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*Amber Rice, DNP, FNP-BC, supports patients at Trinity Health by collaborating with Trinity Health primary care providers to offer preventive care services. Rice plays a critical role in expanding access to patients so they can stay on top of their preventive care appointments like Medicare Annual Wellness Visits.*

## Trinity Health Offers New Service Called Well Care

It's common when talking about healthcare providers to use terms like primary care and specialty care.

Roughly speaking, a primary care provider – whether a doctor, nurse practitioner or physician assistant – is a healthcare professional who provides head-to-toe care throughout one's lifetime. A specialist, on the other hand, is someone your primary care provider might refer you to, such as an ear, nose and throat physician or a cardiologist.

Now, a third term is gaining traction in the healthcare lexicon – well care.

Well care is a form of preventive care that's increasingly being promoted by Medicare and other health insurers to reinforce the importance of monitoring a patient's health status. By checking in on patients, providers can make more

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*Pictured is Clayton Cottman and his fiancé Nia Thomas who visited Minot in October of 2023 for the Pride of Dakota Showcase. Little did they know that their business trip that was supposed to be two days would turn into two months.*

## Fargo Couple Finds Home at Trinity After Baby's Early Arrival

It was supposed to be a two-day business trip.

Clayton Cottman and his fiancé Jania (Nia) Thomas of Fargo made their way to Minot to join their fellow entrepreneurs at the 2023 Pride of Dakota Showcase. Their product: Uncle Charlie's Gourmet Snacks – crunchy morsels that melt in your mouth like a decadent dessert.

But two days turned into two months when Nia, then six months pregnant, developed strong contractions that sent her into labor three months early.

"As we were leaving the trade show I started feeling some really sharp pains," Nia recalls. "I thought maybe it was Braxton Hicks (uterine contractions sometimes called false labor). I wasn't sure; maybe I could brush it off."

The couple returned to their hotel room and Nia called her OB-GYN in Fargo to get an expert opinion. In the doctor's view, the contractions were something that needed to be taken seriously.

"I knew just from her body language that this was becoming a real emergency and no way did we have time to try to make it back to Fargo," Clayton stated. "We needed to try to find the nearest hospital as soon as possible."

In that regard, the anxious parents-to-be were in luck.

Trinity Health had opened its new Healthcare Campus and Medical District just six months earlier with an entire floor dedicated to Women's and Children's Services. The Family Birth Center, Neonatal Intensive Care Unit (NICU) and Pediatrics Unit are all situated in close range, with numerous family-friendly comforts and conveniences. Most importantly, the center is staffed with experienced OB-GYN specialists and care teams skilled in managing emergency and complex deliveries.

OB-GYN physician Jennifer Johnson, MD, reassured the couple they were in capable hands and that Trinity Health was well-qualified to care for their premature newborn.

"I remember at one point talking with Dr. Johnson and still being in a little bit of denial, like – can you give her something to make it stop? And Dr. Johnson was like, no, Clayton, this baby is coming tonight, so be ready."

By morning, Clayton and Nia had given birth to a beautiful baby girl. Kaidence, arriving as she did three months early, was whisked into the warm, high-tech comfort of the NICU, where an experienced team of neonatologists, neonatal nurse practitioners, nurses and other clinicians were ready with special technology and developmental care to help Kaidence grow and develop.



*Pictured is Madonna Meyer, RN – with baby Kaidence, the daughter of Clayton and Nia.*

A regional referral center for premature and ill newborns, Trinity's NICU is designed to support the whole family while providing for the infant's physical and developmental needs. There are 12 single rooms, plus additional rooms to

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accommodate twins and triplets. One room is designed for parents and baby to stay the night before leaving the NICU to prepare for the transition home.

Each room contains dedicated neonatal care equipment and a space for families to relax, rest and bond with their baby. A family lounge is also available with a kitchenette and seating areas if families wish to step away from the bedside. The NICU also features two nurses' stations with central monitoring and a dedicated milk prep room to ensure safe feeding.

Parents are an essential part of baby's care team and are encouraged to be with their baby as often as they'd like. In Clayton and Nia's case, that meant Nia would stay in Minot to be with their daughter while Clayton traveled back and forth from Minot to Fargo to tend to business and other matters. Their situation drew support from the Trinity Health Foundation, which chipped in with meal vouchers and other support.

"Trinity supported us in the way of being so very accommodating, allowing us to room in here at the hospital and not have to worry about hotels and so much travel back and forth," Clayton said. "It's been a lifesaver, a game changer for us as a family. There's no way we would've been able to handle the hotels, the food, the travel. All of that together would've been a whole lot for us, so Trinity has been great allowing us to room in here."



"They also gave me a lot of emotional support during all that was going on," Nia added. "Working with people at Trinity, it's not like you're a stranger to them. Everybody's very open. They tell you about their life experience as well as yours. They're very understanding of your situation. A lot of nurses and people on staff also have had babies in the NICU, so they gave us their experience and their stories, which made us feel a lot better."

Nia is embracing a hug from Jane Mosher before leaving the NICU to head home to Fargo in January.

Nia became a familiar face around the hospital. "I met basically everybody," she said. "Even people from the cafeteria welcomed me, asking me constantly how Kaidence was doing, where she was at the moment, and they were just really helpful on how I was feeling certain days as well."

Thanks to the NICU's holistic care, Kaidence progressed physically and developmentally, meeting all her developmental milestones. After two months it was time to go home.



Nia and Clayton receive a NICU graduation diploma and onesie for their little girl, Kaidence.

"She is the cutest baby I've ever seen," Clayton beamed. "I may be partial, but she's a little rock star, and so many people are looking forward to seeing her. We couldn't be more excited for the future."

He continued: "We didn't know which way to turn and that Trinity sign on the front of this building may as well been a halo. We are looking forward to watching our daughter grow and we have a lot to thank Trinity for that."



In early January Clayton, Nia and Kaidence left Trinity Health to go home to Fargo. The family is full of gratitude for all the support that they received during their time in Minot. The family joyfully shares that baby Kaidence and mom are healthy and doing well.

# Well Care continued from page 1

informed decisions to help assess health risks and discuss changes or concerns that a patient might have.

Trinity Health established a preventive care program earlier this year called Trinity Health Well Care. It's earning positive reviews as it helps patients get a jump on health problems.

"Well Care is an extension of our primary care services," said Buffie Salo, Vice President of Provider Network Organization. "Its role is to facilitate patients who need to schedule their Annual Wellness Visit (AWV) for Medicare or who would benefit by having expedited care in various situations, such as a post-emergency room visit or for preventive monitoring such as checking blood sugar levels."



Trinity Health primary care providers, such as Aaron Makens, MD, work closely with Rice to ensure that patients receive a comprehensive approach to care through Trinity Health's Well Care Clinic.

Amber Rice, FNP-BC, is Trinity's Well Care provider located at Trinity Health Medical Arts. She sees her role as complementing primary care. "It's been great to start seeing patients in Well Care," she said. "We partner with Trinity's primary care providers to complete Medicare Annual Wellness Visits and make sure patients are up-to-date on preventive care. In meeting with patients, I can help identify their needs and facilitate care."

Cindy Sorensen and her husband, Dick, have been among Amber's patients who have used this collaborative care approach that integrates Well Care into a patient's primary care experience. Although both have a primary care provider, they opted to see Amber for their Annual Wellness Visit.

"I was impressed with Amber; she was so helpful," Cindy said. "I saw it as an opportunity to focus on issues that you might not think of bringing up to your primary care provider. I mentioned to Amber that I'd been having trouble sleeping, and she recommended a magnesium supplement that has made all the difference."

Unlike a head-to-toe physical, an Annual Wellness Visit is more like a general health assessment and a review of one's ability to function safely in the home and community.

AWVs also can play a role in supporting primary care providers by increasing their efficiency. For example, Cindy's well care provider ordered a blood test prior to her visit with her primary care provider (PCP). As a result, her PCP had the test results in hand so he could review them with Cindy during her visit. "I just think (Well Care) is the smartest idea to come around in a long time," Cindy added. "Whoever came up with idea deserves credit."

Another example of how Well Care supports primary care: a gentleman without a PCP went in to see Amber in her Well Care clinic. He was having ongoing elevated blood pressure readings but didn't have an official diagnosis of hypertension and wasn't on any medications. Further examination also showed a cardiac arrhythmia.

"Because we were able to see him, he could get started on proper treatment and follow-up. Our goal is to partner with the PCPs and give patients the best care possible," Amber said.



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](mailto:DR4U@trinityhealth.org).



## Stroke Support Group Testimony



*“Not only does this support group help us go through life, but we’re able to let people know what to look out for.”*

- Sharleen “Shar” Vannatta,  
Stroke Survivor

Call **701-418-8518** to learn more about the free resource and support group.

## Cheers to the New Graduates



### Nurse Residency Program

Congratulations to the 11 graduates of Trinity Health’s Residency Cohort 14! The graduates will be kick starting their career with Trinity Health by serving patients in various areas of the hospital including Post-Anesthesia Care Unit, Postpartum, Intensive Care Unit, Pediatrics, Surgical, Gastroenterology, Emergency Trauma Center and the Medical Floor.



### EMT Program

Congratulations to the Trinity Health First Response EMT spring class of 2024! We are immensely proud of their dedication and readiness to serve our community.



### Radiologic Technology Program

Cheers to the May 2024 graduates of Trinity Health’s Radiologic Technology program. The nine graduates are going to shape the future of healthcare with their expertise in diagnostic medical sonography and radiologic technology skills.



### Diagnostic Medical Sonography Program

The three graduates were granted a conditional license by the North Dakota Medical Imaging and Radiation Therapy Board to practice sonography. The graduates will soon take the American Registry for Diagnostic Medical Sonography specialty examinations in OB/GYN and/or Abdomen to earn their full credential as registered sonographers.



## Cataract Surgery

The lens of the eye is a very important part of vision. Through the lens, light rays are refracted, helping a person see clearly. While clear at birth, over time this lens loses its clarity. A cataract is the clouding of the eye’s natural lens. People who suffer from cataracts often feel as though they are looking through a foggy or clouded window.

According to the American Academy of Ophthalmology, symptoms of cataracts include:

- Having blurry vision
- Seeing double
- Being extra sensitive to light
- Having trouble seeing well at night or needing more light when you read
- Seeing bright colors as faded or yellow instead

“They simply can’t see what they used to see,” said Darren Hill, MD, an ophthalmologist with Trinity Health. “Their vision is blurry, they have more difficulty reading even with their glasses on, and they need more and more light for reading and activities.”

Cataracts are “very common,” Dr. Hill said, adding that most common forms develop in people who are older. They also develop “faster in people who smoke or have underlying health conditions like diabetes.”

However, there are types that can develop in younger patients, sometimes even without underlying health conditions. “Most people would benefit from cataract surgery by the end of their lives,” Dr. Hill said, adding that by age 50, “almost everyone has some degree of cataract in their eyes.”

According to the National Eye Institute, more than half of all Americans age 80 years and older either have cataracts or have had surgery to get rid of cataracts.

There are other causes of cataracts, including:

- Having parents, siblings, or other family members who have cataracts
- Having certain medical problems, such as diabetes
- Smoking
- Having had an eye injury, eye surgery or radiation treatments on your upper body
- Having spent a lot of time in the sun, especially without sunglasses that protect eyes from damaging ultraviolet rays
- Using certain medications such as corticosteroids, which may cause early formation of cataracts

In its early stage, the cloudiness in vision caused by cataracts may affect only a small part of the eye’s lens; the minuteness may not even present as a visual problem. As the cataract worsens, it may lead to signs and symptoms that affect daily activities. Some early symptoms of cataracts can be controlled with new glasses, lighting, magnification and other visual aids. However, surgery is the only definitive treatment. Surgery is recommended when the cataract has progressed to the point where it is disrupting your everyday activities such as driving and reading.

Surgery involves moderate sedation in the operating room, with the administration of a series of eye drops to make the eye “numb and comfortable,” Dr. Hill explained. Once the patient is relaxed, “we essentially make tiny incisions in the eye and physically remove the cloudy lens and replace it with a permanent artificial lens.” There are several different lens options to choose from, and the newest technology lenses offer the potential to be completely glasses-free after cataract surgery. “We now have the lens technology to offer the cure for glasses, and the technology just keeps getting better,” says Dr. Hill.

The surgery takes about 15 minutes. Following the surgery, the wounds heal quickly. The patient then wears an eyepatch overnight. “People usually feel great the next day and are returning to full activity in less than one week,” he noted. “Vision often has settled by that time.”

If you see any visible symptoms of cataracts, Dr. Hill suggests making an appointment with your optometrist “to see if this can be corrected with glasses. If glasses can’t help, the optometrist would refer the patient to an ophthalmologist.”



Darren Hill, MD

**Trinity Health**  
**Speaker’s**  
**Bureau**

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





## For 50 Years, a Smile Has Been Her Calling Card

A warm smile and a kind word can go a long way toward success in life. Judy Gullickson has been putting that theory to the test her whole career.

One of Trinity’s most esteemed employees, Judy recently marked 50 years with Trinity Health. “I can’t believe it’s been that long,” she said. “I’ve enjoyed every bit of it.”

The associate took on a new role last year with the opening of Trinity’s Healthcare Campus and Medical District. She and colleague Tammy Torno were named patient access screeners, effectively becoming the first friendly faces that people encounter when they enter the new hospital’s grand atrium entrance.

“People come in and ask to see somebody in the hospital. We look on the computer to see if the patient can receive visitors or if there’s a privacy pin they need to give us. They get their visitor’s badge by scanning their driver’s license or entering information on the computer. We direct them to where they’re going and remind them to scan their badge on their way out,” Judy explained.

Although this screening process is used industry-wide and began at Trinity’s legacy hospital, it still catches some people off guard.

“We explain that when patients are admitted to the hospital, they’re asked questions about whether they want visitors or if they want visitor restrictions. Sometimes if a visitor needs a pin number to visit and they don’t have it they might get upset. We explain that this is how the process works, and they usually understand,” Judy said. “Or sometimes people wonder why they have to scan their badge on their way out. We tell them that the building is so big, we have to know who’s here so we know they’ve safety left.”

Judy began her career as a housekeeper in Environmental Services, taking care that patient rooms and other areas in the Family Birth Center, Emergency Trauma Center and nursing floors were whistle clean. An opportunity arose in 2008 when Trinity Health opened its Guest House and named Judy manager. It was a role she relished.

“I really liked the Guest House,” she said. “People would come in with friendly smiles, so grateful that they had this wonderful place to stay. Mamas who had babies in the NICU would ask if I wanted to see their babies, and out would come their phones.”

A self-described people person and talker, she sometimes would lend an ear to visiting guests into the wee hours of the night. “We quit taking phone calls at 11 p.m., and sometimes guests would come down because they couldn’t sleep or whatever. We’d start visiting thinking it would just be for a little while and before you knew it, it’d be 2 or 3 in the morning and we’d still be visiting.”

Judy has moved on from the Guest House, but her smile and friendly manner have remained assets, especially in times of emergency. “If we have to, we can call Security, but otherwise we just smile and try to talk with a quieter voice,” she said.

## Trinity Health Names New Nursing Leader



*Ben Anderson, MBA, BSN, RN joined Trinity Health’s senior leadership team in May and is excited to help meet the needs of our communities and improve the quality of health to the people we serve.*

Ben Anderson, MBA, BSN, RN, formerly a nurse administrator with the Mayo Clinic Health System, has joined Trinity Health’s Senior Leadership Team as Assistant VP/Chief Nursing Officer (ACNO).

Anderson will play a pivotal role in supporting Trinity’s mission to provide high-quality healthcare services to patients. He’ll work closely with Interim VP/Chief Nursing Officer Cynthia Dixon, MSN, RN, as she introduces and integrates him into Trinity’s system.

With over 15 years of nursing leadership, Anderson brings a wealth of experience to his new position. He has served in multiple leadership roles, including Nursing, Quality Improvement, Case Management, CV Services and Provider Operations.

For the past seven years, he has worked in association with Mayo Clinic Health System (MCHS), most recently serving as Nurse Administrator with MCHS in Southwest Wisconsin. In that role he had responsibility over 12 departments and nine clinic sites, including hospital-based rural health clinics and critical access facilities. Previously he served as nursing director at MCHS’s Onalaska Family, Pediatrics and Belle Square Clinic in Wisconsin.

A Minnesota native, Anderson has a Masters in Business Administration with a focus on Healthcare Leadership from Viterbo University, La Crosse, WI, and a Bachelor of Science in Nursing from Winona State University in Minnesota.

Ben’s wife, Lisa is originally from Max, ND. He, Lisa and their four children are looking forward to moving closer to their North Dakota family members.

# SAFESITTER

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

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

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

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

### 2024 Summer Class Schedule July 2, 3, 9, 10, 18

All classes are 8:30 a.m.-2:30 p.m.  
Prairie Rose 3, Trinity Health Hospital  
2305 37th Ave SW, Minot

Registration is required; please call the Trinity Health Community Education Department at 701-857-5099. **Due to the high demand for this class, the course fee of \$60 must be paid upon registration.**



## 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 – Now available!

- Cards
- Toys & Books
- Balloons
- Baby Items
- Flowers & Plants
- Candy & Snacks
- Stuffed Animals
- Toiletries
- Puzzles & Games

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**

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







## 7th Annual Fuel the Fight at Dakota Square Arco

The Trinity Health Foundation invites you to participate in the 7th Annual Fuel the Fight at Dakota Square ARCO on September 7 from 8 a.m.-5 p.m. 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, food truck, 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.

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/](https://trinityhealth.org/foundation/fuel-the-fight/) or call 701-857-2430. Twenty (20) 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.



To give or learn more about Trinity Health Foundation visit [trinityhealth.org/foundation/](https://trinityhealth.org/foundation/)

## Trinity Health Outpatient Pharmacy

Medical Office Building, 1st Floor  
2305 37th Ave SW, Minot, ND  
**701-857-7935**



## Chopper Drop

We're taking our upcoming 50-50 raffle to new heights to benefit the Trinity Health Cancer Exercise Rehab Program! Purchase a golf ball from the Trinity Health Foundation for a chance to win up to \$5,000 at our 2nd Annual Chopper Drop at Souris Valley Golf Course. Golf balls are sold for \$10 each or 3 for \$20; only 1,000 will be sold.

Once the golf ball is purchased, you will then receive an assigned golf ball number for the Chopper Drop that is scheduled on August 12, 2024. Trinity Health First Response Air will fly over the Souris Vally Golf Course, weather permitting, and pour the bucket of numbered golf balls out the window. The winner of the 50-50 cash prize will be the person whose golf ball matches the assigned number nearest to the target. If more than one golf ball ties closest to the pin, the winners will split the prize. Winners do not need to be present to win.

To enter the 50-50 drawing online, visit <https://www.trinityhealth.org/chopper-drop/>



## 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 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.



FFA teaches students to live and serve their community with a servant heart which is exactly what Stanley FFA Members Bailey Hawbaker, Harley DeJienne, Aubrey Locken, Audrey Dazell, Jordee Skaar, Trenedi Bartsad and Halle Larson show through their act of kindness.

## Stanley FFA Donation

Thank you to the Stanley FFA Chapter for making and donating tie blankets and care kits to the patients receiving treatment at Trinity Health CancerCare Center. Your thoughtfulness brings warmth and comfort to those in need.



# Welcome New Providers to Trinity Health

## Uche Agwai, FNP-BC

A member of our care team at Trinity Homes, Uchechukwu “Uche” Agwai, FNP-BC, is a board-certified nurse practitioner whose focus is working with the geriatric population. Working in coordination with staff throughout Trinity’s nursing care facility, Uche is dedicated to improving the health and well-being of nursing home residents so they can function at their fullest potential. Originally from Queens, New York, Uche earned Bachelor of Science degrees in Nursing and Psychology from Concordia College of New York and City University of New York respectively. She went on to complete her Master of Science in Nursing from Houston Christian University of Texas. Prior to earning her master’s, she worked as an RN at hospitals in Texas, Wisconsin and New York and served as a travel nurse during the pandemic and beyond, helping hospitals manage staffing shortages. A huge advocate for dogs everywhere, Uche hopes to someday establish her own canine rescue operation.



## Kaitlyn Burch, FNP-C

Trinity Health is pleased to welcome Kaitlyn “Kait” Burch, FNP-C, to our primary care team at Trinity Health Western Dakota. A board-certified family nurse practitioner, Kait offers primary care services to people of all ages for annual physicals, acute care visits, treatment of chronic health conditions and preventive care. In addition, she has strong clinical interests in diabetes care and behavioral health. A Washington State native, Kait moved to North Dakota in 2010 and has resided in Williston for many years. After earning an Associate Science degree from Williston State College, she received her Bachelor of Science in Nursing from Mayville State University. She went on to receive her Master of Science degree and nurse practitioner training from Frontier Nursing University in Kentucky. She previously worked as an RN in various Williston care settings and was part of the North Dakota Health Department’s COVID-19 Rapid Response Team during the pandemic.



## Colin MacColl, MD, FACS

Trinity Health is very pleased to welcome Colin MacColl, MD, to our general surgery team. Dr. MacColl is board-certified with over 30 years of surgical experience. He’s knowledgeable in all aspects of general surgery, with strong clinical interest in breast and bariatric surgery.



A Saskatchewan native, Dr. MacColl’s surgical interest was inspired by his mother, a nurse with a fly-in clinic that served multiple rural communities in northern Saskatchewan. Occasionally she needed to bring patients into their home to provide stabilizing care, including surgical procedures.

After earning his medical degree from the University of Saskatchewan-graduating with distinction, he completed a four-year general surgery residency at the University of Calgary, followed by a laparoscopic surgery fellowship at McGill university in Montreal. Later he completed his fellowship in laparoscopic bariatric (weight loss) surgery at Tufts University, Boston.

Dr. MacColl has practiced in Canada and the US. He was on the general surgery staff of Altru Health System in Grand Forks from 1999 to 2009. Prior to joining Trinity Health, he had a 15-year association with Peacehealth in Eugene, OR, where he established and directed the hospital’s bariatric surgery program.

Dr. MacColl is a fellow of the American College of Surgeons and Royal College of Physicians and Surgeons. He’s a member of the Society of American Gastrointestinal and Endoscopic Surgeons and the American Society for Metabolic & Bariatric Surgery. He also serves as Associate Clinical Professor of Surgery with the UND School of Medicine and Health Sciences.

## Amy Zabinski, NNP-BC

Trinity Health is pleased to welcome Amy Zabinski, NNP-BC, to our provider team in the Neonatal Intensive Care Unit (NICU). A board-certified neonatal nurse practitioner, Amy brings more than 20 years of NICU experience to her role, along with a passion for providing NICU care that is family-centered and evidence-based. The mother of a NICU patient, she received her Bachelor of Science degree in Nursing from the University of North Dakota and joined Altru Health System where she served many years as a staff RN in the NICU and later as a supervisor. She also worked as a public health nurse in Polk County, MN, advocating for families and youth. After completing her Master of Science in Nursing from Vanderbilt University, Nashville, she practiced at CHI St. Alexius and at Trinity Health as a locum tenens before becoming a permanent member of Trinity’s medical staff. She’s a member of the National Association of Neonatal Nurses and Academy of Neonatal Nursing.



## Michael Johnson, MD, FACS

Trinity Health is pleased to welcome Michael Johnson, MD, FACS, to our medical staff as an acute care surgeon. His focus is providing surgical care to patients in need of trauma, critical care and emergency surgery. A board-certified general surgeon and a Fellow of the American College of Surgeons, Dr. Johnson brings three and a half decades of surgical experience to his position. He currently serves as a Clinical Instructor in Surgery with the UND School of Medicine and Health Sciences. A Michigan native, Dr. Johnson earned his medical degree from the University of Michigan Medical School, Ann Arbor, and completed his internship and general surgery residency at the Medical Center of Delaware in Wilmington. Post-residence, he returned to Michigan to begin 30 years of practice encompassing general, trauma and vascular surgery. Later he turned to locum tenens of pace, serving patients in the upper Midwest, including Bismarck, Grand Forks and at Trinity Health. Impressed by Trinity’s new surgical facilities, he chose to return to permanent practice at Trinity Health. He and his wife of 40-plus years have four children and several grandchildren.



- Glasses
- Contacts
- Frames

Plaza 16  
2815 16th St SW  
Minot, ND

**857-7440**



# Trinity Health Welcomes New Human Resources Director



*Lisa Van Berkom, SHRM-CP, joined Trinity Health in May and looks forward to advancing the teamwork and passion that comes with developing and maintaining employee relationships through culture, recruitment and retention.*

Lisa Van Berkom, SHRM-CP, has joined Trinity Health's team of Human Resources professionals as Director of Human Resources.

An HR executive with over 20 years of experience, Van Berkom works closely with Vice President and Chief Human Resources Officer Jenny Marchiniak in managing the day-to-day operations of Trinity's HR department. She also plays a key role in developing and maintaining employee relationships that enhance job satisfaction, employee recruitment and retention.

A Lignite native, Van Berkom earned a bachelor's degree in Business Administration from Dickinson State University. She's held HR leadership positions in various industries including retail, manufacturing, agriculture and transportation. She was a Human Resources Officer for the Midwest Region of the National Park Service, a post that served employees in 15 national parks. Her experience also includes serving as a business partner, CEO and HR director for an entrepreneurial venture, Dakota Resource Transportation, which her family owned and operated for 13 years.

"We are excited that Lisa has joined our team," Marchiniak said. "Her experience in recruitment, talent management and employee relations will serve her well as we develop strategies that have a positive impact on our entire workforce."

Lisa is a member of the Society for Human Resource Management and is credentialed as a certified SHRM professional. During her spare time, she enjoys travel and spending time with her family.

# American Red Cross Summer Safety Tips

## Water Safety

Every day, an average of 11 people die in the U.S. from unintentional drowning—and one in five of those are children 14 years or younger according to the Centers of Disease and Control Prevention (CDC). The Red Cross wants everyone to know critical safety knowledge and skills that could save your life in and around the water. We encourage families to build confidence in the water by learning to be safe, making good choices, learning to swim and how to handle emergencies.



- Preventing unsupervised access to water, providing constant, active adult supervision and knowing how to swim are critical layers of protection to help prevent drowning.
- Classes to learn how to swim are available for both children and adults. Everyone should learn first aid and CPR too, so they know what to do in an emergency.
- It's best to swim in a lifeguarded area. Always designate a water watcher whose sole responsibility is to keep a close eye and constant attention on everyone in and around the water until the next water watcher takes over.
- Drowning behavior is typically fast and silent. Unless rescued, a drowning person will last only 20 to 60 seconds before submerging. Reach or throw, don't go! In the event of an emergency, reach or throw an object to the person in trouble. Don't go in or you could become a victim yourself.
- It only takes a moment. A child or weak swimmer can drown in the time it takes to reply to a text, check a fishing line or apply sunscreen.

## Camping Safety

If a camping trip is in your plans, know the level of ability of the people in your group and the environment around you. Plan accordingly.



- Pack a first aid kit to handle insect stings, sprains, cuts and bruises and other injuries that could happen to someone in your group. Take a First Aid and CPR course so you will know what to do in case help is delayed. You'll learn how to treat severe wounds, broken bones, bites and more.
- Sprains and falls are some of the most common misfortunes travelers may face. Falls are the biggest threat, many due to poor decision-making, lack of skill or not being properly prepared. Dehydration is also a danger. Plan ahead for these dangers.
- Share your travel plans and location with a family member, neighbor or friend.
- Bring nutritious food items and water, light-weight clothing to layer and supplies for any pets.

## Picnic Safety

Summer is a great time to get outside for a picnic. Follow these tips to prevent illness and keep everyone safe:



- Wash your hands, utensils and workstation before preparing the food.
- Separate uncooked meats, poultry, and seafood from ready-to-eat foods like salads, fruits, vegetables, cheeses and desserts. Use separate plates and utensils to prevent cross-contamination.
- Bring hand sanitizer if your picnic site doesn't have hand-washing facilities.
- If you are going to cook on the grill, bring a food thermometer to be sure grilled foods are cooked enough.

## Grilling Safety

Though more than three-quarters of U.S. adults have used a grill-yet grilling sparks more than 10,000 home fires on average each year. To avoid this, try these grilling safety tips:

- Always supervise a barbecue when in use. Don't add charcoal starter fluid when coals have already been ignited.
- Never grill indoors-not in the house, camper, tent or any enclosed areas.
- Make sure everyone, including pets stays away from the grill.
- Keep the grill out in the open, away from the house, deck, tree branches or anything that could catch fire.
- Use the long-handled tools especially made for cooking on the grill to help keep the chef safe.
- Don't leave perishable food out in the sun.

## Mosquitoes and Ticks

Don't let mosquitoes and ticks ruin your carefree summer fun. As we spend more time outdoors for activities like camping, hiking, swimming, picnicking

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# HR Hot Jobs

## Nutrition Assistant

As a Nutrition Services Assistant, you'll play a vital role in serving food to patients and guests while demonstrating empathy and understanding for diverse patient populations. Your responsibilities will include maintaining a high level of sanitation in individual work areas and the department; stock supplies and food items in work areas of the department and nursing pantries; and display exceptional customer service skills. This position may function as a patient tray passer, salads or cafe assistant. Will always uphold the department standards and expectations. ServSafe desired but will offer with employment. Apply now at [trinityhealth.org/careers](http://trinityhealth.org/careers)

## Certified Nurse Assistant

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 that 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 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/](http://trinityhealth.org/trinity-health-careers/certified-nursing-assistant/)



# Safety

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and barbecuing, there is a greater chance of getting bitten by mosquitoes and ticks. According to the American Mosquito Control Association there are 176 known species of mosquito in the U.S.-putting Americans at risk from coast to coast. And while mosquitoes may be the most obvious detractor from summer fun-ticks are silent but dangerous. Most active during warmer months (April to September), it is especially important to be vigilant of blacklegged ticks, more commonly known as deer ticks, especially if you live in the Northeast, Mid-Atlantic, North-central or Northwest.

Mosquitoes and ticks are more than just itchy and annoying-if infected, these pests can pose a major health risk to people by possibly transmitting diseases. Follow these tips to prevent mosquito and tick bites:

- Use insect repellents containing DEET (N, N-diethyl-methyltoluamide) when you are outdoors. Be sure to follow the directions on the package.
- Consider staying indoors at dusk and dawn when mosquitoes are most active.
- Wear long-sleeved shirts and long pants and tuck your pant legs into your socks or boots.
- Use a rubber band or tape to hold pants against the socks so that nothing can get under clothing.
- Tuck your shirt into your pants. Wear light-colored clothing to make it easier to see any tiny insects or ticks.
- When hiking in woods and fields, stay in the middle of trails. Avoid underbrush and tall grass.
- If you are outdoors for a long time, check yourself several times during the day. Especially check in hairy parts of the body like the back of the neck and scalp line.
- Inspect yourself carefully for insects or ticks after being outdoors or have someone else do it.
- If you have pets that go outdoors, spray with repellent made for their breed/type. Apply the repellent according to the label and check your pet for ticks often.
- Get rid of mosquito breeding sites by emptying sources of standing water outside of the home such as from flowerpots, buckets and barrels.

## Summer and Pets

Summer's heat can be dangerous for your family pets. Follow these steps to help ensure your pet stays safe this summer.

- Don't leave your pet in a hot vehicle, even for a few minutes. The inside temperature of the car can quickly reach 120 degrees even with the windows cracked open.
- Animals can suffer heat stroke, a common problem for pets is the warmer weather. Dogs with short noses or snouts, like the boxer or bull dog, are especially prone to heat stroke, along with

overweight pets, those with extremely thick fur coat or any pet with upper respiratory problems such as laryngeal paralysis or collapsing trachea.



- Some of the signs of heat stroke in your pet are heavy panting, being unable to calm down, even when lying down, brick red gum color, fast pulse rate and being unable to get up.
- If you suspect your pet has heat stroke, take their temperature rectally. If the temperature is above 105 degrees, cool the animal down. The easiest way to do this is by using the water hose. Stop cooling the animal when the temperature reaches 103 degrees.
- Bring your pet to the veterinarian as soon as possible as heat stroke can lead to severe organ dysfunction and damage.



## Fireworks

The safest way to enjoy fireworks is to attend a public firework show put on by professionals, at least 500 feet away from the show.

If you are setting fireworks off at home, follow these steps to help keep your community safe:

- Choose a location away from buildings and trees.
- Never give fireworks to small children, and never throw or point a firework toward people, animals, vehicles, structures or flammable materials. Always follow the instructions on the packaging.
- Be sure your spectators, including children and pets, stay well back.
- Keep a supply of water or fire extinguisher at hand. If you live in an area that's experiencing a drought, consider canceling the show this year-a stray spark that lands on dry grass or leaves can lead to a wildfire.
- Make sure the person lighting fireworks always wears eye protection.
- Light only one firework at a time and never attempt to relight "a dud."
- Store fireworks in a cool, dry place away from children and pets.

# C O M M U N I T Y

# CALENDAR

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

## Prepared Childbirth Classes

July 13, August 3, September 7

## Breastfeeding Basics

July 17, August 19, September 4

## Basics of Baby Care

July 15, August 5, September 9

## Sibling Class

July 16, August 6, September 3

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

## Upcoming July Events

### July 2

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

### July 13

Trinity Health's pediatric nurses will offer a free Car Seat Check from 10 a.m.-1 p.m. in the east parking lot of Trinity Health Medical Arts. No appointment is needed, but please bring your car seat and instructions, vehicle owner's manual and child using the seat (if possible). For more information, call 857-5413.

### July 17

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

### July 19

Free community Car Seat Checks will be available from 11 a.m. to 2 p.m. in Minot Fire Station 1, 2111 10th St SW. Appointments are required; call 701-837-5190. If leaving a message

please leave the following information-number of seats to be checked, make model of vehicle, ages of child(ren), brand and model of car seat and preferred time of check on scheduled date.

### July 19-27

At the North Dakota State Fair (NDSF), Trinity Health will provide information on the new Healthcare Campus and Medical District from 11 a.m. to 10 p.m. in the Commercial III building. Trinity Health is a proud sponsor of the NDSF.

### July 20

First Response Air and First Response Ground will participate in the North Dakota State Fair Parade that begins at 9:05 a.m. at the corner of Broadway and Burdick Expressway.

### July 23

At the North Dakota State Fair, Trinity Health's Home Health & Hospice department will provide educational information at the NDSF Family Day Festival.

### July 25

At the North Dakota State Fair, Trinity Health Regional Eyecare Center, Home Health & Hospice and stroke awareness will be featured at the NDSF Senior Festival.