

HealthyConnections



**"I didn't want big.
I wanted personal."**

Winona Health's cancer team is
with you – every step of the way.

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From the cover:

"I didn't want big. I wanted personal."

Winona Health's cancer team is with you – every step of the way.

"He is amazing. He is so skilled, and he explains everything so well," says Kelly Wind of Winona. Kelly is talking about Hans Serleth, MD, a plastic, cosmetic and reconstructive surgeon at Winona Health.

A routine mammogram led to the discovery of Kelly's breast cancer. After discussing the findings with diagnostic radiologist, Justin Albanese, MD, Kelly met cancer care coordinator Sandy Gruszynski, RN, internist Richard Ferris, MD, general surgeon Matthew Broghammer, DO, and Dr. Serleth.

"Finding out that I had breast cancer was, of course, scary. And there were so many other things going on in my life. But the team explained my options and answered all my questions and I could feel their genuine care and compassion," says Kelly. "That feeling grew throughout my experience. I knew I was in good hands."

After weighing her options, Kelly chose bilateral mastectomy and breast reconstruction.

"I'm not shy about anything," says Kelly. "I asked a lot of questions about the reconstruction process and the potential outcome. Dr. Serleth explained everything so well. There is so much I didn't even know could be done."

If you have questions about plastic, cosmetic or reconstructive surgery, call 507.457.7659.

Most mammograms lead to nothing but peace of mind, but some may lead to detection of breast cancer. Early detection may be a life saver. To schedule your mammogram, call 507.457.4320.

According to Dr. Serleth, communication is key. "I don't make any assumptions about what someone wants. I ask a lot of questions and then really listen. And I encourage them to ask a lot of questions. It's important to me that they have a voice in their care and then know what to expect."

To those who think you have to go to a big organization for cancer treatment* and breast reconstruction, Kelly would say,

"I received the same treatment that I would have received at a large healthcare organization, but I didn't want big. I wanted personal. At Winona Health, I stayed with the same team of experts through it all.

They understood what I was going through, and I could feel how much everyone cared."



Kelly Wind with patient navigator and cancer care coordinator Sandy Gruszynski, RN; and plastic, cosmetic and reconstructive surgeon Hans Serleth, MD.

*Winona Health's cancer care program is accredited by the National Commission on Cancer.

FAQs about Breast Reconstruction

Q: Is breast reconstruction covered by insurance?

A: Reconstruction related to cancer — either on the cancer side or the non-cancer side—is covered by insurance. This includes: reconstruction after mastectomy; a breast lift to match the reconstructed side; or mastectomy with reconstruction for symmetry with the unaffected breast. Reconstruction for purely cosmetic reasons is not covered by insurance, but those procedures are also done at Winona Health.

Q: I had a lumpectomy and now my breast looks different. Can this be corrected?

A: Yes. A lumpectomy with radiation may lead to a breast change that can be corrected with liposuction of the abdomen through transfer of the adipose (fat) to the breast. This procedure is also covered by insurance.

Q: I had a mastectomy years ago and decided not to have reconstruction. Now I'm reconsidering. Is it too late?

A: It's never too late. Breast reconstruction may be done immediately after mastectomy or delayed. If you have had a mastectomy, you can consider reconstruction at any time, and it would still be covered by your insurance.

Note: It's always recommended to check with your insurance provider in advance. Winona Health's business office specialists can work with you and your insurance company to determine insurance coverage



Pictured back (l-r): Winona Health Surgeons William Hanson, DPM; Thomas Nachtigal, DPM; Mike Donnenwerth, DPM; Troy Shelton, MD; Scott Birdsall, MD; Hans J. Serleth, MD; and Der-Chen "Timothy" Huang, MD. Front (l-r): Laurel Quinn, MD; Melissa Richards, MD; Lee Trombetta, MD, FACS; Wen-Yu Vicky Haines, MD; and Matthew Broghammer, DO. Not pictured: Steven Evelhoch, MD, DDS, FACS and Michael Dussault, MD.

Yes! We do that.

Surgical Specialties at Winona Health

Winona Health surgeons provide surgical expertise from head to toe.

General Surgery: 507.457.7670

Matthew Broghammer, DO
Wen-Yu Vicky Haines, MD
Lee Trombetta, MD, FACS

Obstetric & Gynecologic Surgery: 507.457.7701

Scott Birdsall, MD
Melissa Richards, MD
Troy Shelton, MD

Ophthalmic (Eye) Surgery: 507.457.4760

Laurel Quinn, MD

**Oral & Maxillofacial Surgery: 507.457.7700
(face and jaw)**

Steven Evelhoch, MD, DDS, FACS

Orthopedic Surgery: 507.457.3338

Michael Dussault, MD
Der-Chen "Timothy" Huang, MD

Plastic, Cosmetic & Reconstructive Surgery:

507.457.7659

Steven Evelhoch, MD, DDS, FACS
Hans J. Serleth, MD

Podiatric Surgery: 507.457.3338

Mike Donnenwerth, DPM
William Hanson, DPM
Thomas Nachtigal, DPM

For more information about surgeons or surgical procedures available right here at Winona Health, visit winonahealth.org and click Find a Provider, or call any of the departments listed above.

Need more zippity in your do-dah?

A better night's sleep may be just what the doctor orders.



Winona Health sleep advisor, Ashley Wilkemeyer, meets with CPAP client Hugh Severson. Severson said that CPAP therapy has helped him feel more rested, and his wife doesn't miss his snoring.

"I was just generally tired. I never felt well-rested, and I was lacking that zippity-do-dah I normally have," says Hugh Severson, 63 of rural Galesville. So he decided to do something about it.

Hugh talked with his primary healthcare provider at Winona Health. "We discussed my symptoms, including my wife's comments about my snoring," he says. His primary care provider referred him to the Winona Health Sleep Lab for a sleep study.

The sleep study showed that Hugh experienced sleep apnea (pauses in breathing), which is the most common diagnosis for sleep disorders. With a sleep apnea diagnosis, continuous positive airway pressure (CPAP)

therapy is usually recommended, which requires a CPAP machine, a comfortable mask and other accessories.

"Effective sleep therapy can vastly improve quality of life, but a key aspect of successful CPAP therapy is comfortable, properly fitted mask and proper use of equipment," explains Bill Cota, Winona Health Durable Medical Equipment (DME) manager. "If your CPAP mask is not properly fitted and you are not comfortable with the device—therapy will not be effective."

That's where Winona Health's Sleep Advisor service comes in. The Sleep Advisor service is designed to ensure people enjoy all the benefits of their prescribed therapy.

"Ashley [a Winona Health sleep advisor] did a wonderful job of explaining the health benefits of CPAP therapy, equipment options and the operation and maintenance of the CPAP machine," says Hugh. "She was also very thorough with the necessary paperwork and insurance-related questions."

After experiencing the benefits of CPAP therapy, most people can't imagine going without it. Hugh says, "CPAP therapy has greatly improved my sleep time, eliminated my snoring—my wife likes that—and I feel more rested."

Want to begin enjoying the benefits of a better night's sleep? Start by talking to your primary care provider to see if a sleep study is recommended, or call 866.444.5674.

To learn more about sleep services, visit winonahealth.org/sleep.



Complimentary Sleep Advisor service ensures a smooth transition into CPAP therapy—and a better night's sleep.

Sleep Advisor services include:

- Sleep apnea overview and education
- CPAP or BiPAP equipment instruction
- CPAP or BiPAP mask/pillow fitting
- Assistance with obtaining all necessary equipment and supplies
- Equipment reimbursement assistance
- Follow-up consultations

Winona Health's Durable Medical Equipment department fulfills prescriptions for CPAP/Bi-PAP devices and accessories and assists in ensuring compliance with most major insurance carriers.

For more information or to schedule an appointment for a free CPAP orientation and fitting, call 507.457.7703.





Rachelle Schultz, Winona Health president/CEO; Molly James, Winona State University student representing Winona Health's Community Care Network volunteers; Teresa Lee, assistant professor in the Health, Exercise, Rehabilitative Sciences department at Winona State University; Robin Hoeg, RN, MSHA, NHA, vice president of Inpatient & Senior Services.

Winona Health volunteer health coaches earn national award

Winona Health's Community Care Network volunteer health coaches have been nationally recognized by the American Hospital Association with the 2016 Hospital Award for Volunteer Excellence.

The Community Care Network was developed to improve individual health and quality of life; prevent unnecessary hospitalization and emergency department visits; and reduce healthcare costs. In partnership with Winona State University, the program trains students and other volunteers to become health coaches. The goal of the health coaches is to assist people struggling with chronic health conditions by conducting home visits and becoming non-clinical members of the care team.

When patients are referred to the program, they meet with nurses or social workers, who assign a volunteer health coach to visit their homes weekly or bi-weekly. Coaches support clients in their efforts to improve their health and strengthen their community connections.

The first 42 volunteers developed relationships with 103 clients through 6,000 visits and phone calls. In the first three months of the program, emergency department visits and hospitalizations for CCN clients declined by more than 85 percent.

University students enroll in a two-credit course for health coaches and must volunteer a minimum of two additional semesters as a coach. Most continue volunteering until they graduate. The program also has trained community members – primarily retired health professionals – to become health coaches. These non-student volunteers undergo eight hours of training before going on home visits.

In addition to the specialized training needed to become health coaches, all volunteers are required to participate in Winona Health's standard volunteer process. They learn the basics of HIPAA compliance, undergo a background check and supply references. These are important components of the trust relationship that is built between coach and client.

For more information about the Community Care Network or becoming a volunteer health coach, call 507.457.7645.

Meet a few of our new healthcare providers:

	What's your favorite healthy snack?	What's the best advice you can give others about getting healthy?	What's something not many people know about you?	How do you get moving?	I chose Winona Health because:
 Jennifer Forsyth, DO; Family Medicine	Fresh cucumber.	Get outside – enjoy nature.	I ride motorcycle.	Walking	There is a sense of “home” here. <i>(Dr. Forsyth began her career as an orderly and certified nursing assistant here in 2005 while completing her undergraduate degree at WSU.)</i>
 Kelli Ostermann, MD; Pediatrician	Granny smith apples.	Regular exercise is so beneficial to your health, both physical and mental. I also recommend giving up soda.	I am a Disney Geek. I love all things Disney.	Walking my dogs. I like to walk and do some thinking at the same time. My dogs love it also.	Winona Health is striving to improve healthcare. Everyone works together as a team for the common goal of exceptional patient care.
 Denver Brown, PA-C; Family Medicine	Roasted Pecans or almonds.	Eat lots of color (fruits/veggies) and avoid sugary beverages.	I am named after my grandfather from Wales. (Not because my parents were Broncos fans.)	I love biking (mountain and road) and try to commute to work for as much of the year as the weather allows.	I was impressed with the atmosphere at Winona Health and how people enjoy working here—that's important to me.
 Wen-Yu Vicky Haines, MD; General Surgeon	Nuts, bean/soy products and fruits.	Try to walk when you can. Focus on preventative care.	I've lived in three countries. (Taiwan, South Africa and here.)	Hiking and kayaking.	I wanted to work in a rural community because of the shortage of general surgeons in rural areas, and I was impressed with the leadership team and their vision for the future. I'm excited about joining a strong surgical team with outstanding patient satisfaction scores.
 Hans Serleth, MD; Plastic, Reconstructive and Hand Surgeon	Almonds.	Try to exercise daily – every little bit helps. Think about the calories you're eating.	I love insects – particularly butterflies.	Walking and lifting weights	I like that Winona Health is a community-owned, fiercely independent system that hasn't been swallowed by the corporations. I like that decisions can be made on a smaller scale and on the level where they'll be implemented—that's better for patients and the community.



Our provider directory is available on our website!

To download a printable copy:

1. Visit winonahealth.org
2. Click Find a Provider
3. Click Download our provider directory (with images)

For more information about healthcare providers at Winona Health, visit winonahealth.org and click on Find a Provider.

Participants benefit from group diabetes education program

Winona Health's Diabetes and Nutrition Education department offers group diabetes education classes.

"People with newly diagnosed diabetes or who have had diabetes for years say they enjoy learning from others who have the same diagnosis," says Theresa Hoyles, a registered dietitian and certified diabetes educator at Winona Health.

Ann Heesacker, also a certified diabetes educator at Winona Health, adds, "Many people don't know that Medicare provides benefit coverage for diabetes education received through an accredited program like the program we have here, which is accredited by the American Association of Diabetes Educators. Our goal is to help people improve or preserve their quality of life well into the future."



In addition, people covered by Medicare who have diabetes or chronic kidney disease can receive three hours of initial education with a dietitian for Medical Nutrition Therapy, plus an additional two hours per year of follow-up education.

For those not covered by Medicare, Heesacker says, "Commercial insurance plans most often provide diabetes education. However, because plans vary, we recommend that people review covered services with their own insurance plan."

If you're interested in meeting with a diabetes educator or nutrition therapy expert, or in participating in the diabetes self-management group program, contact your primary care provider to be referred for diabetes education.



Anne Heesacker, RN, MSN, CDE



Theresa Hoyles, RD, LD, CDE

Medicare coverage provides:

- 10 hours of initial diabetes education to individuals who have not previously received diabetes education with Medicare insurance
- two hours of follow-up diabetes education each year

For information about healthcare providers at Winona Health, visit winonahealth.org and click on Find a Provider, or call 507.454.3650.



Want to lose a little (or a lot)? Or just working to maintain your current weight?

HealthyFit is a 14-week, adult weight-management program. Weekly one-hour sessions are led by a dietitian and feature tips and information from exercise and behavioral health specialists.



Anna Hudson, RD, LD
Wellness Program Specialist

"Topics covered include effective goal setting and problem solving, label reading and grocery shopping, and handling setbacks and maintaining your weight loss," says Anna Hudson, registered dietitian and program facilitator. "Even a small, manageable weight loss can reduce the risk of some health issues." Participants track progress through weekly weigh-ins and a pre-and post-program body composition analysis. The cost is \$175 and includes resource materials. Financial assistance may be available to those who meet specific criteria.

Class size is limited. If you are interested in being notified when the next class dates have been determined, please call 507.457.4161 or sign up online at winonahealth.org/HealthyFit.

"I was given many tools to help me lose weight and eat healthy. I struggled before to lose weight and now it is slowly coming off. Being part of a group was a big plus; you wanted to be accountable to your group, and the weekly weigh-in also helped to keep track of where you were with your goals. Anna Hudson was a great facilitator. She gave us information we could use and many times let the group take the lead on the topic of the night. The 14 weeks didn't feel like 14 weeks, because I looked forward to each meeting."

- HealthyFit participant



Farmers Market Fresh – Wednesdays at Winona Health

The Winona Farmers Market is coming back to Winona Health! Home-grown fruits, vegetables, flowers, herbs, honey, eggs, cheese, syrups, baked goods, meats and more will be available for purchase. Winona Health experts will be on hand providing information and recipes to help you get the most from your Farmers Market purchases.

Winona Farmers Market Times

Winona Health - Wednesdays, June - September, 2:30 - 5:30 p.m.

Winona Health, 859 Mankato Ave. (clinic parking lot)
For more information, call 507.457.4161.

Downtown Winona - Saturdays, May - October, 7:30 a.m. - 12 p.m.
Second and Main Street N.



Pediatrics team encourages A LOVE OF READING

It's never too soon to begin encouraging a child's love of books and reading. That's why the Winona Health Pediatrics team brought Reach Out and Read to Winona.

Reach Out and Read is a national program that builds on the unique relationship between parents and healthcare providers to develop critical early reading skills in children, beginning in infancy. It incorporates early literacy into pediatric care to help parents ensure that their children are prepared to learn when they start school.



Sarah Lallaman, DO

"Reading together provides parents and children a chance to bond and stories help children form emotional attachments," said Sarah Lallaman, DO, a Winona Health pediatrician. "Studies also show that early exposure to literature is a key to preparing children to learn when they start school and can improve academic success later on."



During every well-child check, children ages six months to five years receive an age-appropriate book to take home and enjoy with their parents. "It's a fun way for little ones to add to or begin building their library and for us to help them get familiar with and excited about books and reading," said Dr. Lallaman.

The Winona Health Pediatrics department will distribute approximately 6000 books this year. Books are available in English and Spanish. Reach Out and Read is partially funded nationally and supported locally by the Winona Health Foundation.



Winona Health's pediatric team, representatives from Merchants Bank and several lucky children unveiled the new pediatric play area at a celebration reception on May 31.

Pediatric play area— FROM PLAIN TO PLAYFUL!

Thanks to the generosity (and fancy footwork) of the Merchants Bank Business Loans and Broken Bones dancers who participated in Dancing with Winona Stars and hundreds of generous contributors, Winona Health's Pediatric waiting area was transformed from plain to playful.

Among the new attractions is a friendly, and very tolerant, bear. Staff and visitors came up with ideas for the new bear's name. Merchants Bank dancers and representatives voted, and the bear's name is...Pudge!

The new play area was unveiled at a special reception Tuesday, May 31. Children in attendance made it clear that the new play area is a hit! It's sure to bring big smiles to little faces visiting the clinic – and that, of course, will make parents smile, too!

Massage for military personnel and veterans

Winona Health Rehabilitation Services now offers a massage therapy discount to military veterans and those currently serving in the military. Discounts range from \$5 off a 30-minute massage to \$15 off a 90-minute massage, and applies to therapeutic or hot stone massage. Staff will ask for military identification at time of payment.

To schedule a massage, call Winona Health Rehabilitation Services at 507.457.4329.

Helpful information—when and where you need it.

Winona Health's monthly events e-newsletter is a convenient way to learn about upcoming programs that may be of interest to you.



Subscribe today! It's easy and it's free!
To sign up: winonahealth.org/events

Your opinion matters—

Your comments about Healthy Connections and Winona Health are always welcome. If you'd like to share your thoughts, please send us a message or call 507.454.3650 and ask to talk with someone in the Community Engagement office about Healthy Connections.

And we love feedback!



Send us an email:
info@winonahealth.org



Say hello on Facebook



Join us on Twitter



NEED A SPORTS OR CAMP PHYSICAL?

Stay ahead of the game.

Sports physicals can be completed with well-child checks at any time of the year. If your child is due for a well-child exam, we can complete his or her sports physical and necessary school paperwork during that exam—even if you are not yet sure your child will participate in a sport.

Please complete your portion of the sports physical form and bring it to your appointment. Minnesota and Wisconsin high school sports physical forms are available online at winonahealth.org/sportsphysicals.

To beat the end of summer rush, schedule your appointment today!

Pediatric & Adolescent Medicine: 507.457.7607
Family Medicine: 507.457.7648

Want to schedule appointments and access your child's medical record—including immunizations—online?

Use your My Winona Health account. If you're not set up with an account yet, stop in for assistance at any of our registration desks or learn more at winonahealth.org/mywh.

Generosity Inspires

Winona Health Foundation Newsletter

Winona Health Volunteers celebrate a new name, new look

On February 29, 2016—Leap Day—the Winona Health Auxiliary celebrated a leap of their own, becoming the Winona Health Volunteers. The Auxiliary has supported local healthcare since the 18-bed Winona General Hospital opened in 1894. Kim Schwab, president of the Winona Health Volunteers, says that the organization didn't take their 120 years of history lightly when making the change. But they looked at their organization and wanted to refresh and rejuvenate it. The word "auxiliary" seemed dated and didn't communicate the range of activities volunteers do—from hand massages to staffing the gift shop, from playing piano in the clinic to helping patients and visitors find their way, from taking care of the birds in the aviaries to making shawls and blankets to comfort patients. As part of their leap, they retired their familiar pink smocks, exchanging them for vibrant blue vests with their new logo and tagline: Winona Health Volunteers. Caring. Serving. Giving. The look may be new, but their caring, serving and giving continues a legacy of generosity that began in 1894.

For information about volunteering, including detailed descriptions about volunteer opportunities, visit winonahealthfoundation.org/volunteer or call 507.474.3328.



Winona Health appreciates Volunteers

Winona Health honored the Winona Health Volunteers at the annual Volunteer Appreciation banquet on Friday, April 22. Nearly 160 people were in attendance.

Volunteer of the Year awards were presented to Bonnie Kelly, Julieanne Schwemer and Marlene Mulrooney, for their dedication to and passion for the Winona Health Volunteers.

The Legacy Award was presented to Kim Schwab, Winona Health Volunteers president, for her superior leadership and exuberant commitment to the mission. In addition, 64 volunteers earned annual service awards. The service awards recognize volunteers for the total number of hours they have donated to Winona Health, and range from 100 hours to 11,000 hours.



Pictured left: Winona Health Volunteer officers in their new uniforms are (l-r): Sue Anderson, secretary; Irene Mulyck, treasurer; Kim Schwab, president; Barb Pozanc, assistant treasurer; and Bernadette Thicke, vice president.

Pictured above: (l-r) Kim Schwab, Marlene Mulrooney, Julieanne Schwemer, and Bonnie Kelly were recognized at the Winona Health Volunteer awards.

(l-r) Jenny Kahl and Mary Brenno were recognized for more than 11,000 volunteer hours with the Winona Health Volunteers.

Generosity continues to inspire.

Jon Kohner receives Ben & Adith Miller Community Service Tribute



Hugh Miller (right) presents the 2015 Ben & Adith Miller Community Service Tribute to Jon Kohner.

For more than 35 years, Jon Kohner has donated his time and auctioneering skills to scores of Winona charities, nonprofit organizations, and fundraising events for people suffering from serious health problems and other hardships. Jon has worked with his father and brother, but for the most part he has been the one who has quietly and consistently said “yes” when he has been asked to volunteer. There are no records as to the number of causes he has benefited—Jon never kept track—but it is certain that he has helped local organizations raise millions of dollars and that he has had a positive impact on countless lives.

Winona Health hospice helps families honor memories

Winona Health Hospice hosts seasonal remembrance gatherings for family members, friends and caregivers who have lost a loved one. At the March 10 event, attendees enjoyed a meal together and planted forget-me-nots in honor of their loved ones. The most recent remembrance event was held on Sunday, June 5 at Farmers Park.



Hospice volunteers hosting the March event.

For more information, contact Winona Health Hospice Services, 507.457.4468.

The 26th Annual Ben & Adith Miller Classic



Golf Pro Tim Herron

Professional golfer Tim Herron will be on the links at the **26th annual Ben & Adith Miller Golf Classic**, Monday, August 8 at Cedar Valley Golf Course in Winona. Herron has won four PGA tour events, starting with the Honda Classic in 1996. He placed sixth in the U.S. Open in 1999, and has played in 516 PGA tour events, winning more than \$18.7 million during his career. Herron will present a demonstration at 10 a.m., which is free and open to the public.

The Golf Classic supports the Ben & Adith Miller Patient Care Fund, which helps pay for necessary medical treatment for community members in need.

To learn more about the Ben & Adith Miller Classic, visit winonahealthfoundation.org/golf



Music, a meal and... murder?

The Winona Health Volunteers Birthday Ball has been a tradition since 1962—an evening of dinner, dancing, and, this year, murder! This year's Birthday Ball entertainment will include an interactive murder mystery, a 1950s “Sock Hop Gone Wrong.” In addition to enjoying dinner and a live band, you'll have the chance to solve a mystery before you finish dessert.

The proceeds from this year's event will help to purchase ten new chairs for dialysis patients. Dialysis patients typically receive dialysis three times a week, for three or four hours each time. That's a lot of time to spend in a chair. The new chairs will be adjustable and heated, providing the most comfortable care possible to our patients.

Please join us —

Saturday, September 24 at Visions Event Center. Solve a mystery, and help to provide a more healing environment for people receiving critical medical care. For more information, please contact the Community Engagement office at 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 June 1, 2015 and March 31, 2016.

Ralph E. Albrecht All Are One Catholic Church David J. Allen Michael and Julie Ancius Richard and Deb Angell Anonymous James and Laura Armstrong Linda and Todd Atkinson B&F Fastener Supply Steven and Nancy Bachler Helen and Peter Bagshaw Joellen J. Barak Diane L. Barge Carl J. Barron Ellen and Chris Baudhuin Douglas Bayer Richard and Sharon Behnke Randall and Kim Benson Shelly and David Berhow Patricia and Edward Berkley Rick Betsinger Wanda J. Beyers James T. Biesanz Dr. Scott and Deb Birdsall Kathleen and Douglas Bloemke Steven and Ann Blue Bluffview Quilt Shop Cassie M. Boddy Joy M. Boldt Helen E. Bollinger Jane and Roger Bollinger Martha A. Bollman Dennis and Debra Bork Douglas and Roxanne Borkowski Jill Bratberg Breast Fest Theresa and Dan Brendel Mary J. Brenno Susan J. Briggs Bristol-Myers Squibb Company Cole J. 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There are multiple 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 a location near you! **To make a gift in honor of someone who was your guardian angel go to winonahealth.org/guardianangel.**



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