Research shows that probiotics can treat and even prevent conditions such as gastrointestinal (GI) tract infections, irritable bowel syndrome (IBS), lactose intolerance, allergies, cystic fibrosis, urogenital infections, diarrhea, high cholesterol, eczema and certain cancers.

Probiotics also may support dental health by treating and preventing tooth decay, periodontal disease and bad breath.

In addition to aiding digestion, another essential role of probiotics is promoting a healthy immune system and preventing chronic diseases.

Some examples of probiotics include fermented foods, such as certain yogurts, many cheeses, pickled vegetables, apple cider vinegar, fermented teas and sauerkraut. Probiotic supplements also are available in pill or powder form.

Prebiotics: Feeding probiotics

Prebiotics are the food for probiotics. They help feed the probiotics through fermentation and metabolization, which are beneficial to the gut. These microorganisms contribute to a variety of processes, including cell energy, immune function, hormone regulation, anti-inflammatory responses and bowel management.

Research indicates that high prebiotic consumption may enhance our immune system, help regulate blood sugar levels, reduce the risk of colorectal cancer and increase calcium absorption. When good bacteria (probiotics) are fed an abundance of healthful food (prebiotics), our bodies will be healthier.

Prebiotics are found in foods that contain:

- Dietary fibers, which the body doesn't fully digest.
- Resistant starches, which are a form of carbohydrate that isn't digested in the small intestine. Instead, it ferments in the large intestine.

The most common prebiotics are inulin, oligosaccharides and pectin, which are found in fibrous foods. Foods containing prebiotics include most fruits and vegetables — especially green bananas, asparagus and onions — as well as garlic, nuts, seeds, oats, barley, potatoes, and legumes such as soybeans, dried beans, peas and lentils.

Adding probiotics and prebiotics to your diet

Food composition changes with cooking, so to get the most benefit from prebiotics and probiotics, it's important to pay attention to cooking methods. For example, boiling potatoes is better than baking them. When potatoes are boiled and then chilled, they develop a white starchy film, which is the most beneficial part. Serving beans and legumes hot increases their starch content, which is good for your gut.

Eating most fruits and vegetables while they are fresh and raw will provide healthful prebiotics.

Researchers suggest gradually introducing these foods into your diet. Adding a lot of new foods containing prebiotics and probiotics may produce gas, cause bloating and lead to gut discomfort.

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

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

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



Trinity Health Stroke Program Awarded Gold Seal of Approval® from The Joint Commission

Trinity Health has earned The Joint Commission's Gold Seal of Approval® for Stroke Program Certification by demonstrating continuous compliance with its performance standards. The Gold Seal is a symbol of quality that reflects a healthcare organization's commitment to providing safe and quality patient care.

The certification recognizes healthcare organizations that provide clinical programs across the continuum of care for stroke patients. The certification evaluates how organizations use clinical outcomes and performance measures to identify opportunities to improve care, as well as to educate and prepare patients and their caregivers for discharge.

Trinity Health underwent an on-site review in October. During the visit, a Joint Commission surveyor evaluated compliance with related certification standards, including timeliness of care, quality of care in the hospital and discharge planning. Joint Commission standards are developed in consultation with healthcare experts and providers, measurement experts and patients. The surveyor also conducted onsite observations and interviews.

"The Joint Commission's Gold Seal of Approval® reflects Trinity Health's ongoing commitment to delivering high-quality, evidence-based stroke care," said Ben Anderson, VP/Chief Nursing Officer. "This certification recognizes the expertise, coordination and dedication of our team members who work around the clock to ensure patients receive timely care when every second counts."

During the review, The Joint Commission spent two days observing stroke care across the entire patient journey, evaluating how multiple teams work together from the moment a patient arrives through discharge. This included reviewing emergency response and EMS coordination, medication management, advanced diagnostic imaging and treatment, therapy services and discharge planning, as well as interviewing providers, nurses, therapists and case managers involved in a patient's care.

The Joint Commission is a healthcare accrediting body that is trusted by over 24,000 organizations worldwide to uphold standards that improve patient outcomes. Their mission is to enable and affirm the highest standards of healthcare quality and patient safety for all.

C O M M U N I T Y

CALENDAR

For the latest updates,
check online at trinityhealth.org

Prepared Childbirth Classes

March 7, April 11, May 2, June 6, July 11, August 1

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

March 4, April 1, May 6, June 3, July 8, August 5

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

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.

Basics of Baby Care

March 9, April 13, May 4, June 8, July 13, August 3

Welcoming a new baby is a special and exciting time! A time that can also bring up many questions: How will I know my baby is hungry? When will my baby sleep? How do I keep my baby safe? This class will answer those questions and more! We will cover the basics of newborn care such as feeding, bathing, diapering, soothing and sleep. This class does NOT include CPR. Available to expectant or parents of newborns. Meets from 6 to 8:30 p.m.

Sibling Class

April 7, June 2, August 4, October 6, December 1

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 March Events

March 3—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 model of vehicle, ages of child(ren), brand and model of car seat and preferred time of check on scheduled date.

March 9—Trinity Health Nutrition Services will give a presentation on Healthy Eating and Hydration during the Aging Mastery Program series at Souris Heights.

March 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.

March 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.

March 20—Trinity Health Foundation will hold its annual Fundraising Gala at 5:30 p.m. in the Clarion Hotel. Proceeds from this year's event, Heart of Gold, will go toward the purchase of new cardiac equipment. The evening includes a delicious meal, entertainment and silent and live auctions.

March 27—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.

Upcoming April Events

April 7—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 model of vehicle, ages of child(ren), brand and model of car seat and preferred time of check on scheduled date.

April 8—Trinity Health, along with Town & Country Credit Union, will host a Vitalant blood drive in the Prairie Rose Conference Center, Trinity Health Hospital. Call 701-418-8410 to schedule a life-saving donation.

April 15—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.

April 15—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.

April 24—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.