

# HealthyConnections

Spring 2015

## Yes! We do that. Cosmetic and Reconstructive Surgery.

Did you know you have access to two highly skilled cosmetic and plastic surgeons right here in Winona?

Whether the services you need are medically necessary, such as surgery after a hand injury, or something you simply would like to change about your appearance, such as loose skin or an oddly shaped nose, Winona Health surgeons, Steven Evelhoch, MD, and Hans Serleth, MD, can help.

"I love being able to provide an array of treatments and procedures that people choose to have done to improve how they look and feel about themselves. This, coupled with the staff's emphasis

on safe, high-quality surgical care, were the reasons I chose to practice at Winona Health," says Dr. Evelhoch.

"I chose this field because I like the fact that surgery often leads to immediate results," says Dr. Serleth. "I enjoy seeing patients who are thrilled with the outcome of their surgery."

Dr. Evelhoch and Dr. Serleth use the latest technology to show you the outcome you can expect from various treatment options.

### Now available at Winona Health

Cosmetic, plastic and reconstructive surgery: Hand, face, breast augmentation/reduction/reconstruction, laser treatments, tummy tuck, liposuction, facelift, brow lift, eyelid surgery, body contouring/sculpting, scar softening, spider vein treatment and much more.

For more information or to schedule a consultation, call: **507.457.7659**.

To learn more about Steven Evelhoch, MD, and Hans J. Serleth, MD, or plastic, cosmetic and reconstructive surgery at Winona Health, visit [winonahealth.org/cosmetics](http://winonahealth.org/cosmetics).



Steven Evelhoch, MD, (left) in the Cosmetic, Plastic and Reconstructive Surgery Department at Winona Health. Plastic, cosmetic and reconstructive surgeon Hans Serleth, MD, (right) in the photo documentation suite where patients can see potential procedure and surgery outcomes and have before and after photos taken.



### Welcome to the new Healthy Connections!

We're introducing the new, condensed Healthy Connections to bring you more timely information in an easier-to-read format. We hope you'll enjoy it. Your feedback is always welcome. If you'd like to share your thoughts, send us a note: [info@winonahealth.org](mailto:info@winonahealth.org).

**WH** Winona Health  
Healthy starts here

Find us online:  
[winonahealth.org](http://winonahealth.org)



Now at Winona Health...



And you can be a part of Spirit of Women at Winona Health.

Spirit of Women is a national network of hospitals dedicated to improving women's lives with innovative health and community programs. Spirit of Women Hospitals touch the lives of millions of women each year through the presentation of educational events and efforts to improve the health and wellbeing of women everywhere.

Spirit is how we care for you—the caregiver of everyone else. It's free to become a Spirit member at Winona Health.

## Be a part of **it**!

You'll receive:

- Advance notice of special educational and social events
- Monthly Spirit of Women email with helpful information
- Monthly upcoming events email
- Subscription to Spirit of Women Magazine
- Invitations to special events
- Free or discounted admission to Spirit of Women events
- Discounts, special offers and more!

To sign up for our **FREE** Spirit of Women program, visit [winonahealth.org/spirit](http://winonahealth.org/spirit).

### Upcoming Spirit of Women programs:

- Move! Keep Your Body Active
- Dog Days of Diabetes
- Move! Pain Management
- Connect: Digestive Health
- Answers: Keeping Your Kids Healthy
- Answers: Breast Cancer Screening
- SPARKLE – A special event!
- Alzheimer's: At a Loss
- Lies About Guys
- Connect: Yes, You Can! Goal Setting



## Give the *“Girls”* the gold standard



If you could choose a mammogram that was 41% more effective in detecting invasive breast cancer, would you hesitate? Winona Health Women's Imaging uses 3D Mammography (tomosynthesis), today's gold standard for mammography screening.

“Winona Health has the best of the best in mammography technology. We use computer-aided, 3D technology for screening and every aspect of breast care—so if there is an issue, our radiologists



Claudine Van Meeteren,  
Imaging Services Director

can examine it 'spot on' from every angle,” says Claudine Van Meeteren, director of Imaging Services at Winona Health. “It's like being able to read every word in a book without opening the cover.”

Has it been too long since your last screening mammogram? Are you over 40 and never been screened? Don't put it off another day.

Call **507.457.4320** (select option 1). Same-day appointments are available, so you can get it done when you want.

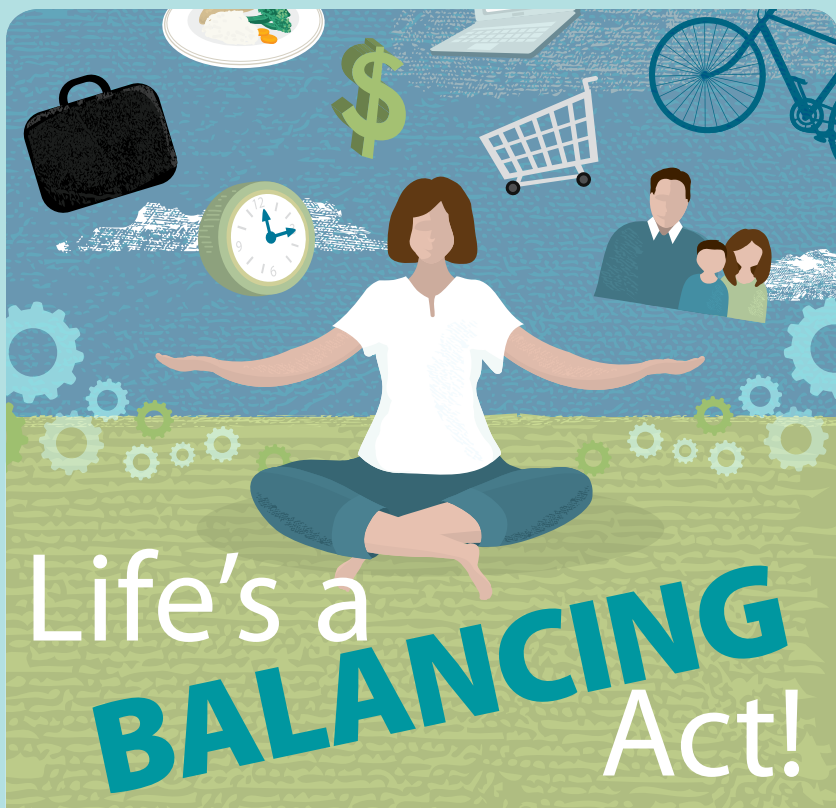
## Winona Health has the BEST OF THE BEST in mammography technology.

And when it comes to patient satisfaction, our mammography services are rated in the 96th percentile nationwide, according to Press Ganey, the leader in healthcare patient satisfaction measurement.

### What women are saying:

*“This was my first mammogram, and it was a good experience. I was impressed with staff and the technology. Thanks for doing such a great job and for caring about your patients.”*

*“They put me at ease.”*



With family, work, school, volunteering or other activities that make your life full, you don't have time for the serious health consequences associated with being overweight. Obesity contributes to several serious health conditions, including sleep apnea, osteoarthritis, abnormal menstruation, infertility, hypertension, heart disease, stroke, type 2 diabetes, liver and gall bladder disease, and even certain types of cancer.

"Behavior, environment, and genetic factors all contribute to obesity, as your body weight results from your genes,



Anna Hudson, RD

metabolism, lifestyle, culture, and socio-economic status," says Anna Hudson, RD, a Winona Health dietitian and wellness program specialist. "Though your genes may not determine whether or not you will be obese, they can affect how your body accumulates, stores and uses fat."

Childhood obesity, which has almost *tripled* in the past 30 years, is also a large indicator for adult obesity and includes the same health risks as adult obesity. When children are overweight, they are likely to experience more severe obesity as adults.

### Tips to help prevent or overcome obesity:

#### Ditch the sugar.

Replace sugary beverages and foods that are high in fat and sugar with water, fruits and vegetables. Just start with a fewer unhealthy options and more healthy options.

#### Put yourself first sometimes.

Go for a brisk 30-minute walk five days a week. It will help keep you in shape *and* boost your mood.

#### Limit screen time.

Limit time in front of the screen to one to two hours a day – especially for children, and encourage outdoor activity.

If obesity is a concern for you or your family, make an appointment with your healthcare provider to discuss what you can do to improve your health.



### Health Talk: Balance the Scale

Learn how to live well! Enjoy positive changes when you balance what you eat and your level of activity. You'll get practical, everyday tips at "Balancing the Scale," presented by Anna Hudson, registered dietitian and wellness program specialist at Winona Health.

**Date:** Thursday, June 11, 5:30 - 6:30 p.m.

**Location:** Winona Health

**Admission:** FREE — RSVP by Tuesday, June 9

**To Register:** Call 507.457.4161 or online: [winonahealth.org/spirit](http://winonahealth.org/spirit)

## Briefly...

### They chose Winona Health.

These healthcare providers are joining our medical staff:

- Leo Passov, MD, Psychiatrist (May)
- Mark Midthun, MD, Psychiatrist (June)
- Jennifer Forsyth, DO, Family Medicine (July)
- Andrew Stowell, PA-C, Behavioral Health (July)
- Chris Watras, MD, Emergency Medicine (July)
- Vicky Haines, MD, General Surgeon (October)

Download our directory of services and healthcare providers: [winonahealth.org/directory](http://winonahealth.org/directory).

### Unique opportunity for women who are pregnant:

Did you know pregnant women are encouraged to exercise 150 minutes per week? Winona Health Women's Health Center is currently enrolling low-risk pregnant women in exercise research programming in collaboration with Winona State University. If you are pregnant, ask your obstetrical provider about



this exciting research opportunity or for more information, call 507.457.2577. Participants will be reimbursed for their time through a WSU Foundation Special Projects grant.

### Coming Attractions:

Get the scoop on upcoming events with our free monthly email.



To sign up: [winonahealth.org/events](http://winonahealth.org/events).

### Your opinion matters—And we love feedback!



**Send us an email**  
[info@winonahealth.org](mailto:info@winonahealth.org)



**Say hello on Facebook**



**Join us on Twitter**  
[@winonahealth](https://twitter.com/winonahealth)

# Generosity Inspires

## Winona Health Foundation Newsletter



Generosity and health; we give to make someone else's life better. And, according to a 2013 study by United Health: Doing Good is Good for You! Those who give money and/or time feel it impacts their health and wellbeing. The study reported 94 percent said giving improves their mood and 76 percent said it makes them feel healthier. And while they're feeling better, they're also helping all kinds of other people who benefit from their generosity. So it is a win/win!

I invite you to check out the generosity opportunities on our new foundation website; [winonahealth.org/foundation](http://winonahealth.org/foundation). You'll find stories about how generosity has made a difference in peoples' lives, along with testimonials from volunteers on the joy of giving time. You'll also find opportunities to help you feel healthier — by giving!

Betsy Midthun,  
VP of Community Engagement

## *Celebrating generosity...*

Dr. Chuck and Judy Shepard have been named the Ben and Adith Miller Community Service Tribute recipients for their dedication to improving life in the Winona area. The Shepards have given countless hours to the community, and their work reflects their passion for nature, the environment, history and education.

Judy's involvement has benefitted a number of state parks, the Minnesota Land Trust, Camp Winona and Camp Olson YMCA. She is an active volunteer at the Winona County Historical Society, and has taken on leadership roles not only there, but also for the Winona Community Foundation and the Winona Family YMCA.

Dr. Shepard, an internal medicine physician at Winona Health, has had an impact on countless community

members through his medical practice. He served for eight years on the local school board and helped to found the Friends of Education, a group instrumental in passing an operating levy for the Winona Area Public Schools. He has been a leader in Trout Unlimited, the Winona Family YMCA, and the Minnesota affiliate of the American Heart Association.

The award was presented at a special event on April 7. Hugh and Vera Miller and RTP Company generously gave \$25,000 to the Winona Health Foundation's Ben & Adith Miller Patient Care Fund in the Shepards' honor.



Dr. Chuck and Judy Shepard, Ben & Adith Miller Community Service Tribute recipients, with Hugh Miller on right.

## Generosity of Time

Volunteer “brightens up the days” of Lake Winona Manor residents



**Joanne Kleinman, Volunteer**

Molly Jensen, RN, Director of Nursing for Lake Winona Manor, sings the praises of volunteer Joanne Kleinman. Jensen says, “She does a wonderful job! She really brightens up our residents’ days! She takes time and really visits with them, or sings with them, and she also prays with them. Please clone her as we would love to have more just like her!” Kleinman has been volunteering at Lake Winona Manor for almost five years, and she says, “The day I’m not having fun, you won’t see me anymore. It’s amazing the stories that people want to share. They want people to know who they are.”

### *Special thanks to the following volunteers—*

Over the years, these volunteers have given extraordinary amounts of time to benefit the patients, residents and staff at Winona Health: **Mary Brenno** 10,500 hours, **Diane Barge** 9,000 hours, **Marlene Walther** 5,500 hours and **Carole Matejka** 3,500 hours.

## *Auxiliary elects new board members, chooses project to fund for 2015*



**Kim Schwab**



**Bernadette Thicke**



**Sue Anderson**



**Irene Mulyck**



**Barb Pozanc**

The Winona Health Auxiliary recently chose executive board members for the upcoming year. Kim Schwab will serve as Auxiliary president and Bernadette Thicke as vice-president. Sue Anderson will be assuming the duties of the secretary and Irene Mulyck is the treasurer, supported by Barb Pozanc, assistant treasurer.

Every year, the WH Auxiliary chooses a project on which to focus their fundraising efforts. This year, the rehabilitation rooms in Lake Winona Manor will be receiving a facelift thanks to Auxiliary funds. Molly Jensen, RN, Director of Nursing for Lake Winona Manor, explains, “We are planning to update our existing rooms to create a

more healing environment for the patients and residents we serve on that unit. Our goal is to make the rooms look and feel more like home.” The rooms, which are often a resident’s first exposure to Lake Winona Manor, still reflect the era in which they were first built. They will be updated to better embody a calm and restful atmosphere,

with enhancements like new furniture, window treatments, updated bathrooms and new light fixtures. Kim Schwab, Winona Health Auxiliary president, says, “The rooms will have a warm, peaceful and comforting feeling...that will help patients heal and recover as they transition back to living independently again.”

## Stuffed animal donation makes a big difference



Owen Suffrins recently received services at Winona Health. Upon arrival, he was given a new stuffed animal that had been donated by a Winona Health supporter. Pluto kept Owen company throughout his journey.

The Winona Health Emergency Department (ED) became a “plusher” place, thanks to the actions of one anonymous person. The woman dropped off a large bag of brand new stuffed animals to be given to children in the ED. She did not want to be thanked, and said she was just “paying it forward.” Years ago, the woman’s granddaughter accompanied her single mom, who needed emergency services, to the ED. During what was a scary experience for a young child, a staff member gave the little girl a stuffed animal to comfort her. The granddaughter, now sixteen, still has that stuffed animal companion. And now, thanks to her grandmother’s generosity, more children in the ED will receive that gift of comfort in a time of need.

## Lake Winona Manor bus fund goal getting closer

The Lake Winona Manor bus is becoming closer and closer to a reality, due to a brother, a sister, and a dancer. When Sue Hegland Booth was a resident of the manor, she was very excited about the possibilities that the bus would provide, allowing residents access to many community resources. When Sue passed away in February, her children Bryan Hegland and Kristi Peterson, grateful for the compassionate care Sue received, wanted to honor her dreams—with a donation of \$2,000 toward the purchase of the bus.

The bus fund will get another boost on August 15—the date of the annual “Dancing with the Winona Stars” competition. Steve Blue, President and CEO of Miller Ingenuity, is putting on his dancing shoes in honor of his parents to benefit the Lake Winona Manor bus fund. The event raises money for a wide variety of causes every year, and it’s exciting that Mr. Blue has chosen our bus fund to receive the results of his hard work.

Cliff Burmeister, a Lake Winona Manor resident, enjoys an outing on the river.



## 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 January 1, 2015 and March 31, 2015.

Eileen K. Abraham  
Alice M. Abramson  
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Mikrut</b> Winona Health Services <b>Dawn R. Miller</b> Anonymous June & Ronald Hawley Francis Maschka Tammy & William Stiever Mark A. Vieth Winona Health Services <b>Winifred A. Monahan</b> Marie Knoll <b>Karen Nystrom</b> Rhoda Abts Jerry & Patty Kellum Diane & Robert Larson H.N. Bud Nystrom <b>Eugene O'Brien</b> Peg Coda <b>Arlyn Olmsted</b> Peg Coda <b>Connie Pederson</b> Deb R. Vogel <b>Rachael Pflughoeft</b> Winona Health Services <b>Joseph E. Plaisance, Sr.</b> Merlyn & Marlene Klebig Winona Health Services <b>Fred A. Prierwert</b> Julie & Rick Galewski <b>Charlotte J. Reidel</b> Marlene M. Kane Trudy & Daryl Reidel Winona Health Services <b>Tom Reuter</b> Winona Health Services <b>Donald Roberson</b> Winona Health Services <b>Rita Rompa</b> Janet A. Rompa <b>Chris Roskos</b> Winona Health Services <b>George Schneider</b> Nancy J. Schneider <b>Barbara Schuett</b> Roxanne & Doug Borkowski Mary & Richard Schneider Barbara & Dennis Trombetta <b>Donna M. Schuppenhauer</b> Lorraine M. Ashelin <b>Lois Schutz</b> Cory & Michael Jamieson Winona Health Services <b>Glenn L. Sholes</b> Julie & Rick Galewski <b>Leo &amp; Mary Stoltman</b> Paula & Robert Shaw <b>Leonard A. Strange</b> Mickey Kulas <b>Vern Van De Brake</b> Winona Health Services <b>Phoua Vang</b> Winona Health Services <b>JoAnn Wittenberg</b> Bob Kierlin & Mary Burrichter <b>Kenneth F. Ziebell</b> Dolores H. Ziebell <i>In honor of</i> <b>Gayla R. Clemons</b> Diane Barge Carol & Jim Hill <b>Betty R. Datta</b> Diane Barge Carol & Jim Hill	<b>Dr. Arnold Fenske</b> Jacqueline J. Mahlke <b>Lois Gernes, RN,</b> <b>on her retirement</b> Lorraine M. Ashelin Jon Christensen Dee & George Cipov Brian & Ann Junker Jacqueline J. Mahlke Roger & Ramona Metz Patricia D. Przybylski Dr. Charles & Judy Shepard <b>Dr. Katrina Hammel</b> Robin & Scott Hoeg <b>Courtney K. Hoeg</b> Robin & Scott Hoeg <b>Krista I. Hoeg</b> Robin & Scott Hoeg <b>Virginia &amp; Keith Laken</b> Diane Halleck <b>Betsy Midthun</b> <b>on 5 years of service</b> Joy Boldt <b>Dr. Dennis Nolan</b> <b>on his retirement</b> Alice M. Abramson Lorraine M. Ashelin Dee & George Cipov Diana & Michael Cyert Dr. William & Judy Davis Bob & Ruth Gronewold Dan & Dorothy Hoyt Brian & Ann Junker Ann L. Kendrick Bob Kierlin & Mary Burrichter Betty Knuesel Jacqueline J. Mahlke Bonnie & Tim McBeth David & Judy Mertes Roger & Ramona Metz Dr. Charles & Judy Shepard Lynn & David Theurer <b>Richard &amp; Judy Oldham</b> James & Susan Hoefs <b>Dr. Daniel Parker</b> Mary & Jim Eddy <b>Happy birthday to</b> <b>Mary Kaye Perrin</b> Deborah M. Niebuhr <b>Sandra Pope</b> Diane Barge Carol & Jim Hill <b>Dr. Bryan Reed</b> Mary & Jim Eddy <b>Linda Reed</b> Lindsey & Michael Posey <b>Janet Rompa</b> Marie Fidler <b>Linda Rose</b> Jesse & Paul Ebner <b>Dr. David Rowekamp</b> Eric P. Rowekamp Todd Rowekamp & Laura Lenz <b>Thomas Schoen</b> Rhoda Abts <b>Dr. Charles &amp; Judy Shepard</b> Steven & Sharman Akre Susan J. Briggs Mary Kaye & Vernon Bunke Dee & George Cipov Dr. Bill & Judy Davis Vicki & Dennis Decker Karen & O.J. Fawcett Judy Gerdes Robin & Scott Hoeg Tom & Bea Hoffmann Dr. Jim & Jenny Kahl Diane & Michael Kennedy Pauline & Harland Knight Roger & Ramona Metz Kathy M. Palmquist Kay & Peter Walsh <b>Francis L. Zeches</b> Barbara J. Hultgren
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## Farmers Market Fresh – Wednesdays at Winona Health

Beginning Wednesday, May 27, the Farmers Market is coming to Winona Health. The Winona Farmers Market is a local organization that invites producers of home-grown fruits, vegetables, flowers, herbs, honey, eggs, cheese, syrups, baked goods, meats and more to share their harvest with area residents.



Along with fresh produce and home-grown goods, Winona Health will have experts on hand providing information and recipes to help you get the most from your Farmers Market purchases.



### Winona Farmers Market

#### Wednesdays at Winona Health

**Date:** Wednesdays, May 27 - September 27, 2:30 - 5:30 p.m.

**Location:** Winona Health Campus – lawn near clinic

For more information, call 507.457.4161.

#### Saturdays - Downtown Winona

**Date:** Saturdays, May - October, 7:30 - 12 p.m.

**Location:** Second and Main Street N.

