

HealthyConnections

Fall/Winter 2016



What would you lose if
you lost your vision?

Page 6

Childhood ups and downs: Typical or cause for concern?



Most parents can attest: Raising kids means seeing them through a variety of ups and downs.

"Parents are usually the first to notice that their child may have a problem with emotions or behavior," says Loucresie Rupert, MD, a psychiatrist with special expertise in child and adolescent psychiatry who joined Winona Health in August. "But deciding whether specific behaviors warrant professional help can be difficult."

Dr. Rupert notes that it's helpful if parents can have a gentle, honest and open talk with their child about his or her feelings. Then, she says, "parents may want to talk with their child's physician, teachers, or other adults who know their child well to gain additional insight about their child's behavior."

At right are several indications that an evaluation by a child and adolescent psychiatrist or mental health professional may be helpful.

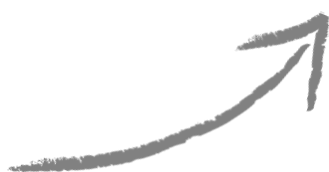
Source: American Academy of Child and Adolescent Psychiatry

Younger Children

- Marked fall in school performance
- Poor grades in school despite trying very hard
- Severe worry or anxiety, as shown by regular refusal to go to school, go to sleep or take part in activities that are normal for the child's age
- Frequent physical complaints
- Hyperactivity; fidgeting; constant movement beyond regular playing with or without difficulty paying attention
- Persistent nightmares
- Persistent disobedience or aggression (longer than 6 months) and provocative opposition to authority figures
- Frequent, unexplainable temper tantrums
- Threatens to harm or kill oneself

Pre-Adolescents and Adolescents

- Marked decline in school performance
- Inability to cope with problems and daily activities
- Marked changes in sleeping and/or eating habits
- Extreme difficulties in concentrating that get in the way at school or at home
- Sexual acting out
- Depression shown by sustained, prolonged negative mood and attitude, often accompanied by poor appetite, difficulty sleeping or thoughts of death
- Severe mood swings
- Strong worries or anxieties that get in the way of daily life, such as at school or socializing
- Repeated use of alcohol and/or drugs
- Intense fear of becoming obese with no relationship to actual body weight, excessive dieting, throwing up or using laxatives to lose weight
- Persistent nightmares
- Threats of self-harm or harm to others
- Self-injury or self-destructive behavior
- Frequent outbursts of anger, aggression
- Repeated threats to run away
- Aggressive or non-aggressive consistent violation of rights of others; opposition to authority, truancy, thefts, or vandalism
- Strange thoughts, beliefs, feelings, or unusual behaviors



Focused on children and adolescents:

If problems such as these persist, or if others involved in the child's life are concerned, consider speaking with your child's healthcare provider or scheduling an appointment with Winona Health child and adolescent psychiatrist

Loucresie Rupert, MD, LeAnne Morey, PA-C, or Andrea Salzmänn, LICSW.
Call 507.454.2606.




LeAnne Morey, PA-C
Behavioral Health



Andrea Salzmänn, LICSW
Behavioral Health



Loucresie Rupert, MD; Behavioral Health



"I can't thank you enough for all that you have done for me and my family. Our daily routines have dramatically improved. We feel like we always have a tool in our back pocket. I know that this year is going to be so great for our son because of the work you have done with him and the education you have provided us. Without you and this service, I truly believe we wouldn't be as far as we are."

— A grateful mom

IS IT JUST MY CHILD?

An occupational therapist may have the answer.

Some people associate Occupational Therapy with something one might need because of an injury, stroke or issues related to aging, but some occupational therapists also have expertise in helping children through many types of challenges.

"Parents are surprised to learn that we have techniques to help their child with physical developmental challenges, issues related to sensory integration or over or under reaction to stimulation," explains Emily Breunig, one of the Winona Health occupational therapists with special expertise in child sensory issues.

Emily notes that there is a range of "normal" behavior, but "Red flags" for sensory processing difficulties may include an intense negative reaction to having fingernails clipped or getting a haircut, textures of clothing or food, playing in the sand, or getting hands and face messy. The other extreme is an inability to feel pain after a bump or fall, or to be unaware of things on the face or hands.

Other concerns may be raised if a child is fearful of his feet leaving the ground; afraid of swinging or being tilted backward; constantly climbing, jumping or crashing into things; has trouble being still; or has difficulty with transitions or sleeping.

Emily says, "As Occupational Therapists, we can help form a 'sensory diet' to enhance or dampen input from a child's surroundings to improve their ability to function. It's rewarding to see the positive changes in the children we work with. And that can lead to happier kids and families."

For a referral to Winona Health's pediatric Occupational Therapy Services, contact your primary care provider, or call Winona Health Therapy Services at 507.457.4329.

DID YOU KNOW...

Occupational Therapy may help your child in these areas?

- Developing daily routines – including independent dressing, bathing, brushing teeth and self-feeding
- Fine motor coordination – including grasping utensils, writing skills, managing small items, operating zippers and buttons and tying shoes
- Identifying emotions and appropriate social interaction
- Wheelchair evaluations and independence
- Sensory integration—when your child has difficulty processing information from their surroundings
- Over/under-reactivity to various forms of stimulation or activity



Emily Breunig, OTR/L



Kyann Brown, OTR/L

What would you lose if you lost your vision?

Reading? Watching your favorite shows? Catching up on Facebook? Seeing the faces of your family and friends? What would you miss if you could no longer see?

Don't take your sight for granted. Just like regular dental appointments help you maintain your teeth, regular eye checkups can improve your vision and preserve it for as long as possible.

"I've been receiving injections to treat macular degeneration for about four years," said Bob Hoodecheck of Winona. "I've had the injections at

a different organization, and it's so much better at Winona Health. Dr. [Laurel] Quinn makes it much more comfortable. In fact, I've even felt up to going out on the town the same evening! It's also a lot less expensive at Winona Health! Most important, the treatment I'm receiving at the Winona Health Eye Care Center has been successful in saving my reading vision."

Have you put off your eye exam? Appointments are available! The Eye Care Center is located on the clinic third floor at Winona Health, 859 Mankato Avenue in Winona. **For more information about the Eye Care Center, visit winonahealth.org/eyecare. Same-day appointments are available. To schedule, call: 507.474.4760.**



"I chose the Winona Health Eye Care Center. I've had the injections at a different organization, and it's so much better at Winona Health. Dr. Quinn makes it much more comfortable. In fact, I've even felt up to going out on the town the same evening!"

- Bob H.

GET 'EM
CHECKED

Seeing what you love should last a lifetime.

When it comes to quality of life, your eyes are pretty important. So **GETTING 'EM CHECKED** is important. We make it easy! Now, with **THREE** eye care experts on staff, **SAME DAY** appointments are almost always available.

Make sure you'll see as clearly as possible for as long as possible: **GET 'EM CHECKED.** To schedule an appointment, call 507.474.4760.

GET 'EM CHECKED is an initiative of the Winona Health Eye Care Center.

Welcome Dr. LaLiberte!

In August, Optometrist Stephanie LaLiberte (pronounced La Liberty), joined Ophthalmologist Laurel Quinn and Optometrist Scott Pastryk in the Winona Health Eye Care Center.

Dr. LaLiberte developed an interest in optometry after going on mission trips to Lima, Peru with her Dad who is an optometrist. "What caught my interest was observing people put on a pair of glasses and actually seeing for the first time. It was life-changing." She cares for eyes of all ages, and discovered a special interest in pediatric optometry during a rotation with Children's Mercy Hospital in Kansas City.

"The first time I heard about Winona Health was from two of my patients while I was doing rotations. They said it was a great place and encouraged me to check it out," said Dr. LaLiberte. "I chose Winona Health because everyone I've talked to who works here absolutely loves it. I've always wanted to work in a healthcare setting where there is a sense of community and you can develop lasting relationships."



SAVE THE DATE:

FREE Health Talk: See Yourself in a Whole New Light
Thursday, January 19, 5:30 – 6:30 p.m.

Presented by: Stephanie LaLiberte, OD



Ophthalmologist? Optometrist? Optician?

What's the difference?

- Ophthalmologists are medical doctors (MD) who have completed four years of specialized eye training following medical school. Ophthalmologists provide eye exams, treatment of eye diseases and eye surgeries.
- Optometrists are eye doctors who have completed four years of specialized eye training after college. They provide eye exams and testing for eye diseases and conditions.
- Opticians are technical practitioners who fit and dispense corrective lenses, as prescribed by ophthalmologists and optometrists, to correct a person's vision.



Pictured left to right: Scott M. Pastryk, OD;
Laurel Quinn, MD; and Stephanie LaLiberte, OD.



Medicare Wellness Visits designed to keep your health in check

Many people have questions about their Medicare coverage. Here's the scoop!

There are two types of wellness visits covered 100 percent by Medicare:

1. Welcome to Medicare visit
2. Annual Wellness visit

All Medicare beneficiaries who have Part B receive one **"Welcome to Medicare"** visit. This visit must take place within the first 12 months of the effective date for your Medicare Part B coverage. After that, you may have an **"Annual Wellness"** visit every 12 months at no cost; the Part B deductible doesn't apply.

During your Annual Wellness visit, you can have other important preventive healthcare services completed or scheduled—at no cost. This may include a breast screening mammogram, prostate and colorectal cancer screening,

bone density screening, and free flu and pneumococcal vaccines. When scheduling an appointment, it is important to specify that your appointment is a Medicare Annual Wellness visit. Reviewing this information carefully ensures you receive the services you desire at your appointment.

For your convenience...

Your Annual Wellness visit can be conducted in conjunction with a clinic visit. There is no additional cost to do your Annual Wellness visit during that appointment..

Note: Your doctor or other healthcare provider may recommend you get services more often than Medicare covers. Or, may recommend tests or services that Medicare doesn't cover. If this happens, you may have to pay some or all of the costs. It's important to ask questions so you understand why your doctor is recommending certain services and whether Medicare will pay for them.

Details about all Medicare Covered Preventive Services are available online: <https://www.medicare.gov/coverage/>, or call your healthcare provider's office with questions.

Your healthcare provider's goal is to provide the care and information you need to help you improve your health. Are you up-to-date when it comes to taking care of your Health? **To schedule your appointment, call 507.454.3650.**

Winona Health takes wellness to school with GR8 Kids

"Studies show that around age 10, kids start making more of their own choices about what they eat and what they do, so if we want to have a positive influence on those choices, we need to reach kids before then," says Nicole Schossow, Winona Health community relations coordinator.

GR8 Kids is an eight-week classroom program for fourth graders. It covers nutrition, active living and even some aspects of emotional health. Last spring, Winona Health piloted the GR8 Kids program at St. Stanislaus Elementary School.

"We try our best to live a healthy and active lifestyle and having that reinforced through an exciting program at school was a fun learning experience for our son," says Laura Fitzgerald, whose son Elliot was a fourth grader last year.

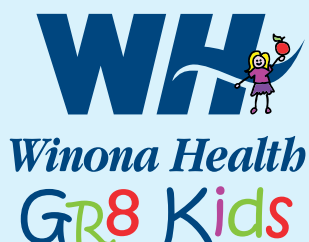
"Elliot talked about the program almost every week. He was very enthusiastic about having a journal to keep track of his eating habits and physical activity," says Laura. "He also enjoyed showing us how he had learned to read food and beverage labels, as well as how many servings of water and different foods he should have per day. Elliot is very active in sports, and it has been fun to keep track of how often he is exercising. He often uses the pedometer and the jump rope that were given to him during the program."

Laura notes that the GR8 Kids program has had a positive affect not only on her son, but on the whole family. "We have found that Elliot has gained a better understanding of what foods are healthier than others. We don't steer completely away from treats and sugars; however, I believe that this program has allowed us to cut back without as many questions from our children as to why."

In addition to continuing the program for fourth graders at St. Stanislaus, this fall GR8 Kids kicked off with all fourth graders at Jefferson Elementary School.

GR8 Kids is an extension of Winona Health's Healthy Kids program, which launched in 2007 to educate children about healthy lifestyles. The GR8 Kids program is one more way Winona Health is meeting its mission to improve the community's health and wellbeing.

For more information about Healthy Kids or the GR8 Kids program, call 507.457.4161 or visit winonahealth.org/healthykids.



Meet a few of our new healthcare providers!

	What's the best quick tip/advice you can give others about improving their health?	What's something not many people know about you?	If you could have a superpower, what would it be and why?	If you weren't doing what you're doing now, what would you have done?	I chose Winona Health because
 Andrew Millis, MD; Orthopedics & Sports Medicine	Stay active. It can improve mood, help maintain a healthy weight and lead to a more positive self-image.	I have two French bulldogs.	I'd like to be like ironman –be able to do what he does.	I would be a sports broadcaster/ commentator or a coach. I love sports and the values and lessons people can learn through them.	...of the opportunity to work with athletes and athletic teams at all levels including Winona State University. My wife and I also like this area and the fact that Winona Health is a community hospital and not a huge, spread-out system.
 Bobbi Jo Jensen, PA-C; Hospitalist	Walk every day.	I was once on stage with the Blue Man Group in Las Vegas.	Eternal healing power.	Cosmetology – I still do my daughter and all her friends' hair for prom.	...I like that it's close to where I live and that it's a smaller system geared for families.
 Bonny Thul, CNP; Hospitalist	A good healthy diet makes a big difference on your health – maintaining or fixing many medical issues.	I used to do endoscopies and colonoscopies when I was at John Hopkins.	To heal people with a touch.	Easy! If money was no object, I would have been an artist!.	...I've always wanted to serve in a smaller community where there are more opportunities to get to know the people I'm helping. I feel like this is a personal, friendly environment—you don't always find that in bigger healthcare systems.
 Matthew Coy, PA-C; Urgent Care	Be active – if nothing else, walk at least 30 minutes three times a week.	I'm a certified skydiver.	I'd like to be able to fly – could be everywhere faster.	Genetic counselor.	...it has a lot to offer service-wise yet it still seems like a family-oriented organization. The other healthcare providers here seem very open to sharing their expertise, and I'm always striving to learn something new.
 Gretchen Winandy, PA-C; Urgent Care	Stay active as long as you can.	I love to cook.	Flying- I'm afraid of flying on airplanes so being able to fly myself would make things much easier.	Become a pastry chef.	...because after going to school here, I wanted to move back. It's the prettiest place I've ever been, and it's a big enough healthcare organization to provide what people need, but it's small enough to have a sense of community. When I did an internship here, I enjoyed the way the staff worked together and how that made care more cohesive and convenient for patients.
 Tanner VanLith, PA-C; Hospitalist	Don't be afraid to ask questions about your health. Keep asking until you're sure you understand.	I have chickens in my backyard.	Read minds.	I'd have been a world traveler.	...I'm from a smaller town and was attracted to the home-like environment at Winona Health. I think it will give me an opportunity to get to know my patients and their families better.



Not going to show? Please let us know!

We understand that schedule conflicts arise or there may be reasons for cancelling your appointment. When that happens, please let us know as soon as possible so we can make that appointment time available for someone else. If you're not coming for your appointment, please give us a quick call: 507.454.3650. Thank you!

Generosity Inspires

Winona Health Foundation Newsletter

Tom's legacy lives on

Tom Schoen died on April 6, 2016 from cancer. A beloved chaplain for Winona Health and Winona Health Hospice, Tom's gentle compassion touched patients and staff in meaningful ways. "He made people feel loved and appreciated. He had a way of walking into a room and knowing who needed to be seen," said his daughter Valerie.

Tom was a gifted vocalist and incorporated music into his chaplaincy, providing comfort through song. His CD, "Songs for the Journey," was dedicated to "those on their own unique life journey, struggling to find peace and comfort," said his wife Faye. His own journey was cut short, but now, through the generosity of the Schoen family and the Winona Health Foundation, Tom's faith-filled guidance through life's ups and downs will continue. Hospice patients and families will receive the CD, a compilation of his most requested songs.

"It's a blessing to our family that Dad's music can live on in this special way. It is a continuation of his ministry, and we hope the gift of his voice will be comforting to others as they navigate their own life journey," said his daughter Natalie.



Even in the depths of his own cancer, Tom continued his calling to bring comfort to those in need. He saw his pain as a core part of his own journey, and even used it to propel his message forward. "God loves you and has a plan for your life," he would often say. His music will continue to give voice to that hope he lived to share.

"He made people feel loved and appreciated. He had a way of walking into a room and knowing who needed to be seen."

Generosity continues to inspire.

Robinson Healing Garden project grows

The empty space between Lake Winona Manor and the Winona Health cafeteria will soon be blooming with flowers and trees. The Robinson Healing Garden was conceived as an oasis for patients, families, visitors and staff to reconnect with nature.

The overall plan for the garden calls for 12 sections, each of which has been sponsored by a generous supporter. In fact, interest in the project was so strong that the gardens were all sold within two-and-a-half weeks of becoming available! Memorial benches were also popular, with 15 sold in the same time period. Those interested may still participate in the garden through the purchase of trees and two sizes of engraved pavers.

For more information, visit winonahealthfoundation.org/giving/healinggarden or call the Winona Health Foundation at 507.474.3328.



Robinson
Healing Garden

Ben & Adith Miller Classic raises \$210,000 for local Patient Care



Hans Serleth, MD; Xenia Straight; golf pro Tim Herron; Kari Nelson, PA-C; and Dan Parker, MD, were among the golfers at the Winona Health Foundation's annual B.A. Miller Classic.

On August 8 at Cedar Valley Golf Course, the Winona Health Foundation's Ben & Adith Miller Classic raised a record \$210,000

for the Ben & Adith Miller Patient Care Fund. The fund assists people who are in need of medical care but are unable to pay for it.

"The Ben & Adith Miller Patient Care Fund is a wonderful resource for our community," said Betsy Midthun, vice president of Community Engagement at Winona Health. The fund was established in 1986 by Benjamin A. Miller, a former Winona-area businessman and philanthropist, in honor of his wife, Adith.

Winona Health Foundation
Ben & Adith Miller
Classic 

WH Winona Health
FOUNDATION

Celebrate
A tradition of giving...

Enjoy the spirit of giving by making a gift in honor or in memory of the people important in your life. Your gift will support local healthcare services.

For more information or to make your gift online: winonahealthfoundation.org or call 507.457.4394.

Join us for the Trees of Light celebration. Gather with others who are honoring or remembering someone special.



Thursday, December 15, 5:30-6:30 p.m.

Winona Health • Clinic Lobby • 859 Mankato Avenue, Winona

Thank you for your generosity—

Gratitude comes in many forms. The following list is just one way we can say “thank you” for the generous support given to the Winona Health Foundation. Please note that the names reflect gifts received between April 1 and September 30, 2016.

Anthony Albrecht	William Cota	Brenda and Richard	Susan and Cary Kronebusch	Brook Noland	Judith and Ronald Schutz
All Trades Service, LLC	Heidi Crabtree	Gulbranson-Kaiser	Dr. William and Stephanie Krueger	Earl Nottelman	Barbara Schweiss
Altra Federal Credit Union	Betty and Gerald Crawford	Gundersen Health System	Karen Kuehntopp	NXC Imaging/Toshiba	Rose Marie and Kevin Seales
American Legion Auxiliary Unit No. 9	Crescent Printing Company	Sara Halvorsen	Linda Kuhn	Barbara Odegaard	Katie Semling
Diane and Daniel Amundson	Deborah and Ernest Culp	Dr. Katrina and Joe Hammel	La Boutique / Ship It	Jenelle O'Donnell	Karen and Tom Sibenaller
Lauren Anderson	Dairyland Power Cooperative	Susan and David Hanson	Laurel and Timothy Laib	Amparo and Kenneth Oevering	Monica and Eric Siegfried
Susan Anderson	Dalco Enterprises, Inc.	Rachael Harlos	Dr. Sarah and Josh Lallaman	Anne and Brian Oevering	Lisa Singer
Anonymous	Blake and Jessi Darst	Harvest House	Rebecca and Scott Lamberty	Orient Corporation of America	Nancy Slaby
Stacie Atherton	Dr. William and Judy Davis	Susan and Tony Hassinger	Clarissa Langdon	Susan Ozmun	Slaggie Family Foundation
Linda and Todd Atkinson	Julie and Darin Decker	Sheena Hauser	Sharon Lange	Amber Paetzel	Alyssa Slavin
Tamara and Gregory Averbeck	Vicki and Dennis Decker	Sheri Heim	Kathleen and James Lanik	Dr. Daniel and Suzanne Parker	Tina Smith
Heidi Bain	Jordan Dick	Jennifer Hemstock	Anne and Scott Larson	Diane Passehl	Debra and Randy Sobeck
Nancy and Gary Baker	Marilyn and Bill Dick	Gail and Craig Henderson	Eric and Jennifer Larson	Peerless Chain Company	Janneke and Christopher Sobeck
Roderick Baker and	Digicom, Inc.	Anne Hennessy	Amy Lawstuen	Cheryl Peterson	Lynda Sobotta
Moir Corcoran	Scott Doblar	Sandra and Richard Herold	Justin Lecher	Lori and Jonathan Peterson	Sodexo Health Care Services
Joellen Barak	Michelle Donahue	Randy and Kathryn Herrild	Teri and Robert Lee	Diane Petz	Maxine Speltz
Todd Barkeim	Andrea Dornbusch	Hiawatha Broadband	Vonnie and Mark Levenick	Kim and Jarrod Pflughoeft	Pamela Spencer
Melissa J. Barnholtz	Susan Drier	Communications, Inc.	Kristin Liedel	Michelle Pham	St. Anne Extended Healthcare
Tracy L. Barum	Laura Dubis	Robyn Hinz	Candace and Steven Liesch	Paula and Jeffrey Philipps	St. Rose of Lima Catholic Church
Tandra L. Bauman	Jonelle and Craig Duellman	Constance and Jeff Hodge	Erin Loppnow	Tori Pierce	Lori and Judd Stanislawski
Judith and Dean Belter	Mary Jo Duellman	Robin and Scott Hoeg	Yia Lor-Knepper	Kathleen and Anthony Piscitiello	Staples Advantage
DeeAnn and Dean Benke	Leah Dufault	Emily and Tyler Hoff	Kelly and Michael Lynch	Polyram USA-Creative Functional	Dacoda Stewart
Randall and Kim Benson	Barbara DuFresne	Hoff Celebration of Life Center	M Holland Company	Polymers LLC	Crystal Stickler
Shelly and David Berhow	Lucy and Michael Dunn	Joshua and Tessa Hoffman	Amy Macal	Nick Potter	Linda Sturm
Wanda Beyers	Earthquake Trucking	Joni Hohensee-Burbach	Ann and Richard MacDonald	Beth and Ray Poulin	Sugar Loaf Senior Living
Scott and Jane Biesanz	Jacqueline Ebner	Jan Holler and Mike Rose	Brenda and David Markegard	Darlene and Tom Pozanc	Kaitlyn Suhr
Dr. Scott and Deb Birdsall	Jesse and Paul Ebner	Bethany Holtegaard	Maroon Incorporated	PPG Industries	Cynthia and Timothy Teske
Dana Block	James and Mary Eddy	Gina Howlett	Helen and Russell Marsolek	Premier Security, Inc	Julie Tesmer
Steven and Ann Blue	Beth Eichman	Stela and Radoslav Hristova	Donna McBride	Audrey and Tim Pronschinske	Linda Theis
Cassie Boddy	Tami Ekern	Jennifer Huber	Theresa V. McCamley	Lori and Gordon Prudoehl	Emily Theismann
Cindy Boland	Jill Ender	Anna Hudson	Dean and Kathleen McClenathan	Peggy and Mark Przybylski	Lynn and David Theurer
Joy Boldt	Merry and David Enright	Lori and Kevin Hutter	Kate and Peter McColl	Dr. Laurel and Jason Quinn	Lisa Thomas
Helen Bollinger	Cheryl and Troy Evans	Hy-Vee, Inc.	Gina McRae	Kristine Raadt	Holly Thompson
Martha Bollman	Lyndie Fabian	Image'n That	MEP Associates	Stephanie Rae	Sarah Thorn
Katie Borkowski	Scott and Barb Fabian	Renee and Michael Isakson	Merchants Bank	Deena and Lee Rain	Dr. Jennifer Thuener
Natalia Borneman	Family Medicine of Winona, PA	ISC Financial Advisors	Roger and Ramona Metz	Laurie Raphael	Greg and Amy Townner
Theresa and Dan Brendel	Cathy and Chris Fangman	Heidi Jacobsen	Mary and Terry Meyer	Jennifer and Paul Ready	Travelers Insurance Company
Jillian Brevig	Fastenal Company	Thomas Jacobson	Drs. Mary and Christian Michener	Red Men Club	Richard and Shirley Twaddle
Bristol-Myers Squibb Company	Cynthia and Thomas Feltes	Cory Jamieson	Dr. Mark and Betsy Midthun	William and Randi Reinarts	Amanda Updike
Drs. Matthew and Laurie	Barbara Fetsch	Molly and Jacob Jensen	Michael Mihalek	Jessica Remington	Jenna and Beau Van Beek
Brogammer	Amanda Fitzgerald	Kathryn and Jim Jereczek	Janel and Jeremy Miller	Rich and Mary Ostlund	Claudine Van Meeteren
Jan and Paul Brosnahan	Dr. Jennifer Forsyth	Carol Johnson	Joseph and Leslie Miller	Family Fund	Edith Vandervort
Kyann Brown	Michael and Barbara Forsythe	Catherine and Doug Johnson	Miller Ingenuity	Joe and Kathy Riley	Dr. Nicole and Weley Varela
Lori Brownell	Tamara Fossum-Geiger	Karen Johnson	Tracey and Steve Mlynyczak	John and Kim Davis Rislove	Amanda Vinton
Brown's Medical Imaging	Amy Frank	Kathleen and Barry Johnson	Gerald and Barbara Modjeski	Kayla and David Ritter	Chad and Deann Vix
Luke Buehler	Delane and Amy Frauenkron	Tanya and Justin Johnson	Rich and Eugenia Moe	River Hills Dental	Deb Vogel
Sandra and Brian Burke	Cynthia Fuerstneau	Vicki Johnson	Kenneth and Sally Mogren	Riverside Electronics, Ltd.	Emilie and Travis Volkman
Brenda Burt	Sara and Mike Gabrick	Jumpstart Sales, Inc.	Dr. Carlos and Jill Morales	Suzanne and Scott Roberts	Kathy Wade
Jared Burt	Lisa and Joseph Gale	Kaplan, Strangis & Kaplan, P.A.	Traci and Bruce Morken	Jill Roraff	Linda and Mike Wadewitz
Jodie and Louie Byrne	Gallagher Benefit Services, Inc.	Megan Karr	Kelly and Russell Mosher	RSP Architects	Mark and Anne Olsen Wagner
Annette and Brian Calteaux	Chris and Erin Gervais	Toni Kaski	Peng Moua	Stacy Rubsam	Thomas and Denise Wagner
Jenna Carducci	Ryan and Amy Goergen	Michael Kasten	Pamela and Al Mueller	Sandra and Kim Sackreiter	Paula and Michael Walter
Cerner Corporation	Joseph and Mary Goldberg	Luke Keninger	Susan and Mike Mullen	Lance Schiltz	Kris and Scott Walters
Kris and Rick Cichon	Steven and Julia Goldberg	Robert Kierlin and	Irene and Albert Mulyck	Kristina and Joseph Schmoker	Heather Wangen
Amanda Cizak	David Graham	Mary Burrichter	Jessica and David Muras	Kimberly Schneider	Watlow Winona, Inc.
Lynne Clarke	Grant Thornton, LLP	Janice and Rodney Klagge	Bryan Murray	Allison Schoenecker	Amanda Weber
Rebecca Cleland	Virginia Green	April Klug	Eli Myers	Zachary Schoenike	Wells Fargo Bank
Clifton Larson Allen LLP	Julie Gregory	Robyn Knox	Melissa Nadeau	Nicole Schossow	Gina Wibben
Diane Coates	Joan Greshik	Lisa Koljard	Sally and Roy Nasstrom	Kristyn Schouweiler	Holli and Mark Wieser
Autumn Cole	Julie and Thomas Grier	Jerry Kouba	Norman and Carol Neiger	Kristi and Kellen Schulte	Wiman Corporation
Jeremy and Katie Compton	Marie and Tom Grossell	Anne and Keith Krage	Mechelle and Arnold Nelson	Jennifer and Ron Schultz	WinCraft, Incorporated
Suzanne Cooley and	Steven and Debra Groth	Cheryl and Paul Krage	Lee Newman	Rachelle and Robert Schultz	Leah Winecke
David Echeland	Michelle Gruber	Mary Kramer	Susan Nielsen	Stacy Schultz	Winona Agency
	Sandra and John Gruszynski	Alex and Judith Kreidermacher	Cheryl Nintemann	Dick and Sally Schurhammer	Winona Community Foundation

Winona Family YMCA
Winona Health Services
Winona Health Volunteers
Winona Heating &
Ventilating Company
Winona National Bank
Winona Nursery, Inc.
Winona ORC Industries
Winona State University
Foundation
Wm. Miller Scrap Iron &
Metal Company
Laurie and Rick Wunsch
Xcel Energy
Yamology
Chelsea Ziemer
Aida and John Zimmerman

In honor of
Happy Anniversary -
Kent and Sandy Erdmann
Dr. Horace and Rose Andersen

In celebration of the
wedding of Ann Olson
and Paul Himmler
James and Doris Killian
Mary and David Ludwigson

Courtney Hoeg
Robin and Scott Hoeg

Krista Hoeg
Robin and Scott Hoeg

Jon Kohner
Muriel and Dave Arnold
Dee and George Cipov
Jane Costello Cyrus

Karen and O. J. Fawcett
Carole Gardner
Harland and Pauline Knight
Candace and Steve Kohner
RTP Company
Dr. Charles and Judith Shepard
Albert Smith
Julie and Leonard Speck
Louis Speltz
John Tloughan

Marlene and Bob Kohner
Dr. Horace and Rose Andersen

Hugh and Vera Miller
Dennis and Karen Cleveland
Dr. Charles and Judith Shepard

Vera Miller
Mary and Dean Auna
Tom and Pam Cordes
Robert Kierlin and
Mary Burrichter
Barb Marg
Sheryl Miller
Shirley and Will Oberton
Julie and Michael Smith
Christine and Larry Stoltman
Bernadette and Glen Thicke

Traci Morken
Phyllis Prissel

Jerry and Pat Papenfuss
Dennis and Karen Cleveland

Dr. Daniel Parker
Michael and Cory Jamieson

Dr. Thomas Retzinger
Dr. William and Judith Davis
Dr. Arnold and Alanna Fenske
Michael and Teri Jacquart
Robert Kierlin and
Mary Burrichter
Eugene and Barbara Smith
Lynn and David Theurer
Ann Watkowski
Sandra and Jim Wood

Ernest Rossa
Barbara and William Colclough
James and Doris Killian

Robert and Beverly Stein
Dr. Horace and Rose Andersen

Ron Wells
Mary and Richard Schneider

Pamela Wood
Michael and Cory Jamieson

In memory of

Brigadier General
Norris P. Abts
Rhoda Abts

Gloria Ames
Eugene and Lois Frank

Ellen Armstrong
Westminster Presbyterian
Church
Richard Williams

Marlene Aeverbeck
Jody Snidarsic

John Ayoub
Stephanie Ayoub
Eunice Baer
Gayla Clemons
Anne Einhorn

Florence Badowich
James and Doris Killian

Phoebe Bambenek
Dr. David and Kathleen
Christenson
Darrell Downs and
Natalie Siderius

Karen and O.J. Fawcett
Jeanne and Philip Handke
Beatrice and Thomas Hoffmann

Laura and Frederick Krause
John and Mary Merchlewitz
Mark and Ann Merchlewitz
Anne Pellowski
Patte Peterson
Claire and Brian Wavinak

Betty Biltgeg
Marjorie and Ralph Perry

Marilyn Block
Marie and Wayne Knoll
Daniel and Sharon Littlefield

John Breitlow
Dr. Chris and Kathleen Carroll

Jennie Brendel
Jan and Paul Brosnahan

Audrey Bronk
Mary Bronk

Gloria Bronk
Joseph and Gloria Bronk

Shirley Budnick
Karen and Dave Kulas
Mickey Kulas
Sheila and Paul Skeels

James Burke
Mickey Kulas

Jeanne Burke
Kathleen and James Lanik

Pat Burke
Elizabeth and Conway Elton

Ruth and Susan Chastang
Mary Joyce

Jervey Christiansen
Winona Health Services

Marie Cooley
Winona Health Services

Diane Dale
Lorraine Ashelin

Elaine Datta
Shannon and A.J. Hanzel
Michael and Teri Jacquart
Faye Schoen

Arlene Demery
Winona Health Services

Leo Dick
Audrey and Tim Pronschinske

Susan Drazkowski
Margaret Cada

Thomas Drazkowski
Michal and Mark Roskos

Vernell Drazkowski
Michal and Mark Roskos
Karen Schneider

Marie Dunn
Richard and Suzanne Dunn

Mildred Ehlers
Marilyn and Gary Grob
Joann Hagedorn

Theresa Ellinghuysen
Devin Ellinghuysen

Richard Etnier
Sandra and Donald Curtin

Mary Farrell
Martin Farrell

Robert Fix
Steven and Linda Fix

Donald Forshee
Penny Forshee

Mark Full
Terence and Tina Full

Mary Ann Full
Terence and Tina Full

Alton Gile
Jesse and Paul Ebner

Carl Gora
Michael Jacquart

Carol Gorsuch
Meredith Clifford

Raymond Greenwood
Margaret Cada
Sharon and Dick Flatten
Ann Lubinski
Albert and Irene Mulyck

Tasha Hanson
Winona Health Services

Elizabeth Heaser
Kenneth and Patricia Heaser

Grace Heinemann
Michael and Teri Jacquart

Edward Hemmelman
Barbara and William Colclough
Edward and Kelly Hemmelman
Emilie Hemmelman

Mary Jean and James Ives
Beverly and Daryl Potter

Harold Hengel
Jan and Paul Brosnahan

Russell and Arvilla Herbert
Jerry Whetstone

Dorothy Herzing
Winona Health Services

Diane Iverson
Brian Iverson

Agnes Jenkinson
Shayna and Joseph Dais

Curtis Johnson
Lynn and David Theurer

Margaret Johnson
Patty Bunke
Cherie and Dennis McRaven

Nancy Paine
Douglas Thompson

Ethel Knapik
Margaret Cada

Mary Kohner
Fredrick Foss
Carol Galbus
Minnesota State College
Southeast Social Committee
Joyce Rocco

Syl and Marge Kohner
Marlene and Robert Kohner

Nora Kramer
Winona Health Services

Irene Langowski
Richard and Susan Brang

Darrell Loos
Janet and Duane Fakler
Sharon and Dick Flatten

Navis Marshall
Katherine M. Hovell

Sandra Matthees
Ronald Galewski
Winona Health Services

Charles Mettelle
Margaret Cada

Harold Mogren
Carol and Douglas Arnold
Gloria and Steven Keller

Marie Mueller
Marjorie and Ralph Perry

Karen Nystrom
Brian and Lynn Aldrich
Jean Billman
Susan Briggs
Kathleen and Stephen Delano
Joan and William McNeil

Sister Pam
Janet and Duane Fakler

Beatrice Petz
Winona Health Services

Margaret Pientok
Margaret Cada

Kenneth Poblocki
Mickey Kulas

Gerald Putz
Merlin and Patricia Ellinghuysen
Maurine and Walter Holzworth

Martin Renk
Barbara and Paul Jennett

Grace Riska
Michel and Timothy Benz
James Burke
Shayna and Joseph Dais
Terri and Greg Evans
Steven and Linda Fix
Marianne Hart
Wendy Larson
Daniel and Natalie Matejka
Michel Riska
Janice Tollefson
Jeanette Vilen



An evening to celebrate
BENEVOLENCE—

Join us as we recognize people and stories
that highlight generosity in our community

It's a blue affair! Come dressed as you wish—
blue jeans, blue cocktail dress, blue tie,
blue scrubs or blue suede shoes.

With BARBEQUE and
the BLUES—

Listen and relax to The Burke Band,
featuring a special appearance by
Kathleen Lanik, Winona Health Chief
Quality & Safety Officer.

Guardian Angels

The Winona Health Foundation's Guardian Angel program is a way you can make a difference while recognizing a physician, nurse, housekeeper or anyone at Winona Health who made a meaningful difference to you or a loved one. By making a gift in someone's honor, you are not only recognizing them for their care or service, you're also making a difference to other patients, residents and their families because your gift supports local healthcare programs and services.



Lucas Barbknecht

Tammy Grotjahn

Debra Bork

Audrey and Tim Pronschinske

Jenna Carducci

Robyn Knox

Andrea Cunningham

Mary and Marvin Larsen

Andrea Dornbusch

Kimberly Schneider

Dr. Steven Evelhoch

Mary and Marvin Larsen

Dr. Richard Ferris

Judy and Richard Oldham

Teah Glover

Kristi and Brant Deppa

Joni Hohensee-Burbach

Dr. Sarah and Josh Lallaman

Kimberly Schneider

Ahlex Kortsan

Kristi and Brant Deppa

Erin Latten

Anonymous

Benjamin Mahaffey

Tammy Grotjahn

Sheryl Miller

Brenda Boettcher

Bonnie Moen

Lois Durham

Joy Mueller

Terry Kaitala

Bryan Murray

Brenda Boettcher

Eli Myers

Bonnie and Steven Moen

Celina Nehmer

Brenda Boettcher

Judith Novotny

Kimberly Schneider

Dr. Kelli Ostermann

Dr. Sarah and Josh Lallaman

Dr. Daniel Parker

Shirley Eiken
Herb and Ruby Highum

Paula Philipps

Harold Risser

Zoe Podjaski

Brenda Boettcher

Laverne Pronschinske

Dr. William and
Stephanie Krueger

Grace Rasmussen

Kristi and Brant Deppa

Katherine Rothering

Kimberly Schneider

LuAnn Schmidtknecht

Kristi and Brant Deppa

Sally Schniepp

Kimberly Schneider

Julie Shelton

Bernadine Mayzek

Debra Smieja

Kimberly Schneider

Jennifer Spalding

Brenda Boettcher

Jamie Speltz

Mary and Marvin Larsen

Alicia Stardig

Mary and Marvin Larsen

Mary Styba

Kimberly Schneider

Linda Theis

Terry Kaitala

Dr. Amarjit Viridi

Bernadine and John Mayzek

Kris Walters

Elizabeth Drenckhahn

Mindy Ward

Beth and Tom Ede

Winona Health

PAA/PACU Staff

Kristi and Brant Deppa

To make a gift in honor of someone who was your guardian angel visit us in the Foundation office at Winona Health or online: winonahealthfoundation.org/guardianangel.

Anne Robertson

Lynn and David Theurer

Lorene Robertson

Lynn and David Theurer

Rita Rompa

Janet Rompa

Terri Ronnenberg

Michael and Teri Jacquart

Steven Rose

Winona Health Services

Henry and Cleora

Ruehmann
Marlene and Robert Kohner

Lois Schacht

Shelly Funk

Henry Scherdin

Toni Ambrosen
Dr. Horace and Rose Andersen
Eric Bartleson
Barbara Bass
Joyce Beard
Margaret Cada
Dee and George Cipov
Joan and Patrick Costello
Tambrey Dinges
Janice M. Drazkowski
Shannon and A.J. Hanzel
Mary and Ronald Hewett

Mickey Kulas

Margaret Lambert
Beverly and Richard Lindseth
Daniel and Natalie Matejka
Albert and Irene Mulyck
Gerald Paul
Donna Peplinski
Patricia Przybylski
Melinda and Jeff Reinardy
Elaine Scherdin
Jeanne and Thomas Schmidt
Mark and Julie Schneider
Donald and Karen Schultz
David and Lynn Theurer
Mary Wakeen
Lori Warren
Sheri White
Kelly Wooden
Kenneth and Janice Wooden
Nancy and Al Schneider

Thomas Schoen

Dr. Horace and Rose Andersen
Anonymous
Chris and Harley Antoff
Lorraine Ashelin
Nancy and Steven Bachler
Diane Barge
Dr. David and Kathleen
Christenson

Dee and George Cipov
Sandra and Donald Curtin
David and Nancy Dornfeld
Caroline Garman
Cheryl Hartert
Robin and Scott Hoeg
Brian and Ann Junker
Nicole and Brent Kimmerle
Elizabeth and Jerome Knuesel
Cheryl and Paul Krage
Virginia and Keith Laken
Ann Lubinski
Bonnie and Tim McBeth
Sheryl Miller
Dr. Ruth and James Moes
Rodney Opprecht and
Carl Sandquist
Donna Peplinski
Mary Kaye Perrin and
Donald Nelson
Marybeth and Keith Polus
Grace Reed
Susan Roehl
Laura and Paul Schaffner
Rachelle and Robert Schultz
Sheila and Paul Skeels
Geraldine and John Taylor
Brenda and David Terpstra
David and Lynn Theurer
Janis Vose

Kay and Robert Williams
Winona Health Services

Marilyn Scholmeier

Julie Stohr

Roylyne Schoonover

Kenneth Prigge
Winona Health Services

David Schwanke

Winona Health Services

David Selke

Mickey Kulas

Steve Semling

Winona Health Services

Mandeep Singh

Winona Health Services

Albin Slaby

Nancy Slaby
Winona Health Services

Judith Smith

Sharon and Richard Behnke
Ray and Colleen Cenfield
Dennis and Karen Cleveland
Marie and Herb Espinda
Carmen and Robert Keister
Sandra and Maynard Kelsey
Jane and Jerry Moen
Doris and Lawrence Oevering
Dr. Tom and Bonnie Retzinger

James and Susan Smith
Norma Swingdorf
Kenneth and Jacqueline Walsh

Darlene Sommers

Winona Health Services

Lillian Spencer

Grace Reed
Arlene Tullius

Frank Spika

Dorothy Abts
Gerald and Lillian Abts
Jeffrey Abts
Phillip and Hope Anderson
Walter and Marian Carroll
Sandra and Donald Curtin
Jose and Heidi Gaibor
Theresa Gilbertson
Katherine Hovell
Juliann and James Jones
Mary Joyce
James and Doris Killian
Kathleen and Frank Krumholz
Keith and Sue Krumholz
Elaine Spika
Brad and Joan Lossen
Jane Pavela
Rebecca and Steve Piechowski
Gloria and Virgil Smiley

LaJane Stender

Marjane Johns

Jake Stenzel

Kenneth and Dee Patzner

Leo and Mary Stoltman

Paula and Robert Shaw

Rita Sullivan

Mary June Zbylicki

Mathilda Thompson

Gina McRae
Winona Health Services

Meredith Ulstad

Rachelle and Robert Schultz

Inez Vietor

Winona Health Services

Gladys Volkart

Therese Carberry
Mary Gaertner
Candace and Steve Kohner
Daniel and Natalie Matejka
Grace Reed
Howard Volkart

Louise Weese

Audrey and Joe Wachowiak

If you would like to make a gift, please direct it to the Winona Health Foundation by mail:
PO Box 5600, 855 Mankato Ave., Winona, MN 55987, or online: winonahealthfoundation.org.

WH Winona Health
FOUNDATION



PO Box 5600 • 855 Mankato Ave. • Winona, MN 55987

Find us online:
winonahealth.org



Do you have spirit?

Join the more than 800 area women who are already enjoying the benefits of Spirit. Sign up now and receive a welcome gift! **It's easy and it's FREE.**

Visit winonahealth.org/getspirit to learn more and sign up!

Spirit of
Women

WH Winona Health