A change in bowel movements, such as diarrhea or constipation, for more than a week will not, really, when you think about it. Colonoscopy – it’s the third most common cancer in both men and women – is preventable. (An estimated 93,690 cases of colon cancer and 39,610 cases of rectal cancer were expected to be diagnosed in 2015; there was also an estimated 49,700 deaths from colorectal cancer in 2015.) The best way to detect and prevent colon cancer is through a colonoscopy, a test which views the colon. Colonoscopies “are the only way to remove the tumor in her large intestine. On December 10, Holen consulted with Gillian Lavik, MD, a general surgeon with Trinity Health, to learn how surgical intervention would work for her. Surgery was the only option because it was the only way to remove the tumor in her large intestine. On December 10, Holen underwent laparoscopic surgery and one-third of her large intestine was removed. After a short, two-day hospital stay, Holen returned home to Bottineau. ‘I came home and I felt very, very well,’ Holen said. ‘Dr. Justino, Dr. Makoni, and Dr. Lavik are marvelous physicians. I was very pleased with the staff and care at Trinity Hospital and the Trinity Cancer Care Center.’ Plus, she added, she leaned on her husband, Morris “Jr.” Holen, who was ‘her nurse at home. He took very good care of me.’ Now, Holen is ‘just back to normal.’ She is cancer-free and an advocate for colonoscopies. ‘They’re very easy,’ she said. ‘I’ve talked to many people about going in to get their colonoscopies.‘
The Distance Learning site for a long-established nursing program at Trinity Hospital – St. Joseph’s is under new direction. The distance site had been established at Trinity Health – St. Joseph’s for some time – since 2003 – under the direction of Williston State College. In May 2015, WSC decided to stop offering the program there. Trinity Health approached DCC about resuming the program under a new partnership. “Our conclusion was that this program helps to meet a need for nurses in Minot and the region,” said Dawn Romfo, RN, BSN, MSN, Nurse Coordinator for Dakota Nursing Program.

The program in Minot of the Dakota Nursing Program (LPN) degree and a two-year Registered Nurse (RN) degree. The only thing that changed, other than program leadership, are the clinical instructors: Katie Tofteland, BSN, RN, instructs the LPN class and Clifford Klimpel, BSN, RN, instructs the RN program. Currently, there are six students in the LPN program and nine in the RN program. However, by next year, Romfo said, the site plans on adding sixteen more students.

“We continue to grow the nursing program and help assist Trinity and surrounding communities with the developing quality nurses,” Romfo said.

The program benefits from the generosity of Trinity Health. Students reconstruct through IVN classrooms, which are located on the Skywalk between Trinity Health-Center-Medical Arts and Trinity Hospital-St. Joseph’s, and which are performed at the learning site office, located on the fourth floor at Trinity Hospital – St. Joseph’s, and clinical rotation, which are offered at Trinity Hospital and Trinity Homes.

The Dakota Nursing Program is a nursing education consortium that includes four community colleges in North Dakota: Williston State College, Dakota College at Bottineau, Lake Region State College, Devils Lake, and Bismarck State College.

These colleges collaborate to provide education for a practical nursing certificate and an associate degree in nursing. According to Romfo, students who wish to pursue a Bachelor degree in Nursing (BSN) with Minot State University can continue their education there, with their credits from the Dakota Nursing Program carrying over. Students must enroll at Dakota College at Bottineau to be accepted to the college. ‘Then, they fill out the Dakota Nursing Application, which is found at dakotanursing.org or on the Dakota College at Bottineau website,” Romfo said. For more information, contact Dawn Romfo, Nurse Coordinator, or Ashley Pedie, Administrative Assistant, at 701-228-5449, or visit dakotanursing.org or dakotalinecolleg.edu.

Dakota College of Bottineau Offers Nursing Degrees through Program at Trinity

Employes Honored for Years of Service

On February 16, 121 Trinity Health employees were honored for thousands of 20-plus years of service. The employees honored included:

45 Years: Perla Hall, Laboratory.

40 Years: Penelope Adam, Nursing Service Office; Trinity Homes; Jillanne Boet, Clinical Information Support, Laboratory; Karen Holte, Clinical Excellence and Patient Safety; Valerie Krueger, Diagnostic Imaging, Materials, Materials Management; Jan Panasuk, Surgical Associates; Peggy Sears; Nursing Service Office; and Paul Simonson, Vice President.

35 Years: Jill Aarseth, Pulmonology; Lori Armstrong, Nutrition Services; Joanne Behrens, nursing, Trinity Homes; Cortus Dahl, Bio-Electronics; Cheryl Eskerhoven Pharmacy; Nita Feist, Pediatric Nursing; Darlene Fournier, Nursing Service Office, Trinity Homes; Marlin Gullickson, Trinity Homes Executive; Kathleen Hansen, Oral Facial Surgery, Betty Hetzey, Intensive Care Unit; Rochelle Hickey, Transcription; Eugene Iverson, Bio-Electronics; Carol Knorr; Pharmacy; Lori Lague, Work Injury Management; Mary Knorr, Information Management; KarenLiepe, Trinity Community Clinic-Central Dakota; Caron Mosey, Neurology; Melby, Laboratory; Debbie Miscrile, Same Day Surgery; Kathryn Neubauer, Nutrition Services, Trinity Homes; Candy Nordquist, Executive Office; Walter Snyder, Behavioral Health Unit; and Sharon Van Winkle, Surgery.

30 Years: Brenda Black, Simulation Truck; Tammy Fager, Trinity Regional EyeCare-Minot; Sharon Gifford, Neurology; Kamie Gotvadze, Radiology Administration; Care, Facilities Management; Cynthia Havig, Same Day Surgery; Deborah Hoverson, Nursing Service Office; Kathy Kallesrud, Transcription, Toni Kremer, Corporate Finance; Rodney Lund, Housekeeping, Trinity Homes; Laura Miller, Family Medicine; Patty Mooser, Trauma, Joan Narum, OB/GYN; Lona Nelson, Rehab Nursing, Kenmare; Jane Olson, OB/GYN; Barbara Ramitz, Behavioral Health Unit; Bruno Ramitz, Rehab Occupational Therapy; Cindy Saari, Trinity Regional EyeCare-Minot, Sonja Strukwas-Weiner, Laboratory, Carol Walth, Materials Management; Sue Wilson, Nursing Service Office; Lou Zahn, Activities, Trinity Homes.

25 Years: Caroline Anderson, Physical Therapy-Velva; Tammi Benno, Kidney Dialysis; Janet Ferran, Radiology Administration, Veda Gamble, Information Technology, Carol Graves, Kidney Dialysis; Joan Hawbaker, Rehab Nursing, Marlene Johnson, Trinity Regional EyeCare-Western Dakota; Melanie Keeling, Radiation Therapy; Kimberly Keller, Anesthesiology; Kathy Kreke, Rehab Nursing; Gloria Mantz, Adminstrating, Dawn Meld, Nutrition Services, Julie Misser, Plant Operations; Shari Myklebust, Trinity Regional EyeCare-Dakota Valley; Sandra Odegard, Trinity Community Clinic-Central Western Dakota; Michelle Pettun, Health Information Management; Penny Saville, Post Anesthesia Recovery; Pamela Schleder, Behavioral Health Unit; Karen Sedevie, Revenue Integrity, Janet Smith, nursing, Trinity Homes, and Patricia Wood, Same Day Surgery.

20 Years: Norma Anderson, Central Business Office; Emily Atherton, Housekeeping; Kathleen Beeter, Business Office; Amy Bergrude, Intensive Care Unit; Angela Bichel, Nursing Service Office, Trinity Emergency Care.

15 Years: Jillane Boser, Business Office; Eric Brandt, Corporate Finance; Barbara Bud, Laboratory; Laura Dahnke, Same Day Surgery; Allen Dennis, Neurology; Karmen Kyllo, Nursing, Kenmare; Jane Olson, OB/GYN; Narum, OB/GYN; Lona Nelson, Rehab Nursing, Kenmare; Jane Olson, OB/GYN; Barbara Ramitz, Behavioral Health Unit; Bruno Ramitz, Rehab Occupational Therapy; Cindy Saari, Trinity Regional EyeCare-Minot, Sonja Strukwas-Weiner, Laboratory, Carol Walth, Materials Management; Sue Wilson, Nursing Service Office; Lou Zahn, Activities, Trinity Homes.

10 Years: Janice Beatty, Business Office; Summer Bischoff, Radiation Therapy-Velva; Susan Bigelow, Pharmacy; Marty Birkholz, Respiratory Therapy; Joan Brant, Laboratory; Susan Brown, Behavioral Health Unit; Diane Carver, Nursing Service Office; Sue Demirel, Health Information Management; Gloria Kamprath, Home Health; Minnie Kvale, Music Therapy; Sandy Loft, Park Center; Dawn Meld, Nutrition Services, Julie Misser, Plant Operations; Shari Myklebust, Trinity Regional EyeCare-Dakota Valley; Sandra Odegard, Trinity Community Clinic-Central Western Dakota; Michelle Pettun, Health Information Management; Penny Saville, Post Anesthesia Recovery; Pamela Schleder, Behavioral Health Unit; Karen Sedevie, Revenue Integrity, Janet Smith, nursing, Trinity Homes, and Patricia Wood, Same Day Surgery.

5 Years: Perla Hall, Laboratory.
In Recognition and Thanks...

Trinity Health Foundation is proud to list the names of individuals, organizations, and businesses whose gifts were received from November 1, 2015 through January 31, 2016. These contributions illustrate a generous and caring community, striving to bring the highest quality care available to those we serve. We are grateful for these contributions and extend our thanks “to excel in 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 857-5432.
Thomas Walsh, MD, is the newest member of our Urology/Cancer Trauma team. His physician board certified in Family Medicine, Dr. Walsh provides immediate care to people with emergent illnesses and injuries.

Dr. Walsh earned his medical degree from Creighton University School of Medicine, Omaha, and completed his family residency at the University of Wyoming Family Medicine Residency Program in Casper, WY, in 2000. Since then the governing board has served rural emergency departments in his home state and in New Mexico, where he managed a variety of cases, including motor vehicle crashes, industrial accidents and unique events such as bear maulings. Prior to earning his degree he served in the U.S. Army's 3rd Infantry Division at Fort Stewart, GA.
APEX Builds Program – Welcomes Blackburn

Human performance specialist Jason Blackburn, BS, has come full circle. After interning with Trinity Health two decades ago and making a name for himself as a successful personal trainer, he’s back at Trinity Health doing what he does best – helping young athletes achieve their full potential.

Russell Gust MS, CSCS, ACSM-CET, manager of Trinity’s array of Exercise Physiology programs, recently announced that Blackburn had joined Trinity as an APEX trainer. APEX, which stands for Athletic Performance Extreme, is a comprehensive training program that uses proven performance improvement methods to give athletes a competitive edge with goals specific to his or her sport.

“Russ and I got into this business at the same time,” Blackburn said. “I’ve always been on my own, but there are advantages to being part of a team. Here I have a greater opportunity to work on injury prevention, for example, and the resources help my athletes.”

A Minot State University graduate with a Bachelor of Science in Corporate Fitness, Blackburn’s resume includes a remarkable mix of entrepreneurial and school-based ventures. Early in his career he launched a mobile sports programming program that traveled from school to school. He then worked five years as a strength and conditioning coach at Minot High School before becoming a partner in ASK Fitness and Performance in Minot for the next 10 years. Throughout his career he’s worked with some of the area’s finest athletes, several of which have penned glowing testimonials to his training skills:

“intense” and a meticulous trainer: “Day in and day out, he expects your best, whether you’re working your warm up or your actual training. He does not let you take any shortcuts and prides himself on making you the best athlete you can possibly be.”

Football standout Braydon Lund, a Minot High senior who has signed an intent to play for NDSU, agrees: “Jason is the type of trainer who always expects the best from you and never lets you give up. He saw potential in me and helped get me to where I’m at.”

Blackburn said he’s currently working with around 20 athletes, some of whom show striking potential. “I have a pair of 10-year-old swimmers who are amazing; they’re the fastest kids in the state,” he said. “Seeing athletes succeed – that’s what fills my cup up.”

While his overriding goal is to squeeze every bit of experience he can out of an athlete, Jason has worked with young people long enough to know when it’s time to pull back. Kids aren’t just athletes, after all, they’re people.

“When you’ve been doing this as long as I have, you develop great relationships,” he said. “I see kids that I’ve trained 10 years ago, and now they’re great human beings. The traits that enable them to excel as athletes help them mature and develop as people. It’s a rewarding experience to see that happen.”

APEX is conducted through Trinity’s partnership with the Minot Family YMCA. “Athletes have access to the best trainers, program and facility – a great combination when you’re looking for results,” Gust said.

For more information about APEX, call 857-5826 or check out www.apexnd.org. One can enroll in the program at any time.

Trinity Health’s Speaker’s Bureau
Call our Community Education Department at 857-5099 to check for available dates and topics.

“Building Hope” Golf Announces Date

Fore!

The 19th annual Building Hope Golf Tournament is scheduled for June 20. Building Hope is an 18-hole women’s golf scramble held at the Souris River Golf Course, in Minot.

Since the beginning of the fundraiser, over $200,000 has been raised to benefit the Trinity CancerCare Center and its patients.

Different levels of sponsorships are available:

GOLF TOURNAMENT SPONSORSHIPS
Green & Tee Sponsor - $1,200
- Registration fees and game pass for 4 players (one team) including cart fees
- A sign located on a green
- Company name on Foundation website
- Company name in post-event ads in area magazines
- Green & Tee Sponsorship
- A sign located on a green
- Company name on Foundation website
- Company name in post-event ads in area magazines and Vvm & Vigor, the Trinity Health magazine
- Place an item of your choice into the golfer goodie bags (i.e. pens, sticky notes, sunscreen, etc.)
- Sponsorship acknowledged from the podium at awards ceremony

Fairway Sponsor - $750
- A sign located on the fairway (150 yard marker)
- Company name in post-event ads in area newspapers and Vvm & Vigor, the Trinity Health magazine
- Place an item of your choice into the golfer goodie bags (i.e. pens, sticky notes, sunscreen, etc.)

Birdie Sponsor - $500
- Business name on a tee box sign
- Place an item of your choice into the golfer goodie bags (i.e. pens, sticky notes, sunscreen, etc.)

The deadline for Specialty Sponsorships is May 1, 2016.

The deadline for Specialty Sponsorships is June 6, 2016.

SPECIALTY SPONSORSHIPS
Hat/Visor Sponsor - $3,000
- Green & Tee Sponsorship
- Name/Logo on hats/visor given to golfers

Water Bottle Sponsor - $2,500
- Green & Tee Sponsorship
- Name/Logo on water bottle given to golfers

Range Ball Sponsor - $1,900
- Green & Tee Sponsorship
- Sleeve of balls given to golfers with sponsor logo

Bag Tag Sponsor - $1,500
- Green & Tee Sponsorship
- Name/Logo on tag given to golfers

Golf Tee Sponsor - $1,500
- Green & Tee Sponsorship
- Name on golf tee given to golfers

The deadline for Specialty Sponsorships is May 1, 2016.

How does your support make a difference in a patient’s life?
- Over 50 cancer patients received travel and lodging assistance;
- Forty-four cancer patients regained their strength and endurance through Trinity’s Cancer Exercise Rehabilitation Program at the YMCA, in 2015;
- Over 60 patients and their caretakers were able to stay at Trinity’s CancerCare Cottage while receiving treatment;
- We offer yoga and about 30 patients have taken part;
- Ten patients have done art therapy.
On February 4, Dr. Bethany Snears, Broadway Family Dentistry (second from the right), presented $350 to the Trinity CancerCare Center. The fundraising effort came from donations raised last October. For each contribution from patients or staff at Broadway Family Dentistry over one dollar, a pink jelly bracelet was given to the donor in honor of Breast Cancer Awareness Month. Efforts like this are very much appreciated and will be used to help any and all patients, said Shane Jordan, director of the Trinity CancerCare Center. Snears is pictured with, from left: Cody McManis, Trinity Health Foundation assistant; Jordan; and Sharen Smothers, interim director of the Trinity Health Foundation.

Kayla Cole, a clinical dietician with Trinity Health, led a grocery store tour—focusing on heart health—at the original MarketPlace Foods, on February 9.

Susan Birkhauer, RN, MSN, CDE, BC-ADM, with Trinity Center for Diabetes Education, spoke to residents at The Vue on February 9 about “Living With Diabetes.”

The Trinity CancerCare Center received about 20 blankets donated by the Central Campus FBLA on February 11. With Carol Mahagen, a social worker with the CancerCare Center; Hannah Hender, Vice President; and Rebecca Rabble, a member with the Central Campus FBLA.

The Trinity Health Auxiliary Healthy Hearts Club presented a $10,000 check to Trinity’s Cardiac Rehab program on Saturday at Heart’s Desire. The money was raised through the February 13 event and a golf tournament this past fall. Heart’s Desire was sponsored by Ryan GMC/Buick/Cadillac and the Holiday Inn. Pictured are Brenda Beyer, president of the Trinity Health Auxiliary, Jeff Redekopp, manager of Trinity Health Cardiac Rehab, and Sherry Maagano, coordinator of the Trinity Health Auxiliary Healthy Hearts Club.

Heidi Zaderaka, a respiratory therapist with Trinity Health’s Cardiac Rehabilitation, spoke with member of the public during Trinity’s Heart Health Fair held at the Dakota Square Mall on February 6.

Join us on facebook.com/TrinityHealth.ND
Against All Odds, Provider Perseveres

After several attempts to have a foot issue treated, Carla Pease found salvation at Trinity Health.

“I walked so poorly, because of my spasticity from CP,” Pease says, referencing the cerebral palsy she has had since the age of three. “I almost whirled away part of my heel. My ankle was turning in and I had nothing in it.”

In August 2014, Pease, who works as a nurse practitioner at Trinity Health’s Convenient Care Clinic, went under the knife to help correct foot issues associated with her cerebral palsy. The operation was, what Pease calls, “the big one.” It was so big that twelve operations were required. The severity of the issue, coupled with Pease’s cerebral palsy and Complex Regional Pain Syndrome—which creates hypersensitivity to any pain—was enough to deter some, but not all.

Aaron Albers, DPM, a podiatrist at Trinity, took the task.

“I knew the procedure and knew we needed to do it,” Albers says. He spoke to his colleague, Tyson Trulson, PA-C, a nurse practitioner with Trinity’s Convenient Care Clinic. In 2014, Albers performed a surgery on Pease that helped her gain mobility.

With Pease’s letters of recommendation, Pease was able to get into the Dakota Nursing Program through the Fort Berthold Community College, New Town.

“I kept telling him I’m going to be a nurse practitioner and work at Trinity,” Pease says.

From there, Pease also attended Williston State College, through Trinity Health. “There were also online programs, such as through the University of Cincinnati, that contributed to her education.”

She struggled with poor depth perception and left-sided weakness, due to her CP, but Pease found different ways to do things necessary for her training. Instead of throwing in the proverbial towel, Pease used it to wipe away the sweat instead and persevered towards her aspirations of becoming a nurse practitioner.

As part of her nurse practitioner practicum, she returned to Trinity Community Clinic—Garrison, as well as the now-closed Trinity Community Clinic—Parshall.

“It was kind of crazy to do practicum and years later the NP program at the same clinic,” Pease said about the Garrison clinic. “Time flies when you’re having fun.”

Pease noted how her experience at these two clinics make up “a huge part of my knowledge.” She notes that Jill Trulson, PA-C, who now works at Trinity Community Clinic—New Town (but had worked at the Parshall clinic), is “fabulous. She took me when nobody else would.”

“I absolutely blossomed, for many people,” Pease said. “It was so marvelous, by the way,” Pease added.

“Who wants a girl with CP?” she asked. “Nobody.”

But that wasn’t true. She found Trinity Community Clinic—Garrison to be a welcoming place that she could work as a nurse practitioner while she applied for a nursing program.

“Time flies when you’re having fun.”

Pease noted how her experience at these two clinics make up “a huge part of my knowledge.”

Pease applied, and was turned down. She applied to a different program, she was turned down again. In all, eight nursing programs turned her down, because of her cerebral palsy.

Pease knew something was wrong.

“To submit a letter to Dr. Williams figured out a joint in my good foot ruptured,” Pease said after her consult with Dr. Williams.

The only thing was that Pease didn’t have insurance. “I had zero dollars,” she says.

But Dr. Williams found a saving grace—the TruCare program, which helped with her financial situation.

“They covered my surgery, 100 percent,” Pease said. “Not only did they pay for it, but Dr. Williams cut on the top of my foot—instead of the bottom—so I could complete my training.”

After Pease completed her training in 2013, she insisted that she would come to Trinity to work, although she says Dr. Williams believed she would end up somewhere else.

Now, fifteen years after meeting Dr. Williams, “I get to park next to the guy that gave me my start in training,” Pease says.

Perseverance paid off, and continues to blossom, for many people facing difficulty. Pease hopes her experience helps others in keeping pushing and fighting for change and better health.

To submit a letter to Dear Doc, write to: James.Falcon@trinityhealth.org. Dear Doc will appear in HealthTalk.

Dear Doc,

My child has a bad cold and now her eyes are dripping goopy stuff. Does she need eye drops?

Worried Mom

Dear WM,

Often the cold virus can also cause some eye drainage. This does not need antibiotic eye drops. A gooey, red eye without respiratory symptoms is more likely to respond to antihistamine eye drops and should be evaluated by the doctor.

Doc

Dear Doc,

When should I brush my baby’s teeth? When do I use toothpaste?

Smiling Dad

Dear SD,

A baby’s teeth can be cleaned with a non-flouride tooth cleaner and a cloth or soft nylon brush as soon as baby has teeth! And giving baby a clean mouth cloth to chew on also helps with teething discomfort. After age 1 year, children’s FLOURIDE containing toothpaste is needed—but only a rice grain’s amount on the brush! Baby should go to the dentist by age 3 or 4, sooner if there are concerns.

Doc
Most people should start regular screening at age 50; from that point, a colonoscopy is recommended every ten years. Colon cancer is much more common after people turn 50 years old.

Colonoscopies are also recommended for those under the age of 50, but there are some guidelines for that. Those include:

- If you have a close relative who got colon cancer at a young age
- If you have two or more close relatives who got colon cancer – or growths in the colon – at any age
- If you have certain health conditions or a family history of them

If you are a candidate for a colonoscopy, or have questions about colorectal screenings, contact your primary care physician, or make an appointment to see a gastroenterologist. Trinity Health’s Gastroenterology department includes Dr. Justin, Rukshana Cader, MD, and Bonnie Ler, FNP-C; they are located at Health Center-Medical Arts, and can be reached at 857-7389. More information on the department can be found at trinityhealth.org/gastroenterology.

What’s New in Colon Cancer Testing?

Camera pill

Currently available at Trinity Health is a pill with a tiny camera inside that can take pictures of the colon after the patient swallows it. For now it’s only available as a follow-up procedure for people who have not been able to complete a colonoscopy, not as a routine screening test. The images for video capsule endoscopy are sent to a small recording device which the patient wears. They then take this device back to the doctor for uploading to the computer. If suspicious areas are seen, another procedure may be recommended.

Stool DNA test

A new type of non-invasive test to check for colon cancer is available now, and may appeal to people who want to be screened, but don’t want to undergo the usual preparation required for a colonoscopy and some other screening tests. It’s called a Stool DNA test because it looks for certain gene changes that are sometimes found in colon cancer cells.

The FDA approved a Stool DNA test called Cologuard in August 2014. The patient uses a kit at home to collect a stool sample and mail it to a lab. The test checks for DNA changes that could be a sign of cancer or pre-cancerous growths called polyps. It also checks for blood in the stool, which could be a sign of cancer.

No special diet or bowel preparation (no laxatives or enemas) are required for a stool DNA test. However, if the Cologuard test does show a possible cancer or pre-cancer, the patient would then need a colonoscopy to confirm it, and possibly to remove any polyps.

For now it’s only available as a follow-up procedure for people who have not been able to complete a colonoscopy, not as its own screening test.

Spice Up Your Cooking

Join a Trinity Health Registered Dietitian on Tuesday, March 8, from 2-3 p.m., for a cooking class, “Cooking with Spices.” The class will take place at the Trinity Health Community Conference Room, located at Town & Country Shopping Center, 1015 S. Broadway, Minot. There will be a $10 fee to help cover space is limited. Please RSVP by calling 857-5268.

To keep up-to-date on upcoming Trinity events, and more, visit our blog, #Healthfeed, at www.trinityhealth.org/news.

Prepared Childbirth Classes

Learn about exercise and breathing techniques, labor/delivery, newborn care, newborn feedings, etc. Enrollment is limited.

May 2-26, May 31-June 14, July 19-July 30

Offered by Laureen Klein, RN, BSN. Meets from 7-8 p.m., in the Prepared Childbirth Classroom, Trinity Health Center – Riverside Education Center, 1900 8th Ave. SE.

Breastfeeding Basics

March 17, April 21, May 19, June 9, and July 14

Offered by Lauren Klein, RN, BSN. Meets from 7-8 p.m., in the Prepared Childbirth Classroom, Trinity Health Center – Riverside Education Center, 1900 8th Ave. SE.

These classes are offered free of charge as part of Trinity’s community benefit mission, but registration is typically required.

For more information, or to register for classes, call (701) 857-3607.

Family Birth Center Tours

Expectant mothers are invited to attend a formal group tour/education/Q&A session at Trinity Hospital’s Family Birth Center. This opportunity allows every expectant mother to hear and see valuable information in a relaxed environment. We will also provide information on self-care, infant safety and what to expect during your delivery. See www.trinityhealth.org/familybirth_SVS or call (701) 857-380 for a detailed schedule.