

Summer 2014

HealthyConnections



Healthy starts with developing habits

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Dear community,

As we all continue to adjust to regulatory changes affecting healthcare, I can assure you that everyone at Winona Health remains focused on what matters most: providing convenient access to high-quality healthcare.

As evidence of this, I am proud to say that Winona Health recently earned the Excellence Award from the Performance Excellence Network (formerly Minnesota Council for Quality). This award was achieved through the continued hard work and continuous improvement efforts of more than 1,100 healthcare providers and staff who are also your fellow community members—individuals dedicated to our mission.

We also celebrate Helen Bagshaw, a nurse in our Intensive Care Unit, who was recognized by the Minnesota Hospital Association as the Minnesota Caregiver of the Year! Read more about Helen on page 14. Other highlights in this issue of *Healthy Connections* include the certification of our Cancer Care Program; helpful information for parents from our Pediatric providers and tips about health guidelines for women from the providers in our Center for Women's Health.

Earlier this year, Dr. Arnold Fenske retired after 54 years of service to our community. I know he will be missed but his legacy lives on in our next generation of providers. We are fortunate that so many of our long-time physicians have chosen to make Winona their home and that we've been able to bring new healthcare providers to our area (meet our newest providers on page 11). In fact, since May 2013, we've welcomed 21 new physicians and associate providers, and there are more to come.



Other good news to share: Reconstructive, Cosmetic and Oral/Maxillofacial surgeon Steven Evelhoch, MD, DDS, who joined us last summer, now has the technology needed to expand his practice to include highly specialized reconstructive and cosmetic procedures. In fact, he is one of only a handful of surgeons nation-wide who are credentialed to his level of expertise.

Thank you for entrusting Winona Health with your care and for helping us to ensure that high-quality healthcare is here for our community for generations to come.

Warm regards,

Rachelle H. Schultz
President/CEO

WH Winona Health
Healthy starts here.

Healthy Connections is published by Winona Health to provide information on general health, wellness and our services.

Comments or questions about this publication or Winona Health may be submitted to our website — winonahealth.org and click on 'Contact Us' or call the Winona Health Community Engagement Department at 507.457.4157.

This little award is a
**BIG
DEAL.**

It represents ongoing effort by more than 1,100 healthcare providers and staff dedicated to achieving healthcare excellence.

The Performance Excellence Award: **the highest quality award a Minnesota organization can attain.**

Excellence is never achieved by accident, and our performance improvement journey continues. **Thank you for being on the journey with us!**

For more information, visit winonahealth.org/excellence.



The Performance Excellence Network (PEN) presented Winona Health with the 2013 Excellence Award on April 15, 2014.

Based on the Malcolm Baldrige Criteria for Performance Excellence, the Excellence Award is the highest quality award a Minnesota organization can earn. Organizations must earn the Excellence Award on a state level before being eligible to apply for a national Baldrige award.

Achieving this award reflects that Winona Health's continuous system improvement efforts ultimately have a positive impact on healthcare quality and safety; stewardship of resources; and providing a positive patient/resident/family experience.

Winona Health president/CEO Rachelle Schultz said, "We have been deliberate in our improvement efforts for more than 10 years, and we are proud that the results of our efforts benefit our patients and the community. We also want to assure our community that the journey will continue. We're not resting on this achievement."

Healthy starts with developing healthy habits.

It's never too early — or too late.

Most parents want to raise healthy, happy children. In today's world of easy access to food that's delicious but not always nutritious (and fun but sedentary entertainment), it's easier than ever to make children happy and more difficult than ever to keep them healthy.

"Now, more than ever before, our Pediatrics Department is seeing children who are developing health issues typically seen in adults," said Winona Health pediatrician Sarah Lallaman, DO. "We're seeing children who have high cholesterol, high blood pressure and type 2 diabetes, and we're seeing these health concerns in children at younger and younger ages. The implication for long-term health problems is scary."

The cause? Children are carrying excess weight. And according to Winona Health's Community Health Needs Assessment completed in fall 2013, one of the top three health issues in our community is overweight/obesity.

"It's important to be aware of your child's weight from the start," says Dr. Lallaman. "Children grow at different rates, so it isn't always easy to know when a child is overweight. We watch and track how a child is growing at every well-child checkup from birth on. At age two, we look at potential for obesity. We're here to help parents improve their child's health."

"We all know that toddlers can be picky eaters, but it's important to make fruits and vegetables part of a normal day."

— Sarah Lallaman, DO, Pediatrician

Dr. Lallaman says that one of the biggest challenges can be making sure children have access to nutritious food. "We all know that toddlers can be picky eaters," says Dr. Lallaman, "but it's important to make fruits and vegetables part of a normal day." She notes that the snacks marketed for children are often not healthy options.

"Unless you examine labels, you may think that fruit juice, granola bars and cute crackers shaped to appeal to children are healthy options," says Dr. Lallaman, "but those are often just empty calories, meaning there is nothing nutritious. Fresh fruit and vegetable snacks such as apples, oranges, cucumbers and carrot sticks are always the better choice. If nutritious options are available instead of the non-nutritious options, that's what they'll eat—and probably even enjoy."

If you're concerned about your child's weight, talk with his or her pediatrician or your family's healthcare provider to discuss plans for achieving a healthy weight.

Quick tips for raising a healthy child

Dr. Lallaman recommends focusing on three main things to keep your child healthy.



Get some zzzzs.

Being tired can make it difficult to choose being active instead of sitting on the couch. Sometimes being tired also makes us crave sweets and extra calories for energy.



Help them get enough sleep:

AGE	AVERAGE SLEEP HOURS
0 - 6 months	16-20 hours
6 - 12 months	14-15 hours
1 - 3 years	10-13 hours
11 - 12 years	10 hours
13 - 17 years	9 hours



Down with screen time and up with play!

No more than two hours a day of combined screen time is recommended for any age group. Additionally, at least 30 minutes of sweat-breaking activity is recommended nearly daily. If your child is not used to being active, start small—make it a game. Use the stairs—or run up a hill. Let your child count and keep a chart of how many times he goes up and down. Do it with him. Get your heart rates up and enjoy breaking a sweat.



Choose the right fuel.

Spend time in the colorful produce section at the grocery store. Choose fruits and vegetables with your child and then wash and cut them at home so they are ready and easy to eat. Make a game out of trying vegetables—have a list and check off every vegetable you try. Let your child know that sometimes they will "grow into" liking a particular vegetable.

Pictured left to right,
Kristi Schulte, PA-C,
Sarah Lallaman, DO;
Emily Tracy, PA-C.



Same-day appointments now available!

To schedule an appointment with Dr. Sarah Lallaman or physician assistants Kristi Schulte or Emily Tracey, call Winona Health Pediatrics at 507.457.7607.

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

Learn about My Winona Health on page 6-7.

One of the sweetest things you can do for your child?

Limit the sugar.

It's easy to consume empty calories by drinking sweetened juices or super-sized carbonated beverages. Keep an eye on the nutrition labels of the foods and beverages you purchase. You might be surprised by how much sugar is hiding!

Here's how to determine how much sugar a product contains:

4 grams = 1 teaspoon of sugar

Divide the number of grams listed on the label by 4 and that's how many teaspoons of sugar are in one serving.

For example, one brand of cranberry-apple-raspberry flavored juice says "made with real fruit juice" has **57 grams of sugar** in a 15.2 oz. bottle. That's a little more than 14 teaspoons of sugar!

Be sure to check the label to see how much is considered one serving and how many servings are in the container. If it says 2 servings, and you eat or drink the entire container, you've consumed 2x the sugar.

Keep in mind that skim or 1% milk is an important beverage choice for children 2 years and older, and water is important as well to keep children hydrated.

Information reviewed by Winona Health dietitian, Anna Hudson

Sports physical? —Beat the rush!

You'll be ahead of the game if you schedule your child's sports physical now. A sports physical is a different kind of exam, but if your child is due for a well-child exam, a sports physical can be completed at the same appointment.

Sports physicals are good for a couple of years, so save yourself the last-minute rush right before practice starts. Sports physicals can be completed with a well-child check at any time of the year. So even if you are not sure your child will participate in a sport, it's okay to get it taken care of early so your child is ready no matter what.



I'm on vacation and my husband is injured and needs stitches. The emergency room doctor asks when he last had a tetanus shot. We can't remember!

Summer camp registration forms are due in the morning. I just discovered I need my child's immunization records, but the clinic is closed. Now what?

I'm in Florida for the winter and have a sinus infection that won't go away. I don't have a regular doctor in Florida, so I need to make an appointment with a new doctor. I know there is an antibiotic that I'm allergic to, but I can't remember which one. How do I find the name?

Q. What do all these problems have in common?

A. These wouldn't be problems if you use My Winona Health.

Instant access to your medical information

My Winona Health is a free web-tool that gives you instant access to your medical information anytime, anywhere you have an Internet connection.

Use My Winona Health to:

- Schedule appointments in Family Practice, Women's Health, the Eye Care Center and Pediatrics .
(more online scheduling options coming soon!)
- Send messages to your healthcare provider or care team.
- Check upcoming appointment dates.
- View your medical history (clinical summaries, procedures, lab results, height/weight, blood pressure and more).
- Check and print your immunization records.
- View your current medications and allergies.
- Download and view educational materials from your visits.
- Access medical information and schedule appointments for your children (and other family members who give permission).

To sign up, call 507.474.5678 or visit any registration desk at Winona Health. You must have an email address to sign up. My Winona Health is a secure Internet application in compliance with state and federal requirements.

 **For more information visit: www.winonahealth.org/mywh**



QUICK REFERENCE CLIP AND SAVE

Using your My Winona Health account

Account Basics

- **To sign in to your My Winona Health account**, open your Internet browser and enter www.winonahealth.org in the address bar. Scroll to the bottom of the page and click on the blue "Registered User Login" button. Enter your username and password when prompted.
- **To view your child or proxy's health information**, click on the down arrow next to the patient name on the left side of the screen.
- **To view your My Winona Health home page**, click on the patient name in the top menu.

My Messages

- **To access messages received**, click "My Messages." Click on a message to view its content. You can "Reply" to sender or "Forward" the message to another provider.
- **To send a message to your provider**, click "My Messages" and then click "Send a message."
- **To confirm whether the messages you have sent have been opened** by the care team, click "My Messages" and then "Sent items." Status will be displayed as "Opened" or "Unopened" underneath the message's date and time.

My Records

- **To view allergies and immunizations**, click on "My Records" and scroll to the appropriate heading.
- **To view medical summary, medication list, documents/education, and surgeries/procedures list**, click "My Records" and then click the individual items. You may view your lab results anytime, as they appear in My Winona Health with no delay.
- **To view lab test results** from as far back as 2003, click on "My Records" and then "Medical Results." Select a date range and click "Go" to filter your results.

My Appointments

- **To view currently scheduled appointments**, click "My Appointments." You can also add your appointments to your personal calendar by clicking "Add to Calendar" and then "Open" within this section.
- **To schedule a new appointment**, click "My Appointments" and then "Schedule a New Appointment." Select preferences such as provider, date, time of day and day of week from the menu on the left. Available appointments that meet your criteria will appear in the list. When you find an appointment you would like to schedule, click "Select." Enter your symptoms, other comments and contact preferences and then click "Confirm Your Appointment."
- **To cancel an appointment**, click "My Appointments" and then find the appointment you would like to cancel from the list that appears. Under the appointment information, click on the "x" to open a new window. Select your reason for cancelling from the dropdown menu and click "Submit."

Patient Information

To view personal information, click the wheel icon and then "Patient Information." If any data is incorrect, you can send updates by changing the item(s) that are incorrect and then click "Send Update Request" at the bottom of the screen. Registration staff will use this information to update your record.

Account Assistance

Troubles logging in to your account? If you already have an account and are experiencing technical difficulties, call our support number anytime: 1.877.621.8014.





Women's Health Providers

Winona Health has a variety of healthcare providers to take care of you including gynecologists, a midwife and Family Practice providers.

According to Melissa Richards, MD, "Collaboration is important, especially when it comes to women. Winona Health has a variety of healthcare providers beyond our Women's Health Center working together to meet each woman's needs."

Healthcare providers at Winona Health are devoted to helping you maintain or improve your health and well-being. Your needs may change depending on your age and stage of life.

Pictured above, left to right: Melissa Richards, MD; Suzanne Cooley, CNM; Holly Fratzke, CNP; Troy Shelton, MD; Ann F. Olson, CNP, FAANP; Scott Birdsall, MD, and Tara Suffrins, CNP.



Everything is sharper and clearer in 3D.

New 3D Mammography at Winona Health offers a better chance to diagnose breast cancer earlier, at a more treatable stage.

Winona Health now has 3D Mammography (breast tomosynthesis) technology for breast cancer screening. Breast tomosynthesis produces a three-dimensional view of the breast tissue that helps radiologists identify and characterize individual breast structures without the obstruction often caused by overlapping tissue.

Winona Health's Women's Imaging Department offers weekday walk-in appointments: **Monday, Wednesday and Friday**

To schedule a mammogram, call 507.457.4320 then select option 1.

Concerned about cost? Ask your healthcare provider about the SAGE program.

WOMEN'S HEALTH AT EVERY AGE

The following are basic screening guidelines. Every woman's care should be individualized after discussion with her healthcare provider.

	Ages 13-20	Ages 21-50	Ages 51 and older
Health issues you may want to discuss	First visit to a Women's Health provider or your primary care provider to discuss gynecological changes and concerns; great opportunity to establish care and get to know your provider	Menstrual cycle irregularities; incontinence issues; pelvic pain; obstetrics needs; contraceptive counseling; assess gynecological risk factors	Menopausal symptoms (hot flashes, mood changes, vaginal dryness); sexual dysfunction; urinary/bowel incontinence; postmenopausal bleeding
Blood Pressure Screen		Screen every 1 to 2 years depending on risk factors	Screen every 1 to 2 years depending on risk factors
Cholesterol Screen		Screen for risk factors (personal and family risk factors) every 1 to 2 years	Assess for risk factors yearly; lab testing every 3 to 5 years
Diabetes Screen		Screen for risk factors (personal and family history risk factors) every 1 to 2 years	Assess for risk factors yearly; lab testing every 3 to 5 years
Cervical Cancer Screen		Begins at age 21 with a Pap smear every 3 years in a woman's 20s; pap smear and human papilloma virus (HPV) testing every 5 years after age 30	Pap smear and HPV testing every 5 years until age 65; pap smears are also discontinued if history of hysterectomy for non-cancerous reasons
Pelvic Exam	If there are specific concerns, screen for risk factors	Yearly pelvic exams	Yearly pelvic exams
Breast Health Screen		Clinical breast exams every 1 to 2 years; mammograms every 1 to 2 years starting at age 40	Yearly clinical breast exams and mammograms
Sexually Transmitted Infection Screen	Screen for risk factors	Screen for risk factors	Assess for risk factors
Colon Cancer Screen		Screen for risk factors (1st degree relative diagnosed with colon cancer before age 50)	Assess for risk factors. Preferred-Colonoscopy every 10 years; hemocult 1 to 3 years
Bone Health Screen		Screen for risk factors	Screen for risk factors; recommend baseline DEXA scan at age 65

Learn more at winonahealth.org/women or call 507.457.7701 for an appointment.



The key to avoiding billing surprises?

Understand your plan.

Individuals often have questions about what is covered during a “preventive care” visit. Preventive care appointments are also called an annual exam or well visit. Understanding your insurance plan is the key to avoiding billing surprises. If your plan covers preventive care, this is a quick guide to help you understand what that means.

Preventive/well visit services include:

- Conducting a physical.
- Providing advice on staying healthy and healthy living choices.
- Discussing previously identified health-related risk factors (example: smoking).
- Screening lab test to see if you are at risk due to age, gender or lifestyle.
- Keeping your immunizations up to date based on your age and gender.
- Discussions with your provider during your preventive/well visit that require no lab tests, no procedures and no follow-up or treatment plan.

Not considered preventive services (additional charge required):

- Any new health problems that require lab work, x-rays or other follow-up plan.
- New problems that require prescription medication.
- Chronic problems where the doctor needs to manage your condition and/or adjust medications.

Winona Health is required to classify or “code” services appropriately in order to avoid insurance fraud. If you visit a member of your healthcare team for an annual physical/well visit appointment and you’d like to discuss issues not covered under your plan’s preventive services, additional charges may apply.

If you have questions regarding billing for preventive/well-visit services, or other services, please call the Winona Health Business Office at 507.457.4579 and select option 5.

Winona Health recognized yet again in video for advanced information technology

Winona Health was featured in a video about advancements in healthcare information technology produced by Cerner, a global healthcare technology company.

To view the video, visit: www.winonahealth.org/infotechnology.

(You may see some people you know!)



Rachelle Schultz
President and CEO, Winona Health

Winona Health welcomes these providers to our medical staff.



Lora Briese, CNP
Family Practice

Education:

- Master of Science in Nursing-Family Nurse Practitioner from Winona State University in Rochester, Minn.
- Bachelor of Science in Nursing from Pittsburg State University in Kan., graduated Magna Cum Laude

Professional Associations:

- American Holistic Nurses' Association - Rochester Chapter
- Sigma Theta Tau International Honor Society

Certifications:

- Minnesota RN Licensure
- Basic Life Support
- American Heart Association Advanced Cardiac Life Support
- Certified Massage Therapist

Notable:

- Special interest in health promotion and helping people learn how to implement changes to improve all aspects of health



Lori Greiner, CNP
Family Practice

Education:

- Master of Science in Nursing-Family Nurse Practitioner from Viterbo University in La Crosse, Wis.
- Bachelor of Science in Nursing from Viterbo University

Professional Associations:

- Sigma Theta Tau International Honor Society

Certifications:

- American Association of Nurse Practitioners

Notable:

- Special interest in health promotion for individuals of all ages



Amy Macal, CNP
Hospitalist

Education:

- Master of Science in Nursing, Adult-Gerontology Acute Care Nurse Practitioner from Allen College in Waterloo, Iowa
- Associate Degree in Nursing from Northeast Iowa Community College in Calmar, Iowa
- Bachelor of Science degree from Winona State University, majoring in Exercise Science with Cardiac Rehabilitation and Adult Wellness emphases

Professional Associations:

- American Association of Nurse Practitioners
- Sigma Theta Tau nursing honor society
- Emergency Nurses Association

Certifications:

- Basic Life Support Provider
- Advanced Cardiovascular Life Support Provider
- Pediatric Advanced Life Support Instructor/Provider
- Trauma Nurse Core Course Provider
- Neonatal Resuscitation Program Provider



Laura Muyres, PA-C
Hospitalist

Education:

- Master of Science in Physician Assistant Studies from Marietta College in Marietta, Ohio
- Bachelor of Arts in Biology from Drake University in Des Moines, Iowa

Professional Associations:

- American Academy of Physician Assistants
- Minnesota Academy of Physician Assistants

Certifications:

- CPR/AED for the Professional Rescuer and Healthcare Provider
- Advanced Cardiovascular Life Support

Notable:

- Certified Emergency Medical Technician (EMT)-Basic



Kari Nelson, PA-C
Urgent Care

Education:

- Master of Science in Physician Assistant Studies from Augsburg College in Minneapolis
- Graduated Cum Laude from Winona State University with a Bachelor of Science degree in Cellular and Molecular Biology

Notable:

- Certified Emergency Medical Technician (EMT)-Basic



Kristi Schulte, PA-C
Pediatrics
Previously with Winona Health 2008-2012

Education:

- Masters Degree in Physician Assistant Studies from Midwestern University in Glendale, Ariz.
- Post-Baccalaureate studies Biomedical Sciences Program, Midwestern University in Glendale, Ariz.
- Bachelor of Science Allied Health, Cum Laude, Winona State University Winona, Minn.

Board Certification:

- Board certified Physician Assistant by the State of Minnesota
- National Commission on Certification of Physician Assistants

Professional Associations:

- American Academy of Physician Assistants
- Minnesota Academy of Physician Assistants
- American Academy of Pediatrics
- Society for Physician Assistants in Pediatrics



Jake Thomas, MD
Hospitalist

Medical Degree: University of Texas Medical Branch at Galveston

Residency: Mayo School of Graduate Medical Education in Rochester

Professional Associations:

- Member of the American College of Physicians



Brea Veldboom, CNP
Family Practice

Education:

- Master of Science in Nursing-Family Nurse Practitioner from Viterbo University in La Crosse, Wis.
- Received RN from Marquette University in Milwaukee, Wis.
- Bachelor of Science in Exercise & Sports Science, Concentrations: Sports Medicine & Pre Medicine from Colorado State University in Fort Collins, Colo.

Professional Associations:

- American Association of Nurse Practitioners
- Sigma Theta Tau International Honor Society

Certifications:

- Basic Life Support

Notable:

- Special interest in sports medicine



Theresa Zeman, CNP
Nursing Home Care

Education:

- Master of Science in Nursing-Gerontological Nurse Practitioner from the University of Minnesota in Minneapolis
- Bachelor of Science in Nursing from the University of Texas in Arlington

Board Certification:

- Board certified Gerontological Nurse Practitioner by the American Nurses Credentialing Center

Professional Associations:

- Member of the American Psychiatric Nurses Association
- Member of the Geriatric Advanced Practice Nurses Association

Notable:

- Provides healthcare services for residents of Winona area long-term and transitional care residences

Coming Soon:

Katie Halder, CNP; Rushford Clinic

Bethany Corliss da Rocha, MD; Emergency Department

Jeffrey McGillicuddy, MD; Orthopedics

To schedule an appointment with a healthcare provider at Winona Health, please call 507.454.3680.

Winona Health **Cancer Program accredited** by the Commission on Cancer

Winona Health's Cancer Care Program has been accredited by the Commission on Cancer. "Earning accreditation by the Commission on Cancer acknowledges that Winona Health has a high-quality, patient-focused Cancer Program," said Sara Gabrick, administrator for Surgical and Specialty Care Services.

David Rowekamp, MD, chair-mentor of Winona Health's Cancer Committee, said, "I can assure community members that what we do here locally to diagnose and treat cancer is done very well. In addition to following the National Comprehensive Cancer Network guidelines, we strive to give each patient personalized care and support to help them through treatment." Dr. Rowekamp added that Winona Health has collaborative relationships with other regional healthcare organizations if a referral for treatment is necessary or requested.

Winona Health's Cancer Program team includes three general surgeons, Matthew Broghammer, DO; Lee Tombetta, MD, FACS; and Hans Zinnecker, MD, FACS; a medical oncologist, Richard Ferris, MD; and pathologist, Ronald England, DO; two radiologists, Justin Albanese, MD, and William Krueger, DO. The clinical team also includes radiation oncology specialists, oncology nurses, cancer registrars, registered dietitians, a nurse navigator, oncology social workers and rehabilitation therapists.

Only 30% of hospitals have accredited cancer programs, and Dr. Rowekamp noted that it is rare for a healthcare organization in a community the size of Winona to receive the Commission on Cancer accreditation. Receiving care at a Commission on Cancer-accredited organization ensures individuals will receive:

- Comprehensive care offering a range of state-of-the-art services.
- A multidisciplinary, team approach.
- Access to cancer-related information.
- Access to patient-centered services.
- Options for counseling and palliative care services.
- Ongoing monitoring and improvement of care.
- Assessment of treatment planning.
- Information about clinical trials and new treatment options.
- Follow-up care.
- A cancer registry that collects data on cancer type, stage, and treatment results.

"People are often surprised by the extent of cancer care provided at Winona Health. Patients can stay close to home, which adds comfort and convenience."

— Sandy Gruszynski
Cancer Care Nurse Navigator



Winona Health's Cancer Care Committee

Front l-r: Sheila Skeels, LSW, Social Worker; Angela Johannes, RN, Director of Surgical Services, Cancer Program Administrator; Megann Van Overmeer, RN, Chemotherapy Nurse-Alternate; Karen Perkins, PA-C, General Surgery, Quality Improvement Coordinator; Sandy Gruszynski, RN, Cancer Coordinator/Patient Navigator/Community Outreach coordinator; Cheryl Evans, Tumor Registrar, Cancer Registry Quality Coordinator; Back l-r: Jeremy Compton, Continuous System Improvement Facilitator; Hans Zinnecker, MD, FACS, Cancer Liaison Physician, Cancer Conference coordinator; Jennifer Grant, American Cancer Society Representative; Richard Ferris, MD, Oncologist-Clinical Research Representative/Coordinator; J. David Rowekamp, MD, Chair-Mentor; Ronald England, DO, Pathologist, Chair; Sara Gabrick, RN, Service Line Leader for Surgical & Specialty Care; Justin Albanese, MD, Diagnostic Radiologist; Lee Trombetta, MD, FACS, General Surgeon, Quality Improvement Coordinator-Alternate. Not pictured: Mara Levin, RN, Oncology Nurse.

For more information about the Winona Health Cancer Program, visit winonahealth.org/cancercare, or call Sandy Gruszynski, cancer care nurse navigator, at 507.494.7378.

Community Care Network:

Improving community health one person at a time

Imagine having support, encouragement and advice to manage your health condition when and where you need it—right where you live. That's the goal of the Community Care Network, a Winona Health initiative in collaboration with Winona State University.

Through the Community Care Network, specially trained health coaches provide free support to individuals in their homes who are at high risk for hospital admission because of a chronic health condition.

"This is just one of the ways Winona Health is looking at community healthcare differently," says Paula Philipps, RN, Community Care Network facilitator. "There are many opportunities for us to help people remain independent in their homes and avoid unnecessary hospitalization by providing the right kind of support."

Paula emphasizes that health coaches are not providing medical services. "Health coaches serve as a liaison between the individual and the healthcare team," she explains. "They provide information and support to help individuals identify and overcome barriers to managing or improving their overall health."

Cassie Boddy, a licensed social worker with the Community Care Network, says, "Health coaches can help with many aspects of good health such as social, emotional and financial guidance."

For more information or to schedule a free assessment, contact a Winona Health Community Care Network facilitator: Paula, a registered nurse: 507.494.5724, or Cassie, a licensed social worker: 507.453.3752.



The Community Care Network is designed to:

- Provide ongoing support to individuals.
- Improve healthcare outcomes.
- Improve overall health.
- Improve quality of life.
- Reduce Emergency Department visits.
- Reduce hospital admission.
- Reduce healthcare costs.

There is no specific criteria for becoming a Community Care Network client. Interested individuals can receive a free assessment to determine whether this free service will meet his or her needs and/or whether other community resources may be helpful.

Low-dose CT screening is available for patients at high risk of developing lung cancer

Winona Health now provides low dose CT screening for individuals at high risk for developing lung cancer.

"Low dose CT lung screening is the only proven screening method to reduce lung cancer death rates," says Justin Albanese, MD, a radiologist at Winona Health. "Early detection of lung cancer with lung screening in the appropriate patients decreases mortality rates from lung cancer by 20% when compared to getting annual chest x-rays. Research indicates that mortality from all causes was also reduced in the patients receiving CT lung screening."

Screening is recommended only for those who meet specific criteria. Physicians determine whether an individual is considered high risk based on criteria including:

- Age.
- Smoking history.
- Radon exposure.
- Cancer history.
- Family history of lung cancer.
- Occupational exposure (silica, cadmium, asbestos, arsenic, beryllium, chromium, diesel fumes, nickel, coal smoke, soot).
- Exposure to secondhand smoke.
- COPD or Pulmonary Fibrosis.

For more information about low-dose CT screening for lung cancer, contact your primary healthcare provider about determining your risk factors. To schedule an appointment with a healthcare provider at Winona Health, call 507.454.3680.



Winona Health's Helen Bagshaw, CCRN, is **Minnesota's Caregiver of the Year!**

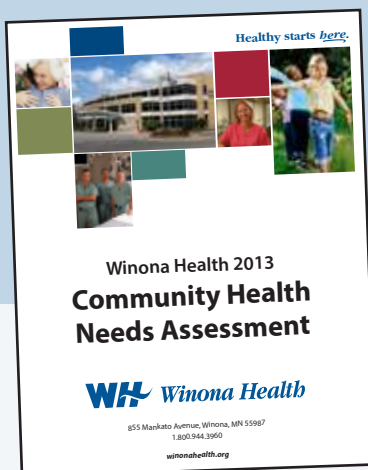
Helen Bagshaw, CCRN, a Winona Health Intensive Care Unit nurse, was named Caregiver of the year by the Minnesota Hospital Association.

Helen's warmth, compassion and dedication to patients and their families is evident in every interaction in Winona Health's Intensive Care Unit, and several gifts to the Winona Health Foundation have been made in her honor through the Guardian Angel program.

Not only is Helen dedicated to outstanding bedside care, but she is also an active leader in Winona Health's Continuous System Improvement efforts. Understanding the importance of rest to a patient's ability to heal, Helen brought forward research and led efforts to make the inpatient units a more restful environment for patients. When she isn't on duty, she may be delivering meals to community members or teaching a group of people how to save a life. Helen has taught CPR for

more than 10 years. Last year, she began teaching community members Hands-Only CPR. Through 30-minute workshops, she's taught more than 550 people.

Helen received the Caregiver of the Year award at the Minnesota Hospital Association annual banquet in Minneapolis on April 25.



Community Health Needs Assessment Identifies Key Issues

Winona Health continues to assess the health needs of Winona County, most recently by facilitating a Community Health Needs Assessment of the population in collaboration with Winona County Public Health. As a result, Winona Health has identified **three community health priorities** to focus on for the next three years:



Improved access to
mental health services



Improved access for preventive
screenings in the minority or
disadvantaged populations



Obesity/overweight prevention
through education and
promotion of healthy behaviors

The report is available at: www.winonahealth.org, click on Events & Resources, then 2013 Community Health Needs Assessment. For more information or to request a copy of the report, contact Betsy Midthun at 507.457.4116.

Ask the Winona Health Experts:

	What's your favorite healthy snack?	What's the best advice your doctor has given you?	What's the best advice you can give others about getting healthy?	How do you get moving?	Why should patients use My Winona Health? (More information on pages 6-7.)
 <p>Mike Donnenwerth, DPM; Podiatry</p>	<p>Baked broccoli – drizzled with olive oil and pepper. Bake at 400 degrees for about 10 minutes.</p>	<p>Hmmm. I don't have a good answer for that.</p>	<p>Every little bit counts— Set a goal and keep trying. Don't get discouraged.</p>	<p>I exercise right away in the morning—usually running or strength training.</p>	<p>Communication is key in the provider-patient relationship, and connecting through My WH is available 24 hours a day, which makes this much more convenient for the patient.</p>
 <p>Sarah Lallaman, DO; Pediatrics</p>	<p>Raw peppers... red, yellow, orange and green!</p>	<p>Take time for yourself.</p>	<p>Be honest with yourself about what you can improve and then do it!</p>	<p>I love volleyball and walks with my family.</p>	<p>Sometimes waiting on hold to leave a voicemail is frustrating...why not just message me through My Winona Health and save some time!</p>
 <p>Melissa Richards, MD; Women's Health</p>	<p>Strawberry yogurt.</p>	<p>Stay active mentally and physically.</p>	<p>Start "doing."</p>	<p>Biking and rollerblading.</p>	<p>My Winona Health is a resource that empowers and integrates patients in the healthcare plan that has been customized to meet her needs.</p>
 <p>Kristi Schulte, PA-C; Pediatrics</p>	<p>Juices made with our NutriBullet.</p>	<p>Sleep is the best medicine.</p>	<p>It doesn't matter how you exercise. Just get moving somehow every day.</p>	<p>Dance parties in the living room.</p>	<p>Easy access to medications, treatment plans, immunizations, and messaging to providers – even at 3 a.m. when you are awake with a crying child!</p>
 <p>Jennifer E. Thuener, MD; Family Practice</p>	<p>Apples and peanut butter.</p>	<p>Fresh air and exercise is good medicine.</p>	<p>Little steps every day.</p>	<p>Walking, biking, horseback riding.</p>	<p>My Winona Health gives patients access to their lab results and allows quick communication to their physician.</p>
 <p>Emily Tracey, PA-C; Pediatrics</p>	<p>Hummus</p>	<p>Take time for yourself.</p>	<p>Find a friend or family member who helps you stay motivated.</p>	<p>I love to hike and go kayaking.</p>	<p>I think My Winona Health is helpful because you can print your immunizations! It can save a phone call.</p>

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

EVENTS, CLASSES & SUPPORT GROUPS

Events are on the Winona Health campus located at 855 Mankato Ave., Winona, Minn. except when noted.

All About Baby

Every Tuesday, 12 – 1:30 p.m.
Every other Monday, 6 – 7 p.m.

Women's Health, clinic 3rd floor
Registration required for Monday classes only.
Free. 507.494.0812 or 507.457.7701

Alzheimer's and Related Dementia Support and Education

2nd Wednesday of every month, 6 – 7 p.m.
Parkview Conference Room, hospital 1st floor
Free. For more information: 507.494.7496

Autism Spectrum Support Group

4th Monday of each month, 7 – 8 p.m.
Parkview Conference Room, hospital 1st floor
Free. For more information: 507.494.0905

Breastfeeding Class

Tuesday, July 15, 6:30 – 8:30 p.m.
B.A. Miller Auditorium
\$10 per participant/couple.
Registration required: winonahealth.org/events or call 507.457.4491

Bringing Baby Home

Thursday, August 7, 6:30 – 8:30 p.m.
Learn all about newborns and what to expect.
Register during your last trimester:
winonahealth.org/events or 507.457.4491

Childbirth Education *Weekend (two day) program option:*

Friday and Saturday, August 8 – 9
Women's Health, clinic 3rd floor
\$78 per couple/participant.
Registration required: winonahealth.org/events or 507.457.4491

Chronic Pain Support Group

1st Tuesday of each month, 6 – 7 p.m.
Lake Winona Manor Classroom, hospital 1st floor
Free. For more information: 507.474.5697

COPD Support Group

3rd Wednesday of every month, 2:30 – 3:30 p.m.
Lake Winona Manor Classroom, hospital 1st floor
Free. For more information: 507.452.7940

CPR for Healthcare Providers

Friday, August 15, 4 – 8 p.m.
B.A. Miller Auditorium
\$80. Registration required:
winonahealth.org/events or call 507.457.4491

CPR Recertification for Healthcare Providers

Tuesday, August 5, 4 – 7 p.m.
B.A. Miller Auditorium
\$60. Registration required:
winonahealth.org/events or call 507.457.4491

Diabetes: It's a Family Affair - Free!

Saturday, October 25, 8:30 a.m. – 12:30 p.m.
Clinic 1st floor
Sponsored by Winona Health and Area Lions Clubs. For more information: 507.457.7670

Family to Family Support Group

2nd Monday of every month, 7 – 8:30 p.m.
Parkview Conference Room, hospital 1st floor
Free. For more information: 507.494.0905

Healthcare Directives

Information Session:
Monday, July 21, 9:30 – 10:30 a.m.
Working Session:
Monday, August 4, 9:30 – 10:30 a.m.

Parkview Conference Room, hospital 1st floor
Free. No registration required. 507.457.4394

Little Ones Remembered Outreach Group

3rd Tuesday of every month, 6:30 – 8 p.m.
Winona Health, Sarnia Square, 2nd floor,
420 East Sarnia St. Free. 507.453.3765

Parkinson's Support Group

Quarterly, 2nd Thursday, 6 – 7 p.m.,
March, June, September, December
Senior Living at Watkins, 175 E. Wabasha St.
Free. For more information: 507.474.3042

Public First Aid

Thursday, August 14, 4 – 6:30 p.m.
B.A. Miller Auditorium, hospital 3rd floor
\$50. Registration required online at
winonahealth.org/events or call 507.457.4491

Senior Living at Watkins

Free Music and Open Tours
Every Monday, 1 – 4 p.m. Music at 2:30.
Watkins Great Hall, 175 E. Wabasha St.
For more information: 507.494.7400

Smoking Cessation Class

4-week evening program:
Thursdays, August 28 - September 18, 6 – 7:30 p.m.
Parkview Conference Room, hospital 1st floor
Free. No registration required. 507.474.3324

Stroke Therapy Support Group

Quarterly, 2nd Wednesday, 6 – 7 p.m.
January, April, July, October
Winona Health, Sarnia Square, 2nd floor
420 East Sarnia Street
Free. For more information: 507.474.5189

Special Events:

American Red Cross Blood Drive

Tuesday, July 22, 1 – 6 p.m.
B.A. Miller Auditorium, hospital 3rd floor
To make an appointment: redcross.org.
Walk-ins welcome.

Breakfast with the Experts: Employee Wellness Program

Wednesday, July 23, 7:30 – 9 a.m.
B.A. Miller Auditorium, hospital 3rd floor
For small business owners, Human Resources Professionals or Safety Officers. During this talk you will learn the benefits of a wellness program, program components and how to get started.
Free. RSVP by Monday, July 21:
winonahealth.org/breakfast or call 507.457.4161

Winona Health Foundation and Auxiliary Events

For more information about Auxiliary or Foundation events:
507.457.4394 or mfidler@winonahealth.org.

Books are Fun Book Fair

Wednesday and Thursday, August 6 – 7
8 a.m. – 5 p.m.
Clinic 1st floor

Ben & Adith Miller Golf Classic

Monday, August 11
Cedar Valley Golf Course
18-hole Main Event, 9-hole Green Monster Challenge and 9-hole Youth Tournament
For more information:
winonahealth.org/golfclassic

\$5 Jewelry Sale

Wednesday and Thursday, September 3 – 4
8 a.m. – 5 p.m.
Clinic 1st floor