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Protecting the Rest of You

Sun safety is a year-round endeavor and shouldn't be limited to summer months. One of the easiest ways to prevent cancer is to apply sunscreen. However, most of us forget to do that. In fact, a study published by the National Institute of Health showed that only 14% of American men and 30% of American women regularly apply sunscreen to their faces and other exposed skin before heading outdoors for more than an hour.

Here are some easy tips to remember for protecting your largest organ:

- Use sunscreen every day, even if it's cloudy.
- Apply sunscreen 15 to 30 minutes before going outside. Read the sunscreen label to ensure you use it correctly.
- Use a lip balm or lipstick that contains sun screen with a sun protection factor (SPF) of 30 or greater.
- The FDA recommends using a broad-spectrum sunscreen with a sun protection factor (SPF) of 15 or higher.
- Reapply sunscreen every two hours. Reapply every hour if you are swimming or sweating. No sunscreen is waterproof.
- Keep babies younger than 6 months old completely covered and in the shade.
- Limit the amount of time in the sun between 10 a.m. and 2 p.m. when the sun's rays are the most intense. Practice the shadow rule: if your shadow is shorter than you, the sun's rays are at their strongest, and you should find shade.
- Wear a long-sleeved shirt and long pants. Dark clothing with tightly woven fabric blocks more sun than white or loosely woven fabrics.
- In addition to your sunglasses, accessorize with a wide brimmed hat.
- Be even more cautious if you are taking medications that may make you more sensitive to the sun.



Protect Your Eyes from UV Damage

Now that it's summer, we dutifully slather on sunscreen to protect our skin from the damages of potentially harmful ultraviolet (UV) rays. But another important area often overlooked (pun intended) is our eyes.



Jill Martinson-Redekopp, OD

According to Dr. Jill Martinson-Redekopp, OD, sunlight is comprised of approximately 95% UV-A light and 5% UV-B/UV-C light. UV-B radiation causes sunburn and skin cancer with most of it absorbed by the front layers of the eye. UV-A radiation has a lower energy than UV-B but can penetrate much deeper into the eye. UV-C radiation can contribute to cataract growth and macular degeneration over the course of a lifetime.

The eyelid skin is the thinnest of the whole body. UV damage induces dryness, wrinkles, accentuated skin furrows, sagging, loss of elasticity and mottled pigmentation. "The most common ocular surface conditions seen in clinical practice are pinguecula or pterygium which are thickened/calloused tissue on the normally transparent membrane covering the sclera, also known as the white of the eye," said Martinson-Redekopp. "These conditions are more frequent in individuals with high levels of sun exposure. Basal cell carcinomas of the lids and surrounding tissue are also linked to UV exposure, whereas melanoma of the ocular tissues is less common.

"Photokeratitis or a sunburn of the cornea, (also known as "snow blindness"), is less common as it is generally associated with higher elevations or proximity to the equator but may occur after exposure to reflected light from lakes or other water sources," she added.

Precautionary Measures

It is best to avoid outdoor activities between 10 a.m. to 2 p.m. when sunlight is strongest. The risk is higher when on the beach, on the water or on the slopes, due to reflections from the sand, water and snow. Being closer to the equator and higher in elevation also increases risk. One can even get sunburn on a foggy day. Wearing sunglasses with adequate protection

against UV is just as important as wearing a hat with a wide brim.

Martinson-Redekopp advises when shopping for protective eyewear to look for sunglasses that are wide or have a wraparound effect to provide the most protection to the eyes and surrounding tissue. Wearing sunglasses during the

peak UV times of 10 a.m. to 2 p.m. will also reduce relative risk of UV exposure. "A good designation for UV protection is if the sunglasses state that they protect for both UV-A and UV-B. Many optical stores have a UV meter that can determine if the sunglasses filter out UV light in general. Another option for patients who wear prescription lenses is to purchase photochromic lenses which absorb UV light and darken outdoors. Some of the newest generation of antiglare lenses will also reduce UV exposure to the eye," she said.

When buying sunglasses, don't be fooled by misleading labels. The American Optometric Association offers a Seal of Acceptance to sunglasses that block 99-100% of UV radiation. Look for this seal or a label stating "100% UV protection" not just "UV protection." Price is generally not a reliable indicator of the lens quality or UV protection and should not be used in determining UV safety.

Don't Forget Your Kiddos

Children frequently spend more time outdoors than adults, and it is important that their eyes are properly protected from the sun's radiation. "One study estimated that 80% of ocular UV damage may happen before the age of 18. This is because the transition of UV light through the crystalline lens of the eye decreases greatly with age," Martinson-Redekopp advised. "We probably do not see as many children wearing sunglasses as ideal. Selecting sunglasses in bright fun colors and involving children in the selection can increase their cooperation of wearing sunglasses."

Children's sunglasses should have lenses made of plastic, not glass, for added impact protection.

Sun damage accumulates over a lifetime. If a person develops any



Serving Unmet Needs, Here and Abroad

Jewel Sandy, M.D., is a woman on a mission. Literally.

Sandy, an ophthalmologist at Trinity Health Western Dakota, Williston, traveled to Sierra Leone in March and led a team of ophthalmologists through a global ophthalmology program to address eyecare needs in an underserved area. During their time in country, the team completed over 200 cataract and oculoplastic surgeries for eyelid tumors, restoring sight to the blind.

Sandy, originally from Sierra Leone, came to the United States at age 12 with her family. Her mother, an employee at a non-governmental organization, had obtained a fellowship for further studies in Public Health. When the fellowship ended, Sierra Leone was mired in an 11-year civil war, so the family never returned. But Sandy never forgot her home.

“Growing up in a poor country and seeing lots of suffering from sickness and lack of access to care, fueled my desire to become a physician,” she said. “I always knew mission work and serving the underserved would become a passion of mine, a desire that grew from my childhood experiences.”

Sierra Leone is located on the west coast of Africa, with a population of 8.6 million and a land mass slightly smaller than South Carolina. It is an agrarian country with rich soil and plentiful rainfall, making agriculture, fisheries and forestry critical to its economy. However, the country is not self-sufficient in food production and life expectancy is less than 59 years. While resource rich (diamonds, bauxite, rutile) and geographically beautiful (imagine hills and mountains meet mangrove-fringed beaches), Sierra Leone is one of the poorest sub-Saharan African countries with a lacking healthcare system and a high prevalence of blindness.

In 2019, the World Health Organization launched the first World Report on Vision (WHO 2019) to draw attention to the increasing need for eye care globally. The report highlighted the role of eye care in contributing to the Sustainable Development Goals (SDGs), and called for coordinated global action toward strengthening eye care in health systems. Globally, at least 2.2 billion have near or distance vision impairment and at least half of these cases could have been prevented or have yet to be addressed. The leading causes of vision impairment and blindness are uncorrected refractive errors (needing glasses) and cataracts, both of which



Jewel Sandy, MD

are treatable. Interventions such as corrective lenses and cataract surgery are among the most cost-effective and feasible of all healthcare interventions.

The World Report on Vision also highlights that the prevalence of blindness in low and middle-income regions, such as sub-Saharan Africa, is estimated to be four times higher than high-income regions, such as the United States. In 2020, the WHO established eye care as an integral part of Universal Health Coverage (UHC) in order to address the inequities in access to eye care services across the world with a targeted completion date of 2030.

Sandy was originally drawn to neurosurgery in medical school but changed course to ophthalmology when she realized eye care and surgical treatments to cure blindness required fewer resources and provided easier access for sustainable options to more people worldwide.

“The WHO resolution positioned blindness on the world stage to be recognized as a primary care issue that is preventable and treatable. Ophthalmology lends itself to do meaningful work in a short period of time and make a lasting impact,” she said.

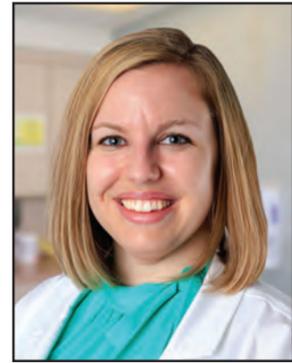
Sandy came to Western Dakota in late 2021 to allow her the opportunity to serve unmet needs in both western North Dakota and other areas of the world.

“I trained and lived in all parts of the country, but was ready for a change of pace, so here I am,” she said. “Practicing in a smaller community will allow me to grow professionally and serve in an area where there is a need. Trinity Health has been very supportive of my global ambitions, and I am excited to see how I can contribute on a local scale.”

Sandy is a board-certified and fellowship-trained Oculoplastics Specialist. Oculoplastic surgeons are ophthalmologists who specialize in plastic and reconstructive surgery of the periorbital and facial tissues including the eyelids, eyebrows, forehead, cheeks, orbit (bony cavity around the eye) and lacrimal (tear) system. She is trained to do a variety of eyelid and facial surgery for adults and children. Sandy is located at Trinity Health Western Dakota, 1321 W Dakota Pkwy. To make an appointment, call 701-572-7641.

Welcome New Provider to our Orthopedic Team

Trinity Health is pleased to welcome Jessica O’Neal, PA-C, to our orthopedic team. A certified physician assistant, Jessica assists orthopedic surgeons in various aspects of patient care, including pre-, intra- and postoperative care, patient assessment and care planning, and providing nonsurgical care, including joint injections and osteoporosis management.



Jessica O’Neal, PA-C

Originally from Ocean Springs, Mississippi, Jessica earned her Bachelor of Science in kinesiology, with minors in biology and Spanish, from Louisiana State University, Baton Rouge, and received her Master’s in physician assistant studies from Red Rocks Community College, Arvada, Colorado. Her clinical training encompassed a wide range of medical fields at healthcare settings in Colorado, Mississippi and the Dakotas and included a rotation with Trinity Health Orthopedics. Since completing her physician assistant studies, Jessica has practiced locally, providing primary care with a special focus on orthopedic issues. She is a member of both the American and North Dakota Academies of Physician Assistants. In her spare time, Jessica enjoys quilting, traveling and spending time with her family.



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Eyes continued from page 1

suspicious spots on their eyelids that represent a change in appearance of the tissue in a localized area, they should see their optometrist. “We know that long term exposure to UV light may play a role in the progression of cataract and macular degeneration, but other factors such as age and smoking pose a greater risk,” she added.

In Minot, Martinson-Redekopp is joined by optometrists Brad Schimke, OD, and Sierra Unruh, OD, and ophthalmologists Darren Hill, MD, Evelyne Kindy, MD, Darrell Williams, MD, and Chad Wolsky, MD. Trinity Health Regional Eyecare Minot is located at 2815 16th Street SW. For appointments, call 701-852-3937.

Ophthalmologists Mark Raymond, MD, and Jewel Sandy, MD, are located at Trinity Health Western Dakota, 1321 West Dakota Parkway. Appointments can be made by calling 701-572-7641.

Ophthalmologist Robert Dicken, MD, is based at Trinity Health Regional Eyecare Devils Lake, 404 Hwy 2 East. For an appointment, call 701-662-4085.

Eagle Award for Excellent Customer Service

Eagles can handle a variety of tasks and go out of their way to be helpful.



Leslie Jundt
Special Procedure
Technologist, Cath Lab



Shelley Jacobson, RN
Emergency Trauma Center



Jerrica Maxson
Audiologist

The Eagle Award is presented by the Minot Area Chamber/EDC, based on nominations from within the community.

If you would like to nominate someone for an Eagle Award, visit minotchamberedc.com

Trinity Health Auxiliary
Hearts Club

A fundraiser for the new Trinity Health
Regional Healthcare Campus and
Medical District



TWO SHOWS: September 16 & September 17

6:30 p.m. Dinner • 7:30 p.m. Show

Clarion Hotel, Minot

Reserved Table of 6 – \$500 by Sept. 1 after Sept. 1 \$600

Walt Wise will be performing a tribute to Elton John and Billy Joel. Walt will be performing the Piano Man and the Rocketman's greatest hits LIVE onstage. Sing and dance along with favorites like Crocodile Rock, Big Shot, You May Be Right, and many more. Our goal is to bring you the most authentic impersonators; Walt Wise has performed all over the United States including Las Vegas and Disney World. This tribute show is not to be missed! The tribute show will be held on two nights, that will not only include a fantastic show, but a wonderful dinner prepared by Homesteaders Restaurant.

Tables are limited – get yours today!
Trinity Hospital Gift Shop or
<http://trinityhealth.org/TributeShow>

For more information call Sherry 701-857-5221



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DAISY Award

The DAISY Award is an international program that rewards and celebrates the extraordinary clinical skill and compassionate care given by nurses every day. Trinity Health is proud to be a DAISY Award Partner, recognizing one of our nurses with this special honor each month.



Nichole Kummer, RN
NICU, February



Kim Bergrude, RN
NICU, March



Jackie Richmond, RN
Pediatrics,
Trinity Hospital, April

Patients, families and staff can complete an electronic nomination form at www.trinityhealth.org. Under the Patients & Visitors page, click on Employee Service Awards.



Golf Scramble Recognition

It can be said that golf combines two favorite pastimes: taking a long walk and hitting things with a stick.

Which is why, for the 9th year, the Men's and Women's Hearts Golf Scramble continues to be an annual favorite and resounding success. Sponsored by Trinity Health Auxiliary Hearts Club, the Golf Scramble was held May 23 at the Vardon Golf Course to raise funds for Trinity Health's new regional healthcare campus and medical district.

The Hearts Golf Scramble was designed for all ages and skill levels. It not only raises money but builds everlasting friendships. For nearly 100 years, Trinity Health Auxiliary has been a partner in Trinity Health's fundraising efforts; each year we are blessed to have old friends and new faces support the event.

Trinity Health Auxiliary would like to thank everyone who contributed their time, talent and resources to continue this successful scramble. Special thanks and appreciation go to corporate and team sponsors for their contribution to this event. Corporate sponsors were: Mowbray & Sons, Inc., M&S Sheet Metal, Inc. and the Sertoma Club of Minot. Team sponsors included: Cerner, First Western Bank & Trust and SRT Communications, Inc.

Save the Date: May 22, 2023, for the next Hearts Golf Scramble. Everyone is welcome!

Diabetes Prevention Program

Weigh 2 Change

Diabetes can be prevented but not cured.

Take control of your health and start making positive lifestyle changes with the help of a trained lifestyle coach and fun, engaging support groups.

Session Zero

June 28 or July 19, 2022

12-1 p.m.

**Trinity Health Community Conference Room
Town & Country Center**

You will learn about the yearlong program and its goals, complete a "Readiness to Change Questionnaire," and you can ask questions to see if this program is right for you.

Eligibility for Participation:

- At risk for or have prediabetes Overweight
 At least 18 years of age Not pregnant
 Do not currently have diabetes

Cost: People who decide to commit to the program and are not covered by Medicare will be charged a fee of \$220, which covers educational sessions and materials for the entire year.



RSVP to 701-857-5268

Class sizes will be small and mask/face coverings required.

If unable to attend the Session Zero please call for more information 701-857-2850.



Trinity Health Foundation Funds New Ambulance

Since late 2021, Trinity Health Foundation has undertaken a fundraising effort to add an additional ambulance to the current fleet of vehicles. We are happy to announce that sufficient funds have been generated to purchase the much-needed ambulance.

Trinity Health’s First Response ambulance service is the area’s only fully staffed Advanced Life Support (ALS) team of health professionals. This team is dedicated to providing advanced ALS ambulance service 24 hours a day, 7 days a week to residents in the city of Minot and nearly 2,000 square miles of the surrounding service area.

As you can imagine, this team of staff and response vehicles has been exceptionally busy. First Response completes approximately 11,000 responses per year which equates to 30 every single day. The previous fleet size of service vehicles was inadequate and made it extremely difficult to meet the growing demands placed on the emergency services in the region. Its fleet included four primary response vehicles, a 4 x 4 used for inclement weather, and an older ambulance used only for standby events. In addition, First Response serves as a critical support system for the numerous communities it serves and also provides direct support to the Minot fire and police departments, as well as the Ward County Sheriff’s Department and additional first responder groups. First Response also provides ALS intercept services to many of the ambulance services in northwestern North Dakota.

As the demand for services and the region’s population continue to grow, an additional ambulance became necessary in order to provide essential care with up-to-date medical technology. A fully equipped Crestline Type III Ambulance costs approximately \$140,000. The Trinity Health Foundation was awarded a \$20,000 grant toward the new vehicle from the Farm Credit Services Rural Community Grant Program. Ryan Honda recently held a First Responder Appreciation Day and Fundraiser where over \$5,000 was raised for the new ambulance. Additional fundraising efforts were completed to raise sufficient money to fully fund the new emergency vehicle. Donations can be made to Trinity Health Foundation online at <https://foundation.trinityhealth.org>, or by texting TRINITY to 71760. You may also contact the Foundation at 701-857-5432 to discuss funding opportunities.

Trinity Health Foundation was established in 1922 to assist in the establishment of Trinity Hospital. Over the last 100 years, the foundation has been supported through the financial stewardship of individuals, families, foundations, corporations, civic clubs, and other organizations, with the purpose of significantly impacting healthcare and the quality of life in the region. Through generous donations, we are able to fulfill our mission of creating a system of care that provides the most significant impact on health and wellness throughout northwest North Dakota.



Pictured: Cody McManigal (Trinity Health Foundation), Lisa Loeffler (Curling for the Cure), Kae Watson (Curling for the Cure), Rosanne Schaefer (Curling for the Cure), and Jamie Swenson (Trinity Health Foundation) Not Pictured: Norma Boles, Sarah Thorson, Brittany Taciuk, Chanda DeCent, and Joanne Stein

Curling for the Cure

Trinity Health Foundation is excited to announce it was recently awarded \$3,100 from the Curling for the Cure event.

Curling for the Cure Fundraiser started in 2021 to celebrate Kae Watson’s 1-year cancer-free anniversary. In 2022, the Minot Curling Club and committee members held the 2nd annual event and donated \$3,100 to the Trinity Health Foundation to be used for cancer patient assistance programs.

“We are so appreciative to Kae, her friends and the Minot Curling Club, for holding this event to support cancer patients throughout the region. It is through assistance and events like this that allow us to provide additional support to Trinity Health cancer patients. We also want to send Kae a huge congratulations on her two-year anniversary,” said Dusty Zimmerman, director, Trinity Health Foundation.



Trinity Health Foundation Receives Gift from Sellers Estate

Trinity Health Foundation is pleased to announce that it was awarded a gift of over \$117,000 from the estate of Ann Sellers.

Sellers was a longtime volunteer and supporter of Trinity Health and St. Joseph’s hospitals. She was also a member of the auxiliaries for both organizations. Following her wishes, the funds will be allocated to Trinity Health CancerCare Center Patient Assistance Programs, including fuel voucher assistance; financial assistance; exercise rehabilitation program; art, yoga and journaling therapies; wig assistance and more.

“Ms. Sellers dedicated her life to serving others through her volunteer work and now continues that service through her financial gift to the Trinity Health Foundation and the Trinity Health CancerCare Center Patient Assistance Program. Her support of others in the community will live on through her generous gift,” indicated Dusty Zimmerman, director, Trinity Health Foundation.

Trinity Health Foundation Donates \$5,000 to Minot Area HOSA Students

Trinity Health Foundation recently awarded \$5,000 to the Minot Chapter of NDHOSA to support nine students in their participation at the upcoming International Leadership Conference in Nashville, Tennessee.

HOSA – Future Health Professionals is an international student led organization focused on four core values including learning, leadership, service and innovation. Students build and develop their skills from middle school to college, enabling them to be more career ready when they enter their desired field. HOSA implements leadership development while maintaining focus strictly on the health industry.

Trinity Health works closely with the organization in providing hands-on training, speakers, fundraising opportunities and other healthcare educational opportunities. “It’s critical that we support local students who have an interest in a healthcare career, especially given the current industry-wide shortage of care providers. Our partnership with the Minot HOSA Chapter has created numerous opportunities for future employment and the mentorship of those desiring a healthcare career,” said Dusty Zimmerman, director, Trinity Health Foundation. Given the national healthcare worker shortage, HOSA is the pipeline for future healthcare professionals.



Please feel free to leave a message after hours and your call will be returned the next regular business day, or email us anytime at DR4U@trinityhealth.org



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Kenmare Hospital Director Named

Trinity Health announces that Karen Brown, a healthcare finance professional with over 15 years of experience in the healthcare field, has joined its staff as director of Trinity Health Kenmare Hospital.



Karen Brown

Brown oversees all aspects of the critical access facility, which offers acute care, swing bed services, a 24-hour emergency department, rural health clinic and physical therapy services.

"I'm proud to be part of a talented hospital team, and I look forward to meeting as many people in the community as possible," Brown said. "At a time when rural healthcare facilities are struggling, Kenmare Hospital is here to stay thanks to support from the community and our Trinity Health leadership."

A Chicago native, Brown attended Indiana University in Bloomington. She moved to North Dakota in 2014 and joined Trinity Health's Business Services Department. Most recently she served as Revenue Cycle Director at Mountrail County Medical Center in Stanley.

Brown is married with four adult children and three grandchildren. Her interests include bowling, golfing and listening to audio books.



Ribbon Cutting for CancerCare Center Celebration Bell

Trinity Health Foundation recently held a ribbon cutting event for the new Celebration Bell at the Trinity Health CancerCare Center.

Family and friends of the late Scott Vigested along with Trinity Health CancerCare staff, Foundation staff and board members gathered to celebrate the installation of a Celebration Bell at the Trinity Health CancerCare Center on May 18. "The ringing of the bell is a tradition that signifies completion of cancer related treatments and a time for patients to celebrate that milestone. However, at Trinity Health CancerCare, this bell will provide the opportunity for patients to ring and celebrate any accomplishment while receiving treatment. I look forward to the sound of the bell and to celebrate with patients whether they complete their entire course of treatment, first round of chemotherapy, or first day/week of radiation treatments. Every single one of these aspects is a milestone and it is important that we recognize and take time to celebrate these accomplishments," indicated Shane Jordan, Trinity Health CancerCare Center director.

Following Vigested's passing in 2020, memorials were collected including a \$1,000 donation from the Sleep Inn & Suites to be used for the purchase and installation of the bell. Trinity Health Center CancerCare patient Jennifer completed her cancer treatments on May 17 and proudly served as the first bell ringer.



Sports Physicals Provide Framework for Safety

Every MVP's athletic season starts the same: completing a sports physical.

A sports physical is a quick 15-25-minute physical with a provider that helps determine if it's safe for an athlete to play on a sports team. The North Dakota High School Activities Association requires that athletes have a preparticipation physical on an annual basis. The examination completed on or after April 15 would be valid for the following school year.

The goal of a sports physical is to make sure your athlete stays safe while playing sports and is not intended as a substitute for an annual wellness exam. If you would like your provider to provide both exams during one visit, be sure to mention it when making an appointment so enough time is set aside. The physical has two main components: your child's medical history and physical examination.

Medical history questions are on a form provided by the NDHSAA that can be filled out by the athlete and family prior to the medical appointment. The form can be found at: https://ndhsaa.com/files/NDHSAA_Physical_Form.pdf

The medical history form includes questions about:

- serious illnesses among family members
- medical problems and illnesses such as such as asthma, diabetes or epilepsy
- previous hospitalizations or surgeries
- allergies (to insect bites, for example)
- past injuries, including concussions, sprains or bone fractures
- whether your child has ever passed out, felt dizzy, had chest pain or trouble breathing during exercise
- medications, including supplements, over-the-counter and prescription medications

continued on page 6

SAFESITTER

Nationally approved, medically accurate training program designed for 11 years old and older.

Safe Sitter® teaches adolescent babysitters how to handle crises, how to keep their charges secure, and how to nurture and guide a young child. Safe Sitter® babysitters help children stay safe and sound while their parents are away. In the process, these students 11 years old and older emerge as more confident, responsible and compassionate teens and adults.

During this one-day course, students listen, practice and learn an array of topics including:

- Choking and hands-only CPR
- Child development
- The business of babysitting
- Accident management
- Safety for the sitter

2022 Summer Class Schedule

July 6, 7, 13, 14, 21

August 3, 4

All classes are 8:30 a.m.-2:30 p.m.

**Trinity Health Riverside, Education Center
1900 8th Ave SE, Minot**

Registration is required; please call the Trinity Health Community Education Department at 701-857-5099. **Due to the high demand for this class, the course fee of \$60 must be paid upon registration.** Students must have a mask or face covering to enter and exit the facility.



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Trinity Health Speaker's Bureau

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

Hard Hat Insider

Healthcare Campus and Medical District Update



Efficiency, Privacy Define ER Care at New Campus

Trinity Health has vowed to transform healthcare delivery at its new healthcare campus and medical district. A key component of that endeavor will surely be taking emergency care to a whole new level.

Trinity’s leadership and planners have designed an acute care platform that places emergency and transport services away from all congestion in a layout that is most conducive to patient comfort and privacy. Services needed for an efficient diagnosis will be mere steps away.

“The flow in this facility will be truly phenomenal,” said Facilities Vice President Dave Kohlman. “A patient will come into the ER on their own or by helicopter or ground ambulance. The cath lab, surgery and all imaging and diagnostic services will be right there. Everything is very close together.”

One of the most exciting features of the new emergency/trauma center is the expanded emergency department. Three years after operating at overload capacity during successive waves of COVID-19, emergency staff will have 27 treatment rooms to welcome patients, up from the present 13. Treatment rooms will be private – a departure from the curtained bays in the existing ER. “Our new emergency department will allow us to treat the emergency medical needs of our community while maximizing privacy and minimizing wait times,” said nurse manager Susann Krueger.

Another major improvement will be smooth and efficient access for emergency transport – both ground and air. A dedicated ramp will guide ground ambulance vehicles into the enclosed ambulance bay entrance equipped with electronic doors. Patients will be unloaded away from traffic bottlenecks and inclement weather.



A recent photo of the south (back) side of Trinity Hospital shows the roof of the ER that hosts the new helipad. To its left are garage doors that exit from the spacious ambulance bay, and attached is the canopied delivery area.

“It’ll be a game changer,” said Amy Thomas, director of Trinity Health First Response. “The ambulance bay holds four large ambulance vehicles, and we won’t have to compete with other vehicles for parking as we do now. The helicopter will be able to land on the same level as the ER, so we won’t have to land on the roof and make our way down the elevator. That alone will cut transfer time down to a minute or less.”

And it won’t be just emergency vehicles that have easy access. Dropping off friends or loved ones will be a breeze, according to Kohlman. “If you’re taking your husband or wife to the ER, you’ll drive up the ramp and pull up to the entrance underneath a canopy out of the weather. The door is on the south side so the prevailing northwest winds won’t affect you. You can then park along the outside perimeter or drive back down to park and take a special elevator that goes directly up to the emergency department.”

Family members who want to wait for their loved ones will be able to stroll down a naturally lit walkway to the main public entrance where cafeteria, gift shop and other amenities are located.

When you have a medical emergency, your life can depend on getting to the best emergency center as quickly as possible. Trinity Health’s new healthcare campus will be a win for healthcare quality and accessibility that will better serve the needs of Minot and the region at large.

Sports continued from page 5

During the physical exam, the doctor will usually:

- record height and weight
- take blood pressure and pulse
- complete a vision test
- examine muscles, bones and joints
- check heart, lungs, abdomen, ears, nose and throat

Sports physicals are required for good reason: more than 46 million children participate in sports each year in the United States and one in three children who plays a team sport is injured seriously enough to miss practice or games. If there are any changes in your child’s health history, like a new injury or you notice new symptoms (such as chest pain or shortness of breath), he or she may need to see the doctor before being allowed to play. Let the coach know of any changes in health.

Appointments are available in Minot by calling 701-857-5413 or Western Dakota in Williston at 701-572-7711 during normal business hours. Athletes may request their own pediatrician or be assigned to a doctor if they don’t have one.

TMS Offers Hope to Patients with Persistent Depression, OCD

Behavioral Health Services is launching an effort to increase awareness among healthcare providers and the public about Transcranial Magnetic Stimulation (TMS).

TMS is an FDA-approved, noninvasive, nonpharmacological treatment for people with major depression -- and now obsessive-compulsive disorder -- who’ve been unable to attain relief from antidepressants or other therapies. Marisa Jennings, MD, a board-certified psychiatrist who joined Trinity Health two years ago, is heading up an effort let people know it is available.

“TMS is an excellent option for patients with severe depression who haven’t responded to medications and who don’t want ECT (electroconvulsive therapy),” Dr. Jennings said. “We also use it for pregnant women who want to avoid medications and for individuals who cannot tolerate them. Last month, our TMS system was FDA-approved as an adjunctive therapy for obsessive compulsive disorder, and we look forward to offering TMS for this population too.”

TMS for depression targets a key area of the brain’s emotion circuitry – the left dorsolateral prefrontal cortex – which is known to be underactive in clinical depression. “When pulsed magnetic fields are applied to this area on a regular basis, brain function normalizes and the symptoms of depression remit,” Jennings explained. Because TMS targets only a small part of the brain, it avoids systemic side effects such as sexual dysfunction. Some patients experience discomfort during or a mild headache after the first few treatments, but otherwise side effects are typically few. Rare adverse events include hearing loss (if hearing protection fails) or seizures.

TMS is administered under the direction of a psychiatrist. The psychiatrist sets the parameters for TMS during the first session, which determines the location and intensity of subsequent treatments.

During treatment, the patient sits in a special chair. A treatment coil, a device that emits a magnetic field, is placed on the patient’s head. As the magnetic field turns on and off, it directs an electrical current into the brain. TMS treatments last from 20-40 minutes and are delivered five days per week for approximately 36 treatments. TMS is an in-office treatment and does not require anesthesia, so patients are able to drive themselves to and from the clinic. Patients who work or attend school usually continue to do so while they are receiving a course of TMS, says Jennings. She adds that out-of-town patients have the option of staying at the Trinity Health Guest House.

Not everyone with depression is a candidate for TMS. Generally, patients are eligible if they have severe symptoms and if they have failed multiple medications and treatment with psychotherapy.

Behavioral Health Services acquired the breakthrough technology in 2017 under the leadership of Medical Director Michael Dallalio, MD, and has successfully treated over 100 patients for major depression. So far 72% of patients receiving TMS at Trinity have responded, with 53% achieving full remission. “I’m delighted with the opportunity that TMS is offering our patients,” Jennings said. “We’ve had patients who were plagued by depression for years feel they’ve gotten their lives back.”

Major Depressive Disorder affects more than 16.1 million American adults. While medications and therapy can be very effective in helping those with depression, a significant percentage of patients fail to receive adequate relief from these treatments. For more information or for a TMS consultation, call Trinity Riverside at 701-857-5998.

Check out our live construction cameras at trinityhealth.org

facebook.com/TrinityHealth.ND



Pictured l to r: Michelle Bratton, Jillian Berthiaume, Arieka Longakit, Samantha Morgan, Abigail McGee, Renae Stratton, (Program's Clinical Coordinator)

Rad Tech Program Graduates Class of '22

In June 2020, amidst the uncertainties of the COVID pandemic, four students from different parts of the country travelled to Minot to begin the Trinity Health Radiologic Technology Program. They persevered through challenges like PPE shortages, working restrictions with COVID-positive patients and long COVID testing wait times for any symptom. On May 12, they graduated from the Program, providing the opportunity to sit for the national American Registry of Radiologic Technicians (ARRT) exam.

“We are so proud of these graduates and happy to announce that they all passed the registry exam in May,” said Radiography Program Director and Education Coordinator, Michelle Bratton, JD RT(R)(MR). The four graduates are Abigail McGee, R.T.(R), Butte, Montana; Arieka Longakit, R.T.(R), Hilo, Hawaii; Samantha Morgan, R.T.(R), Minot; and Jillian Berthiaume, R.T.(R), North Grosvenordale, Connecticut.

Radiographers, or radiologic technologists, combine a passion to help others with their extensive knowledge of advanced medical imaging. Completing a radiography program requires specialized knowledge of radiation physics, radiation biology, human anatomy and the ever-advancing field of digital imaging technology to produce quality medical images to be read by a radiologist – a medical doctor who specializes in interpretation of medical images. RTs can further specialize, often in an on-the-job setting, in various advanced imaging modalities: cardiovascular-interventional imaging, magnetic resonance imaging (MRI), computed tomography (CT), mammography and bone densitometry. With further formal education, RTs can also pursue radiation therapy, nuclear medicine, sonography and medical dosimetry.

Berthiaume and Morgan accepted positions with Trinity Health and will join the current team of approximately 25 diagnostic RTs and 30+ advanced modality techs in various departments. Morgan is continuing her education toward becoming a registered mammographer. “I decided early in my journey that I wanted to become a mammographer,” she said. “Luckily enough, I was given the opportunity to spend my last two months of clinicals working toward that goal. I got an early start on requirements to sit for boards and should be able to test this summer! I am thankful for the opportunity I was given at Trinity and I am so excited to be an important part of women’s lives!”

McGee accepted a radiography job closer to family in Bozeman, Montana, and Longakit will be moving to Las Vegas.

Sponsored by Trinity Health, the Radiologic Technology program includes 22 months of didactic instruction combined with extensive clinical interaction. Interested applicants must have or soon complete an associate or baccalaureate degree from an accredited college or university. Upon completion of a clinical program, graduates become registered radiographers by passing the national ARRT exam. Most states also require state licensure as well. As testament to its longstanding commitment to excellence, Trinity Health’s radiography program generally ranks in the 90th percentile nationally.

Commencement for the current radiography class of six students is scheduled for May 11, 2023. The class of 2024 will begin August 22. The Program accepts applications every fall, with a January 1 deadline. For more information contact Michelle at 701-857-2316 or michelle.bratton@trinityhealth.org.



Well Child Visits Key to Healthy Children

As a parent, I’ve often wished my children came with instruction manuals. These detailed manuals would include information such as: “This child will eat these foods, is allergic to this, will break their arm at age five, doesn’t like this or that.” While these manuals unfortunately don’t exist, I’ve come to learn my children’s pediatrician is my best resource.

Because childhood is a time of rapid growth and change, it’s important to have your child seen by a pediatrician on a regular basis, even when they’re healthy. Well child visits are a time when parents can check up on their child’s health and make sure they’re growing and developing normally. Well child visits usually start a few days after children are born and should continue until they turn 18.

Prevention

Keeping up with immunizations is key to preventing illness. At each well child visit, the provider will ensure your child is current on their shots.

The visit also is an opportunity for your child’s provider to identify health problems, especially those that are easy to miss. “Parents, of course, know their child more than anyone, but they probably don’t have the medical expertise that we [pediatricians] do. We watch and monitor for things that are abnormal before they become a problem,” said Joseph Stonehocker, CPNP-PC, who specializes in pediatrics at Trinity Health Western Dakota.

Even if your child receives a clean bill of health, talking about ways to improve care and prevent problems helps keep them healthy. “We’ll teach them about caring for their body, healthy eating and sleeping and good decision making.”

Tracking Growth and Development

A well child visit will allow you to see how much your child has grown since their last checkup. The visit includes a complete physical exam where the provider will record your child’s height, weight, head circumference and other information in their medical record and assess their developmental milestones and social behaviors.

“I evaluate a lot of things just by observation. I can pick up things in the sensory realm, the respiratory realm and even the cardiac realm by looking at the child and how their body is presenting itself,” said Stonehocker.

Raising Concerns

A well child visit is an opportune time to bring up your concerns regarding your child’s health and behavior. To get the most out of your visit, prepare by making a list of questions and concerns you want to discuss with the provider.

“We are approachable. Ask us questions. Ask the whys, ask the how comes,” said Stonehocker. “When you leave our office, we want you to feel comfortable with the visit and confident that you can care for your child.”

Team Approach

Regular visits to the pediatrician create strong, trustworthy relationships among the provider, parent and child. When your child comes for a well child visit, the provider gets to know your child better and can provide more efficient care.

“My job is not to tell you what to do or how to raise your child. I’m here to walk the parenting path with you, from the birth of your child until they are 18 years old,” he added.

Schedule of Well Child Visits

The American Academy of Pediatrics suggests a well child visit at each of these ages: 2 to 5 days, 1 month, 2 months, 4 months, 6 months, 9 months, 12 months, 15 months, 18 months, 2 years, 2 ½ years, 3 years, and each year after that into adulthood.

Most well child visits are no or low cost to you if you have health insurance.

Stonehocker practices at Trinity Health Western Dakota in Williston. To make an appointment, call 701-572-7711. To make an appointment with a pediatrician in Minot, call 701-857-5413.

Welcome to the Trinity Health family!

The best time to bring your child to the doctor is when they don’t need to go. Well child visits prevent health problems from birth to adulthood.



Essential Well Child Visits							
Birth to 15 months old							
2 to 5 days	1 month	2 months	4 months	6 months	9 months	12 months	15 months
18 months to 3 years							
18 months		2 years (24 months)			2 1/2 years (30 months)		
3 to 6 years							
3 years		4 years		5 years		6 years	
Continue yearly well visits into adulthood							

Contact Trinity Health Pediatrics at 701-857-5413 to schedule your child’s sick and well visits.

Beat the Summer Heat

When temperatures start rising, and summer is finally here, the first snacks people tend to think of to cool off are popsicles and ice cream. But it's these types of snacks that are loaded with calories and sugar. People are likely to forget about one of the best healthy snacks that can help combat heat and quench thirst – fruit. Summer fruits include berries, peaches and nectarines, watermelon and cherries.

In summer, many fruits are ripe and less expensive. Blueberries are best between April and late September; strawberries are in season between April and August; raspberries are best between June and October; blackberries peak between July and August. When choosing blackberries and strawberries, look for shiny berries that aren't bruised or leaking. Blueberries and raspberries are typically ripe when they are firm and plump. When refrigerated, strawberries and raspberries store best for one to three days, blackberries remain good for three to six days and blueberries will stay fresh up to 14 days. To keep berries fresh longer, do not wash until you're ready to consume.

When purchasing cherries, look for deep rich colors and choose cherries that are firm with stems attached. Store cherries in the fridge for up to 10 days and wash just before eating. Cherries are rich in vitamin C, anthocyanin and vitamin A.

Peaches and nectarines should smell sweet and fragrant, and tend to get softer once picked, so avoid choosing mushy ones. Store them at room temperature until ripe and wash before eating. Once ripe, store in the refrigerator and consume within a week of purchase.

To choose a watermelon, look for melons that feel heavy for their size. Store watermelons at room temperature and once cut, store up to five days in the fridge. Watermelon is known for its high-water content, which is why it's one of the best choices when trying to stay hydrated in hot summer weather. Watermelon also has vitamin C, beta-carotene, iron and lycopene. Beta-carotene is important for healthy skin and eye health. Lycopene may have antioxidant properties.

Berries are packed with phytochemicals and anthocyanins, both of which have antioxidant properties. Antioxidants protect the body from damage caused by free radicals which can cause a wide range of diseases and illnesses. Therefore, consuming berries rich in antioxidants can reduce the risk of chronic diseases such as some cancers, heart disease and memory problems. Blackberries are the highest berry in folate. Folate is also known as folic acid and is important in women of child bearing age to help prevent neural tube defects.

Berries, peaches and nectarines contain fiber and Vitamin C. Fiber can help promote regular bowel movements and may assist in lowering cholesterol. Fiber also aids in controlling blood sugar levels as well as helping to maintain a healthy weight. High fiber foods tend to keep one satisfied longer and are more filling than lower fiber foods. Vitamin C plays a role in growth, development and repair of all body tissues. It can protect against immune system deficiencies as well. Other nutrients in peaches and nectarines are vitamin A, potassium and niacin.

Eating summer fruits by themselves can be great but try other ways to use these seasonal fruits in recipes to cool off. Smoothies, homemade popsicles and fruit kabobs are a delicious choice. Additional fruit consumption can include adding fruit to salads, cereal or in desserts. Try throwing peaches or nectarines on the grill for dessert, or combining peaches, watermelon and strawberries to create a great summer salsa.



These recipes will jump start your taste buds and help beat that summer heat!

Melon Berry Salad

Ingredients

- 12 oz. strawberries, quartered
- 12 oz. raspberries
- 12 oz. blueberries
- 3 cups watermelon, cubed
- 3 tablespoons lime juice
- 1 tablespoon honey

Directions:

1. Combine washed fruit in a large bowl.
2. Mix the dressing ingredients together and spread over the fruit and combine well.
3. Refrigerate until ready to serve.

Strawberry Salsa

Ingredients

- 3 cups strawberries, chopped
- ½ cup red onion, finely chopped
- 1 jalapeno, finely chopped
- ¼ cup chopped fresh cilantro
- Juice of 2 limes
- Pinch of salt

Directions:

1. In a large bowl, stir together all ingredients.
2. Let sit 10-20 minutes and then serve with pita chips or use as a topper for foods.

Fresh Fruit Popsicles

Ingredients

- 2 kiwis, peeled and sliced into ¼ inch slices
- 2 peaches, peeled and sliced into ¼ inch slices
- 1 cup strawberries, sliced into thirds
- ½ cup raspberries
- ½ cup blueberries
- 2 cups 100% juice (your choice)

Popsicle mold for 8 ice pops

Directions:

1. Press the strawberries, kiwi and peaches into the bottom of each mold. Use a popsicle stick to press them inside each mold.
2. Wash berries and use these to fill in the gaps in the mold.
3. Add as much fruit that will fit into the mold, then fill the molds with juice leaving 1/8-inch space at the top for the juice to expand when it freezes.
4. Freeze popsicles overnight.
5. Run molds under hot water to help release the popsicles and enjoy!

C O M M U N I T Y

CALENDAR

For the latest updates, check online at trinityhealth.org

Prepared Childbirth Classes

July 9, August 13, September 10 and October 8

Breastfeeding Basics

July 14, August 25, September 8 and October 13

Basics of Baby Care

July 11, August 8, September 12 and October 3

These classes are offered free-of-charge as part of Trinity Health's community benefit mission. If you have questions, please call 857-2352. Sign up for classes at: trinityhealth.org/familybirth_registration.

Events

July 8 — Free car seat checks will be held from 1 to 5 p.m. at Minot Fire Station 1. Appointments required; call 857-7300 or by Facebook message Safe Kids Minot.

July 19 — Free car seat checks will be held from 11:30 a.m. to 2 p.m. at Minot Fire Station 1. Appointments required; call 857-7300 or by Facebook message Safe Kids Minot.

July 22-30 — Trinity Health is proud to be a sponsor of the North Dakota State Fair. You will find us in Commercial Building III celebrating Trinity Health's 100th birthday. Stop by and take a look at the first hospital and what the new healthcare campus and

medical district looks like, meet staff members and win a prize. Trinity Health First Response will also be at the NDSF to provide medical care to fairgoers.

July 22-30 — Trinity Health Auxiliary will offer Park for the Heart again this year in the Trinity Health Riverside parking lot by the NDSF grounds. For just \$5 per day, you're a short walk from the sites and sounds of the state fair. Proceeds from this fundraising event go to the capital campaign for the new healthcare campus and medical district.

July 23 — Trinity Health will continue its centennial celebration with a float in the

North Dakota State Fair Parade. You'll also see First Response Air and Ground crews as the helicopter and ambulance travel the parade route.

July 26 — Safe Kids Minot, hands-only CPR, and Home Health & Hospice will have educational booths at the State Fair North Dakota Family Day Festival from 10 a.m. to 4 p.m.

July 28 — There will be educational information on audiology, strokes, eye care, home health and Trinity Homes at the North Dakota State Fair Senior Day Festival from 10:30 a.m. to 3 p.m. in the Upper Atrium of the State Fair Center.