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Navigating the Early Days: Essential Resources for Successful Breastfeeding

The bond between a mother and a baby begins to develop well before birth. After giving birth, the development of skin-to-skin contact with the newborn only intensifies that bond. Furthermore, healthy breastfeeding and lactation not only continue to strengthen that bond, but also paves the way for a happy and healthy baby, should that be the feeding choice the mother decides to go with.

For many, this can be an exciting yet nerve-racking time as they might not have any experience with breastfeeding or might not know someone who does. However, at the Family Birth Center, Trinity Health has specially trained lactation consultants and counselors who are there to help while a patient is in the hospital and when they go home to make sure they have the smoothest transition possible.

But before the patient arrives at the hospital there are resources available, such as various educational classes on breastfeeding and motherhood to help make the mother as prepared as they can be for this exciting milestone in their life. Trinity Health offers these classes for their patients free of charge.

Trinity's Breastfeeding Basics class gives an opportunity for attendees to learn all things breastfeeding. It's encouraged that the class is attended prior to delivery, but this class also is available to women who have recently delivered.

Prepared Childbirth classes are offered monthly and should only be attended during the last eight weeks of pregnancy. Each session provides valuable information regarding what to expect in labor. Topics gone over during class include comfort measures, options for pain relief and early postpartum cares.

Trinity's Basics of Baby Care class covers the basics of newborn care like feeding, bathing, diapering, soothing and sleep. This class is available to expectant or parents of newborns. Trinity Health also offers a class for siblings. This hands-on class is geared toward ages 2 and up and will go over topics such as baby safety, how to help and some changes that may occur.

Even though these resources are free and available for expecting mothers to use, life gets busy, and people might not be able to attend. The staff at Trinity Health's Family Birth Center will make sure mothers who decide to breastfeed, as well as those who don't, are well prepared and equipped with the knowledge to have a healthy transition to life at home.

"We visit with each of our patients and make sure, whether they are breastfeeding or bottle feeding, that their feedings are going well, and they are prepared to continue whichever relationship they have with their baby going forward when they head home," said Amanda Bekkedahl, RN, and International Board-Certified Lactation Consultant (IBCLC) with Trinity Health.

During those visits, the lactation consultants and counselors assist in helping patients navigate the process of feeding the newborn, which is not limited to but includes: assistance and support with latching the infant to the breast, education on and promotion of skin-to-skin bonding with the infant, education regarding the use of breast pumps, assessment of the need for breastfeeding assistive devices, referrals for lactation follow-up visits to the clinic and post-discharge follow-up phone calls.

Upon heading home, it's a different world as the mothers adapt to life with a new baby. Even though they receive plenty of information and support regarding breastfeeding, once they are on their own it can be a little intimidating. Bekkedahl believes that practice and willingness to learn can help ease that transition.

"The tricky thing about breastfeeding is that it's the most natural thing, so people expect it to be easy. The first two weeks, especially with their first baby, are not that easy. It takes a lot of learning and practice on getting the baby positioned right and latched correctly."

Bekkedahl added, "it's common for people to think they have to tough through it and that blisters or pain they experience are normal, but it's not...In general, it's important to understand that it doesn't have to be painful or super hard and to know there are things that we can do to help."



Dr. Curt Kumpf, DDS, (second from the right) smiles before playing a concert. Curt is a retired Minot dentist and prominent trombonist with the Brass Band of Minot and several other concert, jazz and Dixieland groups

A New Hip Helped Him Battle Ian's Aftermath

New techniques in hip or knee replacement generally mean patients go home the same day, experience less pain and get back to normal activities sooner.

But total hip recipient Curt Kumpf, DDS, took those bonus points up several notches when barely a month after his hip surgery he was in Fort Myers, Florida, knee deep in recovery from Hurricane Ian.

"We had bought a retirement place in Florida and, unfortunately, in September of 2022 we were right in the middle of the world's worst hurricane," Curt said, noting he and his wife, Linda, rode out the storm in North Dakota. "Luckily, our house didn't fall, but we had a lot of damage and lost all our belongings. I knew there was only one way we were going to get it fixed and that was if we went down there and did it ourselves."

A retired Minot dentist and prominent trombonist with the Brass Band of Minot and several other concert, jazz and Dixieland groups, Curt had long struggled with hip pain and instability. Looking back, he guesses that an interesting mix of

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In addition to the pain and blisters, mothers should also be aware of bruising and bleeding that can result from a shallow latch or incorrect position. Getting the baby latched deeply to the breast is not only important to the mother, but it's also beneficial to the baby to make sure that they are getting enough milk and transferring it efficiently.

Proper latching and healthy breastfeeding can lead to many benefits for both the baby and the mother. According to Bekkedahl, moms can have less occurrences of postpartum depression and anxiety and be at less of a risk for heart disease, certain cancers and diabetes. For the babies, the main benefit is less of a risk for sudden infant death syndrome (SIDS), less occurrences of upper respiratory tract infections, less risk for ear infections, then later in life they are at less of a risk for diabetes and heart disease.

While there are plenty of resources available during time spent at the Family Birth Center, the support for the babies and mothers does not stop once they head home and get used to their new life together. Should someone struggle with breastfeeding or have questions regarding that process, there are still resources available and people willing to provide help.

Wendy Strietzel, RN, a certified lactation counselor with Trinity Health, is one of the nurses on the pediatric clinic side who can help during those situations. "Some of the many ways I help mothers are when they are having issues with breastfeeding whether it's a bad latch, low milk supply, concerns about mastitis and things like that. I help them work into a better latch or find a solution based on their needs," Strietzel said.

Strietzel added, "we also do pre- and post-feeding weights if they are worried about the baby not getting enough milk from mom, just to reassure them that the baby is transferring milk well. If they are not transferring well, we can work on ways to get the baby to transfer milk better and if needed how they can supplement the baby in a way that won't interfere with breastfeeding. Also, if they are having any issues with sore nipples, I can give them advice on what they can use to heal their nipples on their own."

Echoing the same sentiment as Bekkedahl, Strietzel believes it's a common misconception that sore nipples are a normal part of breastfeeding and that people sometimes wait too long to get help. "We want to work with them and make sure they get help sooner than later so we can prolong that breastfeeding journey. A lot of times, people will quit because of the soreness they have to deal with."

When new mothers come in for their first baby appointment and mention to their doctor or nurse that they are having breastfeeding issues, that is when the opportunity to work with Strietzel and those in the clinic arises. However, appointments can also be made over the phone and contact doesn't have to wait to be made at the time of the baby's first appointment.

Between the educational classes, visits and time spent at the Family Birth Center and the pediatric clinic appointments, there are ample resources provided by Trinity Health to make sure families have a successful transition back to their home life with a newborn now in the picture.

The helpful resources, however, don't have to strictly come from Trinity Health. One of the biggest resources someone can provide to a new mother is support, as well as a few other things.

"Following a healthy diet and making sure that you are getting enough nutrients, and then also just preparing. At our Breastfeeding Basics class, we are so excited when we have a full class and people come because the breastfeeding relationship depends on support from your significant other, your family, your friends, our community and just preparing yourselves as best as you can" Bekkedahl said.

Bekkedahl added, "it's going to help mothers feel more comfortable with the idea of what to expect before their baby even gets here. Then once the baby arrives, parents will have the confidence to implement what they have already learned."

This year, the remaining class dates for Breastfeeding Basics are September 4, October 2, November 6 and December 4 from 6 to 8 p.m. Prepared Childbirth classes will take place on September 7, October 5, November 2 and December 14 from 9 a.m. to 4 p.m. Basics of Baby Care will be on September 9, October 7, November 4 and December 16 from 6 to 8 p.m. Sibling Class will take place on September 3, October 1, November 3 and December 3 from 4 to 6 p.m. All classes take place at Trinity Health Hospital Prairie Rose Conference Room 3. For more information, please call 701-418-8806 or toll free 1-800-862-0005.



Dr. Curtis Kumpf posing for a photo while playing trombone with the Naples Concert Band.

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activities earlier in life may have set him up for joint issues. He ran hurdle events on his high school track team and took an interest in water safety and lifeguarding.

"Later on, I was in the Air Force after dental school and took part in a number of things. I was on the emergency/trauma team and other different teams that would go out to respond to mass casualty incidents. I joined the National Ski Patrol and did hundreds of rescues. I taught the winter EMT course for the National Ski Patrol for 35 years. That was a lot of fun but also very challenging because there was a lot of mountain and hill climbing and downhill skiing. That probably didn't do my hips much good."

It was when his hip issues began to impact his work and quality of life that he decided to seek definitive treatment. "From time to time I found that if I was sitting in my chair, I'd go to get up and my hip would just virtually give out on me. It got to the point where if I started moving laterally it really hurt."

Curt was well on the way toward addressing these issues when the hurricane hit. He had met with Trinity Health orthopedic surgeon Cody Pehrson, MD, whose expertise includes both anterior and posterior approaches to hip replacement surgery, along with complex trauma and hip reconstruction. The two discussed alternative treatments, including a hip injection and hip replacement, as well as the different approaches to surgery. Curt opted for a hip replacement in his left hip utilizing an anterior approach.

Scheduling was a matter of importance, given the need to get down to Florida. A couple of surgical days had opened up in the hospital, and Dr. Pehrson asked if Curt would like to come in at the end of November. He said, "absolutely. I decided to go ahead and get it done, and I'm really glad I did because we spent the next six months in Florida working on our house 10 or 12 hours a day."

The surgery went well. "It was amazing to just barely be able to walk into the hospital at 7:30 a.m. and walk out at 5 or 6 p.m. on my own power with no cane and no walker."

He says Dr. Pehrson did an excellent job explaining the procedure and the different surgical approaches. "I've got to give kudos to the surgical team for everything they did," he added. "They were very well organized. Everything came off right on time. They did exactly what they said they were going to do; I thought they did a very professional job."

Eager to expedite his recovery, Curt dove into his post-surgical routine: icing, exercise and walking. Exercise is a critical part of recovery following joint replacement surgery. "Trinity has a pretty nice program pre-surgery," he remarked. "They go over everything and give you a booklet that tells you what you should be doing and shouldn't be doing to promote recovery."

With his surgical recovery proceeding well, thoughts of hurricane recovery were top of mind. However, there was one more matter he had to tend to before leaving Minot – a trombone gig.

"I was one of the original members of the Brass Band of Minot and I had promised director Wayne Schempp that I'd play a solo at the next concert. Well then, suddenly this hip replacement came up and Wayne said, 'I assume you won't be able to play.' I said I was sure I'd be able to play,

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New Provider



**David
Min, MD**

Trinity Health is pleased to welcome neurosurgeon David Min, MD, to our medical staff. Dr. Min is board certified in neurological surgery and fellowship trained in spinal surgery. He brings more than 20 years of experience providing surgical care to people with brain and spinal disorders due to disease or trauma. Originally from Houston, TX, Dr. Min earned his medical degree from the University of Oklahoma College of Medicine and remained there to complete his internship and neurological surgery residency. He went on to complete a year-long fellowship in complex spine surgery at Indianapolis Neurosurgery Group in Indiana. Since then, he has provided neurosurgical care to patients at centers in Oklahoma, Utah and Wisconsin, utilizing minimally invasive techniques as well as disc replacement cervical spine surgeries. Most recently he served as Chair of Neurosciences at Ascension Columbia St. Mary's in Milwaukee, WI.

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and I did. I stood at my chair and played the solo. I think it was six days after surgery, which wasn't that big of a deal, really."

It being the Christmas season, Curt played a snappy rendition of "Frosty the Snowman" and hightailed it to Florida.

Hurricane Ian was a Category 5 storm and the third-costliest weather disaster on record worldwide. It devastated Fort Myers and many other coastal communities.

"We had wind gusts of between 160 and 200 knots," Curt said. "The smallest storm surge that came in was 15-plus feet high. Anything made out of wood was gone. Many homes surrounding us just disappeared, and all of this stuff washed into our house. My son and I took a Sawzall and actually cut a roof apart that had washed up. We carried out water heaters, air conditioners, stoves and furniture." He noted two of his neighbors died in the storm, one just two houses down from his.

Two years and a new hip later – and judging by a ton of photos on Curt's phone, it's clear that all the hard work on the part of his friends and family, not to mention his own persistence dealing with bureaucracies and red tape has paid off handsomely. His retirement home today shows no visible signs of Ian's destruction.

Meanwhile, Curt looks forward to continuing his retirement, which undoubtedly will include many more trombone gigs. He adds that he likely will get his other hip done at some point. With any luck, a hurricane won't get in the way.

Find a Primary Care Provider

If you need help identifying a primary care provider that meets your specific needs, call **701-857-3748** to speak with one of our specialists.



Nancy Gasmann, PT, helping a rider and being a side walker during a session with Serenity Therapeutic Equine Program (STEP).

Hippotherapy Helps Children of the Minot Area Take a STEP in the Right Direction

In 1993, Nancy Gasmann, Physical Therapy Manager with Trinity Health who recently celebrated 40 years with the organization, helped initiate the hippotherapy program at the Dakota Boys and Girls Ranch. That would not be the last time Gasmann was involved with a hippotherapy program and the many benefits that it brings to children of the Minot community.

In 2018, Gasmann and Trinity Health were able to team up with Kristi Schaefer, the Executive Director of Serenity Therapeutic Equine Program (STEP), in an effort to expand the pediatric therapy options offered by Trinity Health.

The pair has a history of working together, as Schaefer started volunteering at the Dakota Boys and Girls Ranch to help with the hippotherapy program in 1995. Schaefer then ran the program at the Dakota Boys and Girls Ranch from 2005-2010 before starting STEP in the fall of 2010 with the first riders participating in 2011.

According to the American Hippotherapy Association, hippotherapy refers to the use of the movement of a horse as a treatment strategy to address impairments, functional limitations and disabilities in patients with neuromusculoskeletal dysfunctions. But why the horse? It starts with the similarities between the way humans and horses walk.

"A horse's walk is very similar to our walk regarding the movements. A person may be struggling with their balance or coordination when they're riding the horse, but they are getting that same input that we would want them to have while walking, so we use the horse for therapy that way," said Schaefer.

Riding a horse, however, isn't the only activity the children do during their appointments with STEP. Gasmann and Schaefer make sure they focus on keeping the children engaged while they build the strength and skills necessary for daily living.

"We play a bunch of games because most of our riders are kids, so we play games to get them engaged in doing their therapy. Otherwise, nobody likes to do therapy. We play basketball which works on their range of motion. They also work on building strength in their core muscles while focusing on stability when they ride the horses," Schaefer added.

The activities don't stop there. With the goal of targeting multiple tasks or accomplishments in one activity, playing matching games and balancing an egg on a spoon are just two more of the many things the kids do while riding a horse.

"We do activities where we have the kids match things, which promotes following directions. While we work on matching, the kids also have to reach, so we're doing both cognitive and physical tasks with them," Schaefer said.

Not only do these activities help the kids complete cognitive and physical tasks, but they also serve as an opportunity to boost the self-esteem and confidence in themselves by feeling a sense of much-deserved pride after successfully completing the activities.

Confidence doesn't only build because of their ability to complete the tasks, however. As the kids go through more and more sessions of the program, they begin to feel much more confident about getting on and riding a horse, which is a very intimidating task at first.

"Many of the kids have not been on a horse or been around a horse before, so they may have some fear with getting on them. By the end of the summer, they are usually all up there getting on the horses and I have to hold them back," Gasmann said.

"The kids usually have gained great confidence by being able to come out here and ride the horses. They also usually see the same people every time, so they love talking to the same volunteers. It really makes a big difference as far as just improving their confidence and self-esteem."

Volunteers are a big part of the equation as well, as they not only help the program run smoothly every day, but they also get to help the kids work on their social skills as they communicate throughout their time working together.

"We have some wonderful volunteers. Our volunteers that we have are our core volunteers that come out and they work with the same clients every time, so they get to know those kids. They talk to those kids, and we oftentimes do a group of horses at the same time, so then they work with the other partner to do different things with the kids in the arena," said Gasmann.

The volunteers, along with Gasmann and Schaefer, are the "side walkers" who walk along the side of the horse. They lead the activities in order to keep the environment controlled and to make it safe for everyone involved. Schaefer noted that the kids really look forward to seeing their volunteers each week, and that it is clear they have built a relationship with them.

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Finding Strength During Difficult Times

From Moments of Doubt to a Remarkable Recovery, Eunice Wunderlich is Thankful for Hospice

For most people, going on hospice might feel like it's the end of the line. For Eunice Wunderlich, it was an opportunity to learn about herself and get stronger. After growing up on a farm and staying there until retirement, Eunice eventually moved to Velva where she then began to go through a tough battle with health.



Eunice Wunderlich shares her story and what she learned about herself after going on hospice.

Falling on ice was just the beginning, which ultimately resulted in a shattered shoulder and fractured pelvis. After having surgery, she then proceeded to stay at the care center in Velva for seven months. Hoping this would be the end of this health journey, it unfortunately was not.

Upon returning home after the seven-month stay at the care center, Eunice had fallen a few more times and ended up going back to the hospital briefly. It was during that time that she learned things were going to change significantly when she heads back home.

The doctor told Eunice that she had a blood clot in her heart and her kidneys were failing, suggesting that her daughter should take her home and put her on hospice. Hearing this news was difficult and a life-changing moment, however, it proved to be life-changing for the better thanks to the positive outlook and mentality that Eunice carried with herself every day.

"I did keep a positive attitude. I really needed to. As it turned out, it was for the better. I got stronger during those months, so being on hospice ended up being good for me," Eunice said.

It was last March that Eunice went on hospice, thinking that the end of her time was near. However, after being on hospice for three months, Eunice was told that she did not have to be on it anymore and that her condition was improving.

"The doctor told one of my daughters that I had a blood clot in my heart and my kidneys were failing, so they suggested that they took me home and put me on hospice. So far, I'm on heart medication and the pills are working because I'm still here. As far as the kidneys, they are still OK. I was all prepared that I was in my last months, but here I am."

While Eunice acknowledged that it was tough at first because she did not know what to expect and took things day by day, she used her time on hospice as an opportunity to take care of things she normally would not have and focused on learning a lot about herself.

"During the three months I was on hospice, I learned a lot about myself. I sort of miss the people that would pop in to see me. I just really did learn a lot through hospice, and it was a life-changing time for me. I got a lot of things done which I would not have done if I wasn't on hospice. There were a lot of personal things that were taken care of and I'm very thankful for that."

Since she graduated from hospice, Eunice has been able to drive herself around town again, go to clubs and meetings with her friends, go to church, and do activities of daily living like laundry and cooking, which were all things that were put on hold during her recovery.

For those that are struggling with the thought of going on hospice or are looking for motivation during a difficult time, Eunice believes that trying to maintain positivity to the best of your ability can go a long way.

"I would say don't be discouraged because a lot of times you don't know what's going to happen. For me, I got much better and I'm glad I went through that. Being on hospice did a lot for me, even though I felt scared at the beginning. But in the end, it all went very well."

Tenley Johnson's Health Journey Leads to Improved Quality of Life

Tenley Johnson has bravely fought breast cancer for many years. When she was initially diagnosed in 1991, she had a double mastectomy and underwent chemotherapy for several months.



Wayne Johnson (left) and Tenley Johnson (right) share a smile as they sit down and talk about Tenley's health journey.

After things were looking positive while her cancer was in remission for a 19-year period, it unfortunately returned roughly 12 years ago. After the cancer returned, it was brought under control with radiation. As difficult as it was, Tenley tried to remain positive and looked at things as a journey as opposed to a battle.

"It wasn't a battle, it was a journey for me with chapters one and two, and soon to be chapter three," Tenley said. She added, "All of my babies were in school, I wanted to see them grow up. I just kept faith."

Two years ago, she was diagnosed with end-stage metastatic breast cancer. The course of treatments she received after the diagnosis was very hard on her both mentally and physically.

Treatments included newer cancer drugs, which worked only for a while. Eventually, she began receiving infusions which caused her to lose her appetite and ability to even take adequate fluids. She felt she was fading fast, and the infusions were making her feel weaker. "I couldn't take the infusions any longer. I couldn't walk or eat, and I felt like I was done."

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New Provider

Thomas Nordquist, DPM



Thomas Nordquist, MD, provides surgical and nonsurgical treatment for foot and ankle disorders. He performs total ankle replacements and fusions, rearfoot and ankle reconstructive surgery, foot and ankle fracture care, diabetic wound care, peripheral nerve surgery and general podiatric care. Born in Tofield, Alberta, Canada, he moved to Minot during his teenage years and graduated from Minot High School. He received bachelor degrees from Brigham Young University and Rosalind Franklin University, along with a Master of Science in Health Administration and Doctor of Podiatric Medicine from Rosalind Franklin University in North Chicago. Dr. Nordquist completed his DPM residency at OSF Saint Anthony Medical Center in Rockford, IL, with an added credential in rearfoot/ankle reconstruction. He completed a reconstructive rearfoot and ankle surgery fellowship at the Northwest Illinois Foot and Ankle Fellowship with emphasis in Charcot reconstruction, Illizarov external fixation, total ankle replacement and peripheral nerve repair. Dr. Nordquist is thrilled to be back in Minot and enjoys spending time with his family, hunting, hiking, winter activities and cycling. He enjoys learning languages and speaks fluent French.



Kristi Schaefer, Director of Serenity Therapeutic Equine Program (STEP), helping guide a rider through the arena during a session with STEP.

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Sessions of hippotherapy typically run for 10 weeks and only occur during the summer. On an average day, they will see a variety of children from morning until late afternoon. The riders will come at the same time every week and the sessions will go for 30 or 45 minutes depending on the heat that day.

Even though hippotherapy can only take place in the summer due to the frigid climate of North Dakota, it's something the kids always look forward to. When not in season, they are counting down the days until they can get back on a horse again.

The excitement of riding a horse and the many benefits that develop during the sessions, paired with the uniqueness of the hippotherapy program, truly help the children take a STEP in the right direction.

New Provider

Heather Zander, FNP-C



Trinity Health is pleased to welcome Heather Zander, FNP-C, to our team of providers at Walk-In Clinic. A board-certified nurse practitioner, Heather provides care to patients to evaluate their health status and recommend treatment for the full range of non-emergent conditions that are not life-threatening but still need immediate care. Born and raised in Minot, Heather earned her Bachelor of Science in Nursing from Minot State University, graduating magna cum laude. She went on to complete her Master of Science in Advanced Nursing Practice from the University of North Dakota. Prior to earning her masters, she worked several years as a nurse on Trinity Hospital's medical floor, later joining the nursing team at the walk-in clinic. Heather enjoys going on walks with her kids and dog, spending time at the lake, reading and listening to true crime podcasts.

In Recognition and Thanks from the Foundation

Trinity Health Foundation is proud to list the names of individuals, organizations and businesses whose gifts were received from April 1 to June 30, 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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In memory of Duaine Fugere

Diane Fugere

In memory of Jerome Kvamme

David Holte

In memory of Larry Kragh

James & Eileen Kraft

In memory of Lyle Sanders

Clara Jeanne Vigstol

In memory of Roger Haugen

Michael & Melissa Upgren

KENMARE HOSPITAL & KENMARE CLINIC

Computershare Trust Company

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Slawson Exploration Company,

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Buffie Salo

Dakota Square Arco

Dr. Michael Savitt

Dr. Samir & Lori Turk

Dr. Thomas Carver

John & Leslie Coughlin

NICU PATIENT TRANSPORT SYSTEM

Allan Weidler

Cindy & Dennis Nordquist

Gate City Bank

Huguette Steward

James Sundley

In memory of Norris Weflen

Mike Deserly

NURSING SCHOLARSHIP ENDOWMENT

Dr. Thomas Carver

Elaine & Shanon Polsfut

Gerald & Joyce Deibert

Kenny & Glenda Tofteland

Orlan & Laurie Honadel

Tam & Winston Black

Wesley Hagen

In memory of Cheryl Eshenko

Terry Eshenko

In memory of Eric Halvorson

Eldon & Diane Halvorson

In memory of Gloria Cornelius

Candy Tesoro

In memory of Hazel Stromberg

Stanley Stromberg

In memory of Kayleen Njos

Corrine & Dale Semmen

In memory of Norris Weflen

Mike Deserly

In memory of Verna Hederman

Joyce Oium

PARKINSON'S EXERCISE PROGRAM

Craig Elton

Tanya Gillen

Uncle Maddio's Pizza

STOP THE BLEED

Burke County

TOGETHER WE ARE TRINITY STRONG

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Dr. Anthony & Ogochukwu

Udekwe

Dr. Barry Amos

Dr. Brian & Juliet Tin-Maung

Dr. Chittaranjan Routray

Dr. Christine Cabrera

Dr. Cody Pehrson

Dr. David & Denise Billings

Dr. Diana Peterson

Dr. Eugene Lee

Dr. James Schmidt

Dr. Jeffrey & Janelle Verhey

Dr. Michael Savitt

Dr. Roggie Reason

Dr. Scott & Shannon Knutson

Dr. Thomas Carver

Town & Country Credit Union

TRINITY HEALTH FOUNDATION FUND

Dr. Ayaz Chaudhary

Dr. Roggie Reason

Dr. Thomas Carver

North Dakota Department of

Commerce

Ryan Family Dealerships

Todd & Tesha Telin

In memory of Craig Gust

Maynard Kuebler

In memory of Deb Farstad

Wanda Bjordahl

TRINITY HOMES

In memory of Dr. Paul A. Purdy

Bruce & Diana McLean

VERHEY CRITICAL CARE ENDOWMENT

In memory of Bob Cogdill

Dr. Jeffrey & Janelle Verhey

In memory of Dr. Samir Farah

Dr. Jeffrey & Janelle Verhey

In memory of Dr. Steve Schoenberg

Dr. Jeffrey & Janelle Verhey

In memory of George Kemper

Dr. Jeffrey & Janelle Verhey

In memory of Mary Ballantyne

Dr. Jeffrey & Janelle Verhey

WESTERN DAKOTA COMMUNITY CLINIC

Chord Energy

Rural Community Grant Fund



VISION
Galleria
Affiliated with Trinity Health

- Glasses
- Contacts
- Frames

Plaza 16
2815 16th St SW
Minot, ND

857-7440



MINOT'S BIGGEST & BEST BREAST CANCER FUNDRAISER

SEAFOOD BOIL
ART BRA AUCTION
PADDLE RAFFLE
STREET DANCE
SPECIALLY BREWED BEER BY ATYPICAL

ALL PROCEEDS GO TO THE CANCER FUND AT TRINITY HEALTH FOUNDATION

Save the Date for Double D-Haw!

September 21, 2024, at the Blue Rider

Join us at 5 p.m. for a seafood boil, art auction, street dance, fun, games and specialty brewed beer by Atypical Brewery. Proceeds benefit and help Trinity Health Foundation purchase a Brevera Breast Biopsy System. This cutting-edge and state-of-the-art technology will revolutionize breast cancer detection and biopsy capabilities for patients and community members.



7th Annual Fuel the Fight at Dakota Square ARCO

The Trinity Health Foundation invites you to participate in the 7th Annual Fuel the Fight on Saturday, September 7 from 9 a.m.-5 p.m. at Dakota Square ARCO. Join us in raising funds to provide gas vouchers for Trinity Health CancerCare Center patients traveling to receive treatments.

Activities throughout the day include a dunk tank sponsored by Heritage Insurance Services, bounce houses, hourly door prizes and raffle prize drawings.

GRAND PRIZE!
\$75 gas certificate per week for 52 weeks

To be eligible for the Grand Prize drawing, purchase eight or more gallons of fuel at Dakota Square ARCO on Saturday, September 7, and receive an entry for Free Gas for a Year courtesy of First International Bank & Trust., \$1,000 courtesy of Farstad Oil and an autographed Mason Morelli Las Vegas Golden Knights jersey.

A percentage of sales on fuel and in-store purchases on September 7 will be donated to Fuel the Fight.

Raffle tickets are available at Dakota Square Arco, Homesteader's Restaurant, Trinity Health Foundation, Trinity Health CancerCare Center, online at trinityhealth.org/foundation/fuel-the-fight/ or by calling 701-857-2430. Twenty prizes are included in the raffle and have been donated by various local businesses. Tickets are \$10 each or 3 for \$20. Winners do not need to be present to win.



More than 130 family members and supporters gathered at the Sleep Inn and Suites to celebrate last year's scholarship recipients and their endeavors to become a nurse.

2024 Trinity Health Foundation Nursing Scholarship Program is Open for Applications

The 2024 Trinity Health Foundation Nursing Scholarship Program is now accepting applications. The annual nursing scholarship application period runs from August to November, with a submission deadline of November 1. Since its inception in 1995, the nursing scholarship fund has played an integral role in making this scholarship program possible for future nurses through its generous support.

2023 featured a record number of applicants for the Trinity Health Foundation Nursing Scholarship Program. Of the 74 total applicants, 17 scholarships were awarded to nursing students throughout the region. Each recipient received \$3,000 in scholarship funds to support their education and the future. Additionally, four \$1,000 scholarships were awarded to High School Health Occupation Student Association (HOSA) members.

For more information and to find the application, please visit www.trinityhealth.org/foundation/programs-initiatives/investment-in-the-future/, or you can reach out to Cody Mcmanigal at 701-857-2430 or cody.mcmanigal@trinityhealth.org.

Hospice continued from page 4

It was a trip to the emergency room and admission to Trinity Hospital this past January that brought her in touch with Trinity Home Health/Hospice. The home health nurse suggested she might be a candidate and would benefit from hospice services. Tenley agreed but was hesitant to go on hospice right away.

After conversations with her medical provider and her family, Tenley decided hospice was a good idea. The news that she was going on hospice, however, made for a difficult time with those closest to her. "I wasn't scared of dying, I was afraid to bring my family on board with the plan," Tenley said. She added, "I wasn't giving up, but I knew I wasn't going to get better. I was tired and didn't want to suffer any longer."

While there is a negative connotation with hospice and it feels like the end of line for many, it proved to be a turning point for Tenley. Since hospice care started after Easter, her quality of life has improved dramatically. She's off the infusions and between hospice nurses and her medical provider, they straightened out her medications.

"They were wonderful. They worked with me to get my medications straightened out so I could get my appetite back. I've been so blessed and thankful that they straightened out my medications."

Previously, she had been too weak to shower, but a hospice worker helps her shower three times a week. Now she can get out of bed and her voice is strong enough so she can have conversations with her family and others.

"After I went on hospice, you wouldn't believe how it made me feel. It has put my family at rest knowing there is a team here to help me with bathing and the things I can't do on my own."

It has been a journey to get to this point because before going on hospice, she felt like she had a weaker voice that people had a hard time understanding, and she felt sicker and sicker with "no life to live."

Now, things are a lot different, and her quality of life has not only been a positive impact to herself, but also to her family and loved ones. "I have lived the best life I could with so many people surrounding me. Now, I'm surrounded by wonderful people who are helping me and my family," Tenley said.

For those who are debating whether or not hospice would be a good choice for themselves, Tenley recommends that people should receive hospice care much sooner in their illness. In fact, she believes her life would be a lot different if she continued with treatment and did not receive hospice care.



Meet Your Clinic: Women’s Health (OB/GYN)

Trinity Health is committed to helping women of all ages meet their total healthcare needs, from physical and psychological health to wellness and prevention. Our services help you be your healthiest at every stage of life: routine physical exams; mammography screening to detect and prevent breast cancer; birth control options; planning and preparing for your baby's birth; prenatal and postnatal care, including high risk pregnancies; menopause and other hormonal treatments; and bone density screening to diagnose and treat osteoporosis.

Why Choose Trinity Health?

Our women’s health specialists diagnose and treat disorders of the female reproductive system as well as conditions related to pregnancy, childbirth and the post-partum period.

Each woman has a unique story with varying needs across her lifespan. The Trinity Health team of OB/GYN physicians and advanced practice providers understand this and focus on building a strong relationship with each and every patient.

When you choose an OB/GYN provider, you’re really selecting a partner to help you navigate the many phases of womanhood. From the onset of puberty to menopause, you can trust that the women’s services experts at Trinity Health will be with you every step of the way.

Conditions we treat:

These are some of the most common **gynecological** conditions we treat:

- Cancer of the female reproductive system
- Cervical dysplasia (HPV infection)
- Endometriosis
- Menopause and perimenopause
- Menstrual disorders
- Ovarian cysts
- Pelvic floor prolapse
- Pelvic inflammatory disease
- Pelvic pain
- Polycystic ovarian syndrome
- Sexual dysfunction
- Sexually transmitted infections
- Thyroid/hormonal conditions
- Uterine fibroids
- Urinary incontinence
- Urinary tract or vaginal infections

These are some of the most common **obstetrical** conditions we treat.

- Abnormal bleeding/cramping
- Gestational diabetes
- High blood pressure
- Infertility
- Iron deficiency
- Multiples (twins, triplets)
- Post-partum anxiety/depression
- Pre-conception/prenatal care
- Preeclampsia
- Pregnancy
- Pregnancy loss
- Preterm labor
- Severe morning sickness

Meet Our Specialists

Our team of providers brings a diverse offering of talents and abilities to Trinity patients. From certified nurse midwives to nurse practitioners and physicians highly skilled in robotic-assisted surgery, we’re ready to meet any challenge.



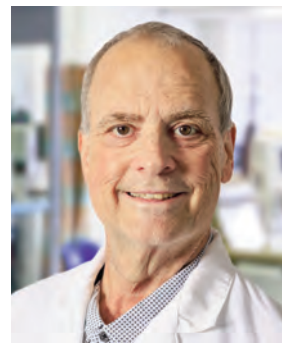
David Amsbury, DO
Trinity Health
Medical Office Building,
Minot



Heather Bedell, MD
Trinity Health
Medical Office Building,
Minot



Tim Bedell, MD
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Medical Office Building,
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David Billings, MD
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Lori Dockter, PA-C
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Jessie Fauntleroy, MD
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Jennifer Johnson, MD
Trinity Health
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Minot



Margaret Nordell, MD
Trinity Health
Medical Office Building,
Minot



Carol Schaffner, MD
Trinity Health
Medical Office Building,
Minot



Erica Riordan, CNM
Trinity Health
Medical Office Building,
Minot

Gynecologic Surgery

Some conditions require more complex care including surgical intervention. Our OB/GYN physicians provide open, laparoscopic, minimally invasive and robotic surgery using the da Vinci Surgical System.

The most common surgeries include hysterectomy, sacrocolpopexy (pelvic organ prolapse) and myomectomy (uterine fibroid removal).

da Vinci Surgical System

Trinity Health uses the da Vinci® Si™ HD Surgical System for some hysterectomies and endometriosis procedures. The system gives your surgeon a highly-magnified, 3D view of the body, and the tiny, wristed instruments allow them to operate through one or just a few small incisions.

Potential benefits include:

- Less pain
- Lower risk of infection
- Faster recovery time
- Less scarring
- Reduced blood loss

**Trinity Health
Medical Office Building**
2305 37th Ave SW, Minot
701-418-7300

Trinity Health Hospital
2305 37th Ave SW, Minot
701-418-7300

Trinity Health Western Dakota
1321 West Dakota Pkwy, Williston
701-572-7711



A Trinity Health Auxiliary Fundraiser

October 4, 8 p.m.
Clarion Hotel
Minot, ND

Standing Room
Tickets:
\$30/person

\$500/reserved table
of six

To purchase tickets or for
more information call
701-418-7070



Scan to purchase
tickets online

<https://www.trinityhealth.org/poprocks>

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Trinity Health Gift Shop

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

Gift Cards Available!



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

Trinity Health
Hospital, 1st Floor
2305 37th Ave SW

701-418-7070

trinityhealth.org/giftshop

HR Hot Jobs

Clinical Education Manager

Are you passionate about nursing education and leadership? As a Clinical Education Manager at Trinity Health, you'll play a crucial role in shaping the future of our nursing staff. You'll be responsible for managing and coordinating educational services primarily for the acute-care division of nursing, while serving as a resource for other clinical departments.

In this role, you'll develop evidence-based clinical education programs, assess and implement policies and mentor staff. You'll transform our organizational values into daily operations, ensuring an efficient, effective and caring environment. Your expertise will be vital in forecasting trends, communicating ideas and maintaining professional nursing practice standards. Apply now at trinityhealth.org/careers.

Qualifications:

- Current RN license in ND or compact RN licensure
- Master's Degree (either bachelors or masters must be in nursing)
- 5 years of nursing experience, preferably in education or leadership
- BLS certification (required within orientation period)
- Proficiency in Microsoft Office suite
- Join our team and make a lasting impact on healthcare education.

CNA Training

CNAs Needed! No experience is required, but customer service, a love for learning and a desire to help others are all important qualities! We are so confident in the participants' success that we have them start applying and interviewing for their future CNA job on the first day of training! The CNA trainee can choose from many different departments and sets of hours. Benefits are available for those who work at least 20 hours a week, which may include daytime, evening, night, weekend and holiday shifts. Non-daytime shifts (evenings, nights and weekends) also come with a differential pay of up to \$3.75 an hour: extra money per hour on top of their base pay rate. Apply now at trinityhealth.org/trinity-health-careers/certified-nursing-assistant/.

C O M M U N I T Y

CALENDAR

For the latest updates,
check online at trinityhealth.org

Prepared Childbirth Classes

September 7, October 5, November 2

Breastfeeding Basics

September 4, October 2, November 6

Basics of Baby Care

September 9, October 7, November 4

Sibling Class

September 3, October 1, November 5

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 September Events

September 3 – Free community car seat checks

These will be available from 2 – 5 p.m. in Minot Fire Station 1, 2111 10th St SW. Appointments are required; please call 701-837-5190 to schedule. If leaving a message, please include the following information: number of seats to be checked, make and model of vehicle, ages of child(ren), brand and model of car seat and preferred time of check on scheduled date.

September 7 – Fuel the Fight

This event will be held from 9 a.m. to 5 p.m. at Dakota Square Arco. Activities include a dunk tank sponsored by Heritage Insurance Services, bounce houses, hourly door prizes and raffle prize drawings. To be eligible for the prize drawings, purchase eight or more gallons of fuel at Dakota Square Arco on September 7 and receive an entry for free gas for a year courtesy of First International Bank & Trust. A percentage of sales on fuel and in-store purchases that day will be donated to Fuel the Fight. Proceeds from this event provide gas vouchers for Trinity Health CancerCare Center patients traveling for treatments.

September 14 – Trinity Health Cancer Symposium

This will be held from 9:30 a.m. to noon in the Trinity Health Hospital Prairie Rose Conference Center. Open to all cancer survivors and their families, this symposium will feature presentations from our core team partners and an information cancer survivor panel with group interaction. Refreshments will be provided. To register for this free event, please call 701-857-2829 or 701-857-3272. This event is supported by the Trinity Health Foundation.

September 18 – Stroke Support Group

Trinity Health's Stroke Support Group will be held at 7 p.m. in Trinity Health Riverside, 1900 8th Ave SE. This group is open to anyone who has suffered a stroke or those caring for them. For more information, call 701-418-8518.

September 19 – Infant Memorial and Burial Service

An Infant Memorial and Burial Service will be held at 1 p.m. in Rosehill Memorial Cemetery. This remembrance ceremony is for anyone who has suffered pregnancy or infant loss and will include a non-denominational blessing. It is a safe occasion to allow grief, reflection and healing. This event is open to the public to honor families and their babies who were lost far too soon. Please enter the cemetery through gate 6 or 7; the graveside service will be held in Section 31/Block 24/Lot 3. It will be moved to the cemetery chapel in the event of inclement weather.

September 21 – Double D-Haw

The Double D-Haw Breast Cancer Fundraiser will start at 5 p.m. at the Blue Rider in downtown Minot. Attendees will enjoy a seafood boil, art auction, pink beer, fun and games, a street dance and more. All proceeds go to fund breast cancer detection and treatment at Trinity Health.

September 25-28 – Stockholm Hall Educational Booths at Norsk Høstfest

Trinity Health is a proud sponsor of Stockholm Hall at the Norsk Høstfest in the North Dakota State Fair Center. Be sure to stop by the educational booth at this four-day Scandinavian cultural festival and see what Trinity has to offer!