

HealthyConnections

Summer 2015

Eliminating the agony of de feet

"Your feet are a complex system of bones, ligaments, nerves and muscles that work together to help you do what you want to do," notes Tom Nachtigal, DPM, one of three podiatrists at Winona Health.

Because feet are so complex, and because of the demands placed on them every day, it's not uncommon for problems to develop. According to Dr. Nachtigal, plantar fasciitis (fass-see-eye-tis) is one of the most common causes of foot pain—specifically heel pain.

"Plantar fasciitis occurs when the ligament band connecting the heel to the ball of the foot gets stretched and strained and pulls on the heel bone, leading to inflammation," explains Dr. Nachtigal. "Usually, the most severe pain occurs where the plantar fascia inserts into the heel bone."

Symptoms of plantar fasciitis include pain in the bottom of the heel when first getting up in the morning or after long periods of sitting. Usually there is a gradual onset, but sometimes it comes on suddenly—triggered by an increase in activity level.

Common causes of plantar fasciitis include overuse of the feet without adequate rest, wearing the wrong kind of shoes or shoes that don't fit right. Age, weight gain, change of activity and a high, flexible arch structure also may be factors.

If you're experiencing symptoms of plantar fasciitis, Dr. Nachtigal advises, at the very least, putting an arch support in your shoes. "Start with a good, over-the-counter support. You also can do stretching exercises, and put ice on your heel—try rolling your foot and heel over a

frozen water bottle. Taking an over-the-counter anti-inflammatory, such as ibuprofen, also may ease the pain."

But sometimes symptoms won't go away with home treatment.

"People who are more active generally come in sooner because they want to be able to stay active," says Dr. Nachtigal. "There are many treatment options. We'll determine the extent of the issue and begin with the most conservative approach possible to get you back to doing what you want to do—pain free."

If foot pain is preventing you from doing what you want to do, it's time to have it checked out. No referral is needed to schedule an appointment with a podiatrist, but coverage depends on your insurance, so it's a good idea to contact your insurance company first.



From diabetic foot care to total ankle replacements, Winona Health podiatrists help keep you on your feet. To schedule an appointment, call 507.474.FEET (3338).

Winona Health podiatrists (l-r): William Hanson, DPM; Mike Donnenwerth, DPM; and Tom Nachtigal, DPM.

Find us online:
winonahealth.org



WH Winona Health
Healthy starts here

The Dog Days of DIABETES



"When I learned I had diabetes, I had no symptoms. I figured if you ignore it, it doesn't exist. But that's not the case," says IdellAnn Larson of Winona (pictured at right). Larson has dealt with a number of health issues including numbness in her legs, which can be attributed to diabetes.



"I call diabetes the job you didn't want, you don't like and you can't quit," says Ann Heesacker, RN, CDE. Heesacker and Sue Haug, RD, LD, CDE, are certified diabetes educators at Winona Health.



Ann Heesacker, RN, CDE



Sue Haug, RD, LD, CDE

"We begin with an assessment to learn about each person's individual needs," explains Heesacker. "We don't take a 'one size fits all' approach. We want to help each person meet his or her goals to live the longest, healthiest, happiest life possible."

Heesacker notes there are three treatment options for diabetes, and the person who has diabetes is 99-percent in charge of these things:

- What you put in your mouth
- What you do for physical activity
- Whether you take your medication as prescribed

Heesacker encourages those with diabetes to learn how to take charge right away. "Diabetes is very manageable with the right information and attitude—and a little help from your friends at Winona Health."

"Ann and Sue became my team. They empowered me and, with their help, I'm back on track," says Larson. "I'm not hungry. I'm not so tired. I have energy, and I feel so much better."

Healthy starts here.

Diabetes education at Winona Health is usually provided by a dietitian and a nurse. Most people see both educators, but you might see one or the other, depending on your needs. The dietitian and the nurse are Certified Diabetes Educators, which means they have been nationally recognized for expertise in Diabetes Self-Management Education.

Most insurance companies cover Diabetes Self-Management Training (or education) when it is ordered by the provider you see for diabetes. Check with your insurance company to see if you are eligible.

You should know:

If diabetes is on one side of you family, there is a 25-to-35 percent chance you'll develop it. If it is on both sides of the family, your risk goes up to 60 to 100 percent.



Best ways to prevent or delay diabetes:

- Lose roughly 7 percent of body weight
- Get at least 30 minutes of physical activity at least 5 days per week.

If you think you'd benefit from diabetes education, talk with your primary care provider or call 507.457.4521.

A B A B Maybe?

Thinking about expanding your family? For couples attempting pregnancy, there is a 15-to 20-percent chance of pregnancy per month. Within one year of trying, 85 percent of women will become pregnant. However, 10-to 15-percent of couples may have difficulty conceiving a baby.

If you and your partner have been considering pregnancy or trying to have a baby for a year or more without success, consider scheduling an appointment with a women's health provider. Our clinicians can offer reassurance along with answers to your fertility questions.

"Fertility can be affected by age and physical factors related to both male and female reproductive organs," notes Melissa Richards, MD, one of three obstetrician/gynecologists in the Women's Health Center at Winona Health.

"The first step in determining a plan for couples who are having trouble conceiving is a reproductive health assessment." Our clinicians offer initial fertility testing that is non-invasive and looks at both male and female factors. In addition, Winona Health providers offer a range of fertility services that include assisting with ovulation and intrauterine insemination (IUI).

"Once we determine the most likely cause of the problem, we discuss various treatment options, possible side effects



L-R: Suzanne Cooley, certified nurse midwife (CNM); Melissa Richards, MD, OB/GYN; Troy Shelton, MD, OB/GYN; Tara Suffrins, certified nurse practitioner (CNP); and Scott Birdsall, MD, OB/GYN.

and the potential for the treatment to be effective," says Dr. Richards. "Meeting with your healthcare provider is also a great opportunity to prepare for a healthy pregnancy, which can reduce the risk of complications."

If you've been trying to get pregnant for a year or more, schedule an appointment in the Women's Health Center at Winona Health, call 507.457.7701.

Briefly...

Community Care Network receives Community Benefit Award

Winona Health's Community Care Network (CCN) received the Minnesota Hospital Association 2015 Community Benefit Award. Pictured (l-r) are program coordinators Cassie Boddy, MSW, LGSW, and Paula Philipps, RN. The CCN is a proactive approach to care that provides nonmedical and medical support, resources and education for people managing chronic illnesses such as COPD, diabetes, or



mental health issues. To learn more, call 507.494.5724.

MEDICARE Coverage

Do you have questions about your Medicare coverage? Stop in our business office located on the clinic first floor, or find information online at winonahealth.org/medicare.

Healthy starts here— with weight loss support

Winona Health has been awarded a grant from the Minnesota Department of Health's Statewide Health Improvement Program (SHIP). SHIP grants help communities develop and implement programs to "create good health." Winona Health is using the grant to develop an adult weight loss program, and is currently conducting a pilot program. The 14-week program with weekly classes touches on all aspects of health management – healthy eating,

physical activity, and mental health. Based on the results of the pilot program, Winona Health will roll out the program to the community this fall. More details coming as plans are confirmed.

Connect with us!

-  **Send us an email**
info@winonahealth.org
-  **Say hello on Facebook**
-  **Join us on Twitter**
[@winonahealth](https://twitter.com/winonahealth)

I chose Winona Health.



"One of the reasons I chose Winona Health is because when I interviewed, I could tell that the people here are sincere and they are committed to doing things right. This is also a beautiful place to raise a family."

- Andrew Stowell, PA-C
Behavioral Health

These healthcare providers also chose Winona Health and are coming soon!

- **Mark Midthun, MD**, Behavioral Health (July)
- **Jennifer Forsyth, DO**, Family Practice (July)
- **Chris Watras, MD**, Emergency Medicine (July)
- **Andrew Stowell, PA**, Behavioral Health (July)
- **Tim Huang, MD**, Orthopedics (August)
- **Laura Chesher, CNP**, Urgent Care (August)
- **Stephanie Frisch, PA-C**, Urgent Care (August)
- **Vicky Haines, MD**, General Surgeon (October)

Generosity Inspires

Winona Health Foundation Newsletter

Volunteering Runs in the Family

Winona Health volunteers sometimes think of themselves as family, but for three local women, it's literally true. Carol Byrne, her daughter Shelley Alseth, and Shelley's daughter Danielle Alseth are all active volunteers at Lake Winona Manor.

Carol started volunteering in 2001, after her mother passed away, as a way to pay back the kindness she and her family had received at Winona Health. When Danielle was 13, she began volunteering through the Junior Volunteer program. Shelley got in on the action two years ago, on Easter Sunday. At the time, Carol was helping residents at Lake Winona Manor get from their rooms to the chapel for Sunday worship services. She realized that on Easter, she was going to need some help. She reached out to her daughter and

granddaughter, who responded enthusiastically, and the trio has been helping in that capacity ever since.

Shelley says that one of the reasons she keeps volunteering is the way the residents brighten up when she comes in to help them. "The looks on residents' faces show how much they appreciate you." Danielle agrees that they are "super grateful." Carol states that while Manor residents have the ability to watch the worship services on TV, there's something special about being there as a part of a community, and that's something the residents value.

All three women agree that they get more out of their volunteer experiences than the residents do. Shelley says that when she sees a couple who has been married for fifty or sixty years, it gives her hope. Carol has a regular resident who refers to her as "an angel," and there's one who takes great delight in teasing Danielle about her dimples. The women enjoy the camaraderie they have with many of their "regulars," and their Sunday morning experiences give them a lift for the week.

Family traditions may vary, but this family's volunteering has provided a way for three generations to bond, to work together, and to bring a little more joy to the residents of Lake Winona Manor.

Pictured (l-r): Winona Health Volunteers Carol Byrne, Danielle Alseth and Shelley Alseth.

Thank you to the following volunteers who have achieved over 2,500 or more cumulative hours of service as of December 31, 2014. Their generous gifts of time and energy are greatly appreciated.

10,500 Hours

Mary Brenno

9,000 Hours

Diane Barge

5,500 Hours

Marlene Walther

3,500 Hours

Carole Matejka

3,000 Hours

Sally Schultz

Roberta Warnken

2,500 Hours

Candace Kohner

Kim Schwab

Winona Health Auxiliary is always looking for energetic and enthusiastic individuals willing to share their valuable time and talent. More than 350 active volunteers contribute thousands of hours of service through Winona Health and senior services. If you're looking for a fulfilling opportunity to dedicate your time through an experience rich in history and meaning, become a Winona Health Auxiliary Volunteer. **For more information, visit winonahealthfoundation.org/volunteering or call 507.457.4342.**



Behavioral Health Unit Updated

End tables with the finish worn completely off. A hodgepodge of conference room chairs. "Rugged" chairs and "rough" tables in the day room. The inpatient behavioral health unit furnishings had seen better days. With support from the Winona Health Auxiliary and the Winona Health Foundation, the unit is looking better—and feeling better—for patients and visitors.

Auxiliary funds helped purchase four beds, tables and chairs for the day room, a conference table and chairs, and dining room furniture, as well as cling art for the walls. John Rislove, director of Behavioral Health Inpatient Services, says that while a patient in the throes of a mental health emergency may not be too concerned with the furnishings, it makes a difference to the overall appearance of the unit, making everything look much more professional. Patients' friends

and family notice the difference, too, and appreciate the unit's updated, more welcoming look. Rislove compares the new look to taking the time to chart a patient's progress accurately.

"When the charts are neat and orderly," it's easier to see that "the work is clinically sound." The new look of the unit assures visitors, friends, and the patients themselves that patients are well cared-for, valued and important.



AFTER

Dancing with Winona Stars



DANCING for the BUS!
Steve Blue, President & CEO,
Miller Ingenuity

Steve Blue is dancing to raise money for a new bus that will accommodate 10 to 14 people and wheel chairs. The new vehicle will be used to transport residents from Lake Winona Manor, Adith Miller and Roger Metz Manors, and Senior Living at Watkins to life-enriching experiences in the community.



DANCING for KIDS!
Merchants Bank, "Business Loans
and Broken Bones"

The Merchants Bank team will be dancing to enhance the caring environment for our pediatric population, birth to age 21. The WH Peds Department cares for over 7250 children each year and tends to over 350 newborns. The money raised will provide educational and stimulating experiences for our youngest patients, including new exam tables and a play area.



DANCING for HOSPICE!
Traci Morken, CNP, Winona Health
Internal Medicine

Traci Morken, nurse practitioner, is dancing to raise money for Winona Health Hospice, a team-oriented program which provides support for those who have a terminal illness. Hospice improves comfort and increases peace of mind for patients and their families who use Winona Health Hospice services. Our program cares for over 200 patients each year.

**Dancing with
Winona Stars**
Saturday, August 15, 2015
WSU's McCown Gymnasium
Show starts at 7:30 pm

To make a donation to any of these three funds, you can donate online at winonahealthfoundation.org/dance or call 507.457.4116. There are also Dancing with Winona Stars canisters located in the front lobby of the Winona Clinic and in the cafeteria as well as in various departments. For more information on the event or to purchase tickets, visit dancingwithwinonastars.com.



From Flashdance to Friendly

Kris Cichon, director of Inpatient Services, says that families of pediatric inpatients often mentioned that it was too bad that there was no good technique to “hide” an IV needle from an anxious or curious child, to prevent them from picking at or dislodging it. A grandmother was inspired to bring in a leg warmer, which worked beautifully.

Volunteer Judy Ledebuhr heard the success story and started knitting. She is involved in “Knitting for Others,” a group that meets at a local shop called Yarnology. She had made

baby hats, shawls and blankets, but the IV covers were a new experience. She says it took her “about three tries” to get the sizes right, but she has since mastered the art of knitting the IV covers. She feels that knitting “is a nice pastime and, when you’re retired, you have the time to help people.” The covers, which Cichon says, “improve and enhance the inpatient pediatric experience,” are now making Winona Health pediatric patients’ encounters with IV needles a little less scary.

2015 High School Scholarship Recipients

Winona Health is pleased to announce the 2015 recipients of the Winona Health Scholarship Program for Graduating High School Seniors Seeking a Career in Healthcare. Thirteen students were chosen based on a review of their healthcare career goals, academic excellence and community service experience. Each winner receives a \$1000 scholarship for their first year in college that can be renewed up to four years if specific conditions are met. The recipients and career pursuits include:

Cochrane-Fountain City High School:

- Andy Alleman, Saint Mary’s University, Physical Therapy
- Jill Hiebert, University of MN Mankato, Nursing
- Carley Hilt, Edgewood College, Child Life
- Tylor Jilk, Stanford University, Pre-medicine

Cotter High School:

- Jennifer Beranek, Creighton University, Anesthesiology
- Calli Marg, St. Catherine’s University, Occupational Therapy
- Bryanna Meier, Winona State University, Nursing
- Alex Strelow, Winona State University, Nursing

Galesville-Ettrick-Trempealeau High School:

- Megan Hoppe, Winona State University, Nursing
- Julia Oanes, University of WI Madison, Nursing

Winona Senior High School:

- Kaytee Johns, University of WI LaCrosse, Psychology
- Michael Lubahn, Clarke University, Physical Therapy
- Elaina Smith, Winona State University, Psychology

For more information about scholarships at Winona Health, visit winonahealthfoundation.org or call 507.474.3328.

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, 2015 and May 31, 2015.

Joanne E. Ahrens	Judith E. Belter	Gail Butler	Gloria & James Dotzler	Sara S. Gabrick	Susan & David Hanson	Barbara & James Jabrosky	Harland & Pauline Knight
David J. Allen	DeeAnn G. Benke	Jodie A. Byrne	Downtown Dental	Carol Galbus	S. Quinn Hanzel	Duane & Carol Jackels	Candi & Steve Kohner
Horace J. & Rose M. Andersen	David Benson	Margaret E. Cada	Susan J. Drier	Lisa & Joseph Gale	Shannon & Jim Hanzel	Erika Januschka	Marlene A. Kohner
Jenald L. Anderson	Deborah Benson	Annette E. Calteaux	Paula G. Drumm	Julie & Rick Galewski	Susan & Tony Hassinger	Carol A. Jefferson	Lisa A. Koljord
Lauren E. Anderson	Randall S. Benson	Jenna N. Carducci	Jonelle & Craig Duellman	Carole Gardner	Brittney N. Hatter	Molly Jensen	Mary Kosek
Anonymous	Shelly R. Berhow	Amanda K. Ciszak	Mary Jo Duellman	Carol M. Garman	Sue A. Haug	Kathryn M. Jereczek	Jerome Kouba
Katy S. Anthony	Diane L. Bernatz	Frances Cleary	Leah Dufault	Lois J. Gernes	Sue K. Hauser	Carol M. Johnson	Irene E. Krackow
David & Muriel Arnold	Sandra Berndt	Rebecca A. Cleland	Lucy & Michael Dunn	Melissa M. Gerry	June E. Hawley	Karen M. Johnson	Anne & Keith Krage
Troy T. Atherton	Wanda J. Beyers	Gayla R. Clemons	Jesse & Paul Ebner	Brenda L. Ginther	Kenneth & Patricia Heaser	Kathleen L. Johnson	Cheryl & Paul Krage
Linda J. Atkinson	Jane & Scott Biesanz	Dennis L. Cleveland	James & Mary Eddy	Ryan C. Goergen	Karla & Michael Heinz	Tanya J. Johnson	Mary K. Kramer
Tamara J. Averbek	Kristin & Jake Biesanz	Meredith R. Clifford	Judy & Steven Ellinghuysen	Carolyn K. Goplen	Renée L. Heller	Vicki Johnson	William R. Krueger
Steven L. & Nancy J. Bachler	Fred & Pat Blacklock	Cochrane Fountain City	Douglas J. Emanuel	Kathleen Gorski	Jennifer & Travis Hemker	Judith R. Jorgensen	Richard J. Kulas
Helen M. Bagshaw	Cassie M. Boddy	Class of 1984	Jean S. Engler	Diane J. Gottschalk	Gail Henderson	Mary S. Joyce	Laurel A. Laib
Heidi C. Bain	Marcella M. Boehmke	Jeremy R. Compton	Cheryl L. Evans	Debbie & Al Greenwood	Anne T. Hennessy	Dragana Jurkovic	Sarah A. Lallaman
George Ball	Brenda L. Boettcher	Gloria Conner	Carol Evanson	Lindsey J. Greer	Sandra K. Herold	Megan M. Karr	Rebecca A. Lamberty
Joellen J. Barak	Joy M. Boldt	Gloria & Karl Conrad	Scott S. Fabian	Thomas & Julie Grier	Luann & William Heublein	Toni Kaski	Sharon L. Lange
Melissa J. Barnholtz	Helen E. Bollinger	Tom & Pam Cordes	Janet & Duane Fakler	Gail A. Grimm	Sherry L. Hill	Jill & Eugene Keiper	Kathleen & James Lanik
Darlene A. Bartleson	Martha A. Bollman	Betty R. Crawford	Cathy L. Fangman	Beverly Gross	Robin J. Hoeg	David H. Keller	Arleen Larsen
Mark Bartleson	Linda H. Bouck	Dr. William & Judith Davis	Karen & OJ Fawcett	Marie K. Grossell	Jonni K. Hohensee-Burbach	Kendell Doors & Hardware, Inc.	Leon Larsen
Paul Bartleson	Susan J. Briggs	Elizabeth Day	Feltes	Sandra A. Gruszynski	Bethany Holtegaard	Ann L. Kendrick	Eric K. Larson
Ken Bartsch	Jan P. Brosnahan	Joan Day	Dr. Arnold & Alanna Fenske	Virginia Grzadielewski	Gina Howlett	Mary Kerns	Leitha & Rollis Larson
Tracy L. Barum	Kyann Brown	Audrey G. Deblon	Marie Fidler	Brenda J. Gulbranson-Kaiser	Stela V. Hristova	Jean S. Kertzman	Amy J. Lawstuen
Marland L. Beeman	Sherry & Karroll Bublitz	Julie M. Decker	Christine M. Fiereck	Donald Gylling	Patricia & Ralph Hubbard	Kelly A. Kessler	Donovan J. Leaf
Lynne M. Beier	Mary Burrichter &	Kristi G. Deppa	Christine & John Fitzgerald	Michelle L. Hagen	Jennifer L. Huber	Robert A. Kierlin	Justin Lecher
Trisha A. Bellock	Robert Kierlin	Marilyn P. Dick	Nancy Flatten	Sara Halvorsen	Anna J. Hudson	James & Doris Killian	Teresa L. Lee
ZinaBeth Bellock	Brenda M. Burt	Diane M. Doebbert	Cynthia Fuerstneau	Katrina Hammel	Linda Isbrand	Janice L. Klagge	Kristin M. Liedel
	Susan R. Bushard-Albright	Nancy & David Dornfeld	Terence M. Full	Scott M. Hannon	Marjorie E. Ives	April Klug	Candace & Steven Liesch

Erin R. Loppnow
Ann M. Lubinski
Amy Macal
The John D. & Cathine T.
MacArthur Foundation
Gabriel & Cecilia Manrique
Brenda L. Markgard
Helen Marsolek
Windi Matagi
Bonita S. McBeth
Donna J. McBride
Gina R. McRae
Sandra Meixell
Merchants Bank
Mary L. Meyer
Michaels Energy
Mary S. Michener
Betsy & Mark Midthun
Michael Mihalek
Janel L. Miller
William Miller
Todd A. Mitchell
Tracey L. Mlynzack
Rich A. Moe
Kenneth & Sally Mogren
Carlos E. Morales
Kelly M. Mosher
Peng Moua
Karen A. Muckala
Susan M. Mullen
Irene & Al Mulyck
Jessica L. Muras
Susan D. Murphy
Lynn M. Nankivil
Mechelle B. Nelson
James & Carol Neppi
Lee P. Newman
Cheryl A. Nintemann
Dennis & Patricia Nolan
Brook A. Noland
Anne E. Oevering
Karla Osby
Marlene Ostrem
Susan J. Ozmun
Jane & James Palmer
Kathy & Dave Palmquist
Deanna Parkison
Carol & Larry Partington
Marie A. Pehler-Gernes
Donna M. Peplinski
Cheryl A. Peterson
Mark & Kathie Peterson
Patte C. Peterson
Paula M. Philipps
Tori L. Pierce
Chad Pike
Pink Flamingo Bridge Club
Miriam & John Potter
Nick Potter
Beth R. Poulin
Darlene M. Pozanc
Phyllis Prokopowicz
Audrey M. Pronschinske
Lori A. Prudoehl
Peggy J. Przybylski
Kevin D. Quinn
Patricia A. Quinn
Kristine M. Raadt
Laurie A. Raphael
Jennifer L. Ready
Kathryn E. Redig
Mary Jo Redman
Dr. Thomas & Bonnie Retzinger
Christina Rice
Joe Riley
John P. Rislove
Margaret Roberts
Suzanne J. Roberts
Curtis A. Rohrer
Janet A. Rompa
Scott & Linda Rose
Michal & Mark Roskos
Steven Roth
RTP Company
Russell & Associates
Elden W. Salwey
Betsy B. Sawyer

Elizabeth L. Scarborough
Kathleen Schappe
Elaine & Henry Scherdin
Lance A. Schiltz
Kristina L. Schmoker
Jeraldine M. Schneider
Kimberly A. Schneider
Marilyn A. Schneider
Mary & Richard Schneider
Nancy J. Schneider
Donna J. Schott
Robert Schuett
Lucille Schuettelpz
Patricia Schuller
Kristi L. Schulte
Jennifer S. Schultz
Judith L. Schutz
Lou Anne W. Schwarz
Barbara J. Schweiss
Bonnie & Richard Scott
Charles & Nancy Scovil
Sheri Scudieri
Jeff Seeley
Jane Sevoid
Marlene Shadle
Paula J. Shaw
Dr. Charles & Judy Shepard
Linda A. Shepardson
Karen A. Sibenaller
Jessica L. Singer
Nancy A. Slaby
Pamela K. Slocum
Jody S. Snidarsic
Debra J. Sobeck
Lynda S. Sobotta
Rick & Jami Spitzer
Carolyn D. Standlee-Hanson
Tammy J. Stiever
Larry & Christine Stoltman
Cynthia M. Teske
Julie A. Tesmer
The K Foundation
Sara A. Theisen
David & Lynn Theurer
Lisa K. Thomas
Holly M. Thompson
Roscoe & Martha Thompson
Jennifer E. Thuenner
Greg R. Towner
Bonnie & Carl Troke
Richard & Shirley Twaddle
Bob & Sue Urness
Wayne & Sandra Valentine
Claudine M. Van Meeteren
Nicole Varela
Deb R. Vogel
Janis C. Vose
Linda J. Wadewitz
Paula J. Walter
Kris & Scott Walters
Heather J. Wangen
David Watson
Anne Wells
Rebecca L. Welscher
Gina M. Wibben
Kristine & Tom Wiczorek
Holly A. Wieser
Jacquelyn & Richard Will
Geraldine S. Williams
Leah Winecke
Shirley J. Winkels
Winona County DFL
Winona Health Services
Kelly Wobig
James & Toni Zaborowski
Mike B. Ziegler
Aida Zimmerman

In memory of

Stacey A. Anderson
Cochrane Fountain City
Class of 1984
Brenda Gulbranson-Kaiser
Richard Kaiser

Richard S. Babler
Duane & Carol Jackels
LaVerne L. Bartleson
Audrey G. Deblon
Winona Health Services
Catherine A. Bartleson
Jenald L. Anderson
Mark Bartleson
Paul and Joan Bartleson
David and Marsha Benson
Linda Bouck
Frances & James Cleary
Dennis & Karen Cleveland
Gloria & Karl Conrad
Downtown Dental
Carol Evanson
Lavonne M. Fiereck
Donald & Nealna Gylling
S. Quinn Hanzel
Jim & Shannon Hanzel
Linda & Rodney Isebrand
Erika Januschka
Leih R. Larson
Bonnie & Tim McBeth
Sandra & Dean Meixell
Irene & Albert Mulyck
James & Carol Neppi
Karla & James Osby
Deanna Parkison
Carol & Larry Partington
Patte C. Peterson
Kevin & Joan Quinn
Janet A. Rompa
Steven & Kathy Roth
Betsy B. Sawyer
Kathleen Schappe
Elaine & Henry Scherdin
Patricia & James Schuller
Mr. & Mrs. Jeff Seeley
Jane Sevoid
Marlene & Kenneth Shadle
Janis C. Vose
Winona County DFL

Kathy Bluhm
Winona Health Services

Julia A. Boland
Kris & Scott Walters

Penny Breitlow
Susan J. Briggs
Gloria & Karl Conrad
Lynn Nankivil &
Kenneth McCullough

Jeanne Burke
Kathleen & James Lanik
Willis Diercks
Winona Health Services

Dale Evans
Cheryl & Troy Evans
Maxine Evans
Cheryl & Troy Evans

Norbert Foegen
Winona Health Services

Gert Forsythe
Suzanne & Scott Roberts

Rosalie A. Fratzke
Christine & Larry Stoltman

Mark Full
Terry & Tina Full

Mary Ann Full
Terry & Tina Full

Warren Galbus
Carol Galbus

Eugene P. Galewski
Julie & Rick Galewski

Alton L. Gile
Jesse & Paul Ebner

Kathleen Halvorson
Winona Health Services

Dolores Hansen
Deborah Benson
Helen Leaf Haun
Katy Anthony
Sandra & Daniel Berndt
Jane & Scott Biesanz
Kristin & Jake Biesanz
Fred & Pat Blacklock
Gail Butler
Gloria & Karl Conrad
Janet & Duane Fakler
Debbie & Allan Greenwood
S. Quinn Hanzel
Mr. & Mrs. Travis R. Hemker
Don Leaf
Ann Lubinski
Karen A. Muckala
Donna M. Peplinski
Dr. Curtis & Linda Rohrer

Elizabeth Heaser
Ken & Pat Heaser

Harold "Chuck" Heller
Jody S. Snidarsic

Gertrude Hermes
Peg Cada

Janice Hjelle
Marlene Ostrem

Rose M. Hoesley
Jim & Doris Killian

Arlene B. Holty
Cheryl & Paul Krage

Anthony Huber
Winona Health Services

Amy L. Hundorf
Winona Health Services

Larry D. Jacobs
Winona Health Services

Marlene Kaehler
Michaels Energy

Vada A. Karasch
Elden & Lila Salwey

Jackie M. Keller
David H. Keller

Michael P. Kertzman
Jean Kertzman

Albin Kreji
Meredith R. Clifford

Tom Lanning
Meredith R. Clifford

Leland Larsen
Karen & O.J. Fawcett
Christine & John Fitzgerald
Jim & Barb Jabrosky
Jill C. Keiper
Cheryl & Paul Krage
Arleen Larsen
Leon Larsen
Gina McRae
Kathy M. Palmquist
Lucille Schuettelpz
Nancy Speltz
Jami & Rick Spitzer
Sandra & Wayne Valentine
Geraldine S. Williams
Kelly & Jason Wobig

Robert Lechner
Winona Health Services

Lorraine Masterson
Kendall Doors & Hardware, Inc.

Dawn R. Miller
Mark & Marie Gernes

June V. Newcomb
Rose & Horace Andersen
Marland L. Beeman
Marcella Boehmke
Gloria & James Dotzler
Jean S. Engler
Kathleen Gorski
Ann L. Kendrick
Mary & Duane Kerns
Irene Krackow
Richard & Sherry Kulas

Leo & Mary Stoltman
Paula & Robert Shaw

Harold Swensrud
Meredith R. Clifford

Hildegard R. Trochta
Merchants Bank

James Wadewitz
Ken & Bonnie Bartsch

Mildred M. Wanek
Mary Burrichter &
Robert Kierlin

Howard Werner
Winona Health Services

David J. Will
Jac & Dick Will

Helen Woodward
Winona Health Services

Warren J. Wunderlich
Joanne & Roland Ahrens
Elizabeth Day
Joan & Herbert Day

Ann Lubinski
Patte C. Peterson
Leslie & Greg Scarborough
Marilyn A. Schneider
Mary & Richard Schneider
Bonnie & Richard Scott
Dr. Charles & Judy Shepard
Bob & Sue Urness

Carol Nielsen
Dr. Bill & Judy Davis

Connie Pederson
Deb R. Vogel

Marcella F. Pomeroy
Jane & Scott Biesanz
Mary Burrichter &
Robert Kierlin

Don C. Rinn
Peg Cada

Margaret Roesler
Winona Health Services

Rita Rompa
Janet A. Rompa
Linda A. Rose
Judy & Steven Ellinghuysen
Scott & Barb Fabian
Diane J. Gottschalk
Sue Haug
June & Ronald Hawley
Betsy & Mark Midthun
Jane & James Palmer
Mark & Marie Gernes
Audrey & Tim Pronschinske
Marg & Lee Roberts
Robert & Rachelle Schultz
Sally Schultz
Lou Anne Schwarz
Nancy & Charles Scovil
Tammy & William Stiever
Linda & Mike Wadewitz
Kris & Scott Walters
Winona Health Services

Joan Roskos
Michal & Mark Roskos
Christine & Larry Stoltman
Winona Health Services

David Runnheim
Winona Health Services

William E. Saehler
Christine & Larry Stoltman
Winona Health Services

Kim Schwab
Marie Fidler

Dr. Cullen Schwemer
Dr. Bill & Judy Davis
Dr. Arnold & Alanna Fenske
Bob Kierlin & Mary Burrichter
Dr. Charles & Judy Shepard
David & Lynn Theurer

Dr. & Mrs. Charles Shepard
In honor of the Community
Service Tribute award
Rose & Horace Andersen
David & Muriel Arnold
Steven & Nancy Bachler
George and Katherine Ball
Gayla R. Clemons
Lois J. Gernes
Scott & Carmen Hannon
Carol A. Jefferson
Bob Kierlin & Mary Burrichter
Betsy & Mark Midthun
Dennis & Pat Nolan
Mark & Kathie Peterson
RTP Company
Kris & Scott Walters
Marie Fidler
Kris Walters
Marie Fidler

Dr. Dennis Nolan on his retirement
Nancy & David Dornfeld
Bonnie & Thomas Retzinger

Pastor Kathy Redig
Jim & Shannon Hanzel

Dr. Thomas A. Retzinger
Miriam Potter

Janet Rompa
Marie Fidler

Nicole Schossow
Marie Fidler

Rachelle Schultz
Marie Fidler

Dr. Cullen Schwemer
Dr. Bill & Judy Davis
Dr. Arnold & Alanna Fenske
Bob Kierlin & Mary Burrichter
Dr. Charles & Judy Shepard
David & Lynn Theurer

Dr. & Mrs. Charles Shepard
In honor of the Community
Service Tribute award
Rose & Horace Andersen
David & Muriel Arnold
Steven & Nancy Bachler
George and Katherine Ball
Gayla R. Clemons
Lois J. Gernes
Scott & Carmen Hannon
Carol A. Jefferson
Bob Kierlin & Mary Burrichter
Betsy & Mark Midthun
Dennis & Pat Nolan
Mark & Kathie Peterson
RTP Company
Kris & Scott Walters
Marie Fidler
Kris Walters
Marie Fidler

Dr. William E. Hanson
Brenda L. Boettcher

Karen A. Holland
Ken & Sally Ann Mogren

Sheryl L. Klug
Anne & Brian Oevering

Dr. Joseph Koo
Anne & Brian Oevering

Ahlex F. Kortsan
Dr. Brant & Kristi Deppa

Teresa L. Lee
Brenda L. Boettcher

Carole E. Matejka
Marie Fidler

Dr. Joseph Koo
Anne & Brian Oevering

Ahlex F. Kortsan
Dr. Brant & Kristi Deppa

Teresa L. Lee
Brenda L. Boettcher

Carole E. Matejka
Marie Fidler

Dr. Joseph Koo
Anne & Brian Oevering

Ahlex F. Kortsan
Dr. Brant & Kristi Deppa

Teresa L. Lee
Brenda L. Boettcher

Carole E. Matejka
Marie Fidler

Dr. Joseph Koo
Anne & Brian Oevering

Ahlex F. Kortsan
Dr. Brant & Kristi Deppa

Teresa L. Lee
Brenda L. Boettcher

Carole E. Matejka
Marie Fidler

Dr. Joseph Koo
Anne & Brian Oevering

Ahlex F. Kortsan
Dr. Brant & Kristi Deppa

Carole Gardner
Phyllis Prokopowicz
Anne Wells
Marilyn J. Wynia
Winona Health Services
In honor of
David Allen on 10 Year Anniversary at Winona Health
Winona Health Services
Helen Bagshaw
Winona Health Services
Joellen J. Barak
Marie Fidler
Annette Calteaux
Marie Fidler
Blake Darst
Marie Fidler
Dr. Richard Ferris
Sally & Ken Mogren
Roscoe & Martha Thompson

Courtney K. Hoeg
Robin & Scott Hoeg

Krista I. Hoeg
Robin & Scott Hoeg

Happy Birthday to Ann Lubinski
Gloria Conner

Betsy Midthun
Marie Fidler

Hugh & Vera Miller
Dr. Charles & Judy Shepard

Sally Mogren
Marie Fidler

Dr. Dennis Nolan on his retirement
Nancy & David Dornfeld
Bonnie & Thomas Retzinger

Pastor Kathy Redig
Jim & Shannon Hanzel

Dr. Thomas A. Retzinger
Miriam Potter

Janet Rompa
Marie Fidler

Nicole Schossow
Marie Fidler

Rachelle Schultz
Marie Fidler

Dr. Cullen Schwemer
Dr. Bill & Judy Davis
Dr. Arnold & Alanna Fenske
Bob Kierlin & Mary Burrichter
Dr. Charles & Judy Shepard
David & Lynn Theurer

Dr. & Mrs. Charles Shepard
In honor of the Community
Service Tribute award
Rose & Horace Andersen
David & Muriel Arnold
Steven & Nancy Bachler
George and Katherine Ball
Gayla R. Clemons
Lois J. Gernes
Scott & Carmen Hannon
Carol A. Jefferson
Bob Kierlin & Mary Burrichter
Betsy & Mark Midthun
Dennis & Pat Nolan
Mark & Kathie Peterson
RTP Company
Kris & Scott Walters
Marie Fidler
Kris Walters
Marie Fidler

Dr. William E. Hanson
Brenda L. Boettcher

Karen A. Holland
Ken & Sally Ann Mogren

Sheryl L. Klug
Anne & Brian Oevering

Dr. Joseph Koo
Anne & Brian Oevering

Ahlex F. Kortsan
Dr. Brant & Kristi Deppa

Teresa L. Lee
Brenda L. Boettcher

Carole E. Matejka
Marie Fidler

Dr. Joseph Koo
Anne & Brian Oevering

Ahlex F. Kortsan
Dr. Brant & Kristi Deppa

Teresa L. Lee
Brenda L. Boettcher

Carole E. Matejka
Marie Fidler

Dr. Joseph Koo
Anne & Brian Oevering

Ahlex F. Kortsan
Dr. Brant & Kristi Deppa

Teresa L. Lee
Brenda L. Boettcher

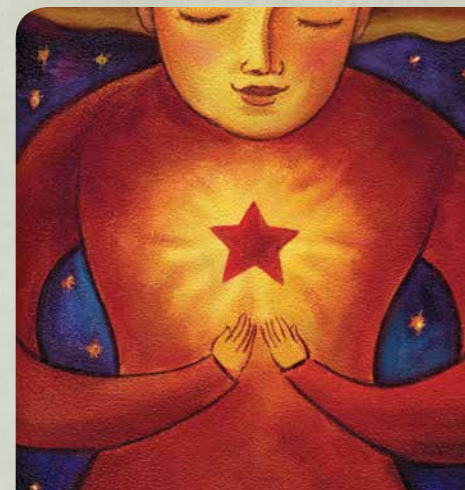
Carole E. Matejka
Marie Fidler

Dr. Joseph Koo
Anne & Brian Oevering

Ahlex F. Kortsan
Dr. Brant & Kristi Deppa

Teresa L. Lee
Brenda L. Boettcher

Carole E. Matejka
Marie Fidler



There are nine new places around Winona Health where you can find a guardian angel. New displays feature Winona Health employees and volunteers who have been recognized as someone's "guardian angel" for outstanding service. Check out the photos and notes at wa location near you!

To make a gift in honor of someone who was your guardian angel go to winonahealth.org/guardianangel.

Guardian Angels

Lucas A. Barbknecht
Brenda L. Boettcher

Diane L. Barge
Marie Fidler

Mary J. Brenno
Marie Fidler

Mary E. Breza
Marie Fidler

Dena L. Brion
Brenda L. Boettcher

Amanda K. Ciszak
Darlene Bartelson & family

Teah L. Glover
Dr. Brant & Kristi Deppa

Dr. William E. Hanson
Brenda L. Boettcher

Karen A. Holland
Ken & Sally Ann Mogren

Sheryl L. Klug
Anne & Brian Oevering

Dr. Joseph Koo
Anne & Brian Oevering

Ahlex F. Kortsan
Dr. Brant & Kristi Deppa

Teresa L. Lee
Brenda L. Boettcher

Carole E. Matejka
Marie Fidler

Dr. Joseph Koo
Anne & Brian Oevering

Ahlex F. Kortsan
Dr. Brant & Kristi Deppa

Teresa L. Lee
Brenda L. Boettcher

Carole E. Matejka
Marie Fidler

Dr. Joseph Koo
Anne & Brian Oevering

Ahlex F. Kortsan
Dr. Brant & Kristi Deppa

Teresa L. Lee
Brenda L. Boettcher

Diane M. Nelson
Doug Emanuel

Kari M. Nelson
Ken & Sally Ann Mogren

Robin L. Olsen
Pauline & Harland Knight

Diane R. Passehl
Sally Schultz

Grace A. Rasmussen
Dr. Brant & Kristi Deppa

Kayla A. Ritter
Darlene Bartelson

LuAnn R. Schmidtkecht
Dr. Brant & Kristi Deppa

Andrew M. Seltz
Julie & Thomas Grier

Joseph W. Smith
Shirley J. Winkels

Dr. Nicole Varela
Julie & Thomas Grier

Leah Winecke
David & Lynn Theurer

Winona Health Lake
Winona Manor Staff

Winona Health
PAA/PACU Staff

Dr. Brant & Kristi Deppa



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



women. have spirit

Spirit of Women at Winona Health is how we care for you, the caregiver for everyone else. It's how we personalize your health experience. It's how we help you maintain good health. It's education, prevention, screenings, diagnostic testing and early intervention. It's for you and about you. 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 enewsletter
- Subscription to Spirit of Women Magazine
- Invitations to special events
- Free or discounted admission to Spirit of Women events
- Discounts, special offers and more!

Upcoming Spirit of Women programs:

- Connect: Digestive Health
- Move! Pain Management
- 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

It's fun, and it's free! To be sure to learn about upcoming events and the many Spirit of Women benefits, including a free gift, visit winonahealth.org/spirit.

Spirit of **Winona Health**
Women