

HealthyConnections



OLIVE'S STORY

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Winona Health

Healthy starts here.

Where should I go?

How to decide where to go for medical care.



Primary Care

Primary Care offers a full range of preventive services, works with you to manage chronic conditions, and refers you to a specialist when specialty care is needed.

Schedule an appointment at the clinic to see your primary care provider for preventive care and chronic condition care; to establish care with a primary care provider; or to see an available provider for prescription refills, acute illnesses; and ongoing medical conditions.

To schedule an appointment with a primary care provider, call one of the departments below:

Pediatrics:

507.457.7607

Family Medicine:

507.457.7648

Internal Medicine:

507.457.7622

Primary Care Hours:

Monday-Thursday: 7 a.m.–7 p.m.

Friday: 7 a.m.–5 p.m.



Urgent Care

Visit Winona Health Urgent Care – now conveniently located on the clinic 1st floor – when you cannot wait for an appointment with your provider, but you don't quite need Emergency Department care.

When should I see Urgent Care?

- Minor cuts and scrapes
- Minor sprains or fractures
- Cold and flu symptoms
- Sore throat
- Cough
- Congestion
- Sinus problems and allergies
- Earaches
- Fever without rash
- Insect bites
- Headaches and migraines
- Nausea, vomiting, diarrhea
- Bladder infections

Urgent Care Hours:

Monday-Friday: 7 a.m.–8 p.m.

Saturday, Sunday & Holidays: 8 a.m.–5 p.m.

** Closed Thanksgiving, Christmas Day, New Year's Day, and Easter*

Visit www.winonahealth.org to check current wait times.



Emergency Care

Visit the Winona Health Emergency Department for serious, life-threatening conditions.

What is considered an emergency?

- Chest Pain
- Numbness in face and/or limbs
- Difficulty speaking
- Paralysis
- Sudden loss of consciousness
- Difficulty breathing
- Severe abdominal pain
- Seizures
- Head injury or trauma
- Broken bones with bone visible
- Burns or electrical shock
- Uncontrolled bleeding
- Severe cuts that may require stitches
- Coughing or vomiting blood
- Drug or alcohol overdose
- Poisoning
- Suicidal thoughts and/or actions

Emergency Department Hours:

Open 24 hours a day, 7 days a week and 365 days a year.

To learn about healthcare providers at Winona Health, visit winonahealth.org and click on Find a Provider.

Winona Home Medical now open!

Supporting independence. Improving safety.



The Winona Home Medical staff will:

- Help you select proper equipment and supplies
- Service your equipment or coordinate needed service for your equipment
- Facilitate prior authorization with your insurance company
- Coordinate billing processes



◀ Meet our staff (l-r): Ryan Enright, Sales/Service Specialist; Ashley Wilkemeyer, DME Manager; Steve Sorensen, Respiratory Therapist; Karen Blood, DME Coordinator; Bill Cota, Director of Retail Services; Natalia Borneman, Billing Coordinator; not pictured: Evan Wittchow, Respiratory Therapist.

Sometimes the best place to be is right at home.

Winona Home Medical has the equipment and supplies to help you or a family member stay safe and comfortable at home, along with expert staff to answer your questions, help you select products and navigate insurance coverage.

Winona Home Medical is now open at 930 Parks Ave., Winona (formerly a Wells Fargo location) next to the Winona Health main campus. Winona Home Medical provides home medical equipment and supplies, sometimes referred to as durable medical equipment (DME).

"We want to make sure community members have local access to high quality home medical supplies," says Bill Cota, director of Retail Services at Winona Health. "Our goal is to provide the equipment and services people need to help them live safely and independently in their own homes."

Hours:

Monday – Friday: 8 a.m. – 5 p.m.

Winona Home Medical

Winona Health
930 Parks Avenue
Winona, MN 55987
507.457.7703

Winona Home Medical offers:

- Basic mobility aides such as walkers and canes
- Bath and safety aides
- Breast pumps
- Respiratory equipment and supplies including:
 - Nebulizers
 - CPAP - BiPap machines
 - Masks
 - Tubing
- Seasonal Affective Disorder lights
- Compression wear
- Physical therapy products
- Other home healthcare basics

To learn more about Winona Home Medical, visit winonahealth.org/homemedical.



“The team that helped me survive to tell my story.” – Kelly Jo

Seated in center: Kelly Jo Lynch surrounded by (l-r): Cancer Care Navigator, Sandy Gruszynski; General Surgeon, Matthew Broghammer, DO; Director of Imaging, Claudine Van Meeteren; Diagnostic Radiologist, George Ripeckyj, MD; Radiology Technologist, Kara Nelsestuen; Radiology Technologist and Imaging Supervisor, Brenda Markegard.



Kelly Jo's Story.

"We do whatever we can to decrease the amount of anxiety women feel. When someone is worried because they felt a lump, we get them in quickly, and we're with them every step."

—Claudine Van Meeteren R.T.(R)(M) RDMS, RVT

As an x-ray technologist at Winona Health, I know that we provide compassionate, high quality care to our patients. But it wasn't until my breast cancer discovery that I realized what that really meant to the patient (me). All I can say is throughout my journey at Winona Health I truly felt cradled in care by everyone I encountered. That's when I discovered the most wonderful, caring and compassionate staff at Winona Health.

On Father's Day morning in 2016, I felt a lump in my right breast. I had my screening mammogram appointment that week, Friday. But, Monday when I went to work I talked to "my girls." These ladies in the Winona Health Mammography department have taken care of me for years. My appointment was changed to diagnostic and moved up in the week.

During my mammogram appointment, I was able to talk with the radiologist, Dr. George Ripeckyj, and he confirmed that I needed to have a biopsy. He answered all my questions and was so meticulous – in fact, I'd call him a perfectionist. He made me feel very comfortable and confident, and I knew I was in good hands. I was able to schedule my biopsy right then and there. When ready, Dr. Ripeckyj gave me my cancer results and set up my surgical appointment for me.

Feeling scared and not knowing what was next for me, I met an amazing woman, Sandy Gruszynski, Winona Health's Cancer Care Navigator. Sandy connected with

me right away and walked me through the next steps including meeting with surgeon Dr. Matthew Broghammer. Treatment and decisions needed to be made and Dr. Broghammer was my shining star. He was very thorough in explaining all my options and factors I should consider. He was excellent!

I felt a whole team was working for me. All my questions, no matter how many times I asked, were always answered. I had all the information I needed to make the best decision for me. I decided to have a double mastectomy.

The day of surgery was an emotional one, but the entire surgical team was so professional, supportive and wonderful. I knew I was in good hands from pre-to post-surgical care. They also took special care of my family during this time. My sister, Michelle, was with us and just couldn't believe how professional, warm and genuinely caring everyone was. She actually told me she wished she lived closer so she could come here for her healthcare!

To my co-workers, family, friends and most loved and missed caregiver, my husband Mike, thank you with all my heart. I only hope I can pay it forward as well.

Today, I'm cancer free! I will be forever thankful to the Winona Health staff who caught my cancer early so I can live on to share my story. With great pride and joy, I can say I'm a survivor and love working with caring professionals at Winona Health.

Screening saves lives.

The vast majority of mammograms lead to nothing more than peace of mind, and early detection saves lives.

Schedule your mammogram: 507.457.4320.

For help covering costs...

The Sage Screening Program helps keep Minnesotans healthy through screening and early detection of breast, cervical and colorectal cancers. Screenings are provided at participating locations free of charge to people who qualify. Call 1-888-643-2584 or visit <https://www.mnsage.com>.

Wisconsin residents: For information about resources to help cover the cost of breast cancer screening through the Wisconsin Department of Health Services' Wisconsin Well Woman Program, visit: <https://www.dhs.wisconsin.gov/wwwp>.

OLIVE'S STORY

(AS SHARED BY MOM, KATE)

Last summer we noticed a small lump on the back of our daughter Olive's neck. We had an ultrasound, and by recommendation of our Pediatrician Dr. Sarah Lallaman and General Surgeon Dr. Crystal Lumi, scheduled surgery to have the lump removed.

They first thought the lump was probably a simple lymph node enlargement, which isn't uncommon, but then discovered that that was not the case.

(AHHH! NOT THE NEWS ANY PARENT WANTS TO HEAR.)

Dr. Lumi was incredibly calming and informative, which was needed during a very stressful time in our parental lives.

All of the surgical team was wonderful to work with. They took so much care in explaining everything—and in terms that made Olive (then 5), as well as Adam and me—feel comfortable and at ease.

In an update to my family I shared:

Olive's surgery went perfectly yesterday, and she is recovering very well. We were admitted at 6:45 a.m., surgery at 8:00 a.m., in the recovery room at 9:00 a.m., and able to go home by 10:45 a.m. Olive and I are taking today off, but she is scheduled to head back to school as normal tomorrow.

I heard back from Dr. Lumi following the biopsy of the lump, and she confirmed that it was a pilomatricoma, or, in everyday terms, a benign skin tumor associated with the hair follicles.

We met with Dr. Lumi for a follow-up about a week after surgery. Everything looked perfect, and she assured us that the chance of something like this happening again was less than 1%, which put our minds at ease.

We are so proud of our daughter, who thinks her story and her scar are so "cool" that shortly after surgery, requested to get her hair cut shorter so she could show it off! We are beyond happy to have this experience behind us, and incredibly grateful to Dr. Lallaman, Dr. Lumi and all of the nurses and doctors who made this a short, and successful, story to tell.

WHAT IS PILOMATRIXOMA

A benign (non-cancerous) skin tumor of the hair follicle (structure in the skin that makes hair). They tend to develop in the head and neck area and are usually not associated with any other signs and symptoms. Rarely, pilomatrixomas can become cancerous (known as a pilomatrix carcinoma).





YES. WE DO THAT.

Olive's situation required removing the growth completely and having it looked at by our pathologist, Dr. Ron England. Something like this that just shows up, such as a lump on the neck, is abnormal and should be checked out. It might be something we don't want or expect or it could be something benign.

Our staff and nurses are wonderful with children. We can take care of some weird, scary stuff, but even if additional specialty care is ultimately required, Winona Health can be your first stop here at home.

- Crystal Lumi, MD

DR. SARAH LALLAMAN

Dr. Lallaman is an absolute treasure! Both of my kids light up when they see her, and have even requested to "go to the doctor," despite not being ill. She never rushes appointments; you feel like your family is the only one on the books. We are lucky to have Dr. Lallaman in Winona!

DR. CRYSTAL LUMI

Dr. Lumi was a God-send this past summer when our 5-year-old underwent surgery for a mysterious lump on her neck. This was an extremely trying time as parents, and we received support and encouragement from Dr. Lumi that was needed and greatly appreciated. Thank you to Dr. Lumi and the team of nurses who helped our little girl feel safe and cared for!



IN GOOD HANDS... Winona Health General Surgeons and the surgical team focus on providing an excellent care experience and getting you back on the road to recovery. Whether you need to get back to work, back to school or back to play, you can count on a compassionate, highly-skilled team dedicated to getting you back to where you want to be – ASAP.

Learn more about General Surgeons and services available right here at Winona Health: winonahealth.org/surgery.

Meet our pharmacists: The helpful experts with the friendly faces.

	What's your favorite healthy snack?	What's something people might not know about you?	If you weren't a pharmacist, what would you like to do?	Why did you chose Winona Health?	Pharmacy-related tip you'd like to share?
 <p>Terry Full, RPh</p>	Granola bar or fruit.	I grew up working on a hog farm in southwest Minnesota.	Operate a television camera at professional sporting events.	After working at a pharmacy inside of a "big box", I was ready to work in location that has a more professional setting and was run more like an independent pharmacy location.	Taking more or larger doses of a medication does not necessarily mean it will work better. Many times increased side effects occur with larger doses with little increased benefit.
 <p>Stacie Atherton, PharmD</p>	Plums.	I have two miniature schnauzers – one black and the other a black and silver blue merle.	Librarian.	I heard good things about Winona Health.	Do not store your medications in a medicine cabinet. Bathrooms are hot and humid and can make the medications break down faster.
 <p>Brice Dick, PharmD</p>	Cashews, almonds, and peanuts.	I grew up in South Africa and immigrated to the United States when I was 10 years old with my parents and older sister.	I would have considered aviation. I have a passion to travel the world see different cultures around the globe and aviation would have allowed me to do this.	I wanted to work for an organization that would allow me ample time to interact with our patients to gain a superior understanding of the patients' unique needs and concerns.	If there are no children in the household or you struggle to open prescription bottles, your pharmacy team may be able to provide easier opening lids. If you have children over, put these medications out of reach.
 <p>Amanda Weber, PharmD</p>	Honeycrisp apples or homemade dried banana chips.	My husband and I once drove to Chicago just for dinner after seeing a restaurant featured on The Food Network.	I would have been a secretary or office manager. I love office supplies, cool pens, and organizing things.	I worked as a pharmacist in this community for 10 years before coming to Winona Health, and I was always impressed with the staff's dedication and caring attitude toward patients.	Know your medication names and why you are taking them; carry a list if necessary. This not only helps at the pharmacy for reordering medications, but is also helpful when you see your provider or if you have an emergency.
 <p>Barbara Fetsch, RPh</p>	Raspberries and green grapes.	I would like to be outside all day long.	Veterinarian, but I couldn't euthanize healthy animals; physical therapist would be rewarding; mail carrier to be outside; professional swimmer.	Actually was hired by Winona Clinic. When I came to visit, the staff was very welcoming, especially Jim Zaborowski and Linda Lindsay. Winona is one of the most beautiful places I have ever lived in.	By law a pharmacist is required to counsel on every new prescription. This is our last chance to make sure everything is in sync with what the prescriber told you and we tell you. Please do not leave until we do this, even if busy.



Medication drop box now at Winona Clinic Pharmacy

There is a prescription drop box in the Winona Clinic Pharmacy so you can drop off expired or unused medications for safe disposal. Thanks to Winona County ASAP (Alliance for Substance Abuse Prevention) for their partnership in addressing this community need for medication disposal.

Medications accepted include: Prescriptions, vitamins, prescription ointments, prescription patches, pet medications and over-the-counter medications.

Items NOT accepted: Needles, inhalers, aerosol cans, thermometers, lotions or liquids, hydrogen peroxide.



Same friendly faces— now in one convenient location.

The construction of a new drive-up window at the Winona Clinic Pharmacy, which began on June 20, is now complete, and the Parkview Pharmacy and Winona Clinic Pharmacy have been combined into one location.

“Winona Health’s Parkview Pharmacy was the first in the area with a drive-up window, and we’re pleased to add this convenience for our customers on the east side of the building,” says Terry Full, RPh, Winona Health director of Retail Pharmacy. “The new drive-up location was designed for easy access with customer safety and convenience being the top priorities.”

Now that the new drive-up location is operational and the pharmacies have consolidated into the clinic location, pharmacy hours have expanded.

“Consolidating the pharmacies helps us be better stewards of our resources. For example, we can eliminate duplication of equipment and inventory,” says Full. “It also gives our combined pharmacy staff the opportunity to extend hours that the Winona Clinic Pharmacy is open.”

The new hours provide increased access to Winona Health pharmacists and help support the number of patients being seen in the clinic because of the Urgent Care move to the main campus in May.

Parkview Pharmacy customer prescriptions were automatically transferred to the Winona Clinic Pharmacy as part of the October 1 pharmacy consolidation.

Winona Clinic Pharmacy is available to everyone, no matter where you receive care.

Did you know?

Pharmacists help you get the best results from your medications and are available to talk to you face-to-face, without an appointment. They can answer questions such as what medications, food or beverages could have an effect on other medications or what to do about a missed dose. They can also answer your questions about over-the-counter medicine and supplies.

Winona Health has five retail pharmacists serving customers and seven inpatient pharmacists focused on patients receiving hospital care.

Winona Clinic Pharmacy

Monday – Friday: 8 a.m. – 7:30 p.m.
Saturday: 8:30 a.m. – 2:30 p.m.
Sunday: 10 a.m. – 2 p.m.



859 Mankato Ave., Clinic 1st floor • Winona • 507.457.7688

Briefly...

When you're not quite ready to go home,

a "swing" bed might be the perfect option.

After surgery or hospitalization, you or a family member may need a little extra time and attention to heal or get stronger before going back home.

One option is to transfer from the hospital to a transitional care unit in a long-term care residence such as Lake Winona Manor. Another option is to use what's called a "swing bed" program. Swing bed programs are covered through Medicare and most health insurances.



Robin Hoeg, RN, MSHA, LNHA
Vice President of Hospital
and Senior Services

"A swing bed provides an alternative to moving into transitional care in the nursing home," explains Robin Hoeg, VP of Hospital and Senior Services. "Simply put, a swing bed is an option for someone who no longer needs hospital care but they may require some other kind of skilled nursing care." If you meet the criteria for a swing bed, you may still receive care



Jodi Haag, LPN, scans Susan's wristband. Susan is one of the patients who has benefitted by using the "swing bed" program after a hip replacement.

from doctors, nurses, rehabilitation therapists (physical, occupational and/or speech), dietitians and social workers who will work on a care plan with you and your family.

"When developing our swing bed program, we were fortunate to be able to collaborate with our colleagues in the transitional care unit at Lake Winona Manor," notes Robin. "Those who use our swing bed program in the hospital will have a wonderful care experience while receiving the right level of care to prepare them for a smooth transition home."



Robinson Healing Garden— *A beautiful place to gather*

Thanks to the Winona Health Volunteers and other generous contributors, the Robinson Healing Garden at Winona Health now features a pavilion to provide shade and serve as a gathering spot.

The garden, which is located between Winona Health's Lakeside Café and Lake Winona Manor, broke ground in fall of 2016 and was dedicated at a celebration in late summer 2017. After additional fundraising, the pavilion was built in August 2018.

Those interested in contributing to the garden with a gift or the purchase of an engraved paver can find more information at www.winonahealthfoundation.org or by calling 507.457.4394.



Winona Health Volunteers prepare to cut the ribbon for the official opening of the new pavilion in the Robinson Healing Garden at Winona Health.

Have you checked out "What's Going On?"



Winona Health President/CEO, Rachelle Schultz, EdD, provides updates on what we're working on both internally and beyond our walls in collaboration with other community-focused organizations. We hope you'll find information that's interesting and helpful to know about your community healthcare organization.

Check it out. The link to the What's Going On library is on the Winona Health home page: www.winonahealth.org.

Welcome Katie Duerr, Certified Nurse Midwife!

Certified Nurse Midwife Katie Duerr has joined the Women's Health team at Winona Health.



Katie Duerr, CNM

Katie provides care for women during normal pregnancy, labor, delivery and post-partum care as well as a wide range of routine gynecological, preconception and birth control counseling and education.

Prior to joining Winona Health, Katie provided midwifery and women's health services at a family health clinic in Iowa. She earned her Master of Science degree in Nurse Midwifery from Frontier Nursing University in Hyden, Kentucky; her Associate of Science in Nursing degree from Rochester Community and Technical College in Rochester, Minnesota; and her Bachelor of Arts in Biology from Hamline University in St. Paul, Minnesota.

Katie is happy to join the Winona Health Women's Health team! She is excited to live and work in the Winona community.

Women's Health is located on the clinic third floor at Winona Health, 855 Mankato Ave.

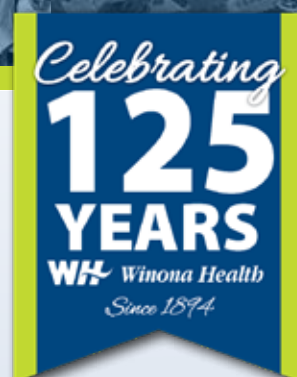
To schedule an appointment in Women's Health, call 507. 457.7701.



In 2019, we'll celebrate 125 years!

Since 1894, Winona Health has been here to take care of community members, and community members have been supporting Winona Health. That support is demonstrated through the generosity of volunteering with or supporting the Winona Health Volunteers; giving to the Winona Health Foundation; providing medical care or other professional expertise through a career at

Winona Health or serving on our board of directors; and, of course, through choosing to make "healthy start here" with Winona Health as your first place to seek healthcare services. Thank you for helping Winona Health stay deeply rooted in our community so it will be here to remain focused on the greater Winona area's health and well-being for generations to come.





Making Memories

What would you miss if you lost your vision?

Don't take your eyes for granted. **Get 'Em Checked** is a health reminder from the Winona Health eye doctors to help ensure good vision that lasts a lifetime.

Have you put off your eye exam? Same-day appointments are available.

To schedule, call: 507.474.4760.



**GET 'EM
CHECKED**

What would you miss? Share with us on Facebook or Twitter. #GetEmChecked!   