

# HealthyConnections



**“There is a lot to**  
*celebrate...*

*Page 11*

## Thankful greetings,

During this time of year, I'm reflecting and feeling grateful for the community that Winona Health is a part of.

Earlier this year, Winona was one of the 10 U.S. communities selected as finalists in the Way to Wellville, a national challenge to find five communities to participate in a five-year challenge for the greatest improvement in five measures of community health and wellbeing.

The Way to Wellville project aligns with Winona Health's mission to improve the health of our community, and we were excited that Winona was among the finalists. Although not selected as one of the five, Winona was asked to be part of the Greater Wellville Collaborative, which will provide unique opportunities for sharing resources and ideas. The Winona Wellville collaborative is excited to be involved in this work and will be expanding this opportunity across the community.

We're grateful for opportunities to collaborate with other community organizations. For example, we partner with Winona ORC in providing local job opportunities for individuals who have disabilities; area colleges and universities on educational opportunities including a program with Winona State University training health coaches for our Community Care Network; with the Minnesota Marine Art Museum and their SPARKS program for individuals with memory loss; with local food growers to provide nutritious, locally grown food for our patients, residents and staff; and, recently, with Kairos Alive! an intergenerational program incorporating the talents of musicians, storytellers and artists to enrich the lives of all through the arts.

Something else to be thankful for? Several more healthcare providers chose Winona Health and joined us this year—22 in all! This is remarkable given how challenging rural recruitment has become. Of course we never stop recruiting, and we already have commitments from providers who will join us in 2015. You'll get to know a little more about those who have joined us most recently on page 14.



Wishing you all of the  
*joy, hope and wonder*  
of the season.

We have so much to be thankful for across our community. We at Winona Health hope you and your family find much to be thankful for throughout the coming holidays.

With wishes for good health and happiness,

Rachelle H. Schultz

**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](http://winonahealth.org) and click on 'Contact Us' or call the Winona Health Community Engagement Department at 507.457.4157.



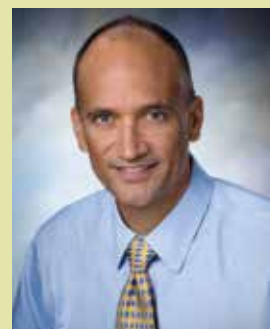


From arthritis to  
sports injuries,  
orthopedic specialists  
offer

# Relief



Michael Dussault, MD



Jeffrey McGillicuddy, MD

This fall, Winona Health welcomed orthopedic surgeon Jeffrey McGillicuddy, MD, to the Orthopedic and Sports Medicine Department. Dr. McGillicuddy joins orthopedic surgeon Michael Dussault, MD, who has been with Winona Health since 2012. The department also includes podiatrists Mike Donnenwerth, DPM, a rear foot and ankle specialist; William Hanson, DPM; and Tom Nachtigal, DPM.

Dr. McGillicuddy is board certified in orthopedic surgery and subspecialty certified in orthopedic sports medicine. He is an expert in the treatment of sports injuries and arthritis, as well as fractures and other injuries that may impose a negative impact on daily activities and quality of life.

“My treatment philosophy involves a team approach to getting my patients back in the game and back to doing the things that they love to do,” says Dr. McGillicuddy. “I help my patients understand the anatomy of their injury and then make informed decisions

about their care. While sometimes necessary, I believe that surgery should be considered as the last option rather than the first line of treatment.”

As an orthopedic surgeon, he describes himself as a meticulous perfectionist. He is skilled in arthroscopic and minimally invasive techniques.

One of the reasons Dr. McGillicuddy and his family chose to come to Winona is because his wife is from this area and his children love it here. When he first visited, he said he was surprised and impressed by the area’s natural beauty.

**To schedule an appointment  
in the Orthopedic and  
Sports Medicine Department  
at Winona Health, call  
507.474.3338.**

**From shoulder to toe,  
orthopedic and podiatry  
services available at  
Winona Health include:**

- Diagnosis, treatment and management of musculoskeletal injuries and diseases, including sports injuries and bone fractures
- Arthroscopic surgery
- All treatment and procedures related to the foot and ankle
- Knee and shoulder ligament reconstruction and repair
- Wrist, ankle, shoulder tendon and rotator cuff repair
- Total knee, hip, shoulder and ankle replacement

**Coming in December** —Plastic surgeon **Hans Serleth, MD**, whose expertise includes hand surgery.



*These ladies saved my life!*

### **"It was on my mind all the time.**

I'd been dealing with it for 10 to 15 years. **The older I got the worse it got. I used to get up every hour all through the night,"** says Karen G, age 66 of Winona. "I often had to ask for an extra break at work. Vacation was almost impossible—wondering how long between rest stops. I love my doctor, but I was too embarrassed to bring it up—it was the only thing I couldn't talk with him about. **I thought I was the only one in the world having that problem."**

That problem is incontinence, and Karen is far from being the only one suffering. More than one in three women are experiencing some form of pelvic health concern, including incontinence. And, if you're one of them, you know how it impacts your day-to-day (and night-to-night) life. The good news is that incontinence does **NOT** cause major health problems and it can be easily treated.



**Melissa Richards, MD**

"The primary risk factors for incontinence issues are age and childbirth," says Melissa Richards, MD, an obstetrician/gynecologist in Winona Health's Women's Health Center. "When a woman lets us know she is bothered by incontinence or too-frequent trips to the bathroom, we get a history, do an exam and, learn about her symptoms. Then, we discuss treatment options.

It's important to customize each patient's treatment plan."

Dr. Richards adds, "We also find out whether there are other health factors contributing to their issue. Sometimes women are concerned that their symptoms are a sign of something more sinister—and typically, nothing sinister is going on."



## *"Incontinence is common."*

It's nothing to be embarrassed about, and it's certainly nothing a woman has to live with.

I love helping women live better lives, and I want them to know they can ask me anything."

— Melissa Richard, MD



Pictured left to right, Cindy Teske, Karen, Tara Suffrins, CNP; and Melissa Richards, MD.

After reviewing Karen's options, a conservative treatment method with Tara Suffrins, a certified nurse practitioner in Winona Health's Women's Health Center and physical therapy, was the best solution.

Karen also was referred to Winona Health's Cindy Teske, a physical therapist who has expertise in pelvic health.

"We evaluate various aspects of incontinence, not just potential muscle weakness but also sleep patterns, dietary habits and fitness routines. All of these areas can contribute to incontinence," says Winona Health physical therapist, Cindy Teske. "Most of the patients we work with see fast results—usually within a month with weekly sessions." Teske also notes that as people learn how physical therapy can help with incontinence, they are seeing an increase in referrals.

Physical Therapy can help with a variety of women's health issues, says Teske. "In addition to incontinence, it encompasses issues

such as pelvic pain, pregnancy related challenges, constipation, irritable bowel and irritable bladder."

"Incontinence is common. It's nothing to be embarrassed about, and it's certainly nothing a woman has to live with," says Dr. Richards. "I love helping women live better lives, and I want them to know they can ask me *anything*."

If incontinence is affecting your life, talk to your primary care provider and request a referral or simply call the Women's Health Center at 507.457.7701 (No referral is required.) Treatment for incontinence is typically covered by insurance.

"For me, getting treatment provided instant relief with NO negative side effects," says Karen. "My family and coworkers have noticed a big change in me. I sleep. I'm happier, more energetic, more active and I drink more water. I've lost 30 pounds in the last six months, and I feel so much healthier. **I feel like these ladies saved my life.**"

## Incontinence Facts

### Causes of incontinence:

- Weak bladder muscles (weakening may be caused by childbirth and/or aging).
- Menopausal status.
- Overactive bladder muscles.
- Diet irritants (such as caffeine and alcohol).
- Nerve damage.
- Pelvic organ prolapse. (Prolapse refers to a descending or drooping of any of the pelvic floor organs.)

### Types of incontinence:

- Stress incontinence: Leaking when you sneeze or cough.
- Urge incontinence: Leaking caused by involuntary contracting of the bladder muscle.
- Mixed incontinence (combination of stress and urge).
- Overflow incontinence: The steady loss of small amounts of urine when the bladder doesn't empty all the way when urinating.

### Treatment may include:

- PT with lifestyle changes
- Conservative treatment options such as a pessary
- Medication
- Surgery

**To schedule an appointment in the Center for Women's Health, call 507.457.7648.**

# Family Medicine

**New location, new name—Same friendly faces!**

Winona Health Family Medicine and Family Practice Providers have joined as one department to give you more appointment options. The benefits include improved access to services, including lab and x-ray/imaging services, Pharmacy and Specialty Clinics.

Family Medicine providers have broad-based medical knowledge to serve as your primary healthcare provider through all stages of life. Their focus is to help you stay healthy, treat illnesses, and help you manage chronic conditions.

## Services Include:

- Health screenings
- Physicals
- Assessment and treatment for physical discomfort
- Diagnosis and treatment of acute illness including ear aches, sore throats and the common cold
- Treatment of injuries
- Diagnosis and treatment of chronic conditions including high blood pressure, high cholesterol, diabetes and heart disease
- Immunizations
- Minor medical office procedures
- Listening to your questions and concerns and providing answers and advice

In addition to these services, Family Medicine providers coordinate care by arranging referrals to specialists when additional expertise is necessary.

**For more information about Family Medicine providers or other healthcare providers at Winona Health, visit [winonahealth.org](http://winonahealth.org) and click on Find a Provider.**

## Family Medicine

Clinic 2nd floor  
859 Mankato Avenue  
Winona, MN 55987  
507.454.3680





# Family Medicine Team



E. Allen Beguin, MD



William E. Davis, MD



Wayne G. Kelly, MD



Rebecca Lossen, MD



Mary A. Michener, MD



Nicholas Modjeski, MD  
Winona and Rusford



Thomas A. Retzinger, MD



Jennifer E. Thuener, MD  
Winona and Rusford



Lora Briesse, CNP



Virginia Green, CNP



Lori Greiner, CNP



Katie Halder, CNP  
Winona and Rusford



Mary Kramer, CNP

To learn about Family Medicine providers in Rushford, see page 11.



## We've expanded our appointment hours!

### Primary Care in Winona:

Monday – Thursday: 7 a.m. – 7 p.m.

Friday: 7 a.m. – 5 p.m.

To schedule an appointment with your Family Medicine provider, call 507.454.5050, or 507.457.7648.

**Schedule your appointment online using MyWinonaHealth.**

To sign up, call 507.474.5678 or visit any registration desk at Winona Health. To learn more: [www.winonahealth.org/mywh](http://www.winonahealth.org/mywh)

My Winona Health is a secure Internet application in compliance with state and federal requirements.

It sounds terrible. (But it's really not.)

# What would *YOU DO* to

Macular degeneration is a common eye disease that progressively destroys the center of the retina, impairing central vision. There are two types of macular degeneration, “wet” and “dry.” The dry type is more common, and neither type causes pain.

Treatment is now available that can preserve vision in the wet type of macular degeneration; keeping people from losing as much vision and/or losing vision as fast as they would without treatment.

“We have the ability to treat macular degeneration here in Winona,” says Laurel Quinn, MD, ophthalmologist at Winona Health. “In some cases we have been able to treat people and they maintain their ability to read for years longer than they would without treatment.

“This last decade has seen a great improvement in our ability to treat wet macular degeneration by injecting



Laurel Quinn, MD

effective medicines directly into the eyeball. You may have friends who go to Rochester or La Crosse every month for their macular degeneration shots. This can be a big burden, especially on elderly patients and their caregivers. People do not need to leave town for this. We do these injection treatments here at Winona Health.”

Mary Doffing, 84, of Winona, offers reassurance, “You know, it sounds terrible, but it’s not bad at all, and it does the job. They numb the eye, so it’s not uncomfortable. It’s not even as big a deal as when get your finger pricked for a blood test.”

Mary has been seeing Dr. Quinn since 2006. “Dr. Quinn is thorough, and she explains everything—there are no surprises. I’ve had this procedure other places, but I’m most comfortable with Dr. Quinn at Winona Health.”

## Retina Imaging Technology

“Winona Health has retina imaging technology enabling us to make the correct diagnosis and follow the eyes of these patients over the course of treatment,” notes Dr. Quinn.

“These injection technologies have revolutionized how we take care of various diseases that involve the retinal blood vessels and we are keeping up with these innovations at Winona Health.”

Winona Health’s eye care team also coordinates “shared care” with retina specialists, allowing patients to receive treatment here in Winona.”

Macular degeneration may not have symptoms until it progresses or affects both eyes. If you notice any changes in your vision, see your eye doctor, and don’t take your vision for granted. After age 40, see an ophthalmologist for a general exam to help you maintain eye health and preserve your vision.

## FACTS

**Macular Degeneration** is more common after age 50, it may run in families, and smoking makes it worse.

**Dry macular degeneration** may affect one or both eyes.

Dry macular degeneration symptoms usually develop gradually.

They may include:

- The need for brighter light when reading or doing close work
- Increasing difficulty adapting to low light levels, such as when entering a dimly lit restaurant
- Increasing blurriness when reading
- A decrease in the intensity or brightness of colors
- Difficulty recognizing faces
- A gradual increase in the haziness of your central or overall vision
- A blurred or blind spot in the center of your field of vision

**Wet macular degeneration** symptoms usually appear and progress rapidly:

- Visual distortions, such as straight lines appearing wavy or crooked, objects appearing lopsided, or smaller or farther away than they really are
- Decreased central vision
- Decreased intensity or brightness of colors
- Well-defined blurry spot or blind spot in your field of vision



# PROTECT YOUR VISION?



To schedule an appointment with Dr. Quinn or with optometrist Scott Pastryk in the Winona Health Eye Care Center, call 507.474.4760.

## Nutrient sources to help prevent macular degeneration

### What you need:

#### Beta-carotene



### Where to get it:

red peppers, carrots, avocados, asparagus, squash, sweet potatoes, nectarines, apricots, cantaloupe, mango, papaya, kiwi, watermelon, and dark green leafy vegetables

#### Lutein



kale, collard greens, mustard greens, spinach, parsley, Swiss chard, and romaine lettuce

#### Vitamin C



red and green peppers, broccoli, Brussels sprouts, turnips, cabbage, citrus fruits, cantaloupe, kiwi, and dark green leafy vegetables

#### Vitamin E



seeds, nuts, and whole grains

#### Selenium



wheat germ, oats and bran, fish, egg yolks, chicken, garlic, and red Swiss chard

#### Zinc



oysters and fish, pumpkin seeds, ginger root, pecans, and Brazil nuts

#### Copper



Brazil nuts, walnuts, almonds, pecans, hazelnuts, walnuts

# AROUND the CLOCK CARE




Winona Health's hospitalist team has grown since it was established in 2003. Fulltime hospitalist Jake Thomas, MD, recalls, "It used to be that doctors would divide their time between caring for patients in the clinic and then in the hospital as well, but now it's more of a division into clinic doctors and hospital doctors." He adds, "The main benefit is that someone is always in the hospital who is specialized at taking care of patients in the hospital."

*"Our hospitalist team spends all of its time caring for sick people, **it's our focus; our expertise.** That's what we know, and that's what we do."*

*- Jake Thomas, MD*

## What is a Hospitalist?

A hospitalist is usually an Internal Medicine specialist who is available to patients, their families and other care providers around-the-clock. Hospitalists keep patients' primary physicians informed when patients are admitted, discharged or major decisions need to be made.

"Hospitalists work in close collaboration with the patient's primary physician and the entire care team to provide better care and improve outcomes and efficiency," said Robin Hoeg, RN, MS, administrative leader for Inpatient Services.

▲ Hospitalist Jake Thomas, MD, and Heather Thon, RN, on the Medical/Surgical floor.

## What does around-the-clock hospitalist service mean for patients at Winona Health?

- **A dedicated Winona Health hospitalist is always on duty.**
- **Patients receive care from a cohesive care team.**  
A network including Primary Care providers, nurse practitioners, physician assistants, educators, therapists, pharmacists, dietitians, social workers, hospice staff and others work with hospitalists to ensure patients and their families' get the care and information they need.
- **Enhanced communication with patients and families.**  
With around-the-clock hospitalist care, family members have more opportunities to speak with a doctor during a patient's stay. As an ever-present part of Winona Health's care team, hospitalists become the center of meaningful communication.
- **Patients often recover faster and spend less time in the hospital.**  
Hospitalists can expedite major decisions, including admission and discharge. By communicating with hospitalists through innovative communication boards, other care team members have a greater impact on a patient's recovery.

For more information about these or other healthcare providers, visit [winonahealth.org](http://winonahealth.org) and click Find a Provider.

## Hospitalists



Katrina Hammel, MD



Joseph Kaiya, MD



Jake Thomas, MD



Laura Dubis, PA-C



Amy Macal, CNP



Heidi Stangler, CNP



Debra Tidquist, CNP

Coming soon: Autumn Cole, CNP, Hospitalist Nurse Practitioner



# RUSHFORD CLINIC—

“There is a lot to celebrate in Rushford,” said Marti Bollman, administrative leader of Winona Health Primary Care Clinics. “We’ve welcomed new healthcare providers, celebrated the one-year anniversary of providing physical therapy services in Rushford, and celebrated Rushford Clinic’s return to full-time hours Monday through Friday.”

“It’s wonderful to be fully staffed and able to offer better access to healthcare for area residents again,” said Bollman.

In addition to Nicholas Modjeski, MD, who has been seeing patients in Rushford part-time, Rushford Clinic recently welcomed Jennifer Thuener (pronounced Teener), MD, who is at the clinic weekly, and Katie Halder, CNP, who will be at the clinic Monday through Friday. To learn more about Katie Halder, CNP, see page 14.

“We’re so pleased to have Katie at the clinic full-time. She is a wonderful fit for Rushford,” said Bollman. “She and her family are looking forward to making this community their home.”

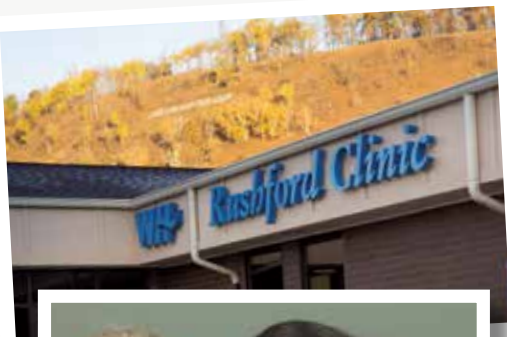
**“There is a lot to  
*celebrate*  
in Rushford.”**

Dr. Thuener also is a great addition to the team in Rushford. In addition to caring for all members of the family no matter their age, Dr. Thuener has a special interest in prenatal care and labor and delivery, so women in Rushford can see her throughout their pregnancy and, in most cases, have her with them through labor and delivery at Winona Health.

**To schedule an appointment with certified nurse practitioner, Katie Halder, Dr. Thuener or Dr. Modjeski (pictured below) at Rushford Clinic, call 507.864.7726.**

**Rushford Clinic Hours: Monday – Friday, 8-4:30 p.m.**

**Physical Therapy is also available at Rushford Clinic.**



▲ Jennifer Thuener, MD, checks out Emily's bunny during an open house at Rushford Clinic. Dr. Thuener sees patients of all ages in Rushford and Winona (including moms-to-be all the way through delivery!).



## Message me.

As health information technology advances, it's easier than ever to communicate with your healthcare team—at YOUR convenience. Instead of playing phone tag with a nurse, you can send a secure email message through your personal My Winona Health account and your healthcare team will check your message, determine the information you need and send a message back—and you can receive the response at YOUR convenience, wherever you have an Internet connection.

Even physicians use My Winona Health to message their personal healthcare team. Charles Shepard, MD, an Internal Medicine physician, said, "Using my personal My Winona Health account is the most convenient way for me to communicate with my own healthcare providers between visits. Patients and physicians alike appreciate the flexibility and convenience of secure online messaging."

Another advantage to messaging your provider using My Winona Health is that the communication becomes part of your electronic health record, so it's easy to refer to if necessary.

### **My Winona Health also allows you to:**

- Print your child's immunization record
- Get your lab results – same day
- Check upcoming appointment dates
- View your medical history/  
information from previous visits

## Anytime. Anywhere.

**My WinonaHealth**

If you don't already have a My Winona Health account, or you have yet to activate your account, or you just have questions about getting started, visit any Winona Health department check-in desk or call 507.474.5678 or toll-free, 866.708.0820.

If you've already set up a My Winona Health account, but have technical questions, call 877.621.8014.

# Did you get your **FLU SHOT?**

Although people may express concern about the Ebola virus, the potential for people in the U.S. to die from another infectious disease—influenza virus—is greater. Healthcare providers urge everyone to get a flu vaccine. Getting a vaccine not only decreases the likelihood you'll get the flu, it also protects your family members, coworkers and others you come in contact with.

Always practice good hygiene, such as thorough hand washing and coughing or sneezing into a tissue or the inside of your elbow if a tissue isn't available. And, if you are ill, give yourself a break—stay home and rest.



Check your Flu IQ and learn more about the flu virus, including prevention, how to identify whether you have the flu and when you should seek medical care, visit [www.winonahealth.org/flu](http://www.winonahealth.org/flu).

### **Infection Control processes in place — EVERY DAY!**

Infection control is always among a healthcare organization's top priorities. Even before the U.S. had its first confirmed Ebola patient, Winona Health had an infection control infrastructure in place. When the first patient with the Ebola virus was confirmed in the U.S., Winona Health administrators and medical leaders reviewed processes and protocols to determine additional measures needed in light of the specific challenges this infectious disease could present.

Winona Health implemented heightened patient screening and clinical staff had mandatory refresher training on infection control processes such as isolation requirements, decontamination procedures and using personal protective equipment (PPE).

The Centers for Disease Control and Prevention and the Minnesota Department of Health serve as resources in providing the latest information and guidance in testing protocols and transfer procedures if a patient is suspected of being infected with the Ebola virus.

"Public Health systems in place in the U.S. give us the greatest opportunities for isolation and containment to limit the spread of Ebola and other infectious diseases," said Brett Whyte, MD, chief of Emergency and Urgent Care Services at Winona Health. "All healthcare professionals are committed to keeping their communities safe."

**Information about the Ebola virus is available on the Centers for Disease Control website: [www.cdc.gov](http://www.cdc.gov).**



# Winona Health Pharmacies

Three locations for wherever you happen to be.

Winona Health has three full-service pharmacies, offering fast, knowledgeable and always friendly service. All Winona Health pharmacies offer **free delivery and mail-out service**. Registered pharmacists and highly-experienced technicians are here to answer your questions.

*"Even with the Family Medicine physicians moving to the Winona Clinic second floor, Parkview Pharmacy will remain in its current location delivering the friendliest pharmacy service in town."*

*-Terry Full, RPh, Director of Retail Pharmacy at Winona Health*

From prescriptions, to over-the-counter medications Winona Health pharmacies are a provider for most third-party prescription plans, including Minnesota M.A., Wisconsin M.A. and Medicare.

## **PARKVIEW PHARMACY:**

Located on the north end of the Winona Health campus in the Parkview Office Building, the pharmacy has a **drive-up window**.  
**Phone: 507.454.4925**

## **WINONA CLINIC PHARMACY:**

Located in the Winona Clinic on the Winona Health campus.  
**Phone: 507.457.7688**



▲ If you've enjoyed the convenience of Winona Health's Parkview Pharmacy drive-up window, there's a good chance you've been greeted by pharmacy technician Mary Tarras's friendly smile.

## **PARKVIEW PHARMACY @ WSU**

Inside the Wellness Complex on the Winona State University campus, the pharmacy is convenient for staff, students and even the public. Traditional forms of payment accepted along with the WSU purple pass.  
**Phone: 507.457.2245**

## *In the spirit of a healthier new year...*

Winona Health dietitian Anna Hudson offers tips for getting over holiday hurdles.

"It's the holiday season and, for many people, it's challenging to maintain healthy habits—or at least not to let unhealthy habits go unchecked," says Winona Health's Anna Hudson, RD, LD.



Anna Hudson, RD, LD

Whether your challenge is parties, drinks, desserts, or simply not finding time to exercise, Hudson offers **a few tips to keep your holidays healthy:**

- Include water throughout the day and between drinks. Try sparkling water with fresh fruit flavors.
- Don't eat just to eat. Focus attention on other activities and friends and away from food.
- Avoid open candy dishes and office treats, or bring fruits and veggies to share.
- When at a party, scan the buffet and decide what you really want and what you are okay skipping.
- Slow down and really taste your food. It takes at least 20 minutes for our brain to recognize that we are full. Stop before you're uncomfortable.

It's easy to underestimate the number of calories we take in and overestimate the number of minutes we're active. **Squeeze in more active minutes** (remember exercise also helps you de-stress):

- To help counteract a few extra calories, add 10 extra minutes to your usual exercise routine – or take 10 minutes to go up and down your stairs; or move during commercials or between wrapping gifts).
- Enjoy outdoor activities with family—think about simple things such as sledding or building a snowman.
- Before you shop, take a brisk lap around the mall.

**For information about nutrition education services, visit [winonahealth.org/nutrition](http://winonahealth.org/nutrition), or call 507.457.4521.**



# Meet our **NEW** healthcare providers:

	What's your favorite healthy snack?	How long do you think you can hula hoop?	What's the best advice you can give others about getting healthy?	How do you get moving?	I chose Winona Health because:
 <b>Katie Halder, CNP, Rushford</b>	Greek yogurt.	Ha! Maybe 5 seconds.	Figure out what being healthy means to you, look at what's standing in your way, and make small daily changes to get there.	Once upon a time, I ran quite a bit. These days I'm mainly chasing after the kids.	My husband and I wanted to move our young family back to southeastern Minnesota to be closer to family. We were excited to find this opportunity with Winona Health. We both grew up in a small town, and I find practicing in a small town extremely rewarding.
 <b>Charlotte Clark, MD, Hospice</b>	Fruit. Especially berries.	Laughs — 16 minutes.	Be less busy so you have time to take care of yourself.	Swimming, walking, strength training.	I was interested in the unique opportunity to focus on hospice care.
 <b>Erin Hanson, CNP, Urgent Care</b>	Apples and peanut butter.	I don't think I can.	Do what you need to do for your physical and mental health. People who are happy tend to have healthier habits.	Boating, fishing, kayaking. And in the winter, my treadmill and I have a love-hate relationship.	When I began my job search, I chose Winona Health because of the interpersonal relationships and how that benefits patients. This is a very supportive community and there are good resources available.
 <b>Jeffrey McGillicuddy, MD, Orthopedics/Sports Medicine</b>	A blended smoothie - I also throw my vitamins in there. The pineapple makes it!	Laughs — I don't know, but I think my wife was the Minnesota state hula hoop champion.	Eat right, exercise, hug your children, and cherish sleep.	Cycling, running, skiing and windsurfing.	I've worked for larger healthcare systems, but patients, staff—everybody—seems to get lost in the shuffle in a big system. Here, we're not too far removed from the people we care for. In addition, my wife is from this area, and my kids love it here.
 <b>Nicole Beatty, MD, Anesthesiology</b>	A Honeycrisp apple.	Oh! I'm good at that. Not to brag, but I won the competition in 2nd grade.	Focus on the positive things you can do rather than the negative things you shouldn't do.	Pushing the jogging stroller and walking with the kids.	Lots of reasons. I've observed the admirable collaboration at Winona Health, and I've also been impressed with its systematic efforts to improve quality which has made it recognized as a center of excellence. I'm proud to be joining this forward-thinking team and hope to contribute in a positive way.
 <b>Ian Young, MD, Urgent Care</b>	An apple.	Laughs — Oh my gosh... 2 minutes.	It's hard work. Stay away from cigarettes, soda and fast food.	I enjoy playing volleyball a few times a week. I also exercise—but I don't enjoy that.	A colleague from residency [Dr. Britton Ercanbrack] chose Winona Health and highly recommended it. When I visited and interviewed, I found a beautiful and friendly community, and the staff is very caring and approachable.
 <b>Bethany Corliss da Rocha, MD Emergency Medicine</b>	Mangoes.	30 seconds—maybe.	Try to be active. Find a way of exercising that you like and stick with it.	Hiking, skiing and walking the dogs.	I was friends with Dr. Gallagher and Dr. Koo during residency. They started working here and liked it so much they asked me to come. When I visited, I fell in love with the town and the hospital.

To learn more about our new provider, visit [winonahealth.org](http://winonahealth.org) and click on *Find a Provider*.





"Blizzard in May" by  
Colleen Schueler, Winona, MN  
2014 HealingScapes Photo  
Contest Winner

# Service & Provider Directory

All Winona Health phone numbers are in the 507 area code.

**WH** Winona Health  
Healthy starts here.

## Adith Miller & Roger Metz Manors

**454.0179**  
885 Mankato Ave.

## Anesthesiology

**457.4331**  
Nicole Beatty, MD  
Nicole Varela, MD  
Amarjit Virdi, MD  
Clint Bollock, CRNA  
Hal Kenner, CRNA  
Joel Malin, CRNA  
Sandy Nortung, CRNA  
Robin Olsen, CRNA  
Tom Smart, CRNA  
Angie Tripp, CRNA

## Anticoagulation Clinic

**457.8513**  
Clinic 2nd floor

## Cardiopulmonary Rehabilitation

**457.4419**  
Parkview Office Bldg.  
(Adjacent to hospital)

## Chemotherapy/Infusion

**457.8545**  
Clinic 1st floor  
Richard C. Ferris, MD

## Cosmetics/Plastics

**457.7659**  
Clinic 2nd floor  
Hans Serleth, MD

## Dermatology

**457.7674**  
Clinic 2nd floor  
Hans von Weiss, DO  
Michael White, MD

## Emergency Medicine (if an emergency, call 911)

**Hospital entrance**  
Bethany Corliss da Rocha, MD  
Britton Ercanbrack, DO  
John Gallagher, MD  
Joseph Koo, DO  
Carlos Morales, MD  
Christopher Schubert, MD  
Brett Whyte, MD  
Marla Carlson, PA-C  
Kari Nelson, PA-C  
Joel Stevens, PA-C

## Family Medicine, Rushford

**864.7726**  
109 W. Jessie St. • Rushford, MN  
Nicholas Modjeski, MD  
Jennifer E. Thuener, MD  
Katie Halder, CNP

## Family Medicine, Winona

**454.7648**  
Clinic 2nd floor  
E. Allen Beguin, MD  
William E. Davis, MD  
Wayne G. Kelly, MD  
Rebecca Lossen, MD  
Mary A. Michener, MD  
Nicholas Modjeski, MD  
Thomas A. Retzinger, MD  
Dirk Thompson, MS, MD  
Jennifer E. Thuener, MD  
Lora Briese, CNP  
Virginia Green, CNP  
Lori Greiner, CNP  
Mary Kramer, CNP

## General Surgery

**457.7670**  
Clinic 2nd floor  
Matthew J. Broghammer, DO  
Hans Serleth, MD  
Lee Trombetta, MD, FACS  
Karen Perkins, PA-C

## Home Care & Hospice

**457.4468**  
175 E. Wabasha St.  
Charlotte Clark, MD  
Ruth L. Moes, MD

## Hospital

**454.3650**  
855 Mankato Ave.

## Hospitalists

Katrina Hammel, MD  
Joseph Kaiya, MD  
Jake Thomas, MD  
Autumn Cole, CNP  
Laura Dubis, PA-C  
Amy Macal, CNP  
Heidi Thompson-Stangler, CNP  
Debra Tidquist, CNP

## Internal Medicine

**457.7622**  
Clinic 1st floor  
Andrew E. Edin, MD  
Richard C. Ferris, MD  
Daniel Parker, MD  
Bryan Reed, DO  
Charles A. Shepard, MD  
Andrea Branson, CNP  
Kathryn Frie, CNP  
Amanda Hanson, CNP  
Traci J. Morken, CNP  
Anne Marie Olsen Wagner, CNP  
Jackie Stevens, CNP

## Lake Winona Manor

**457.4366**  
865 Mankato Ave.

## Occupational Health

**474.3212**  
Clinic 1st floor  
Christina M. Nitti, CNP

## Outpatient Diabetes/ Nutrition Education

**457.4521**  
Clinic 2nd floor

## Oral & Maxillofacial Surgery

**457.7700**  
Clinic 2nd floor  
Steven Evelhoch, MD, DDS

## Ophthalmology/ Optometry

**474.4760**  
Clinic 3rd floor  
Scott M. Pastryk, OD  
Laurel Quinn, MD

## Orthopedic & Sports Medicine

**474.3338**  
Clinic 3rd floor  
Michael Dussault, MD  
Jeffrey McGillicuddy, MD

## Pain Management

**474.5698**  
Clinic 1st floor  
Amarjit Virdi, MD

## Palliative Care

**457.4468**  
(Office) 175 E. Wabasha St.

## Pediatrics/ Adolescent Medicine

**457.7607**  
Clinic 2nd floor  
Sarah Lallaman, DO  
Kristi Schulte, PA-C  
Emily Tracey, PA-C

## Pharmacy, Parkview

**454.4925**  
Parkview Office Bldg.  
(Adjacent to hospital)

## Pharmacy, Winona Clinic

**457.7688**  
Clinic 1st floor

## Pharmacy, Winona State University

**457.2245**  
Integrated Wellness Complex  
117 W. Sanborn St.

## Podiatry

**474.FEET (474.3338)**  
Clinic 3rd floor  
Mike Donnenwerth, DPM  
William Hanson, DPM  
Thomas Nachtigal, DPM

## Psychiatry/Counseling

**454.2606**  
Parkview Office Bldg.  
(Adjacent to hospital)  
Cullen R. Schwemer, MD  
LeAnne Morey, PA-C  
Dan Konkel, MA, LP, LPC  
Dee Herzing, MS, LPC, LICSW  
Diane Petz, MS, LP  
Laurie Stenseth, MSW, LICSW

## Radiology/Imaging

**457.4320**  
Clinic 1st floor  
Justin Albanese, MD  
William Krueger, DO

## Senior Living at Watkins

**494.7400**  
175 E. Wabasha St.

## Therapy Services

**457.4329**  
420 E. Sarnia St.  
Physical & Sports Therapy  
Occupational Therapy  
Speech-Language Pathology  
Massage Therapy

## Urgent Care

**474.7830**  
420 E. Sarnia St.  
Britton Ercanbrack, DO  
Thomas Stoa, MD  
Ian Young, MD  
Amy Bastian, PA-C  
Catherine Compton, CNP  
Amanda Hanson, CNP  
Erin Hanson, CNP  
Kari Nelson, PA-C  
Sally Pollock, CNP  
Christina Schank, CNP  
Nawang Sherpa, CNP

## Winona Clinic

**454.3680**  
859 Mankato Ave.

## Winona Health Foundation

**474.3328**  
Hospital 1st floor

## Women's Health Obstetrics/Gynecology

**457.7701**  
Clinic 3rd floor  
Scott B. Birdsall, MD  
Melissa Richards, MD  
Troy J. Shelton, MD  
M. Suzanne Cooley, CNM  
Tara Suffrins, CNP

## Wound Care

**457.7679**  
Clinic 2nd floor

Find us online:  
winonahealth.org



For more information about healthcare providers at Winona Health, visit [winonahealth.org](http://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

Wednesday, January 14, 2015, 6:30 – 8:30 p.m.

B.A. Miller Auditorium

\$10 per participant/couple.

Registration required: [winonahealth.org/events](http://winonahealth.org/events) or call 507.457.4491

### Bringing Baby Home

Tuesday, February 10, 6:30 – 8:30 p.m.

Women's Health, clinic 3rd floor

Learn all about newborns and what to expect.

Register during your last trimester:

[winonahealth.org/events](http://winonahealth.org/events) or 507.457.4491

### Childbirth Education

5- week evening program:

Tuesdays, January 6, 13, 20, 27, February 3

Weekend (two day) program option:

Friday and Saturday, February 6 – 7

Women's Health, clinic 3rd floor

\$78 per couple/participant.

Registration required: [winonahealth.org/events](http://winonahealth.org/events) or 507.457.4491

### COPD Support Group

3rd Wednesday of every month, 2:30 – 3:30 p.m.

Lake Winona Manor Classroom

Free. For more information: 507.452.7940

### Emotions Support Group

Every Wednesday, 7 – 8:30 p.m.

Lake Winona Manor Classroom

Free. For more information: 507.767.4545

### 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, January 19, 6:30 – 7:30 p.m.

Working Session:

Monday, February 2, 6:30 – 7:30 p.m.

Parkview Conference Room, hospital 1st floor

Free. No registration required. 507.474.3328

### Infant CPR Class

Tuesday, February 17, 6 – 7 p.m.

Offered quarterly February, May, August, November

B.A. Miller Auditorium

Free. Registration required:

[winonahealth.org/events](http://winonahealth.org/events) or call 507.457.4491

### Little Ones Remembered Outreach Group

3rd Tuesday of every month, 6:30 – 8 p.m.

Senior Living at Watkins, 175 E. Wabasha St.

Free. 507.474.3042

### Parkinson's Support Group

Quarterly, 2nd Thursday, 6 – 7 p.m.,

March, June, September, December

Parkview Conference Room, hospital 1st floor

Free. For more information: 507.453.3765

### 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, January 8 - 29, 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

Monday, January 26, 1 – 6 p.m.

B.A. Miller Auditorium, hospital 3rd floor

To make an appointment: [redcross.org](http://redcross.org).

Walk-ins welcome.

### Healthy Kids Club University

Sunday, January 18, 1– 3 p.m.

For kids ages 5 to 11 and their families.

Free. RSVP: [winonahealth.org/healthykidsclub](http://winonahealth.org/healthykidsclub)

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](mailto:mfidler@winonahealth.org).

### \$5 Jewelry Sale

Wednesday and Thursday, February 4 – 5

Time and location to be announced.

## Celebrate A tradition of giving...

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

### Trees of Light celebration

Wed., December 17, 5– 7 p.m.

Winona Clinic Lobby

## Trees of Light

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

For more information or to make your gift online: [winonahealth.org/foundation](http://winonahealth.org/foundation) or call 507.457.4394.