

HealthyConnections



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Randy's story...

I'm so happy I decided to
stay at Winona Health.

I felt very grateful to

be there. I was so

impressed—it was

just a great experience.

—Randy S., Winona resident

Hip pain was preventing me from doing so many things. Hiking and biking, and even everyday things like getting into and out of the car, were painful. I used to enjoy long road trips, but just pressing the gas pedal was uncomfortable. I had to do something.

I chose Winona Health for hip surgery because a friend told me what a good experience he'd had. Everyone at Winona Health was so friendly and great about explaining everything so I knew what to expect.

My biggest fear was being laid up after surgery, but the Physical Therapy and Occupational Therapy teams were so helpful in getting me up and walking and giving me tips for getting

dressed. They were very reassuring and encouraged me to challenge myself. Whenever I wanted to get up and walk, someone was there to help.

From hip replacement to rehabilitation, everything went so well. Now, I'm back to hiking and biking, and driving is a piece of cake—I'm enjoying long road trips again. Less than four months after surgery, I biked over 25 miles after an 11-hour car trip—so the new hip served me well!

I'm so happy I decided to stay at Winona Health. I was very impressed—it was just a great experience.



Are you experiencing joint pain?
Take the next step. Call Orthopedics & Sports Medicine for an appointment:
507.474.3338.

◀ Orthopedic and Sports Medicine Specialists (l - r):
Kenneth Johnson, MD; Andrew Millis, MD; Michael Dussault, MD;
and Adam Fletcher, MD.

Rehabilitation therapy helps you maximize results

Rehabilitation after an injury or surgery may include physical and occupational therapy.

"After an injury or surgery, some people are reluctant to try therapy because they are afraid it will hurt, but that isn't the case," says Lucas Barbknecht, DTP. "Therapy ultimately helps reduce pain by monitoring gentle exercise specifically designed to improve strength, function and mobility. People find that they actually look forward to coming."

Winona Health physical and occupational therapists are certified to provide a broad range of care to help with physical impairments, injuries or disabilities.

Physical and Occupational Therapy services are located at Sarnia Square, 420 E. Sarnia, in Winona. Physical Therapy is also available at Rushford Clinic, 109 E. Jessie Street.

To learn more, visit winonahealth.org/rehab, or call 507.457.4329.



▲ **Physical and Occupational Therapists (l - r):** Back row: Travis Kramolis, PT; Lucas Barbknecht, PT; Teri Lee, PTA; Julie Gregory, PTA; Stephanie Rae, PT; Brittany Payne, COTA; Allison Schoenecker, OT; Cindy Teske, PT; Emily Breunig, OT; Diane Montgomery, PT; Chad Vix, PTA. Front row: Natalie Garrison, PT; Kyann Brown, OT; Valarie Mullen, PT; Leah Winecke, PT; Maggie Altobell, PT.



Physical Therapy is celebrating **5 years** of providing care in Rushford!

Athletic trainers help student athletes prevent getting sidelined



▲ **Winona Health Athletic Trainers (l - r):** Back row: Josh Dahl, MS, ATC; Heather Dayton, ATC; Mariah Sendelbach, ATC. Front row: Bill Jacobs, MS, ED, ATC; Kelsey Hansen, MA, ATC; Phil LaFleur MS, ATC.

Being involved in sports is an important part of many students' lives. If you're the parent of a student athlete, you can take comfort in the fact that Winona Health athletic trainers are on the sidelines watching out for your child.

Winona Health athletic trainers support students at six area high schools and Winona State University, along with several community athletic programs.

As medical professionals who specialize in the prevention, assessment, treatment and rehabilitation of injuries, Certified Athletic Trainers are an important part of the Winona Health Orthopedic and Sports Medicine team. Athletic trainers work with athletes of all ages and are specially trained to recognize sports injuries including concussions.

"We work closely with Dr. Millis and Dr. Fletcher," says Kelsey Hansen, MA, ATC. "On any given Friday night, you'll find them down on the field with us as an extra set of eyes on the game. When they're on the sidelines, it's an extra layer of security for the athletes."

Winona Health's Sports Medicine program isn't limited to student athletes. Our experts serve athletes of all ages through every season. If an injury is limiting your performance or enjoyment, call: 507.474.3338.



◀ Lake Winona Manor resident Janice Chase relaxes in her new private room.

A room of one's own

Lake Winona Manor residents all have private rooms

"My room feels like home. It's so nice to have my own space, to have room for my things and to be surrounded by own pictures on every wall."

Lake Winona Manor recently transitioned to private rooms for all residents.

"My room feels like home," says Janice Chase, comfortably seated on her couch in her room at Lake Winona Manor. "It's so nice to have my own space, to have room for my things and to be surrounded by own pictures on every wall."

"Residents typically spend much of the day together in common areas enjoying meals and activities. Having private rooms gives each person greater control over their own living space and provides more opportunity for them to rest or visit with friends and family," says Molly Jensen, Lake Winona Manor director of nursing.

"Private rooms, beautiful views and outdoor space, compassionate caregivers, engaging activities, food that gets rave reviews, and our Namaste program, which provides residents with a spa-like experience, all add up to make Lake Winona Manor a wonderful place to call home," says Jensen. "Our goal is to be the residence of choice for those who need skilled nursing care."

For information about short-term rehabilitation, long-term skilled nursing care or memory care at Lake Winona Manor, call 507.457.4366, or visit winonahealth.org/lwm.



Home Improvement -

Senior Living at Watkins residents enjoy updates



Senior Living at Watkins has a refreshed look.

"The residents enjoy the look and feel of the new flooring, updated color schemes and improvements to their dining room and recreation area," says Cheryl Krage, director of Assisted Living. "Our residents also like spending time outside, and we've updated some of the landscaping as well."

Senior Living at Watkins residents enjoy the privacy of having their own space while also having many opportunities to participate in social activities and the convenience of meal preparation and other supportive services.

If you or someone in your family is planning ahead and considering options, be sure to include Senior Living at Watkins on your must-tour list. Community members can get a sneak peek at **Free Music Mondays**. If you haven't checked out Free Music Mondays at Senior Living at Watkins, consider yourself invited! Music begins at 2:30. Enjoy refreshments, good company, and ask the staff about a tour.

Senior Living at Watkins

175 E. Wabasha (7th) Street

507.494.7400.

More information at winonahealth.org.

A safe home away from home

Winona's first memory care residences celebrate 25 years

Today, almost everyone is part of, or knows, a family touched by Alzheimer's disease.

When Rose needed more care than could safely be provided in their multi-level home, her husband of nearly 63 years, Dick Kowles, a retired professor of genetics and biology at Saint Mary's University, chose Adith Miller Manor.

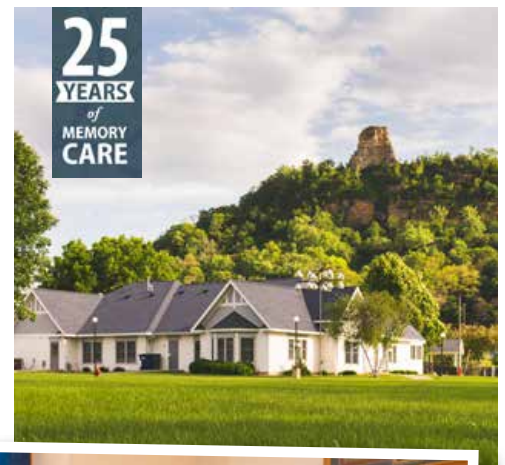
"I looked at our options and visited Adith Miller Manor a couple of times," says Kowles. "I talked with the people, toured the rooms and got familiar with the place, and it looked like what she needed. There are always a couple of helpers and they are excellent—you can see that it's genuine care. We're almost like a family, the residents and the visitors, it's a very homey setting."

Something else that's important to Kowles, "They have a lot of activities, table games, entertainment, music and singing together. Sometimes it brings tears to your eyes. So I enjoy coming in every day." Kowles (pictured at right) also shows 35 mm slides

to the residents about twice a month (flowers, animals, scenic views, historical sites, etc.), and he enjoys doing it.

Residents also enjoy getting out and about in the Winona Health van for activities such as seeing the changing seasons, visiting an apple orchard or participating in the Minnesota Marine Art Museum Spark program.

This year marks the 25th anniversary of Adith Miller Manor, Winona's first assisted living memory care residence. Roger Metz Manor was built shortly after. Located on the Winona Health campus, they are home to people who thrive in an assisted living environment where they can continue to enjoy the activities of daily living in spite of the challenges they face due to Alzheimer's disease or dementia.



Interested in touring Adith Miller or Roger Metz manors and getting additional information about memory care? Call 507.494.7400.

From an eyelid lift to a mommy makeover...

Jane's story...

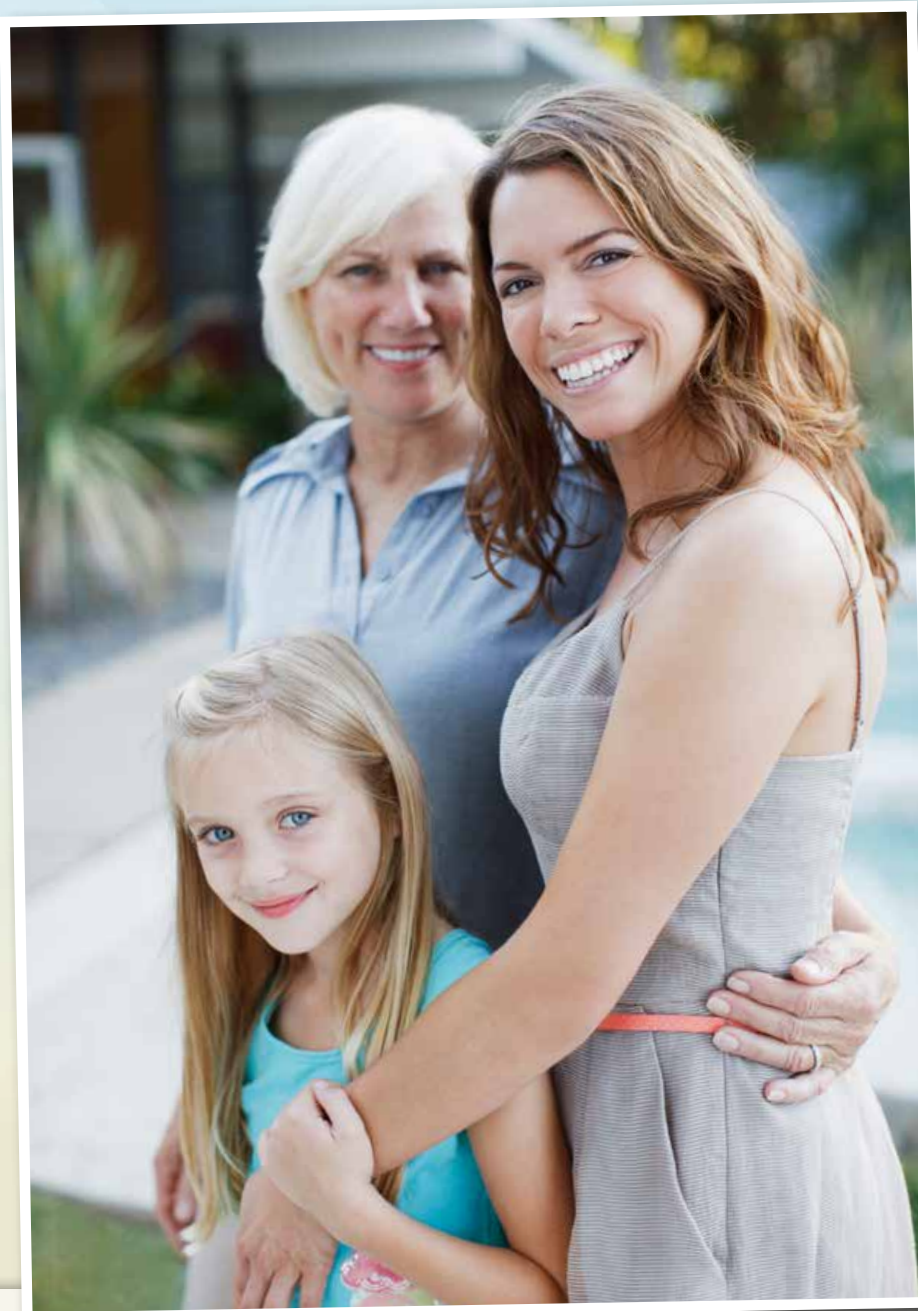
I am very pleased with the results!

My eyelids were drooping to the point it was affecting my vision, so it was time to do something about it. When I met with Dr. Serleth about correcting this, we also talked about the creases on my forehead resulting from always trying to open my eyes wider, and I asked about the bags under my eyes. He explained that although insurance covers the corrective procedure on my eyelids to improve my vision, it wouldn't cover any strictly cosmetic procedures. However, because I'd already be under anesthesia, it would cost less to have these other things done at the same time rather than as a separate procedure later.

Dr. Serleth was very thorough in explaining everything, and he did measurements several times because he wanted the results to look natural.

I'm very pleased with the results, and I'm surprised at how much brighter things seem to be. It's now easier for me to see at night, and my eyes don't feel as tired because I'm not trying to hold them open so wide. Some people have commented that my eyes look bigger—and now, I can even see my eyelashes!

— Jane, 70, Plastic, Cosmetic and Reconstructive Surgery patient



You have questions. We're here with answers.

To learn more, call **507.474.3152**
or visit plasticsurgerywinona.org.

◀ Plastic, Cosmetic and Reconstructive Surgeon:
Hans J. Serleth, MD.

If you're considering plastic and cosmetic surgery, chances are you have a lot of questions. Our team is here to provide answers. Your wishes and decisions are personal. We understand that, and our goal is to make sure you have the answers you need to make those decisions.

You can ask us anything. We also know the right questions to ask you, so you're aware of all the factors to consider, and you'll have all the information you need when weighing your options.

Show your feet some understanding!

TO FLIP FLOP OR NOT?



Your feet are a complex system of bones, ligaments, nerves and muscles that work together to help you do what you want to do. Because feet are so complex, and because of the demands placed on them every day, it's not uncommon for problems to develop—especially if you frequently wear flip flops or other shoes that don't offer proper support.

"Flip flops are appropriate for lounging around a pool or for protection while using locker rooms, but should not be used for any extended walking," says

Thomas Nachtigal, DPM, a podiatrist at Winona Health. "The combination of lack of support and using your foot abnormally to hold the flip flop on leads to increased risk of developing problems like plantar fasciitis, tendonitis or enhancing positional deformities such as bunions and hammer toes. Additionally, the inherent instability of flip flops can significantly increase your risk of tripping and falling and can be a hazard while driving as they can catch on the gas or brake pedal leading to an accident."

If open shoe gear is preferred in the summer, Dr. Nachtigal says that it's best to use a supportive sandal that has some arch built into it and one that has straps that go around the heel and over the top of the foot to hold the sandal firmly to your foot.

Take care of your feet, and don't let foot pain put you on the sidelines this summer. Foot pain isn't normal. If it's preventing you from doing what you want to do, it's time to have it checked out.



Our podiatrists are here to ease the agony of de-feet. If foot pain is preventing you from doing what you want to do, it's time to have it checked out. Call **507.474.FEET (3338)** or schedule an appointment through My Winona Health (see page 9).

◀ **Podiatrists (l - r):** William Hanson, DPM; Michael Donnenwerth, DPM; and Thomas Nachtigal, DPM.

No referral is needed, but coverage is dependent on your insurance. Please contact your insurance company.

Get to know some of your local healthcare providers.

	What's your favorite healthy snack?	What's the best quick tip/advice you can give others about improving their health?	What's something not many people know about you?	If you weren't doing what you're doing now, what would you have done?	Why did you chose Winona Health?
 Andrew Millis, MD Orthopedics & Sports Medicine	Strawberries, blueberries and popcorn.	Keeping active can improve mood, help maintain a healthy weight and lead to a more positive self-image.	I have two French bulldogs.	I would be a sports broadcaster/commentator or a coach. I love sports and the values and lessons people can learn through them.	Because of the opportunity to work with athletes and athletic teams at all levels including Winona State University. My wife and I also like this area and the fact that Winona Health is a community hospital and not a huge, spread-out system.
 Adam Fletcher, MD Family Medicine and Sports Medicine	Kale salads or anything out of the garden.	Maintain a healthy weight, which reduces the risk of diseases from cancer to arthritis.	I played trumpet throughout high school.	I'd probably be restoring old houses.	It provided the perfect opportunity to be a Family Medicine physician and also dedicate time to my Sports Medicine specialty. I like the feel of Winona. Things are happening here and people are friendly. The bluffs are beautiful; the terrain is somewhat similar to where I grew up in Virginia.
 Kenneth Johnson, MD Orthopedics & Sports Medicine	Nuts.	Exercise.	I may appear quiet and reserved at first. And I love pepperoni pizza.	I really don't know. I'm doing my dream job. But I wish I would have learned an instrument.	I heard good things about Winona Health and learned about an opportunity here. I was impressed by what I found when I interviewed, and I like that Winona Health is a community hospital.
 Alex Westenfield, MD Radiology	Peanut butter and jelly sandwiches.	Stay active, hydrated and listen to your doctor.	I don't have a hidden talent or surprise	A professional golfer (and I would have starved...) or a pathologist.	I wanted to come back to the area I grew up in. I like the scenery and peacefulness and being able to work in a community this size...I'm coming back to my roots. I also like the size of Winona Health and the fact it is an independent organization versus a big system.
 Jessica McIlrath, DO Psychiatry	Fresh ripe peaches.	Get outside and get moving, even just a little, every day.	I know how to play the French horn.	I probably would have been a pathologist.	It is a smaller community-focused system that appears to understand the importance of provider well-being as well as working to improve the health of the community it serves.



We've earned a spot on the TOP again!

We earned a spot on the TOP 100 list—for the second consecutive year—thanks to the talent, dedication and continued hard work of our physicians, associate providers, staff and volunteers.

The Top 100 list is based on objective national data evaluating hospitals on:

- Managing risk
- Achieving higher quality
- Securing better outcomes
- Increasing patient satisfaction
- Lowering operating costs

To learn more: winonahealth.org/Top100

**TOP
100
Again!**
IN THE U.S.
**RURAL AND COMMUNITY
HOSPITALS**



ON WITH THE SUNSCREEN!

The sun can damage our skin at any time of year, so it's always important to use sunscreen. Now that it's summer and many of us are outside longer with more skin showing, it's a good time to remember to slather on the sunscreen and be aware of ways to protect yourself from sun damage.

Why is it so important?

Skin cancer is the most common type of cancer in the United States. Ultraviolet (UV) radiation from the sun is the main cause of skin cancer. UV damage can also cause wrinkles and blotches or spots on your skin. The good news is that skin cancer can be prevented, and it can almost always be cured when it's found and treated early.

TAKE SIMPLE STEPS TO PROTECT YOUR SKIN:



Stay out of the sun as much as possible between 10 a.m. - 4 p.m.



Use sunscreen with SPF 30 or higher. Apply sunscreen every 2 hours and after you swim or sweat.



Cover up with long sleeves and a hat.



Check your skin regularly for changes.

Learn more about our Dermatology services and Mohs surgery at winonahealth.org/dermatology.



Can you spot skin cancer? We can.

Skin cancer is very treatable when caught early. Get screened.

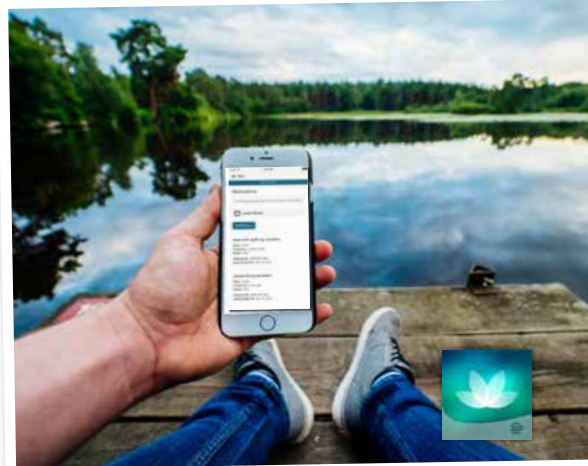
Call 507.457.7674 to schedule an appointment.

◀ Board-certified dermatologist and skin cancer surgeon Kevin Christensen specializes in Mohs surgery.

Your health information at your convenience

My Winona Health is a free web-tool that gives you instant access to your medical information any time.

And now there's an App for that! My Winona Health available on iPhone and Android via the *HealtheLife* app.



You can use your My Winona Health account to:

- Schedule appointments including annual exams, well-child visits, same-day appointments when you're ill, Massage Therapy and more.
- Check upcoming appointment dates.
- Send messages to your provider or care team.
- View your medical history.
- Check and print your immunization records.
- View your current medications and allergies.
- Download and view educational materials from your visits.
- Access your child's medical information.
- Print work or school excuses – now available in the My Records section under Documents.

Learn more and sign up at winonahealth.org/mywh.



Unique approach to personalized care earns Innovation Award



▲ Community Care Network client, Jean (right) with student health coach, Chelsea. Volunteer health coaches are nonmedical members of the Community Care Network team who meet with clients to talk about health goals and challenges.

Winona Health's Community Care Network has earned a Health Care Homes Innovation Award from the Minnesota Department of Health. Innovation awards recognize outstanding results and improved community health through whole-person care, team-based care, community partnership, quality improvement and health equity.

The Community Care Network is a proactive approach that provides nonmedical and medical support, resources and education for people managing chronic illnesses such as COPD, diabetes, or mental health issues.

"The primary goal of the Community Care Network team is to develop relationships with clients so we can help them identify barriers and develop creative ways to achieve their health goals," said Kelly Fluharty, MPH, community care organization manager.

This program is an example of how Winona Health is transforming community healthcare.

For more information about the Community Care Network, call 507.457.7660.

Get a beat on your heart disease risk.

Cardiovascular heart disease is America's leading killer of both men and women. CT Cardiac Calcium Scoring is one of the most advanced methods to detect heart disease in its earliest stages. It's easy, quick (about 10 minutes) and painless.



Are YOU at risk? *The following factors may increase your risk of cardiovascular disease. Check all factors that apply to you.*

- | | |
|---|---|
| <input type="checkbox"/> You are male and over 45 years of age. | <input type="checkbox"/> You have a cholesterol level of 240 or higher. |
| <input type="checkbox"/> You are female and over 55 years of age, OR you have passed menopause OR had your ovaries removed and are not taking estrogen. | <input type="checkbox"/> You have been told your blood pressure is high. |
| <input type="checkbox"/> Your father or brother had a heart attack before age 55 OR your mother or sister had one before the age of 65. | <input type="checkbox"/> You do NOT exercise at least three times a week for at least 30 minutes each time. |
| <input type="checkbox"/> You smoke OR you live/work with someone who smokes daily. | <input type="checkbox"/> You have diabetes OR you need medicine to control your blood flow. |
| | <input type="checkbox"/> You are 20 pounds or more overweight. |

If you check two or more boxes, you may be at risk for cardiovascular disease.

Your CT cardiac calcium score will help assess your risk more completely.

Contact your healthcare provider about a referral.

Schedule an appointment with a healthcare provider at Winona Health:
507.454.3650.



▲ Mike Konsek, nuclear medicine technologist at Winona Health, demonstrates a PET/CT exam.

Advanced technology improves detection and monitors response to treatment

Winona Health now provides Computed Tomography/ Positron Emission Tomography (PET/CT) scans, which allow physicians to diagnose and determine the extent of various cancers, neurological disorders such as Alzheimer's disease and epilepsy, and damage to cardiac muscle after a heart attack. The PET/CT study assists physicians in earlier detection of disease, monitoring the status and response to treatment, and in providing the most appropriate treatment plans.

"My attitude has entirely changed"

Program to help people using opioids earns state award

Winona Health's Conservative Management Clinic, which increases safety and quality of life for people who use opioid medications to treat pain, earned the Minnesota Hospital Association's 2018 Quality and Patient Safety Improvement Award.

Communities nationwide see the devastating effects of opiates. Winona Health developed the Conservative Management Clinic to increase safety, improve care, and decrease the risk of

accidental overdose and medications getting into the wrong hands. All providers use prescribing guidelines and educate patients about the addictive risks of opioids and about alternative pain management options. After working with the staff and tapering back some of his medication, a Conservative Management Clinic client said, "My attitude has entirely changed. I feel 20 years younger and I can do things again. They understand my condition and have changed my life immensely."



▲ Members of the team accepted the award (l - r): Merry Enright, Nurse Manager, Clinic; Cheryl Peterson, Operations Improvement Manager; Marti Bollman, VP of Primary Care and Wellness; Daniel Parker, MD, Internal Medicine Physician; E. Allen Beguin, MD, Family Medicine Physician; and Rachelle Schultz, EdD, President and CEO.



▲ Rushford Clinic Staff (l - r): Michele Ekern, Registration; Janet Jaimes Mendoza, LPN; Diane Montgomery, PT; Nicholas Modjeski, MD; Katie Halder, CNP; Trisha Bellock, RN; Tanya Dockter, Rad Tech; Danielle Corcoran, Registration.

Care that's all about you!

Health Care Home Certification includes Rushford Clinic

Certification as a Health Care Home reflects that Winona Health's care delivery approach is a partnership with primary care providers, families and patients with the goals of improving the quality, experience, and value of care. Winona Health provides care that goes beyond screening, diagnosis and treatment to focus on improving each person's understanding of their overall health. For information about healthcare providers and services at Winona Health, visit winonahealth.org.

To schedule an appointment in Winona, call 507.454.3650, or in Rushford, 507.864.7726.



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

Urgent Care has moved!



Urgent Care Hours

Monday – Friday: 7 a.m. – 8 p.m.

Saturday – Sunday: 8 a.m. – 5 p.m.

Holidays: 8 a.m. – 5 p.m. Closed Thanksgiving, Christmas Day, New Year's Day and Easter



855 Mankato Ave. • Winona • 507.474.7830



**Urgent Care is NOW
located on the 1st floor
of the clinic at
855 Mankato Avenue.**

USE CLINIC ENTRANCE.

Winona Health's Emergency Department
is open 24 hours a day every day.

Check current Urgent Care wait time online— winonahealth.org/uc