

INSIDE THIS ISSUE

Trinity Health Auxiliary Hearts Golf Scramble

In Recognition and Thanks from the Foundation

Summer Safety Tips from American Red Cross

Building Hope Women's Golf Tournament and Chopper Drop to Take Place in June

Helmsley Charitable Trust Grants \$3,020,087 to Help Purchase Ultrasound Equipment

Foundation Donors, Couple Team up to Purchase New Cancer Infusion Chairs

New Providers

KeyCare Pharmacy Expands Hours

Graduating Medical Students Select Dr. Lauren Wake as Preceptor of the Year

HR Hot Jobs

Events Calendar



A Lifetime of Compassion: Dr. Nordell Leaves Lasting Legacy in Healthcare

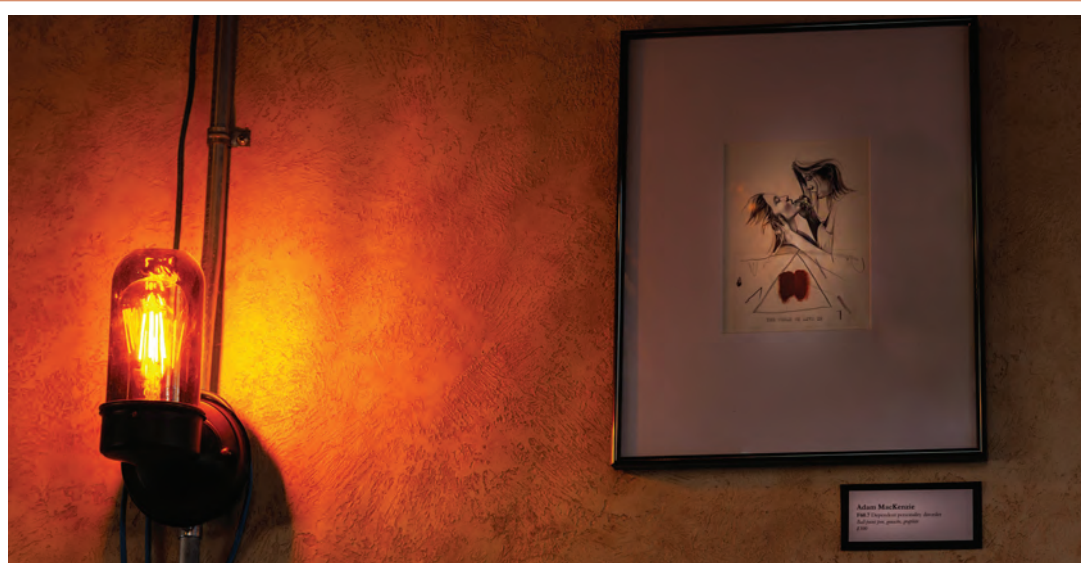
As she was nearing the tail end of high school and wondering what was on the horizon, Margaret Nordell, MD, drew inspiration from books she read about Albert Schweitzer and the hospital he founded in Africa. She believed her next chapter of life would involve becoming a nurse with the goal of working in Africa.

However, that dream eventually came to a halt, but that did not prevent Dr. Nordell from living a meaningful life and having an impactful career. While attending the University of North Dakota (UND) in Grand Forks, Dr. Nordell was preparing for her second year of college and applied to the nursing school at UND.

“When I applied to nursing school, I wanted to continue with my French studies because French is spoken in many African countries. UND told me I had to focus on nursing and couldn’t take anything else, so then I decided I was no longer going to be a nurse,” said Dr. Nordell.

From there, Dr. Nordell became an English and French teacher before she “out-educated herself” by having a master’s degree while teaching.

continued on page 2



Shown is one of the illustrations by Adam MacKenzie, PhD, displayed at Atypical Brewery & Barrelworks.

The Art of Understanding: Psychologist Uses Illustrations to Visualize Subjective Experiences

The human mind is very complex, and it can’t be fully understood just through words alone. Adam MacKenzie, PhD, psychologist at Trinity Health Riverside, spends his days helping people navigate the complexities of behavioral health disorders. In his free time, he finds another way to explore the human mind more deeply: through ballpoint pen illustrations.

Although art and psychology are two different career paths, Dr. MacKenzie has seen many parallels between the two in his life, beginning with the closing of one door eventually leading to the opening of another.

“I got into psychology by way of career No. 1, which was art and graphic design. When I graduated from Minot State University in 2009, it was around the recession. Art was a difficult career then, so I had to figure out my next step,” said Dr. MacKenzie.

After pondering what to do next, Dr. MacKenzie decided to return to Minot State to study psychology. As he began this next chapter, it felt like the right decision as he fell in love with the field of psychology.

“I really fell in love with the whole field of psychology, as well as being a therapist and paying it forward, kind of that sense of knowing what it feels like when life falls apart and what the next step needs to look like,” said Dr. MacKenzie.

He added, “How I understood art, mythology, and even superheroes were part of why I loved psychology. Art and psychology just seemed to blend together. Now, I still draw on my own time, but I feel a sense of inspiration from what I get to do on a day-to-day basis.”

Although, admittedly, Dr. MacKenzie doesn’t have as much time for his drawing passion now as he did before, he still always keeps a sketchbook on hand, allowing him to utilize even the smallest windows to continue immersing himself in his passion. Even though drawing has taken a back seat lately, that passion will always be prevalent in his life.

Having been a psychologist at Trinity Health since 2022, he continues to find parallels between his two passions of psychology and illustrations. “Talking to people daily about their experience can be subjective. A client may think to oneself, ‘How do I convey to my therapist or anyone what I’m feeling and thinking?’ To take something so abstract and personal and to try to get someone else to see what they are seeing and understand where they are coming from can be a challenging experience.”

He added, “That’s a piece of what art can do on its best days; it can express something that maybe one can’t put into words, or something that one deeply feels is true or beautiful and convey it in a certain way that gives someone else a related experience. Art can be a form of emotional communication.”

As Dr. MacKenzie describes, art is about emotional communication and connecting with others on a deeper level. Encouragement from those around him played a significant role in his journey, motivating him to expand his reach and share his work with a broader audience.

This led to an opportunity for Dr. MacKenzie to display a show of illustrations at Atypical Brewery & Barrelworks in Minot. After a conversation with Atypical about displaying over 20 pieces of his artwork, Atypical was highly supportive in allowing him to put his heart out there for the Minot community to see.

According to Dr. MacKenzie, the illustrations displayed at Atypical represent our relationship with our own experience. “As a clinician, you see people who have very different relationships with what they’re going through. Some people see their anxiety as an element of their personality.



continued on page 2

Art continued from page 1

Other people see anxiety as ‘This is what I’m going through. How do I combat this?’”

“The illustrations are about how I can take what is an incredibly varied experience and distill it down into a representation of what someone might be going through, how to take my own professional experience dealing with a variety of mental health conditions and give my perspective in terms of what somebody could view it as in a visual medium. With a pen, I can take what I learned through school and represent this in a way that maybe someone else hasn’t seen before, and maybe change their relationship on how they feel about their own struggles.”

Dr. MacKenzie further stated that he hopes people will understand, from viewing his artwork, that mental health diagnoses don’t define someone. The artwork is a visual representation to help people understand what they are going through at that moment and that the diagnoses should be useful, not life sentences.



Encouragement and support continued well after Dr. MacKenzie’s work was displayed on the walls within Atypical. From the initial collaboration during the planning process to the artwork being visible to people of the Minot community, Atypical was supportive the entire time.

Members of the Atypical team would tell Dr. MacKenzie when someone was interested in speaking with him about the artwork, if someone was interested in purchasing some of the artwork, or even explore ideas of illustrations that Dr. MacKenzie could draw as a gift for someone.

The show of illustrations at Atypical has proven to be a powerful bridge between art and mental health. By using illustrations to visualize complex psychological conditions, Dr. MacKenzie not only educated the community but also created an open space for often difficult conversations. It marks a meaningful step in blending therapy with creativity, where understanding and empathy can thrive through visual storytelling.

Nordell continued from page 1

Eventually, she moved to Dickinson from Fargo. She was having difficulty landing a full-time job as a teacher but was able to be a substitute teacher for a junior high English class.

Dr. Nordell would soon realize that, once again, she was on the brink of a career change and found inspiration from another book. “While I was filling in for the junior high English class, this book called Ms. MD came across my desk. It talked about how women who were going back to school should think of going into medicine because it is a big demand,” said Dr. Nordell.

Following the newest inspiration, Dr. Nordell graduated from medical school at UND and went to Loyola University Chicago (IL) for an obstetrics and gynecology (OB/GYN) residency. Little did Dr. Nordell know this would mark the beginning of an illustrious career full of countless milestones and accomplishments.

Upon graduation, Dr. Nordell returned to Grand Forks to begin practicing in 1987. Seven years later, she decided to join Trinity Health in Minot, which was her permanent home until her retirement in March. With over three decades of OB/GYN practice experience at Trinity Health, it’s safe to say that Dr. Nordell has seen significant changes in the field throughout her career.

“We went from having tiny, closet-like offices with an old metal desk to eventually moving to a bigger unit at Town & Country. We had nicer practice spaces in there, but things have definitely changed. For instance, what I really like about Trinity Health is they jumped right into computer-based systems,” Dr. Nordell said.

She added, “When I went to labor and delivery in the past, you did rounds, and there were big binders for each patient’s records. We had to handwrite a lot of things and paste information into charts. That process would take forever. Now you get on the computer and know immediately what has been done and what you need to do about it. It’s a magnificent change.”

It wasn’t just in Minot, however, that Dr. Nordell significantly impacted the lives of many. While being a preceptor with the University of North Dakota Family Medicine Residency Program in Minot, one of the residents she worked with was Dr. Monica Mayer, who practiced in New Town. Dr. Mayer asked Dr. Nordell if she would come out to New Town to serve the women and children, to which Dr. Nordell agreed to make trips twice per month.

The two developed a close friendship as Dr. Nordell and Dr. Mayer worked together over the years. It is so close that Dr. Nordell was adopted into the family.



“Dr. Margaret Nordell was adopted by the late May Howard-Coffey as a member of our family. She [Dr. Nordell] was given her Indian Name, ‘White Mother,’ Utna-dagah (Arikara), for delivering and caring for children in Indian Country too numerous to count,” said Dr. Mayer in a statement.

Dr. Mayer added, “Dr. Nordell attended 18 consecutive Little Shell Powwows until COVID hit but has since attended annually. One of which, Dr. Nordell was honored for her service to our children and mothers. It was asked that any mothers or children cared for by Dr. Nordell come into the arena and dance with her. The arena was full.”



In addition to her service in New Town, Dr. Nordell also spent time serving the Tioga community, helping eliminate long-distance travel for those who needed to seek OB/GYN care. Her commitment to these rural areas highlights the critical importance of bringing healthcare closer to underserved populations, ensuring that individuals in rural

continued on page 4



A Trinity Health Auxiliary Fundraiser

Men’s and Women’s

Hearts Golf Scramble

Monday, May 19, 2025

Vardon Golf Club
Minot, ND

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



Shoot a Hole-in-One for \$10,000 or other fabulous prizes!

\$500/team of 4

- 2 golf carts
- Lunch will be provided

Team Registration:

Scan to Register



<https://www.trinityhealth.org/heartgolf>
or call Sherry Maragos 701-418-7070

Trinity Health Speaker’s Bureau

Call Community Education for available dates and topics

701-857-5099

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 January 1 – March 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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Summer Safety Tips from American Red Cross

What’s your plan for this summer? Enjoying the water? Going camping? Firing up the grill? Whatever you prefer, American Red Cross has safety steps to follow. And don’t forget your furry friends. There are steps you can take to help keep them safe too.

Water Safety

Every day, an average of 11 people die in the U.S. from unintentional drowning — and one in five of those are children 14 or younger according to the Centers for Disease Control and Prevention (CDC). The Red Cross wants everyone to know critical safety knowledge and skills that could save your life in and around the water. We encourage families to build confidence in the water by learning to be safe, making good choices, learning to swim and how to handle emergencies.

- Preventing unsupervised access to water, providing constant, active adult supervision and knowing how to swim are critical layers of protection to help prevent drowning.
- Classes to learn how to swim are available for both children and adults. Check the map for Learn-to-Swim providers in your community. Everyone should learn first aid and CPR too, so they know what to do in an emergency.
- Download the Red Cross Swim app, sponsored by The ZAC Foundation, for safety tips, kid-friendly videos and activities, and take the free Water Safety for Parents and Caregivers online course in English or in Spanish.
- It’s best to swim in a lifeguarded area. Always designate a “water watcher” whose sole responsibility is to keep a close eye and constant attention on everyone in and around the water until the next water watcher takes over.
- Drowning behavior is typically fast and silent. Unless rescued, a drowning person will last only 20 to 60 seconds before submerging. Reach or throw, don’t go! In the event of an emergency, reach or throw an object to the person in trouble. Don’t go in or you could become a victim yourself.
- It only takes a moment. A child or weak swimmer can drown in the time it takes to reply to a text, check a fishing line or apply sunscreen.

Camping Safety

If a camping trip is in your plans, know the level of ability of the people in your group and the environment around you. Plan accordingly.

- Pack a first aid kit to handle insect stings, sprains, cuts and bruises and other injuries that could happen to someone in your group. Take a Red Cross First Aid and CPR course and download the First Aid app so that you will know what to do in case help is delayed. You’ll learn how to treat severe wounds, broken bones, bites and stings and more.
- Sprains and falls are some of the most common misfortunes travelers may face. Falls are the biggest threat, many due to poor decision-making, lack of skill or not being properly prepared. Dehydration is also a danger. Plan ahead for these dangers.
- Share your travel plans and locations with a family member, neighbor or friend.
- Bring nutritious food items and water, light-weight clothing to layer and supplies for any pets.

Picnic Safety

Summer is a great time to get outside for a picnic. Follow these tips to prevent illness and keep everyone safe:

- Wash your hands, utensils and workstation before preparing the food.
- Separate uncooked meats, poultry, and seafood from ready-to-eat foods like salads, fruits, vegetables, cheeses, and desserts. Use separate plates and utensils to prevent cross-contamination.
- Bring hand sanitizer if your picnic site doesn’t have hand-washing facilities.
- If you are going to cook on the grill, bring a food thermometer to be sure grilled foods are cooked enough. For more information about safe grilling, review the additional tips below!

Grilling Safety

Though more than three-quarters of U.S. adults have used a grill — yet, grilling sparks more than 10,000 home fires on average each year. To avoid this, the Red Cross offers these grilling safety tips:

- Always supervise a barbecue grill when in use. Don’t add charcoal starter fluid when coals have already been ignited.
- Never grill indoors — not in the house, camper, tent or any enclosed area.
- Make sure everyone, including pets, stays away from the grill.

continued on page 6

Nordell continued from page 2

communities have access to essential medical services without the added burden of travel.

The impact made in the rural communities was one of the many milestones of Dr. Nordell’s distinguished career. A few other milestones occurred early on in her Trinity Health career when she delivered a set of triplets, then again in 1997 when she delivered quadruplets. The triplets were the first multiples in a very long time, while the quadruplets were the first ever at Trinity Health.

Experiencing the delivery of triplets was so unique at the time, but later proved to be beneficial by preparing Dr. Nordell to deliver quadruplets. “I was told to have three bassinets, nursing staff for each baby, and to take instruments and mark the triplets with sterile tape, so you know which triplet is which. We had it absolutely planned out, and it was smooth.”

Making a rare coincidence, Alane Webber, one of the physician assistants who helped Dr. Nordell with the delivery of triplets, gave birth to the quadruplets in 1997. The quadruplets were two boys and two girls. “We were totally ready for the quadruplets, except we just had to have four of everything this time,” said Dr. Nordell.

Over 3,000 babies later, Dr. Nordell has brought many new lives into this world and has been an integral part of such monumental moments for families in North Dakota. Seeing the initial reaction from the family is one thing she has never taken for granted over the years.

“One of the most rewarding parts of bringing a new life into the world is holding the baby up for the parents to see. It’s such a wonderful thing. Labor is not easy. When they’ve delivered the baby and gotten through it, they realize it’s all over, and now they have this wonderful baby,” said Dr. Nordell.

Another memorable moment of Dr. Nordell’s career was being involved with UND residents and helping prepare them for their future in healthcare. She was big on having her students learn by doing things instead of having them observe. The students appreciated this, as Dr. Nordell was awarded an outstanding mentorship award from UND in 2013.

From being named the Preceptor of the Year to receiving the Association of Professors of Gynecology & Obstetrics Excellence in Teaching Award and the American College of Obstetrics and Gynecologists Community Service Award, Dr. Nordell’s legacy not only involved bringing many lives into the world but also shaping the future of healthcare.

After over three decades of dedicated service, Dr. Nordell leaves an extraordinary legacy at Trinity Health and the rural communities she served. Since joining Trinity Health, she has been a trusted OB/GYN, providing exceptional care to countless women and families and a pillar of support in underserved areas, bringing much-needed medical attention to those who need it most.

Dr. Nordell’s unwavering commitment to her patients, colleagues and the region has made a lasting impact that will continue to resonate for generations to come. As she embarks on this well-deserved retirement, she leaves behind a profound sense of gratitude, respect and admiration for all those whose lives she touched.

As for what’s next in the chapter of retirement, Dr. Nordell looks forward to having a clear schedule and relaxing.

Trinity Health Outpatient Pharmacy

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



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.



Building Hope Women's Golf Tournament and Chopper Drop to Take Place in June

Trinity Health Foundation is excited to announce that its 27th annual Building Hope Women's Golf Tournament and the 3rd annual Chopper Drop will be held on June 9, 2025, at Souris Valley Golf Course in Minot. The event is not only a great day of golf, food and camaraderie among women—this year, it will also help Trinity Health Foundation with the purchase of a cutting-edge 3D mammogram system with biopsy capabilities—a vital advancement for breast care across our region.

The theme this year is Girls Just Wanna Have Fun. Prizes throughout the day are for 1st, 2nd, and 3rd place, last place, longest drive, longest putt and closest to the pin. There is also an award for the best-decorated golf cart.

Entry fees are \$125 per individual golfer or \$500 per team. This includes registration fees, carts, a goodie bag, on-course snacks and non-alcoholic beverages, entry into door prizes and more. Spots will fill up quickly, so make sure to register soon! You can register online by visiting trinityhealth.org/foundation/building-hope/.

On June 9, registration will begin at 10 a.m., followed by a shotgun start at 11 a.m. and Chopper Drop at 2 p.m.

The 3rd annual Chopper Drop is a thrilling event where hundreds of numbered golf balls are dropped from a helicopter hovering above the course. Each ball corresponds to a purchased entry, and the ball closest to the target wins the grand prize. You do not have to be present to win.



Trinity Health's Radiology department provides critical care when it is needed most. With your support, we can acquire the state-of-the-art Holistic 3Dimension mammogram machine, enhancing our ability to detect breast cancer early and accurately, ultimately leading to improved patient outcomes.

Your support and participation are critical to providing hope for a brighter future for patients and their families. If you have any questions, please contact Cody McManigal at 701-857-2430 or cody.mcmanigal@trinityhealth.org.



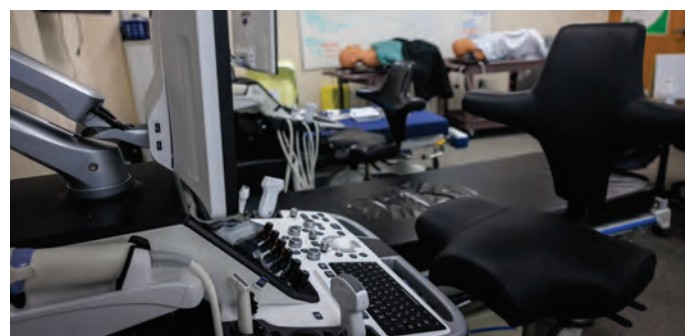
New state-of-the-art ultrasound equipment being demonstrated at Trinity Health.

Helmsley Charitable Trust Grants \$3,020,087 to Help Purchase Ultrasound Equipment

The Leona M. and Harry B. Helmsley Charitable Trust has granted \$3,020,087 to Trinity Health Foundation to purchase ultrasound equipment as part of a \$27.4 million ultrasound initiative in North Dakota.

The initiative includes more than \$21.8 million to help 69 North Dakota hospitals and health centers purchase ultrasound imaging devices and nearly \$5.7 million to boost sonography and point of care ultrasound (POCUS) training opportunities across the state.

"Trinity Health Foundation is truly honored by this impactful grant, which will empower Trinity Health to further elevate the quality of care for the region we serve. This state-of-the-art ultrasound equipment will greatly enhance our ability to diagnose and treat patients with precision, ensuring that those in need have access to the best possible medical technology. On behalf of Trinity Health Foundation, we sincerely appreciate the investment in the health and well-being of our region," said Dusty Zimmerman, Trinity Health Foundation Director.



Ultrasound uses high-frequency sound waves to produce images of structures inside the body. This safe, cost-effective tool supports other clinical information to help providers make timely diagnoses and provide appropriate treatment.

Walter Panzner, a Trustee of the Helmsley Charitable Trust, said the grants will help improve access to top-notch medical treatment for North Dakotans, whether they live in Fargo, Bismarck, or Grand Forks, or a smaller rural community such as Bottineau, Rugby, or Hettinger.

"These grants will help ensure that hospitals and health centers across North Dakota have the latest in state-of-the-art ultrasound equipment and training," Panzner said. "Facilities need to stay current with rapidly advancing technology so they can continue to provide the very best healthcare close to home."

The majority (134) of the devices purchased through the grants are POCUS machines, which are used by providers at the bed or table side for immediate assessment of a patient to quickly determine a course of action. The grants will also provide 57 general ultrasound systems and 24 cardiovascular ultrasound systems, which aid in imaging of the heart.

The initiative also includes nearly \$1.9 million to North Dakota State University and nearly \$3.8 million to High Quality Medical Education (HQMED) to expand sonographer expertise and provide comprehensive POCUS training to doctors, physician assistants, and nurse practitioners. Additionally, more than \$64,000 will go to individual facilities to boost sonographer training.

The Helmsley Charitable Trust has committed a total of \$72 million to fund ultrasound equipment and training initiatives for rural communities and underserved populations in Nevada, North Dakota, Minnesota, and Wyoming.

Foundation Donors, Couple Team up to Purchase New Cancer Infusion Chairs

In the fight against cancer, where every moment matters and comfort can be scarce, acts of kindness can have a lasting impact. Roger and Addy Evans, as well as Trinity Health Foundation donors, are people who have provided much more than an act of kindness. They have made a difference in the lives of cancer patients at Trinity Health's CancerCare Center thanks to a contribution of funds and the generous donation of \$50,000 from Roger and Addy.

With the combination of funds, Trinity Health Foundation purchased 18 new cancer infusion chairs and one new stretcher chair for Trinity Health's CancerCare Center. This purchase was a much-welcomed update for patients. The new infusion chairs are designed for comfort and ease during long treatments and offer not just a physical upgrade but a profound sense of care and consideration. With the infusion chairs now in place, each patient will be able to experience their treatment with more comfort and a reminder that they are not facing their journey alone.

Thanks to the incredible generosity of Trinity Health Foundation donors, and Roger and Addy Evans, the new infusion chairs have greatly enhanced the patient experience, providing much-needed comfort during what is often a challenging and uncertain time.



New Providers

Chad Geisinger, ACNPC-AG, is a board-certified nurse practitioner and a member of our pulmonary/critical care team. A Bottineau native, he received his Bachelor of Science in Nursing from the University of Phoenix. He completed his Master of Science in Adult-Gerontology



Chad Geisinger, ACNPC-AG

Acute Care Nurse Practitioner from Herzing University. Chad previously held roles at Trinity Health as a flight paramedic and an RN/charge nurse in the intensive care unit before his current role as a nurse practitioner. Outside of work, he enjoys camping, fishing and spending time with family. Chad is looking forward to using his past experience and knowledge and implementing it into the care he is providing in his new role. He is a member of the American Association of Critical Care Nurses.

A member of our neonatal medicine team, **Christy Donahue, NNP-BC**, is a board-certified nurse practitioner who brings 25 years of neonatal medicine experience to Trinity Health. Christy earned her Bachelor of Science in Nursing from Minot State University. From there, she obtained a Master of Science in Nursing, with a specialization in neonatal nurse practitioner, from Regis University, Denver. A native of Surrey, Christy is excited to implement her knowledge and vast experiences from practicing in Colorado into the neonatal medicine team at Trinity Health. An avid Denver Broncos fan, Christy enjoys spending time with her dog, traveling and going to concerts and sporting events in her free time.



Christy Donahue, NNP-BC

Angela Frazier, CRNA, is a certified registered nurse anesthetist who provides safe and effective anesthesia care to patients undergoing a wide range of surgical procedures. A native of Massachusetts, Angela earned a Bachelor of Science in Nursing from Villanova University, PA.



Angela Frazier, CRNA

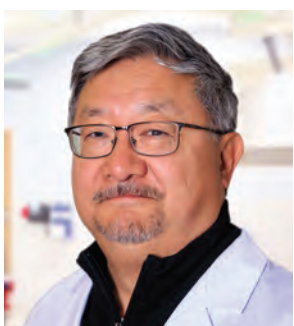
From There, she received a Master of Science in Nurse Anesthesia from Georgetown University, Washington, D.C. A member of the American Association of Nurse Anesthetists, she enjoys working out, taking road trips and watching Boston sports teams in her free time. In December, she welcomed her first baby. Angela has a wide range of experiences that she is looking forward to bringing to Trinity Health.

Richard Ashu, FNP-BC, is a board-certified nurse practitioner who has joined the gastroenterology team at Trinity Health. He earned his Bachelor of Science in Nursing from Concordia College, Moorhead, and went on to complete a Master of Science in Family Nurse Practice at the University of North Dakota, Grand Forks. Originally from Cameroon, Richard has gained valuable experience across several practices in North Dakota, including Fargo, Jamestown, Grand Forks and Wahpeton, before relocating to Minot. In his free time, he enjoys swimming and playing soccer.



Richard Ashu, FNP-BC

Trinity Health welcomes **John Hong, MD**, to our general surgery team. Dr. Hong received his bachelor's degree from Columbia University, NY, before obtaining his Doctor of Medicine from the University of Cincinnati (OH) College of Medicine. A native of Seoul, South Korea, he completed a general surgery residency at the New York Hospital-Cornell Medical Center and fellowships in surgical critical care and trauma at the University of Miami-Jackson Memorial Hospital. He has held many leadership roles,



John Hong, MD

continued on page 7

Summer continued from page 4

- Keep the grill out in the open, away from the house, deck, tree branches or anything that could catch fire.
- Use the long-handled tools especially made for cooking on the grill to help keep the chef safe.
- Don't leave perishable food out in the sun.

Mosquitoes and Ticks

Don't let mosquitoes and ticks ruin your carefree summer fun. As we spend more time outdoors for activities like camping, hiking, swimming, picnicking and barbecuing, there is a greater chance of getting bitten by mosquitoes and ticks. According to the American Mosquito Control Association there are 176 known species of mosquito in the U.S.—putting Americans at risk from coast to coast. And while mosquitoes may be the most obvious detractor from summer fun – ticks are silent but dangerous. Most active during warmer months (April to September), it is especially important to be vigilant of blacklegged ticks, more commonly known as deer ticks, especially if you live in the Northeast, Mid-Atlantic, North-central or Northwest.

Mosquitoes and ticks are more than just itchy and annoying — if infected, these pests can pose a major health risk to people by possibly transmitting diseases. Follow these tips to prevent mosquito and tick bites this summer:

- Use insect repellents containing DEET (N, N-diethyl-meta-toluamide) when you are outdoors. Be sure to follow the directions on the package.
- Consider staying indoors at dusk and dawn, when mosquitoes are most active.
- Wear long-sleeved shirts and long pants and tuck your pant legs into your socks or boots.
- Use a rubber band or tape to hold pants against socks so that nothing can get under clothing.
- Tuck your shirt into your pants. Wear light-colored clothing to make it easier to see tiny insects or ticks.
- When hiking in woods and fields, stay in the middle of trails. Avoid underbrush and tall grass.
- If you are outdoors for a long time, check yourself several times during the day. Especially check in hairy areas of the body like the back of the neck and the scalp line.
- Inspect yourself carefully for insects or ticks after being outdoors or have someone else do it.
- If you have pets that go outdoors, spray with repellent made for their breed/type. Apply the repellent according to the label and check your pet for ticks often.
- Get rid of mosquito breeding sites by emptying sources of standing water outside of the home, such as from flowerpots, buckets and barrels.

Summer and Pets

Summer's heat can be dangerous for your family pets. Follow these steps to take to help ensure your pet stays safe this summer.

- Don't leave your pet in a hot vehicle, even for a few minutes. The inside temperature of the car can quickly reach 120 degrees even with the windows cracked open.
- Animals can suffer heat stroke, a common problem for pets in the warmer weather. Dogs with short noses or snouts, like the boxer or bulldog, are especially prone to heat stroke, along with overweight pets, those with extremely thick fur coat or any pet with upper respiratory problems such as laryngeal paralysis or collapsing trachea.
- Some of the signs of heat stroke in your pet are heavy panting, being unable to calm down, even when lying down, brick red gum color, fast pulse rate and being unable to get up.
- If you suspect your pet has heat stroke, take their temperature rectally. If the temperature is above 105 degrees, cool the animal down. The easiest way to do this is by using the water hose. Stop cooling the animal when the temperature reaches 103 degrees.
- Bring your pet to the veterinarian as soon as possible as heat stroke can lead to severe organ dysfunction and damage. Download the Red Cross Pet First Aid app for instant access on how to treat heat stroke, other emergencies and general care for cats and dogs and take the Cat and Dog First Aid Online Training course.

Information for this article is attributed and obtained from the American Heart Association®. The content of this section is for educational purposes only and is not intended to be a substitute for professional medical advice, diagnosis or treatment. Visit heart.org/en/ to learn more about important heart topics and healthy living tips.



KeyCare Pharmacy Expands Hours

KeyCare Pharmacy has recently expanded its hours, improving patient access and extended availability for those needing to pick up or purchase medication.

KeyCare Pharmacy is in Trinity Health Medical Arts (400 Burdick Expressway East) on the main level. The new hours are Monday through Friday from 8 a.m. to 8 p.m. and on Saturdays and Sundays from 9 a.m. to 5 p.m.



Lauren Wake, DO, psychiatry at Trinity Health, going over educational content with a student.

Graduating Medical Students Select Dr. Lauren Wake as Preceptor of the Year

What would convince a born-and-raised Michigander to up and move to Minot, North Dakota?

“I wanted adventure, and nothing says adventure like North Dakota,” smiled Dr. Lauren Wake, a psychiatric physician at Trinity Health in Minot, N.D.

In the last year of her psychiatry residency in Detroit – 2021 – the former Michigan State Spartan began scheduling interviews with health systems. Admitting that practicing in urban Detroit was “really in the trenches,” Wake explained that she still wanted “a little bit more.”

Then she learned that a health system with a new hospital in north-central North Dakota had an opening in psychiatric medicine.

“I came out here to interview and I ended up signing the contract before I left,” said Wake, admitting that she bought a horse within six months of living in northwestern North Dakota.

Why?

“Because that’s what you do when you move to North Dakota. I immediately fell in love with this place. It’s been really fun. I’ve gotten involved in the community, and I have been enjoying teaching the medical students.”

On this last point, nearly four years into her Minot practice Wake was surprised to learn in January that UND’s M.D.

Class of 2025 had named her the next namesake of the UND School of Medicine & Health Sciences Preceptor Recognition Student Scholarship.

Founded in 2021, the Preceptor Recognition Student Scholarship Program, funded by a \$100,000 endowment with the UND Alumni Association & Foundation (AAF), asks fourth-year medical students to select their favorite preceptor (or clinical instructor) based on their third-year clinical rotations. In May of the academic year, these graduating medical students reunite with their chosen preceptor when a scholarship is given in the preceptor’s name to the second-year UND medical student who earned the highest scores in the first 20 months (Phase 1) of their class’s four-year curriculum.

Helping UND and the UND AAF convey the good news to Wake was fourth-year medical student Mika Green, who is wrapping up her fourth-year rotations in the Minot region.

“We wanted to recognize someone who was boots-on-the-ground and in the trenches, working with students every day to create a good teaching and learning environment,” said Green. “When we were looking for nominees, we had these four main categories in mind: teaching, communication, role-modeling, and mentorship.”

Dr. Wake covers each of these bases said Green.

“She is extremely personable and approachable for students, patients, and everyone else on the unit,” Green added. “After patient interviews, she is able to take these very complex concepts and break them down for students so they can better understand the material and what providers do in psychiatry.”

Referencing the shortage of mental health providers in North Dakota, particularly in the state’s western half, Wake added that she took on medical and other students in part because she feels obligated to help grow the ranks of practicing mental health providers.

That said, she acknowledged that teaching quickly became her “favorite thing.”

“I always thought the teaching was the most important part of practice, because that’s what keeps you fresh,” she said. “When I was a medical student, psychiatry was one of my first rotations and I thought that I would be scared on the in-patient unit because that’s what you see in films like A Clockwork Orange. That’s the stigma surrounding it.”

But after getting to know psychiatric patients, providers, and the mental health system generally, Wake very quickly learned to love psychiatric medicine – and that the stigma it carries is often unfounded.

“I really enjoyed my experience,” she continued. “I did all my other rotations and decided psychiatry is my passion. This is what I want to learn about every single day and continue to explore. And it’s really important for students to get a good experience with psychiatry, so I try and be that good experience. We’re in a huge shortage, so it’s really important to attract younger students into this field. We need them.”

A Minnesota native who plans on practicing family medicine, Green added that this openness – helping train everyone from medical students to nurses to residents at the UND Center for Family Medicine in Minot – is part of why Wake is being honored.

continued on page 8

Providers *continued from page 6*

including Director of Surgical Education at St. Mary’s University Medical Center, MO, and Clinical Instructor of Surgery at Cornell University College of Medicine, NY, and University of Miami School of Medicine. A member of the Surgical Infection Society, Association for Surgical Education, and the Society of Critical Care Medicine, Dr. Hong enjoys reading, fishing, kayaking and playing squash in his free time.

Keisha Adams, FNP-BC, is part of the team at Trinity Health Western Dakota in Williston. A board-certified nurse practitioner, Keisha provides the full spectrum of Family Medicine services, from preventive care and health screenings to diagnosis and treatment of complex health

conditions. A native of Medford, WI, she earned a Bachelor of Science Degree from Minot State University before obtaining a Master of Science in Nursing, with a focus in Family Nurse Practitioner, from the University of North Dakota, Grand Forks. In her free time, Keisha enjoys spending time with family, being an avid sports mom, gardening and being outdoors. She looks forward to providing quality primary care services to the community, as well as lactation and breastfeeding expertise.



Keisha Adams, FNP-BC

Katie Minnis, AGACNP-BC, is a board-certified nurse practitioner trained to provide a wide range of services to patients undergoing surgical procedures. A native of Chico, CA, Katie earned her Bachelor of Science in Nursing from Minot State University before

obtaining a Master of Science in Nursing from Chamberlain University, Addison. Katie has previously worked as an anesthesia technician/CNA at Trinity Health Hospital and a CNA in the memory care unit at Trinity Homes. She also has nurse practitioner practicum experience at Trinity Health, where she worked in urgent care, the emergency room, inpatient hospital medicine, the intensive care unit and cardiothoracic surgery. In her free time, Katie enjoys spending time with friends and family and doing outdoor activities such as camping and fishing.



Katie Minnis, AGACNP-BC

A trauma/critical care specialist who sees hospital-based patients, **Kevin Price, MD**, brings over a decade of experience to Trinity Health. Dr. Price earned his bachelor’s degree in mathematics from Duke University, Durham, before obtaining a Doctor of

Medicine from Oregon Health Science University, Portland. In addition to his provider experience, Dr. Price spent 10 years in the military as a T-38A Instructor Pilot at Williams Air Force Base in Arizona and as an HH-60G Copilot, Aircraft Commander, Instructor Pilot and member of the 304th Rescue Squadron at Portland Air National Guard Base. Dr. Price has family in the Williston area and looks forward to being closer to them. A native of Kittery, ME, he enjoys spending time with his kids and dog, scuba diving, surfing and snow skiing in his free time. He is excited to pour his energy and new training into the trauma/critical care teams at Trinity Health.



Kevin Price, MD

A member of our emergency/trauma medicine team who brings 11 years of nursing experience to Trinity Health, **Akwa Atanga, FNP-C**, is a board-certified nurse practitioner who provides care to patients with a variety of emergent illnesses or injuries. A native of Cameroon, she received her Bachelor of Science in Nursing and Master of Science in Nursing from the University of North Dakota, Grand Forks. In her free time, Akwa enjoys working out, spending time with family, traveling and watching movies. She looks forward to providing the best care possible and promoting our region’s overall health and well-being.



Akwa Atanga, FNP-C

HR Hot Jobs

NURSE RECRUITER

The Nurse Recruiter will be responsible for sourcing, screening, and hiring qualified nursing professionals for various clinical positions throughout Trinity Health. The ideal candidate will have a passion for healthcare recruitment, strong communication skills, and the ability to build relationships with nurses at all experience levels. As a key member of the HR team, the Nurse Recruiter will partner with Nursing Leadership to ensure that our facilities are staffed with the best talent to provide exceptional patient care.

Minimum Qualifications and Requirements

- Licenses and Certifications Required
 - Valid driver's license required.
 - RN preferred.
- Educational Requirements
 - Degree in Nursing, Human Resources, Business Administration, or a related field.
- Special Skills or Training Requirements
 - Strong knowledge of nursing roles and requirements across various specialties.
 - Excellent communication and interpersonal skills, with the ability to build relationships with diverse candidates.
 - Ability to manage multiple priorities in a fast-paced environment.

- Strong organizational skills with attention to detail.
- Knowledge of healthcare regulatory requirements and industry best practices in recruitment.

TALENT ATTRACTION SPECIALIST

The Specialist of Talent Attraction is an essential member of the recruiting team, responsible for driving initiatives to attract top talent to Trinity Health. This position will focus on recruitment marketing, including managing social media for recruitment, building relationships with college and Trinity Health education programs, and sourcing candidates for hard-to-fill roles. The Specialist will work collaboratively with the recruitment team to develop and execute innovative strategies to enhance the talent pipeline and support recruitment goals. The Specialist will work collaboratively with the HR and marketing teams to elevate Trinity Health's employer brand in the marketplace.

Minimum Qualifications and Requirements

- Licenses and Certifications Required
 - Bachelor's degree in Marketing, Human Resources, Communications, or a related field.
- Educational Requirements
 - Experience in recruitment marketing,

talent attraction, or a related area preferred. Experience in healthcare recruiting is a plus.

- Special Skills or Training Requirements
 - Strong knowledge of recruitment marketing strategies and sourcing techniques.
 - Familiarity with social media platforms, digital marketing tools, and candidate engagement methods.
 - Excellent communication, presentation, and interpersonal skills.
 - Ability to build and maintain relationships with educational institutions, external partners, and candidates.
 - Creative and innovative mindset with the ability to design engaging marketing materials and campaigns.
 - Highly organized, detail-oriented, and able to manage multiple tasks and projects simultaneously.
 - Strong analytical skills to track and assess the success of recruitment marketing campaigns.
 - Ability to work both independently and collaboratively in a team environment.
 - Knowledge of recruitment platforms and applicant tracking systems (ATS).
 - A passion for connecting top talent with opportunities in healthcare.

Preceptor *continued from page 7*

"As a preceptor, Dr. Wake shows unparalleled enthusiasm for teaching, regardless of whether the student is interested in pursuing psychiatry or not," Green concluded. "She cares about the education and well-being of each student and consistently asks for feedback herself. She's a wealth of knowledge who really took the bull by the horns. She's so dedicated and enthusiastic about teaching students and we wanted to recognize that."

With something of a blush, Wake just smiled.

"My motto is: if you can treat the sickest of the sick, you can treat anyone thereafter," she said. "And so that's what my training did for me. Moving out here, I loved the community. I felt like, 'if something were to happen to me, these people would care.' I just felt like it was a really supportive community."

This story is credited and attributed to the University of North Dakota School of Medicine & Health Sciences.

C O M M U N I T Y

CALENDAR

For the latest updates,
check online at trinityhealth.org

Prepared Childbirth Classes

May 3, June 7, July 12, August 2, September 6

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

Breastfeeding Basics

May 7, June 4, July 2, August 20, September 3

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

These classes are offered free-of-charge as part of Trinity Health's community benefit mission. All classes are held in the Prairie Rose Conference Center, Trinity Health Hospital, 2305 37th Ave SW. If you have questions, call 701-418-8806. To schedule a tour of the Family Birth Center, call 701-418-8820. Sign up for classes at: trinityhealth.org/familybirth_registration.

Upcoming May Events

May 6—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.

May 6—Trinity Health Therapy Services will participate in Independence Inc.'s Independent Living Fair from 12:30-4 p.m. in the Grand Oasis Hotel.

May 7—Dawn Mattern, MD, FAAFP, FAMSSM, DipABLM, Orthopedics and Sports Medicine, will host the annual Doc Walk at 6:30 p.m. in Oak Park. This walk kicks off Exercise is Medicine Month and the Minot Area Team Wellness/Walk Minot summer walk series.

May 13—Several Trinity Health departments will participate in Salute to Seniors from 9 a.m. to 3 p.m. in the Minot Auditorium. Be sure to stop by our educational booths on stroke, Well Care, Trinity Homes and Home Health & Hospice.

May 19—Join Trinity Health Auxiliary for the 2025 Trinity Health Auxiliary Hearts Golf Scramble at the Vardon Golf Club. Contact Sherry at 701-418-7070 or visit www.trinityhealth.org/heartgolf to learn more!

Basics of Baby Care

May 5, June 9, July 14, August 4, September 8

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

Sibling Class

June 3, 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.

May 21—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.

Upcoming June Events

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

June 18—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.

June 20—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.