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John MacMartin poses for a photo while enjoying downtown Minot.

## Education and Compassion Help John MacMartin Face His Heart Diagnosis

Prioritizing his health and self-care was always important for John MacMartin. Every year, he would have a check-up every six months with Bruce Roach, MD, Primary Care at Trinity Health, to ensure he stayed well. However, a recent check-up turned more serious when the Licensed Practical Nurse (LPN) couldn't get a consistent pulse reading.

Knowing something was "off," Dr. Roach had John get an electrocardiogram to check the electrical activity of his heart, then John went on to meet Samir Turk, MD, Cardiologist at Trinity Health. When meeting with Dr. Turk, John learned that his heart was in atrial fibrillation (AFib), an irregular heart rhythm.

Upon learning about his diagnosis, John was surprised to hear he had an irregular heart rhythm. However, in hindsight, he realized that there were previously signs and symptoms that reflected this.

"I was short of breath more often. I live in a two-story home, and climbing stairs was an issue, but I never thought huffing and puffing or being a little out of breath was a huge problem," said John. "It wasn't uncommon for me to sit down in my chair and fall asleep in the afternoon. I was a little more tired than usual, but I didn't realize there was more going on at the time."

As John was processing the news about his heart issue, he couldn't help but think about how scary this news was and what it would potentially mean for the rest of his life. However, Dr. Turk and Amanda Weidler, FNP-C, Cardiology at Trinity Health, who also spent some time with John, answered all of his questions and made him feel better about his diagnosis.

"In the conversations with Dr. Turk and Amanda, I realized that people could live long lives who are going through something similar to me. I walked out of my appointments knowing that if I was doing something and became out of breath, sitting down and taking a short break rather than trying to push through was pivotal," said John.

This realization prompted John to make lifestyle changes that could improve his quality of life, in addition to taking his prescribed medication. Since that meeting, he is satisfied with where he is. "Life has become pretty good. Without Dr. Turk and the Cardiology team at Trinity Health, I believe it might have turned out differently. I don't know if I would be as comfortable with my situation, and might be more worried."

Knowing his condition and paying attention to his body, whenever John is doing tasks around the house or helping his wife pack up a trailer for quilt shows, he takes moments to sit down, have a glass of water, pause for five minutes and then return to the task. This, John says, feels easier on his body and doesn't make him feel as worn out at the end of the day.

Looking back on his experience, John feels grateful for the care he received and the resources available so close to home. He credits Trinity Health's team not only with helping him understand his condition but also with giving him the confidence to manage it day by day. Today, John continues to feel well and thankful.

"One of the things that is important to a community and our quality of life is a hospital. Trinity Health is our hospital, and I feel very fortunate. We have quality healthcare in Minot, and that's incredibly important for our community and the future growth of our community," said John.

He added, "I am extraordinarily appreciative of Trinity Health over the last 30-plus years that I've been in Minot. I don't hesitate to call Dr. Roach or see Dr. Turk because I know I'm in good hands, and that's peace of mind that's hard to find."

Dr. Turk and Amanda Weidler are part of Trinity Health's expanded heart team that offers advanced, specialized heart care close to home, elevating the heart services that are offered locally.



## Specialty Spotlight: Trinity Health Occupational Medicine

Occupational Medicine focuses on preventing and treating injuries and illnesses that arise from work. Howard Reeve, MD, with over 25 years of experience, leads our Occupational Medicine program, ensuring comprehensive care for job-related health concerns.



Howard Reeve, MD

From on-the-job emergency services to follow-up care and access to additional comprehensive services, Trinity Health's network of providers offers the complete package for any business, all under one banner.

Services available include:

### DOT Physical Exams

Commercial motor vehicle drivers holding a CDL must receive a DOT physical by a provider who is certified with the National Registry of Certified

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# Four Decades of Compassion: Celebrating Carol Schaffner's Remarkable Career

Early in life and throughout high school, Carol Schaffner, MD, felt inspired to become an obstetrics and gynecology (OB/GYN) provider. In pursuit of that dream, the South Dakota native obtained her Doctor of Medicine from the University of South Dakota School of Medicine before completing an OB/GYN residency at Tulane University Hospital in New Orleans.



Carol Schaffner, MD

While completing her residency in New Orleans, a colleague told Dr. Schaffner that they had a call for an interview in Minot and asked if she wanted to take it, which she did. When she got a chance to visit Minot and see the healthcare system, she knew it was the best place for her.

“I was impressed with the number of services available for a community of this size. If you looked at other communities of similar size, they didn’t have the services that were available in Minot,” said Dr. Schaffner.

Finally reaching the point where she was able to begin practicing, Dr. Schaffner came to Minot in 1982 for what would be the start of a remarkable career that spanned over 40 years of practicing at Trinity Health. From the day Dr. Schaffner began practicing till her final day before retirement in August 2025, the thing she enjoyed the most was her patients.

“Knowing so many patients throughout their lifetime was really rewarding, as well as being able to provide individualized care tailored to each patient’s needs for so many years,” said Dr. Schaffner.

With a career that spans many years, Dr. Schaffner has delivered countless babies. While over 40 years of delivering babies might blur together, there was one delivery, or group of deliveries, that stood out.

In 1997, Dr. Schaffner was part of a team that delivered Minot’s first set of quadruplets. The birth involved two boys and two girls, requiring a coordinated effort with a bassinet and a team for each baby. This was not the only time Dr. Schaffner delivered quadruplets that year, as she later delivered quadruplets herself in November.

These remarkable experiences are examples of the many memorable moments Dr. Schaffner has shared with families throughout her career. Being part of these life-changing events has meant a great deal to her and will stay with her beyond the walls of the delivery room.

“I have developed trust with a lot of families, creating a strong patient-provider relationship. There are some families that I have kept in touch with over the years, or even delivered generations and generations of babies,” said Dr. Schaffner.

She added, “It’s exciting to work with multiple generations of families and stay connected with everyone over the years. It’s amazing to see how well they are doing.”

When asked about what she’s most proud of in her career, Dr. Schaffner didn’t hesitate. It wasn’t a specific delivery or milestone, but rather the deep, personal connections she formed over time. “Developing trust with patients and taking care of their health,” she said.

That trust, earned through decades of listening, showing up and truly caring, became the foundation of her approach to medicine. For Dr. Schaffner, those relationships weren’t just part of the job; they were the most meaningful aspect of it.

As she reflects on over four decades in the field, Dr. Schaffner offers some advice for those starting their journey in obstetrics and gynecology. Her guidance is simple but powerful: “Keep your head on straight.”

As Dr. Schaffner prepares to close this chapter of her professional life, she is looking ahead to what comes next. In retirement, she looks forward to having more time for gardening, bird watching, drawing and painting. After a career spent welcoming new life into the world, she’s excited to focus on her interests and have more time to explore the hobbies that bring her joy and fulfillment.

Dr. Schaffner’s dedication, compassion and decades of service have left a lasting impact on countless families and the Trinity Health community. As she begins this new chapter, her legacy of care and connection will continue to be felt for years to come.

## Spotlight continued from page 1

Medical Examiners. Trinity Health Occupational Medicine helps to manage your company's compliance with the Department of Transportation (DOT), Occupational Safety and Health Administration (OSHA), Americans with Disability Act (ADA), Equal Employment Opportunity Commission (EEOC), Health Insurance Portability and Accountability Act (HIPAA), and other health regulations.

In addition to Dr. Reeve, the following Trinity Health providers are NRCME certified and available for DOT physicals:

- Beth Kraft, FNP-C, Trinity Health Velva Clinic (111 1st St West, Velva) Phone: 701-338-2066
- Evonne Hickok, FNP-C, Trinity Health Western Dakota (1321 West Dakota Parkway, Williston) Phone: 701-774-0820
- Hedi Rime, FNP-C, Trinity Health Garrison Clinic (131 N Main, Garrison) Phone: 701-463-2626

### Non-DOT Employment Physical Exams

Employment physical exams are performed to determine if a potential employee is physically capable of performing the essential functions of the job.

The exam is conducted with attention to the applicant’s job duties, including physical requirements and potential exposures to hazardous materials. The content of the exam depends on the particular job and the work-site assessment.

Trinity Health Occupational Medicine uses standard practices to which both the employer and the examining physician agree. Following the exam, the provider gives a written opinion about the person’s suitability for performing the job without health and safety risk to self or others.

Employment physicals can help your business:

- Verify whether employees are physically able to perform the required duties of their positions.
- Determine a medical baseline for new employees at their date of hire in accordance with the applicable regulatory agency.
- Administer periodic physical examinations, as required for compliance.

### DOT and Non-DOT Drug Testing

With Trinity Health’s network of rural clinics, we provide easily accessible drug screening collection and local expertise in the interpretation of positive or questionable drug screening results.

Drug and alcohol screening programs help you:

- Comply with Federal regulations (i.e., the Department of Transportation).
- Reinforce the company position on “no drug use.”
- Improve the safety of the workplace.
- Reduce the costs associated with alcohol and drug abuse in the workplace.

Drug screening tests available include pre-employment, random, reasonable suspicion, post-accident, return to duty and follow-up.

### FAA (Federal Aviation Administration) Exams – Class 1, 2, 3 and Basic Med

The Federal Aviation Administration has designated Dr. Reeve as an AME (Aviation Medical Examiner) to perform exams. Dr. Reeve is one of the few able to provide FAA exams in North Dakota.

### Immigration Exams

To obtain entry or residency in the United States, one must receive a thorough immigration medical exam. Dr. Reeve is the only Civil Surgeon in the area certified to perform these exams.

What to bring:

- Translator: Fluent in English and your native language (must be over 18).
- Federally issued ID such as a Passport, Work Visa or Driver’s License with a star.
- Vaccination records: Must be current and in English. If not in English must be professionally translated.
- Completed I-693 Form Prior to Appointment.
- Payment: Exams are cash or credit card only.

### Hearing and Vision Testing

Trinity Health Occupational Medicine can help protect your employees from the most common

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## Trinity Health Outpatient Pharmacy

- Prescription services
- Over-the-counter products
- Medication counseling
- Convenient location

Medical Office Building, 1st Floor

**701-857-7935**

Monday – Friday 9 a.m. to 5:30 p.m.

Utilize the drive-through on the north side for easy pickup!



## Trinity Health Speaker's Bureau

Call Community Education for available dates and topics

**701-857-5099**



**HealthTalk**

Marketing Department  
Trinity Health East Ridge  
1250 21st Avenue SE  
Minot, ND 58701  
Toll free in ND: 800-247-1316

Visit our website:  
trinityhealth.org  
Join us on Facebook:  
facebook.com/TrinityHealth.ND

## Spotlight continued from page 2

permanent and preventable occupational injury in the world: noise-induced hearing loss. We also offer services to assess and protect your employees' vision.

Hearing Testing – By participating in a hearing conservation program, companies are:

- Protecting their most important resource – their employees.
- Providing a safe and healthful workplace.
- Complying with government regulations.

Trinity Health's Occupational Medicine departments work with our audiology department to provide hearing protection information, screening services and top-name-brand hearing protection devices.

Vision Testing, Safety glasses and other protective eyewear are available at Vision Galleria in Minot.

- Vision Galleria (2815 16th St SW, Minot)  
Phone: 701-857-7440

To learn more about the complete services available with Trinity Health Occupational Medicine, please visit [www.trinityhealth.org/services/occupational-medicine/](http://www.trinityhealth.org/services/occupational-medicine/) or call Dr. Reeve's office at 701-857-7840. Dr. Reeve practices at Trinity Health Medical Arts (400 Burdick Expy E, Minot).

## National Diabetes Awareness Month

November is National Diabetes Awareness Month, a time to highlight the importance of diabetes prevention, management and care, and the dedicated professionals who make a difference in the lives of patients every day.

The newest addition to the diabetes management team is Jenna Young, PharmD, RPh, who serves as an Ambulatory Care Pharmacist at Trinity Health Medical Arts. Jenna graduated from North Dakota State University with a Doctor of Pharmacy degree, followed by a Post-Graduate Year 1 (PGY1) Ambulatory Care Pharmacy Residency through the University of Minnesota. Her residency training included ambulatory care practice development, primary care, internal medicine, pain management, outpatient cardiology and teaching.

Since then, Jenna has pursued her passion for developing ambulatory care services in a variety of clinical settings, including pain management and palliative oncology. At Trinity Health, her focus is to deliver comprehensive medication management services through face-to-face patient visits, with an emphasis on diabetes, hypertension, hyperlipidemia and tobacco cessation. She collaborates closely with providers, nurse practitioners, nurses and dietitians to optimize medications, improve outcomes and enhance quality of life. Jenna also provides multidisciplinary care to patients living with diabetes in partnership with a dietitian/diabetes educator, ensuring patients receive both medical and lifestyle support. In addition, she shares her expertise by supporting pharmacotherapy education for pharmacy residents and students, medical providers and other staff.

While Jenna is the newest member of the diabetes care team, she works alongside colleagues who have been serving patients at Trinity Health for many years. One of those is Michelle Fundingsland, RDN, LRD, CDCES, a dedicated dietitian and certified diabetes care and education specialist, whose longstanding role has been central to helping patients understand how nutrition and lifestyle choices affect their diabetes management. Together, Jenna and Michelle provide a multidisciplinary approach that combines medication expertise with personalized nutrition support, ensuring delivery of patient-centered, comprehensive, team-based care.



Jenna Young,  
PharmD, RPh



Michelle Fundingsland,  
RDN, LRD, CDCES

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## Celebrating 50 Years of NICU Strength, Stories and Service

Fifty years ago, Trinity Health opened the doors to its Neonatal Intensive Care Unit (NICU), beginning a half-century of specialized care for the region's smallest and most vulnerable patients. Since then, countless families have trusted the NICU team to provide expert care, comfort and support during some of the most critical moments of their lives.

As we celebrate 50 years of NICU care, we honor not only the dedicated providers and caregivers who have made a difference for thousands of babies, but also the families whose strength and love have been at the heart of every journey. This milestone is not only about looking back on the past five decades, but also about celebrating the connections, stories and lives that continue to inspire the work happening today.

When the NICU first opened its doors 50 years ago, it looked nothing like the advanced unit families see today. The space was small and there were not many technological advances yet, but the commitment to caring for newborns was just as strong then as it is now. Linda Schaefer, RN, who has been with the NICU since day one, remembers those early days well.

"We were in one small room with three or four isolettes. There were not as many supportive services as there are now, but it was a good experience," Schaefer said. "We took care of a lot of babies, even though staffing and resources were not always easy, with it being a new field."

Schaefer added, "Back then, it was everybody in the same room. Now, all the babies have their own private rooms, or twins and triplets can be together in the same rooms. We didn't have families visiting as often or staying with the babies, which was different."

Family involvement is one aspect that has changed drastically since the NICU's early days. According to Schaefer, families used to have short visits back then compared to now, where families can be with their babies 24/7.

Along with those changes, NICU staffing has also evolved over the years. 50 years ago, pediatricians managed NICU infant care. Now, there are neonatologists on staff who specialize in NICU care. Additional resources like respiratory therapy, physical therapy, occupational therapy and dietary services are all available as essential parts of a newborn's care plan.

While there have been many changes throughout the 50 years of NICU history at Trinity Health, there are values and traditions that have been a constant presence among NICU staff over the years. "Working as a team, communication, the values of caring, compassion and offering family-centered care, making sure the families are informed and welcomed," Schaefer said.

Those values extend far beyond a baby's time in the NICU. Many families return years later to reconnect with the caregivers who were there during those first fragile days. For Trinity Health staff, seeing former patients grow up and thrive is a powerful reminder of the impact their work has had across generations.

"It's very touching to see the families when they return, to notice how the children have grown and to hear about all their achievements. We always wonder how they're doing, and it's so nice to see them," Schaefer said.

But the story of the NICU is not only measured in the milestones of those who survive. It is also marked by the heartbreak of little ones lost along the way, moments that have left a lasting impression on both families and caregivers. Together, these joys and sorrows have woven a legacy of compassion, resilience and dedication — a legacy that will endure for generations.

"We also think about the ones who didn't survive and know that we remember them, too," Schaefer said. "Fifty years of the NICU is a great time to celebrate our successes and remember those who graduated, as well as those who didn't make it. We always need to remember the ones we lost."

As Trinity Health's NICU marks this golden anniversary, it stands as a testament to the power of teamwork, compassion and innovation. What began as a small room with a few isolettes has expanded into a state-of-the-art unit that continues to set the standard for neonatal care in the region.

The 50-year milestone is a moment to celebrate the babies who have thrived, remember those who were lost, and honor the caregivers and families who have been part of every step along the way. Together, their stories form a legacy of love and resilience that will carry forward for years to come.

## Trinity Health Gift Shop

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

**Gift Cards Available!**



**TRINITY HEALTH**  
AUXILIARY

Stop in to browse our selection, give us a call or shop online!

Trinity Health Hospital,  
1st Floor

2305 37th Ave SW

**701-418-7070**

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

# Norsk Høstfest Babies

To celebrate Norsk Høstfest, babies born at Trinity Health during the fest received Viking hats crafted by the Magic City Campus Crochet Club with help from the Minot Area Crochetes.



# In Recognition and Thanks from the Foundation

Trinity Health Foundation is proud to list the names of individuals, organizations and businesses whose gifts were received from July 1–September 30, 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.

## **3D MAMMOGRAPHY SYSTEM**

Dusty & Jason Zimmerman

## **In memory of Chad Tanberg**

Rhonda & Joel Walter

## **In memory of Jeff Tanberg**

Rhonda & Joel Walter

## **BREVERA BREAST BIOPSY SYSTEM**

Danya Brown  
Jennifer Coffman  
Kris Weber  
Shelly Giroux  
Sherry Lee  
Torie Alt

## **BUILDING HOPE GOLF TOURNAMENT**

Fredrikson

## **CANCERCARE CENTER**

Beth Ann Delmar  
Cindy Yale  
City Serve  
Jim Grote  
Lori Burkhardtsmeier  
Minot Prairie Quilt Guild  
Rhoda Hagen  
Rhonda & Stephen Zimny

## **In memory of Arlene Olson**

Jeff & Sandee Michalenko

## **In memory of Carlos Wick**

Carol Hansen

## **In memory of Marvel Christenson**

Denise & Lynn Billadeau

## **In memory of Robert Horne**

Jeff & Sandee Michalenko

## **In memory of Steve Gorder**

Douglas & Dawn Freeman  
Randy Sue Gorder  
CancerCare Cottage

## **In memory of Bob Thom**

John & Cheryl Wallen

## **In memory of Dylan Wagner**

Lynn & Judy Stevens

## **In memory of Peggy Undlin**

John & Cheryl Wallen

Lynn & Judy Stevens  
Mary & Lyle Lavachek

## **In memory of Vickie Thiel**

John & Cheryl Wallen

## **CANCERCARE PATIENT ASSISTANCE FUND**

Adam & Christie Carr  
Dr. Michael & Peggy Vandall  
Minot Baseball LLC

## **CAPITAL IMPROVEMENT ENDOWMENT**

Donald Butler

## **CHILDREN'S FUND**

Kiwanis Club of Minot

## **COMMUNITY RESPITE PARK**

John & Nicole Kutch

## **In memory of Gary Klimple**

Karen & Hjalmer Carlson

## **In memory of Joyce Brey**

Karen & Hjalmer Carlson

## **In memory of Nathan Gibson**

Karen & Hjalmer Carlson

## **EMERGENCY TRAUMA CENTER**

### **In memory of Jessi Kalenze**

LaVerne & Kandi Mikkelson

## **FIRST RESPONSE GROUND**

### **AMBULANCE**

Minot Community Endowment

Fund

Fuel the Fight

Acme Tools

Ashley Hall

Coca-Cola Bottling Company

High Country

Curtis Ones

Dakota Square Arco

Dakota Square Mall

Danaka Walz

Danette & Scott Frounfelter

Daniel Saunders

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Dr. Jeffrey & Janelle Verhey

Farstad Oil, Inc.

Flower Central

Frances Thomas

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Jerry's Repair & Alignment  
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Kash Lund

LOR Spa

Lori Wonnenberg

Margaret & Wayne Schempp

Michelle Sackman

Minot Hockey Boosters

Minot State University

Mitzie Nay

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Morelli's Distributing, Inc.

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Peak Nutrition

Preferred Restaurant Group, Inc.

Robert Teets

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Ryan Miller

Scheels

SOS Fitness

Tamar Bradshaw

The Stereo Sho

Tim & Monica Wonnenberg

VFW Auxiliary Post 1868

Wildwood Country Club

## **HEALTHCARE CAREERS SCHOLARSHIP ENDOWMENT**

Denise & Lynn Billadeau

## **HOME HEALTH & HOSPICE**

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## **In memory of Darrell Workman**

Carol & Myron Rovig

Liana Holman

Lillian Workman

## **In memory of Duaine Fugere**

Diane Fugere

## **In memory of Gary Jensen**

Iona Loken

## **In memory of Ramond Neshem**

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## **INTENSIVE CARE UNIT**

North Dakota Community

Foundation

## **KENMARE HOSPITAL & KENMARE CLINIC**

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of Canada

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## **NEW TOWN CLINIC**

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## **In memory of James May**

Judith Deaver

## **PARKINSON'S EXERCISE PROGRAM**

Tanya Gillen

## **PATIENT ASSISTANCE FUND**

St. Matthew's Lutheran LWML

## **PRESCRIPTION ASSISTANCE FUND**

Dale Wedderman

## **TRINITY HEALTH FOUNDATION FUND**

Brent & Tami Mattson

Dr. Ayaz Chaudhary

Dr. Roggie Reason

Dr. Thomas Carver

Marilyn Grafsgaard

Mike & Marie Clifford

## **MINOT AREA COMMUNITY FOUNDATION**

Minot State University

Development Foundation

Ryan Family Dealerships

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Todd & Tesha Telin

## **In memory of Darryl Boppre**

Deb & Brian Boppre

## **In memory of Steve Gorder**

Randy Sue Gorder

## **WESTERN DAKOTA CLINIC**

Chord Energy

## Walk-In Clinic

Monday-Friday

8 a.m.-8 p.m.

Weekends & Holidays

9 a.m.-5 p.m.

400 Burdick Expy E, Minot

No Appointment Necessary

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

To give or learn more about  
Trinity Health Foundation

visit us at  
[trinityhealth.org/foundation/](http://trinityhealth.org/foundation/)

Occupational  
Medicine Services

701-857-7840

400 Burdick Expy E, Minot

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

## Diabetes continued from page 3

Together, their expertise reflects the broader mission of Trinity Health's diabetes program: empowering patients with the knowledge, tools and support they need to take control of their health. That commitment extends beyond the clinic through comprehensive education and management services designed to help patients prevent complications, as well as programs focused on delaying or even preventing type 2 diabetes in those at risk.

### Diabetes Education & Management

People with uncontrolled diabetes are twice as likely to develop heart disease and are at risk for other complications such as stroke, nerve damage, amputation, loss of eyesight and problems with kidney function. Trinity Health has a care team ready for you that offers expert guidance and ongoing support to help you control your blood sugars and prevent complications.

Our team is highly trained and experienced in the most effective tips and tools to help you embrace your new lifestyle. Counseling and education are individualized for each person. We'll help you make lifestyle changes that will impact you for the rest of your life.

### Diabetes Prevention Program

The good news is that type 2 diabetes can be delayed or prevented in people with prediabetes through effective lifestyle programs. Nutrition is important when you have diabetes because your blood glucose levels are higher than normal. Research shows that people can lower their risk for type 2 diabetes by 58% by losing 7% of their body weight and exercising moderately 30 minutes a day, five days a week.

To help people prevent diabetes, Trinity Health's Outpatient Nutrition services created Weigh 2 Change, a year-long lifestyle intervention program that helps people improve health and prevent type 2 diabetes. Recognized by the Centers for Disease Control and Prevention, Weigh 2 Change offers nutritional and exercise counseling, group support and the use of trained lifestyle coaches to help people make lasting lifestyle changes.

To be eligible for the program, participants must:

- Be at risk for or have prediabetes
- Be at least 18 years of age
- Be overweight
- Not currently have diabetes
- Not be pregnant

Prior to registering, potential participants attend a "Session Zero" informational meeting, where they learn about the program to decide whether it's right for them.

For more information about Nutrition Services, Diabetes Education and Management, and Weigh 2 Change, call 701-857-2850 or 701-857-5268. You can also learn more about services available by visiting [www.trinityhealth.org/services/nutrition-services/](http://www.trinityhealth.org/services/nutrition-services/).

# New Providers

A member of our surgical team, **H. Jay Boulas, MD**, is board-certified in Orthopaedic Surgery with a Certificate of Added Qualification in Surgery of the Hand and specializes in the treatment of traumatic injuries and a variety of disorders affecting the hand and upper extremity. A Dallas, TX, native, Dr. Boulas earned his Doctor of Medicine from the University of Texas Southwestern Medical School, Dallas, and completed a five-year residency program in the Department of Orthopaedics & Rehabilitation at Vanderbilt University Medical Center, Nashville, TN. Subsequently, he obtained his fellowship in Hand & Upper Extremity at the Indiana Hand Center and Indiana University Medical Center, Indianapolis, followed by traveling fellowships in Europe and subspecialty training in shoulder and elbow surgery at Mayo Clinic, Rochester, MN. A member of the American Academy of Orthopaedic Surgeons and the American Society for Surgery of the Hand, Dr. Boulas enjoys photography, running, performance driving and traveling in his free time.



H. Jay Boulas, MD

Manhattan Hospital, before shifting his focus to preventive health and lifestyle medicine. He attended Good Samaritan University Hospital for family practice training, presenting research at multiple national medical conferences and was awarded the I-Care Kudos Award for exceptional patient care. A native of Toronto, Canada, Dr. Saigal enjoys fitness, reading, gaming and music in his free time. He is a member of the American College of Physicians and is proud to bring a personalized style of care to each of his patients. He looks forward to meeting you.

**Daniel Bennett, MD, DABPM**, is a member of our team of providers at the Trinity Health Pain Clinic, who brings over three decades of experience. Born in New Jersey, raised in South Florida, Dr. Bennett earned a Bachelor of Science in biology and chemistry from Barry University, Miami Shores, FL, before obtaining his Doctor of Medicine from the University of Miami (FL) Miller School of Medicine. He did an internship in pediatrics at Loma Linda (CA) University Medical Center, followed by a residency in anesthesia and pain at the University of Colorado Health Sciences Center, Aurora.



Daniel Bennett, MD, DABPM

**Ty Weis, MD**, is board-certified in anesthesiology, providing safe and effective anesthesia care to patients undergoing a wide range of surgical procedures. A native of Sioux City, IA, Dr. Weis received his Doctor of Medicine degree from the University of Minnesota-Minneapolis School of Medicine. From there, he completed an anesthesiology residency at Mercy Hospital of Pittsburgh, PA, and a cardiac anesthesia fellowship at Western Pennsylvania Allegheny Health System, PA. An established provider with over two decades of experience, Dr. Weis previously served as a cardiothoracic anesthesiologist and as vice-chairman of the anesthesia department at Forbes Regional Hospital, Monroeville, PA, before joining Trinity Health. He enjoys woodworking, photography, cooking and biking in his free time.



Ty Weis, MD

Dr. Bennett has played a key role in shaping the future of spine and pain care throughout the world. He has held numerous leadership roles during his distinguished career, including Director of Pain Medicine at HealthOne, Denver, CO, and Founder and Chairman of the Board of Directors of the Global Pain Initiative. Dr. Bennett subspecializes in electrical neuromodulation (spinal cord and peripheral nerve stimulators), minimally invasive spine and pain surgery and regenerative medicine (PRP, stem cells). His research areas are neuropathic pain and mechanical spine pain.

Passionate about public education and engagement, Dr. Bennett has two and a half decades of public speaking experience throughout the United States and internationally. He also has over two decades of involvement in publications and abstracts on various topics related to spine and pain medicine.

In his free time, Dr. Bennett enjoys being outdoors (hiking, cycling), photography and music.

**Kerena Saltzgiver, CNM, DNP**, is a proud member of the Turtle Mountain Band of Chippewa Indians and was the 12th Native American to achieve certification as a Nurse-Midwife in the United States, according to the American College of Nurse-Midwives.



Kerena Saltzgiver, CNM, DNP

A Minot native, Kerena recently returned to her community to join Trinity Health, where she provides care in pregnancy, women's health, family planning and preventive services. Her approach is holistic—focusing on the whole person—and she is dedicated to education, listening and advocating for health equity across all populations. She has been a Certified Nurse Midwife for over 11 years and has supported more than 700 families through childbirth, building on nine years of experience as a labor and delivery nurse.

Kerena earned her Bachelor of Science in Nursing from Minot State University and her Master of Science in Nursing with a focus on Nurse Midwifery from Frontier Nursing University. She has also completed all coursework for her Doctor of Nursing Practice at the University of Minnesota and is in the final stage of completing the degree. She is an active member of the American College of Nurse-Midwives and continues to be a strong voice for maternal health and public health initiatives nationwide.

Trinity Health is excited to welcome **Kevin Kennedy, DO**, to our general surgery team. Dr. Kennedy received his bachelor's degree from the University of Maine at Farmington before receiving an MBA and a master's in organizational leadership from Southern New Hampshire University, Hooksett. From there, he obtained his Doctor of Osteopathic Medicine from the University of New England College of Osteopathic Medicine, Biddeford, ME. A dedicated leader, Dr. Kennedy served on the Ethics Committee, Endoscopy Committee, Transfusion Committee and Pharmacy Committee, while completing a general surgery residency at the University of Massachusetts Berkshire Medical Center Campus, Pittsfield, MA. A native of Portland, ME, Dr. Kennedy enjoys fishing, boating and being outdoors in his free time.



Kevin Kennedy, DO

Trinity Health is excited to welcome **Margaret Newsome, MD**, to our dermatology team. A native of Aiken, SC, Dr. Newsome earned a Bachelor of Science and Arts in Biological Sciences from the University of Georgia Honors Program, Athens, before earning a Doctor of Medicine from the Medical College of Georgia, Augusta. From there, she completed a dermatopharmacology research fellowship at Mount Sinai Hospital, New York, and a dermatology residency at the Medical College of Georgia. While earning her Doctor of Medicine, she created and launched a free clinic to meet the dermatologic needs of underserved populations in the community. An active supporter of future dermatology professionals, Dr. Newsome held dermatology medical student interest group discussion panels, offering advice and guidance to prospective medical students. In her free time, Dr. Newsome enjoys traveling, spending time with her family and reading. Dr. Newsome is very excited to practice in Minot and can't wait to help her patients achieve healthier skin.



Margaret Newsome, MD

A member of our emergency/trauma medicine team who brings more than 30 years of nursing experience to Trinity Health, **Leisa Peterson, FNP-C**, is a board-certified nurse practitioner who provides care to patients with a variety of emergent illnesses or injuries. A native of Saskatchewan, Canada, Leisa earned a Bachelor of Science in Nursing from Minot State University and later obtained a Master of Nursing in Family Nurse Practice at the University of North Dakota, Grand Forks. Throughout her distinguished career, she has gained clinical rotation experience with Trinity Health primary care and has served patients for the organization as an emergency room staff nurse and assistant nurse manager. A member of the American Association of Nurse Practitioners, the North Dakota Nurse Practitioner Association and the American Nurses Association, Leisa enjoys spending time with family, gardening and reading in her free time. She is excited to once again serve and care for the people of the Minot community.



Leisa Peterson, FNP-C

Trinity Health is excited to welcome **Ammar Saigal, MD, MPH**, to our primary care team. After graduating with a bachelor's degree in Biological Sciences from the Saint Mary's University Honors College, San Antonio, TX, Dr. Saigal earned a Master of Public Health from the University of Texas Health Science Center at Houston. From there, he earned his Doctor of Medicine from UT Health San Antonio, where he performed extensive molecular biology and data-driven epidemiology research, in addition to writing articles for the local medical society. With a strong record of academic achievement, Dr. Saigal proceeded to Weill Cornell Medical Center, New York City, where he authored peer-reviewed research at the Hospital for Special Surgery and completed his surgical internship. Originally planning a surgical career track, he served as an Orthopaedic House Staff physician at Weill Cornell's downtown campus, Lower



Ammar Saigal, MD, MPH

A member of our behavioral health team, **Christopher Kang, DO**, is a psychiatrist who treats a wide range of mental health conditions, including anxiety disorders, depression, bipolar disorder and schizophrenia. A native of Hoffman Estates, IL, Dr. Kang earned a Bachelor of Science in Chemistry from the University of Illinois, Urbana-Champaign, before earning a Doctor of Osteopathic Medicine from Des Moines (IA) University College of Osteopathic Medicine. From there, Dr. Kang completed a psychiatry residency at Advocate Lutheran General Hospital, Park Ridge, IL, where he conducted psychiatric evaluations, developed individualized treatment plans and provided psychotherapy and pharmacotherapy for a wide range of mental health disorders. In his free time, Dr. Kang enjoys video games and playing with electronics.



Christopher Kang, DO

# HR Hot Jobs

## Paramedic, Trinity Health First Response Ground, Full Time

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.

## Manager, Kidney Dialysis Unit/KDU, Trinity Health Hospital Campus & Medical District, Full Time

Directly manages, supervises, and evaluates the patient care service assuring quality patient care leading to consumer satisfaction in accordance with Trinity Health Plan and Provision of Patient Care Services. Demonstrates a working knowledge of personnel management and communication principles in order to maintain a positive work environment. Develops and manages the department's resources (time, materials, and personnel) within the budgetary guidelines as approved by Trinity Health Board of Directors.

### Licenses and Certifications Required

- Current or temporary RN license in ND 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

- Minimum of 3 years of successful nursing practice, which have included a supervisory/leadership role.



# Mayo Clinic Q&A: Health Benefits of Counting Steps

**DEAR MAYO CLINIC:** I've read so much about the health benefits of tracking my steps. But there's a lot of confusing information out there. How many is the right number? Are some "steps" better for you than others? Please help.

**ANSWER:** Whether you're tracking steps with your phone, a smartwatch or an old-school pedometer, the result is the same: you'll have a good indicator of how much you're moving during the day. The best device for you is the one you'll use. With many devices, you can set up alerts and goals that remind you to move. And that's what counts. The ultimate goal is to move 150 minutes per week.

### Reaping the benefits

You're right about the health benefits of getting in your steps. Here's what walking can help you do:

- Control your blood pressure.
- Lose or maintain weight.
- Improve balance and coordination.
- Increase core strength.
- Manage stress and improve mood by releasing endorphins.
- Manage your diabetes.
- Reduce the risk of a heart attack.
- Reduce the risk of developing type 2 diabetes.
- Stay strong and active.

Walking also has been shown to:

- Improve sleep.
- Slow mental decline.
- Lower the risk of dementia.
- Reduce the risk of some cancers.
- Help you lead a longer life.
- Maintain independent living into older age.

If you're on a medically assisted weight-loss journey, whether that's bariatric surgery or a GLP-1 drug, being physically active will help burn calories, build strength, maintain muscle mass and bone density, and promote sustainable weight loss. It also can help medications work better.

### Tracking steps

Is there a magic number of steps for reaping these health benefits? Not really. If you can get in 10,000 steps a day, great. Research has shown that 10,000 steps a day can lead to reductions in premature death, with a majority of that reduction happening between 4,000 and 8,000 steps. After 10,000, you'll still see benefits, but they start to plateau.

How you get your steps doesn't really matter. Walking has a cumulative effect on your body across your day. So whether you walk your dog for 15 minutes in the morning and 15 minutes at night, go for a brisk 30-minute walk or spend an hour moving around the house or working in the yard, those steps all count.

### Getting started

The best way to start tracking your steps is to take it slow and steady. Listen to your body — it will tell you whether you're trying to do too much. Work more steps into your day by parking farther away from entrances, walking in place while you're waiting for the timer on the microwave to go off, and making multiple trips to bring in packages rather than loading up in just one. You may want to consider getting a walking pad and use it while watching TV or doing food prep in the kitchen.

### Setting the pace

When you're advised to go for a brisk walk, what does that mean? "Brisk" is different for everyone. The average walking speed to aim for is 3 to 3.5 mph, which a device can help you measure. If you can walk faster safely, great. However, walking slowly is better than not walking at all and will still give you the benefits of moving your body.

The talk test is an easy way to identify a proper intensity. If you're able to talk but find it difficult to carry on a full conversation, that's "brisk" for you. You may not be out of breath, but your breathing is definitely elevated. New research indicates that brisk walking can boost brain function and well-being, as well as physical health.

Even if you're able to get in a little bit of walking every day, your body responds to this exercise, and you gain the benefits.

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

# Top 10 Questions About Breast Cancer Answered

Breast cancer receives much attention during October's awareness month. Although sightings of pink ribbons and breast cancer-related information increase during the month, it's crucial to keep screenings and clinical breast exams at the forefront of preventive care year-round.

A Mayo Clinic Health System high-risk breast consultant and breast cancer awareness advocate shares the top 10 questions about breast cancer asked by people of all ages and backgrounds.

## 1. Why do I need to worry about breast cancer and having routine mammograms?

*This is the most common question shared during breast clinic consultations. Many people mention that they don't have any family history of breast cancer. However, approximately just 20% of breast cancer is related to family history and genetic links. People are considered at the highest risk after a breast cancer diagnosis in a first-degree relative, such as a mom or sister.*

## 2. What can I do to prevent breast cancer from developing?

*For most people, the answer is to live a healthy lifestyle, including not smoking, minimizing alcohol consumption and maintaining an ideal body weight through diet and exercise. The majority of the risk for breast cancer comes from being female, having breasts and aging.*

## 3. What steps can I take to be informed of my risk of breast cancer?

*This answer has two parts. The first part is to learn about your family's medical history. The second part is to follow your healthcare team's recommended preventive screening plan, including a mammogram if necessary.*

## 4. Should I continue doing self-checks of my breasts and have an annual clinical breast exam?

*The American College of Obstetricians and Gynecologists and the U.S. Preventive Services Taskforce update breast screening recommendations annually, but more research studies need to be done. Your health history and conversations with your healthcare team will help inform the best approach for you. Although not all healthcare professionals perform a yearly clinical breast exam as part of an annual physical, you may choose to perform monthly or quarterly self-checks to increase your breast awareness. Both a yearly breast exam by a medical professional and regular self-checks are recommended if you have a higher risk of breast cancer.*

## 5. What does it mean to have dense breasts, and how does that affect mammograms?

*Approximately 30% of people have moderately dense breasts and up to 10% have extremely dense breasts. While dense breast tissue does affect the detection of breast cancer through mammography, a mammogram is still a recommended annual screening starting at age 40 for people with average breast cancer risk.*

## 6. Does taking a birth control pill increase my risk of developing breast cancer?

*No strong connection has been identified to suggest any such connection in average-risk patients during childbearing years. However, studies suggest that continuing hormone therapy after age 60 can increase the risk of breast and endometrial cancer.*

## 7. Does pregnancy and breastfeeding increase my risk of breast cancer?

*No, it's quite the opposite. The risk of developing breast cancer decreases based on the duration of time spent pregnant and breastfeeding.*

## 8. How do environmental toxin exposure and radiation affect breast cancer?

*Certain factors, such as radiation exposure from previous cancer treatment, working in an environment with toxins, or other radiation exposure can increase your risk of many cancer types, including breast cancer.*

## 9. Should I have genetic testing to determine if I have a family-related risk of breast cancer?

*The short answer is, for some people, yes. However, genetic testing is recommended only after a discussion with your healthcare team or breast specialist about your cancer risks. You may be asked to meet with a genetics counselor to ensure that there is a strong indication for testing.*

## 10. Does my age affect my risk of breast cancer?

*Yes. Age is one of the strongest risk factors for breast cancer. As people get older, genetic changes and lifetime hormone exposure can increase risk. Aging is one of several risk factors you cannot change, along with family history and breast density. Because risk rises over time, it's important to follow screening recommendations and maintain healthy habits such as staying active and limiting alcohol.*

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

## C O M M U N I T Y

# CALENDAR

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

### Prepared Childbirth Classes

**November 1, December 13**

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

**November 5, December 3**

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

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

### Basics of Baby Care

**November 3, December 15**

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

**December 2**

This hands-on class will review their new role as a sibling, baby safety, changes that might occur and much more. The class is geared toward ages 2 and up, but anyone is welcome. Siblings must be accompanied by an adult.

### Upcoming November Events

**November 4**

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.

**November 13**

Trinity Health will participate in the Minot Chamber of Commerce EDC's annual Showcase of Business from 5-8 p.m. in the North Dakota State Fair Center. Stop by to play a game and win a prize!

**November 19**

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.

**November 21**

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

### Upcoming December Events

**December 2**

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**December 17**

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.

**December 19**

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