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Dawn Mattern, MD, Sports Medicine and Orthopedics, addresses a crowd of participants at the 2023 Doc Walk. Dr. Mattern invites you to participate in this year's event at Oak Park on Wednesday, May 1, at 6:30 p.m.

Exercise is Medicine

“Exercise is better than medication in so many ways,” says Dawn Mattern, MD. “Empower yourself and take care of your health.” Mattern, a sports medicine provider at Trinity Health, has served the Minot community for 22 years. She recommends

being more active by starting with where you are, using what you have and doing what you can do.

Getting started with exercise will

look different for everyone because every person's body is different. What works for you may not work for your friends and what works for them might not work for you. Because that's the case, start simple. Mattern said, “Every hour spent physically active increases life by three hours.” The health benefits of being physically active are huge and there are so many ways to stay physically active. Simple ways start with adding into your personal schedule some extra

Annual Doc Walk
Wednesday, May 1
6:30 p.m.
Oak Park

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Town & Country Credit Union held a grand opening event for their new credit union location inside the Trinity Health Hospital Atrium on April 11. Members of Trinity Health Credit Union, Minot Chamber EDC and Trinity Health gathered to celebrate the occasion.

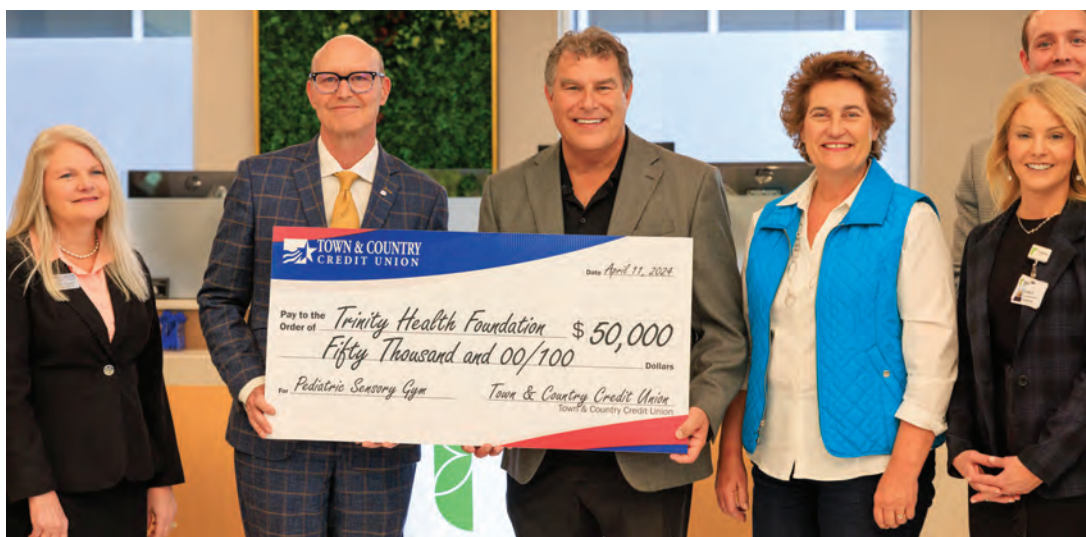
Town & Country Credit Union Grand Opening

Children with a broad range of developmental disabilities will receive enhanced therapeutic care thanks to a generous gift from Town & Country Credit Union and Trinity Health Foundation. Town & Country Credit Union Interim President/CEO Stefanie Rupert announced the award at the April 11 grand opening of the Credit Union's newest branch located in Trinity Health Hospital.



Wade McDowell, director of Trinity Health Therapy Services, shares the renderings of the new children's therapeutic center that will be located at Trinity Health Center West.

Town & Country Credit Union donated \$50,000 to create a trio of sensory rooms at Trinity Health's Outpatient Pediatric Therapy Clinic. The Trinity Health Foundation contributed \$25,000.



Town & Country Credit Union (TCCU) presented a \$50,000 gift to the Trinity Health Foundation at the grand opening event of their location at Trinity Health Hospital. Pictured Left to Right: Stephanie Rupert, Interim TCCU CEO & President; Kevin Harmon, TCCU Board Chairman; Jeffery Verhey, MD, Trinity Health Foundation Board Chairman; Denise Billadeau, Trinity Health Foundation Board Member; and Darla Miller, Trinity Health Foundation Development Officer.

“The more we learned about this project the more we were determined to get involved,” said Rupert. “These additional spaces will elevate the outstanding work that's already being done to support children in all areas of development.”

The pediatric initiative is one of several efforts stemming from a partnership formed last year between Trinity Health and Town & Country Credit Union. Most notable is the new Town & Country branch – the credit union's twelfth location in North Dakota and fourth in Minot.

Located in the atrium of Trinity Health's hospital lobby, the new branch is full-service with an ATM. Their team can assist members with deposits, withdrawals, transfers, cash advances and loan payments. In addition, members can open new CDs and savings, money market and checking accounts, offering financial counseling and even scheduling appointments to discuss loan options.

Wade McDowell, director of Trinity Health Therapy Services, says the pediatric sensory initiative has been a longtime dream of his. The state-of-the-art rooms will consist of a sensory gym and two calming rooms. Each area will be equipped with features that provide either a stimulating or a stress-free environment.

continued on page 2



A Trinity Health Auxiliary Fundraiser

Men's and Women's

Hearts Golf Scramble

Monday, May 20, 2024

Vardon Golf Club
Minot, ND

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



\$500/team of 4

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Trinity Health Speaker's Bureau

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701-857-5099

for available dates and topics

Exercise continued from page 1

time to go for walks or to explore new activities you've always been curious to try. Minot has plenty of parks, golf courses, gyms and clubs that you can participate in. If you're looking for local activities and inspiration, go to visitminot.org/things-to-do/.

It's recommended that everyone aims to do aerobic activities at least 3-5 days a week to get in 150 minutes of moderate to intense physical activity. Walking, biking, swimming, dancing, and water exercises are all great ways that you can get in 150 minutes of physical activity.

In addition to aerobic activities, you can try strength training to meet your physical activity goals. Try strength activities using hand weights, resistance bands, weight machines or body weight. It's recommended to aim for 2-3 days a week and to do 10-15 repetitions to start and progressively work your way up to challenging efforts.

As you find your routine and enjoy your activities, try new things like yoga, stretching or balance exercises to help you round out your overall mobility. Incorporating other areas of exercise will help you unlock a healthier lifestyle. Additional activities that can be incorporated into your lifestyle include enjoying the outdoors. Hiking, rowing, biking and nature walks provide huge benefits for improving your wellness, fitness and overall health.

Last, but certainly not least, as you maintain your exercise regimen it's important to check your health along the way. Talk to your healthcare provider about any experiences of pain or discomfort that occur from your exercise practice. They may recommend that you see a physical therapist or athletic trainer to find the cause of pain.

2018 Physical Activity Guidelines for Americans		
Ages	Aerobic Activity Recommendations	Muscle Strengthening Recommendations
6-17	60 minutes of moderate or vigorous physical activity (PA)/ day including at least 3 days of vigorous PA/wk	3 days/week and included as part of the 60 minutes of daily PA. Also include bone-loading activity
18-64	150-300 minutes of moderate PA/wk, 75 minutes of vigorous PA/wk or equivalent combination spread throughout the week	Muscle strengthening activities at moderate or greater intensity (all major muscle groups) on 2 or more days/ wk
65+	Same as adults, or be as active as abilities and health conditions allow	Same as adults, but include balance training and combination activities (strength and aerobic training together)
All Ages	Sit Less. Move More. All physical activity counts.	

*Information for the above table is attributed and obtained from the American College of Sports Medicine.®



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.

trinityhealth.org

Credit Union

continued from page 1

"The gym will be more of a gross motor room with climbing walls, a zip line, monkey bars, stairs, ladders, crash pads for jumping and a house that will serve as a play structure," McDowell said. Gross motor skills involve the use of large muscle groups essential for activities that require whole-body movement and coordination. "The other rooms will be calming rooms with sensory lights and a dimmer to provide a lower sensory environment," he added.

McDowell says the combined spaces will offer a safe and structured environment where young patients can play and explore while improving core strength, social interaction and sensory processing skills. "Patients won't realize they're in therapy because they'll just be enjoying themselves," he said.

Trinity Health's Outpatient Pediatric Therapy Clinic, located in Trinity Health West, is staffed by a team of seasoned therapists who offer physical, occupational and speech therapy tailored specifically for children. All services are individualized and utilize therapy models to help children achieve their goals.



HealthTalk

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New Providers

A board-certified physician assistant, **Chris Seil, PA-C**, is a member of our provider team at FirstCare Walk-In Clinic. With primary care experience in civilian and military settings, Chris is well qualified to provide diagnosis and treatment to patients seeking care for non-emergent illnesses and injuries. A graduate of Minot State University, he earned his Bachelor of Science in Nursing from Medcenter One College of Nursing and worked as an RN in Bismarck hospitals in the emergency and surgery units. In 2014, he completed his master's degree in Physician Assistant Studies from UND School of Medicine and Health Sciences. He went on to provide primary care services to patients in association with healthcare organizations in Bismarck and Dickinson. A longtime member of the North Dakota Army National Guard, Chris served with various medical units, achieving the rank of major. His many honors include the Army Valorous Unit Award and Army Commendation Medal. Chris is a member of the American Academy of Physician Assistants and the North Dakota Academy of Physician Assistants. In his spare time, he enjoys spending time with his family, youth ministry, car restoration, hunting and playing sports.



Chris Seil, PA-C

Kara Kline, FNP-C, is a board-certified nurse practitioner and a member of our team of providers at FirstCare Walk-In Clinic. As a medical provider, Kara sees patients to evaluate their health status and recommend treatment. A Minot native, Kara earned her Bachelor of Science from Minot State University and went on to complete her Master of Science in Family Nurse Practice from Maryville University, St. Louis. Kara previously spent seven years at Trinity Health working as a critical care nurse in the Intensive Care Unit and as a flight nurse with First Response Air. In 2017, she was named Director of Nursing at Edgewood Healthcare in Minot, a post she held before returning to Trinity Health.



Kara Kline, FNP-C

Amber Rice, DNP, FNP-BC, practices as a member of our Well Care team. A Minnesota native, she received her bachelor's degree in nursing from Crown College, St. Bonifacius, MN, and completed her Doctor of Nursing Practice Degree from Brandman University, Irvine, CA. She is a board-certified nurse practitioner in adult gerontology acute care as well as family nursing. Since becoming a nurse practitioner, she has practiced in orthopedics as well as population health and wellness. Her goal is providing patient centered care. When she is not caring for patients, she enjoys spending time with her husband and four boys.



Amber Rice, DNP, FNP-BC

Melanie Adams, PA-C, has joined our Emergency/Trauma team. Melanie is a board-certified physician assistant, dedicated to providing high quality care to people with emergent and life-threatening conditions. A Maryland native, she earned a bachelor's degree in Biochemistry and Molecular Biology from the University of South Carolina and went on to complete her Master of Physician Assistant Studies at Rocky Vista University of Colorado. Melanie's experience includes medical rotations in a broad range of specialties including rural healthcare. She is a member of the American Academy of Physician Assistants.



Melanie Adams, PA-C

A board-certified nurse practitioner, **Madina Ismail, FNP-C**, is a member of our hospitalist team. She works in collaboration with other members of the care team to help patients through the healing process during their hospital stay. Madina earned both her Bachelor of Science in Nursing and Master of Science in Advanced Nursing Practice from the University of North Dakota, Grand Forks. She completed her nurse practitioner internship at Essentia and Family Healthcare systems in Fargo and Minnesota. Prior to earning her master's degree, Madina worked as a registered nurse at Sanford in Fargo and more recently with Trinity Health.



Madina Ismail, FNP-C



Trinity Health's team of dermatology nurse practitioners sees patients regularly for skin screenings. Ann Welch, FNP-C, and Chantel Hillestad, FNP-C, accept patients at their clinic in Trinity Health Medical Arts.

Skin Cancer & Skin Self Exams

5.4 million cases of skin cancer are diagnosed among 3.3 million people each year according to the American Cancer Society (ACS). This stat may have you questioning why there are so many more cases than there are people. What most people don't know is that skin cancer is very common. According to the American Academy of Dermatology, one in five Americans will develop skin cancer in their lifetime. Oftentimes people are diagnosed with more than one spot of skin cancer at the same time. An increasing trend indicates that more cases are being discovered in adults older than 50, likely because of our better detection of skin cancer but also because people live longer and are exposed to the sun's UV rays even longer.



Chantel Hillestad, FNP-C



Ann Welch, FNP-C

The good news is that if you spot skin cancer early, physicians are able to treat most common types of skin cancers. Chantel Hillestad, FNP-C, dermatology at Trinity Health, recommends that people protect themselves by applying sunscreen that is at least a SPF of 30. "Applying sunscreen is considered to be of the best preventive measures you can do to protect yourself from the sun's UV rays," said Hillestad. "This applies to all people regardless of skin color, age or location."

In addition to wearing sunscreen, it's recommended by most dermatologists to avoid tanning beds due to their ability to increase the likelihood of skin cancer, especially for people who use tanning beds before age 30. Other products that help people tan can be dangerous as well such as tanning accelerators that come in the forms of lotions or pills. Companies that market these products claim that the tanning accelerator will stimulate the body's own tanning process, but most evidence suggests that they don't work. The Food & Drug Administration (FDA) also considers tanning accelerators as unapproved new drugs that have not been shown to be safe and effective. Many people assume that tanning pills, tanning shots or tanning accelerators are approved by the FDA for tanning purposes. This assumption is false, as none of the products available to the public are approved, according to the ACS.

As for identifying skin cancer, Hillestad also urges people to be mindful of conducting self-body skin examinations to spot signs of cancer early. It's important to check your body for spots that appear to be abnormal. To do a self-body examination for skin cancer spots it is recommend to use a mirror and observe the entire body at least once a month. When examining your body, it's best to look for abnormal changes that are related to the appearance of your skin. This may be hard to identify at first but once you get in a routine it becomes easier to identify changes on your body. A few common ways that skin cancer presents itself includes growth, spots or bumps on the skin, sores that bleed and don't heal after several weeks and moles that change in size, shape or color. It's important to know that skin cancer can occur anywhere on the body and that there are many other ways that the cancer can present itself.

"If there's ever a suspicion of cancer it's best to talk to a provider that specializes in dermatology and be evaluated. It is also a good idea to undergo annual skin cancer screening exams," Hillestad said.

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Trinity Health Foundation is proud to list the names of individuals, organizations and businesses whose gifts were received from January 1 to March 31, 2024. These contributions illustrate a generous and caring community, striving to bring the highest quality care to those we serve. We want to thank those contributors for their generous support of Trinity Health's mission: "To excel at meeting the needs of the whole person through the provision of quality healthcare and health related services." For more information on honoring the memory of a loved one through philanthropic giving, contact Trinity Health Foundation at 701-857-5432.

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Top to bottom and left to right: Mr. John Kutch, Trinity Health President and CEO, welcomes donors and guest to the Gala. Next: Attendees enjoyed the casino themed night dressed in their finest attire. Last: Special guest Grace Burkhart receives a standing ovation from donors and supporters.



Trinity Health Foundation Gala Raises \$153,409

The 2024 Casino Royale was hosted inside the Sleep Inn & Suites in Minot with more than 300 guests in attendance at the fundraising event on March 22.

The Trinity Health Foundation board members express with the utmost gratitude their appreciation and thanks for the support of the community members and donors that helped us fundraise money at this year's Casino Royale gala. The ongoing commitment that you have to financially support the Trinity Health Foundation allows us to continue to give back to our community. Your donations are directly invested into the advancement of the healthcare and health related services that we are proud to offer in north central and northwest North Dakota and eastern Montana.

Community Donations



The Trinity Health Foundation was presented with a generous gift from the Minot Curling Club on March 25.

Minot Curling Club

Thank you to the Minot Curling Club for their donation to Trinity Health Foundation's CancerCare Patient Assistance Fund! Their 4th Annual "Curling for the Cure" women's bonspiel was a fundraising force – raising \$5,755 in critical funds to directly support Trinity Health patients battling cancer. Thank you, Minot Curling Club! Your support makes a real difference in the lives of our patients.



Members of Trinity Health Exercise Physiology, Cancer Care Center and Foundation accepted a generous donation from Ryan Family Dealerships on April 2.

Ryan Family Dealership

Thank you to Ryan Family Dealerships for their incredible generosity during the Presidents' Day Sales Event! Your gift of \$4,750 means the world to us at Trinity Health Cancer Exercise Rehab Program. Being one of the chosen beneficiaries alongside other amazing organizations fills our hearts with immense gratitude. Together, we're making a real difference for our cancer patients in our community!

Thanks continued from page 4

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RADIOLOGY

Wesley Hagen

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Organ Donation Myths and Facts

Over 100,000 people in the U.S. are waiting for an organ transplant.

Unfortunately, many may never get the call saying that a suitable donor organ — and a second chance at life — has been found. It's estimated that more than 15 people die every day in the U.S. because of the lack of donor organs.

It can be hard to think about what's going to happen to your body after you die, let alone donating your organs and tissue. But being an organ donor is a generous, worthwhile decision that can be lifesaving.

If you've never considered organ donation or delayed becoming a donor because of something you've heard, here are answers to some common organ donation myths and concerns.

Myth: If I agree to donate my organs, the hospital staff won't work as hard to save my life.

Fact: *When you go to the hospital for treatment, healthcare professionals focus on saving your life — not somebody else's. You'll receive care from healthcare professionals whose expertise most closely matches your condition and who can give you the best care possible.*

Myth: Maybe I won't really be dead when they sign my death certificate.

Fact: *Although it's a popular topic in the tabloids, in reality, people don't start to wiggle their toes after they're declared dead. People who have agreed to organ donation are given more tests to determine that they're truly dead than those who haven't agreed to organ donation. These extra tests are done at no charge to their families.*

Myth: Organ donation is against my religion.

Fact: *Organ donation is consistent with the beliefs of most major religions. These religions include Roman Catholicism, Islam, most branches of Judaism and most Protestant faiths. If you're unsure of or uncomfortable with your faith's position on organ donation, ask your clergy member.*

Myth: I'm under 18. I'm too young to make this decision.

Fact: *Many states allow people younger than 18 to register as organ donors, but the final decision will remain the responsibility of your parents or legal guardian. Discuss your wish to become an organ donor with your family, and ask for their consent. Keep in mind that children need organ transplants, and they usually need organs smaller than those an adult can provide.*

Myth: An open-casket funeral isn't an option for people who have donated organs or tissues.

Fact: *Organ and tissue donation doesn't interfere with having an open-casket funeral. The donor's body is clothed for burial and treated with care and respect, and there are no visible signs of organ or tissue donation.*

Myth: I'm too old to donate. Nobody would want my organs.

Fact: *There's no defined cutoff age for donating organs. The decision to use your organs is based on strict medical criteria, not age. Don't prematurely disqualify yourself. Let the doctors decide at the time of your death whether your organs and tissues are suitable for transplantation.*

Myth: I'm not in the best of health. Nobody would want my organs or tissues.

Fact: *Few medical conditions automatically disqualify you from donating organs. Again, the decision to use an organ is based on strict medical criteria. It may turn out that certain organs aren't able to be transplanted, but other organs and tissues may be fine. Don't prematurely disqualify yourself. Only medical professionals at the time of your death can determine whether your organs can be transplanted.*

Myth: I'd like to donate one of my kidneys now, but I wouldn't be allowed to do that unless one of my family members is in need.

Fact: *While that used to be the case, it isn't any longer. Whether it's a distant family member, friend or stranger you want to help, you can donate a kidney through certain transplant centers as what is known as a living donor.*

If you decide to become a living donor, you will undergo extensive questioning to ensure that you know the risks and that your decision to donate isn't based on financial gain. You also will undergo testing to determine if your kidneys are in good shape and whether you can live a healthy life with just one kidney.

Myth: Rich and famous people go to the top of the list when they need a donor organ.

Fact: *The rich and famous aren't given priority when it comes to allocating organs. It may seem that way because of the amount of publicity generated when a celebrity receives a transplant, but they are treated no differently than anyone else. In reality, celebrity and financial status are not considered in organ allocation.*

continued on page 7

Trinity Homes Director of Nursing

Given his passion for direct bedside care, Arvin Abrea, RN, never aspired to become a nurse administrator. Perspectives can change, however, and in late February, Abrea welcomed the opportunity to become the new Director of Nursing at Trinity Homes.



Arvin
Abrea, RN

Wade Peterson, Trinity Homes Administrator, announced the appointment: "Arvin has shown genuine concern for the staff he works with as well as the patients and residents he cares for. I believe he has all the qualities and skills to be an exceptional leader."

The first Philippine recruit to become a DON within Trinity's system, Abrea's promotion is a milestone on a career path that began some 7,000 miles away.

Originally from Davao City, Philippines, he followed in his parents' footsteps and earned a degree in accounting before pivoting to nursing. He received two years of training in The Philippines and moved to the United Kingdom, where he earned a Bachelor of Science degree in International Healthcare and Nursing, graduating with honors.

Abrea expected he'd continue his career in the U.K., but another trend was emerging in the U.S. and at Trinity Health. A nationwide nursing shortage was impacting Trinity at a time when a robust economy and the 2011 flood were making it difficult to fill positions. Trinity expanded its recruitment efforts internationally, hiring dozens of nurses and laboratory personnel from The Philippines, many of which today remain valued, long-term employees.

Abrea, still in the U.K., also received an invitation to interview for a position at Trinity Health and accepted the offer. Although his previous experience was in acute care, he decided to give long term care a try. He joined Trinity Homes as a staff nurse in 2016 and never looked back.

"The great thing about long term care is that you get a chance to learn from people who have had a whole lifetime of experience," he said. "You also get to work with some of the best, most caring people in healthcare."

Working far from home has had its hardships. Abrea has gone extended periods without seeing his parents, a situation aggravated by COVID. Other moments during the pandemic caused him to question his career choice. "There was the day when I had three deaths during one shift; another day I was in the room with the family when a resident took his last breath," Abrea recalled.

Satisfying a need to explore other opportunities, he became a traveling nurse for a time and last year joined North Central Human Service Center with the thought of pursuing psychiatric nursing. But he always has come back to Trinity Homes. His latest return came with new responsibilities. He was tasked with the role of nurse manager of 2E and 2W. Now, he will serve as the Nursing Department's director.

"I see this as a chance to inspire others and help people unleash their potential," Abrea said. "One thing I welcome is the opportunity to work for the betterment of our facility and the betterment of our residents, because that's why we're here. We're here for them."

3D mammogram today. Enjoy more tomorrows.

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One woman in eight will be diagnosed with breast cancer in her lifetime. At Trinity Health, we're making more possible to ensure more women are survivors. Our 3D mammography screenings are the very latest in detecting cancer earlier while delivering a more comfortable experience. Whether you have a family history or not, having a mammogram can save your life.

To schedule your 3D mammogram, call 701-857-2640.
Learn more at trinityhealth.org/screenings.

MAKING MORE POSSIBLE





What is Celiac Disease and how does gluten effect people that are living with it?

Celiac disease is an autoimmune disease that occurs in people where the consumption of gluten leads to irritation and damage of the small intestine. When people with the disease consume foods or beverages that have gluten in it, their body creates a response that attacks the small intestine. Sometimes gluten can be found in medications, vitamins, toothpaste, mouth wash or mineral supplements so it's important to visit with a dietitian to help you identify a healthy, gluten-free diet.

For most people, celiac disease is hereditary disease. People with a first-degree relative with celiac disease have an increased risk of developing celiac disease. Celiac disease can develop at any age after people consume gluten and if untreated the disease can lead to serious health problems.

Many health benefits come from eating whole grains; because celiac disease restricts the foods that people can eat, it doesn't mean that there aren't gluten-free options. Whole grains that don't contain gluten include buckwheat, corn, flax, millet, quinoa and rice. Be sure to check that your foods are not contaminated during production through cross-contamination.

Gluten-Free Sourdough Starter Recipe

Ingredients

- ½ cup gluten-free flour
- ½ cup spring water

Directions

- Day 1 Combine ½ cup of gluten-free flour and ½ cup spring water in a container that's big enough for you to add to. Stir until combined. Cover with a cloth and leave out on the counter.
- Day 2 (12 & 24 hours after Day 1) Add ½ cup gluten-free flour and ½ cup spring water to the mixture from day one. Cover and let rest for 12 hours; 24 hours after day one, add ½ cup gluten-free flour and ½ cup spring water.
- Day 3 Repeat day 2. You may see bubbles and some liquid forming at the top, this is good. Follow the instructions and time frame of day 2 with addition of gluten-free flour and spring water.
- Day 4-7 As the days go on and if the bubbling decreases, you may need to add a third addition of gluten-free flour and spring water to your routine. Eventually you may smell the mixture becoming sour, hopefully the sourdough starter will look airy and not smell too strong. You should keep repeating the additions of the gluten-free flour and spring water on a routine schedule until you can hear the bubbles popping when you uncover the lid of the container. The bubbles popping will indicate that you are read to start baking your sourdough bread.

Gluten-Free Sourdough Bread Recipe

Ingredients

- ½ cup sourdough starter
- 2 tablespoons + 2 teaspoons spring water
- 1 egg
- 1-1/8 cups measure-for-measure gluten-free flour blend (includes xanthan gum already)
- 1/2 tablespoon sugar
- ¾ teaspoon salt
- 1 tablespoon + 1 teaspoon oil

Directions

- Whisk together the starter, water and egg.
- In a separate bowl, combine dry ingredients well.
- Stir oil in the dry ingredients and mix until combined.
- Pour the wet ingredients into the flour and oil mixture, stirring briskly until well-blended. Form into a ball.
- Cover the bowl with a cloth and let rest in a warm area for 6-8 hours.
- Line a baking sheet with parchment paper. Dust the parchment paper lightly with gluten-free flour.
- Gently move your ball of dough to your parchment paper-lined baking sheet.
- Preheat your oven and a Dutch oven to 500 degrees. If you don't have a lid, use foil.
- Gently splash the top of your bread with a sharp knife. Lift it by the edges of the parchment paper and set the parchment paper and dough ball into the Dutch oven. Cover and bake for 15 minutes.
- Reduce oven temperature to 450, uncover, and bake for 20 more minutes until the crust is golden brown with peaks a little darker, the crevice from the slash a little lighter.
- Remove from the oven, lift by the parchment paper out of the Dutch oven and onto a cooling rack. Remove and discard the parchment paper.
- Let the bread cool completely before slicing.

The above information was obtained and is attributed to Beyond Celiac, a leading patient advocacy and research-driven celiac disease organization. To learn more about the recipe visit beyondceliac.org/gluten-free-diet/baking/glutenfree-sourdough/

Donation continued from page 6

Myth: My family will be charged if I donate my organs.

Fact: *The organ donor's family is never charged for donation. The family is charged for the costs of all final efforts to save your life, and those are sometimes misinterpreted as costs related to organ donation. Costs for organ recovery go to the transplant recipient.*

Becoming an organ donor is easy. You can indicate that you want to be a donor in these ways:

- Register with your state's donor registry.
- Most states have registries. Check the list at organdonor.gov.
- Designate your choice on your driver's license.
- Do this when you obtain or renew your license.
- Tell your family. Make sure your family knows your wishes regarding donation.

The best way to ensure that your wishes are carried out is to register with your state's organ donation registry and include donor designation on your driver's license or state ID. Taking these steps legally authorizes your organ donation upon death.

If you have designated someone to make healthcare decisions for you if you become unable to do so, make sure that person knows that you want to be an organ donor. You also may include your wishes in your living will if you have one, but that paperwork might not be immediately available at the time of your death.

It's also important to tell your family you want to be a donor. Hospitals seek consent from the next of kin before removing organs, although this isn't required if you're registered with your state's donor registry or have donor designation on your driver's license or state ID card.

The above information is obtained and attributed to Mayo Clinic. Trinity Health is proud to be a member of the Mayo Clinic Care Network.

Mental Health Awareness Month

May is mental health awareness month and has been recognized across the United States since its inception in 1949. The month focuses on promoting mental health resources and at Trinity Health we are proud to have a team of dedicated specialists that support our communities. This year's theme for mental health awareness is "Take the Moment." The theme for this year champions the importance of destigmatizing mental health by normalizing the practice of taking moments to prioritize mental healthcare without guilt or shame. Here are five self-care ways to help you practice this year's theme of "Take the Moment."

- Take the moment to practice gratitude.
 - Practicing gratitude is a self-care way of reflecting on the things in your life that you can be grateful for. Coping with mental illness is never easy but practicing gratitude through journaling, writing a song, creating a poem or recording your thoughts can help you reflect on the simple things in life that can help make things feel better.
- Take the moment to get social.
 - Getting social with support groups is a common way to cope with mental illnesses. Knowing that you are not alone and that others may be able to relate to your experience can provide ways to improve your wellness.
- Take the moment to focus on nutrition.
 - Eating healthy foods can impact the way you feel throughout the day. Having a balanced diet and eating nutritious foods can help you feel more energized. Practicing healthy eating can help you improve overall wellness.
- Take the moment to exercise regularly.
 - Exercise can be an effective coping mechanism for mental illness that helps support your overall wellness. Exercise for 150 minutes a week is a great way to focus on mental health, whether it be walking, biking, lifting weights or doing simple stretches through activities like yoga.
- Take the moment to help others.
 - Helping others is another way to cope with mental illness because it's a form of social interaction that gives you more sense of purpose. By helping others, you may notice that the support you give them is what you need for your overall wellness.

Taking the moment to focus on self-care ways to care for yourself can improve your overall wellness and mental health. If you're struggling now, reach out for help:

- Suicide & Crisis Lifeline: 988 or 800-273-8255
- Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline: 800-662-4357
- Crisis Text Line: Text HOME to 741741

Meet the Behavioral Health Team at Trinity Health



Bobbie Buseth,
PMNHP-BC



Bruce Andersen,
LCSW



Christine O'Riley,
PsyD



Deb Lukenbill,
PMHCNS-BC



Jack Long,
MD



Jeanne LeMay,
LCSW



Jennifer Woiwode,
DNP, PMHNP



Julie Hatfield,
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Kiley Andreas,
PMHCNS-BC



Lauren Wake,
DO



Lea Johnson,
LCSW



Marisa Jennings,
MD



Melissa Schepp,
PMHNP-BC



Roxann Brown,
FNP-C



Shana Guilbert,
PsyD



Tonya Anderson,
FNP-C



Virginia Dohms,
LPC, LPCC

About Trinity Health Riverside Services

Our interdisciplinary approach includes psychiatrists and psychiatric nurse practitioners for medication management, master level therapists offering individual, marriage and family counseling in addition to weekly trauma group therapies. Psychologists specializing in ADHD, autism and neuropsychological testing.

**Staff not pictured include Adam Mackenzie, PhD; Jared Solomon, MD; Liz Larsen, LCSW; Diana Arrah, PMHNP-BC.*

C O M M U N I T Y

CALENDAR

For the latest updates,
check online at trinityhealth.org

Prepared Childbirth Classes

May 4, June 1, July 13, August 3

Breastfeeding Basics

May 1, June 5, July 17, August 19

Basics of Baby Care

May 6, June 3, July 15, August 5

Sibling Class

May 7, June 4, July 16, August 6

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. Siblings must be accompanied by an adult.

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 Hospital, 2305 37th Ave. SW. If you have questions, call 701-418-8806. To schedule a tour of the Family Birth Center, call 701-418-8820. Sign up for classes at: trinityhealth.org/familybirth_registration.

Upcoming May Events

May 2 & 16, Pediatric Heartsaver/CPR/AED/First Aid

This 4-hour class from 6-10 p.m. is in Trinity Health Riverside Education Center for non-healthcare professionals who are involved with infants and children in the daycare or foster care setting. This class places an emphasis on infant and child care for applying CPR, using an AED or utilizing First Aid.

May 7, Free Car Seat Check

Free car seat checks will be provided from 2-5 p.m. in Minot Fire Station 1, 2111 10th St. SW, Minot, ND. Please allow 45 minutes per seat and register by calling First District Health at 701-837-5190.

May 9, Heartsaver CPR/AED/First Aid Class

This 4-hour class from 6-10 p.m. is in Trinity Health Riverside Education Center is for non-healthcare people who are looking for ways to learn skills for emergency bystander care. This class will place an emphasis on adult, infant and childcare when applying CPR, using an AED or utilizing First Aid.

May 15, Trinity Health Stroke Support Group

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

May 18, First Response Ground

They will participate in First Responders & Friends Day from 9-11 a.m. in the Ryan Honda of Minot parking lot. Ryan Honda of Minot recognizes first responders each May with this event.

May 20, Trinity Health Auxiliary Hearts Golf Tournament

Join the Trinity Health Auxiliary for the 2024 Hearts Golf Scramble. Contact Sherry at 701-418-7070 to learn more!

May 23, Free Car Seat Check

Free car seat checks will be provided from 11 a.m.-2 p.m. in Minot Fire Station 1, 2111 10th St. SW, Minot, ND. Please allow 45 minutes per seat. Please allow 45 minutes per seat and register by calling First District Health at 701-837-5190.