

Generosity Inspires



Robinson Healing Garden

See how it's growing... pages 8-9



Generosity Inspires

from Betsy Midthun
Vice President of Community Engagement

Words of gratitude...

“Where do I begin? Thank you, thank you, thank you! I’ve been stressing myself out about how I was going to pay for all of this and how long it would take.”

“I am so grateful to have received this gift. The stress of paying my hospital bill is gone.”

“I can’t tell you how much this helped me. My life is going in the right direction now.”

These are the words of people you have helped through your generous donations to Winona Health. The Ben & Adith Miller Patient Care Fund was set up to help people

like these, your neighbors, when they need healthcare and have trouble paying for it. Your donations help to ensure the fund is there for the people who need it.

It’s the best feeling in the world to know that you’ve helped someone, and I’m lucky enough to read these words of gratitude many times a week. I wanted to share them with you so you know, too, that your kind donations make a difference to real people in our community. Thank you for your generosity—you make Winona Health stronger, and bring our community together.

Steve Groth named 2016 Ben & Adith Miller Community Service Tribute recipient

Steve Groth received the 2016 Ben & Adith Miller Community Service Tribute at a dinner held in his honor on Wednesday, April 19. The Community Service Tribute is awarded to a person or group whose generosity has led to the betterment of the Winona area.

A native of Ridgeway, Minnesota, Steve has contributed to all aspects of the community, including public safety responsibilities such as the Ridgeway Volunteer Fire Department (32 years) and First Responders (15 years).

Jodi Dansingburg, principal of the Ridgeway Community School and writer of Steve’s nomination, says that Steve, as the volunteer coordinator for all four of Ridgeway Community School’s major renovation projects, put in “hundreds and hundreds

of hours of volunteer time” working on demolition and construction projects, in addition to providing volunteer maintenance services at the school.



Steve Groth, the 2016 Ben & Adith Miller Community Service Tribute recipient.

A member of the Ridgeway Community Association Board since 2007, Steve has also served as president and member of the Ridgeway Athletic Committee (25 years), a volunteer umpire for little league baseball (16 years), and coordinated and facilitated numerous community fundraising and health and wellness events.

Hugh and Vera Miller and RTP Company generously gave \$25,000 to the Winona Health

Foundation’s Ben & Adith Miller Patient Care Fund in Steve’s honor. This is the 29th consecutive year that the Miller family has sponsored the Ben & Adith Miller Community Service Tribute to benefit the Patient Care Fund.

Twiddle Muffs soothe restless hands

You've heard the phrase "twiddling your thumbs?" Two local women are making that phrase a literal reality for people with Alzheimer's and other dementias. Carrie and Jayme Putzier have begun creating "Twiddle Muffs" for Winona Health residents.

People suffering from dementia often have restless hands, and the muffs are designed to give those hands something to do. A twiddle muff is a knitted tube with lots of textures, colors and items for exploration and manipulation like beads, ribbons and buttons. The muffs have been found to reduce anxiety among people with dementia, and even reduce the need for some medications.

Carrie and Jayme saw the idea on Pinterest and decided to use their skills to create the muffs for Winona Health residents. Jayme says, "I've crocheted and knitted since I was fifteen. It's my therapy. There are only so many things you can use yourself, so I like to create for others. When you make something for someone else, it's nice to know it's appreciated." Both women knit with the "Knitting for Others" group held at local yarn shop Yarnology, which receives donations of yarn for the projects.

Winona Health staff have found that the muffs can help with relaxation and give people an activity to occupy their time. Carrie and Jayme said that the bright colors and varied textures make the projects fun to create, and staff affirm that the muffs brighten the days of those who receive them.



Carrie Putzier assists Marie Berg with a Twiddle Muff.



Above: Ramona Hovell enjoys twiddling her thumbs in a Twiddle Muff.



Front row (L to R): Marie Berg, Ramona Hovell.
Back row: Molly Jensen, Director of Nursing,
Lake Winona Manor, Jayme Putzier
and Carrie Putzier.



Volunteers

Winona Health honors volunteers at annual appreciation event

Winona Health honored the Winona Health Volunteers at the annual Volunteer Appreciation banquet held Thursday, April 27.

Fifty-six volunteers earned service awards, which recognize volunteers for reaching milestones in the total number of hours they have given to Winona Health, ranging from 100 to 11,500 hours.

Volunteer Rookie of the Year award was presented to Mary Jo Fitzgerald.

Volunteer of the Year awards were presented to Rita Haugh, Gloria Siewert, and Bonnie Woodford for their dedication to and passion for making a difference to the community through volunteering at Winona Health.

Legacy Awards were presented to Jenny Kahl, Diane Barge, Mary Brenno and Carole Matejka for their superior leadership and exuberant commitment to the mission.

Bonnie Woodford said “Being a volunteer helps me stay active while making new friends and, at the same time, using my talents to improve Winona Health. My 12-year-old grandson is becoming a volunteer in his community because I told him that volunteering gives me a good feeling.” Gloria Siewert added, “For me, real happiness is doing good for others.”

For more information about the Winona Health Volunteers, including descriptions of volunteer opportunities, visit winonahealthfoundation.org/volunteering.



Winona Health Legacy Volunteer Award Recipients

Pictured (L to R) are Jenny Kahl, Mary Brenno, Diane Barge and Carole Matejka.

Winona Health Volunteer of the Year and Rookie of the Year Recipients

Pictured (L to R) are Bonnie Woodford, MaryJo Fitzgerald, Gloria Siewert and Rita Haugh.

Bonnie, Gloria and Rita received Volunteer of the Year awards and MaryJo received the Rookie of the Year award.



Looking for a fulfilling way to dedicate your time? Become a Winona Health Volunteer!

The Winona Health Volunteers are always looking for energetic and enthusiastic people willing to share their valuable time and talent. More than 330 active volunteers contribute thousands of hours of service throughout Winona Health. The Volunteers are rich in history and meaning. If you're looking for a fulfilling way to dedicate your time, become a Winona Health Volunteer.

Our volunteers serve in over 30 different areas, including the gift shop, telecare, the information desk, pediatrics, Caring Hands, Lake Winona Manor, and many more. Please visit our website at winonahealthfoundation.org/volunteering for more information about joining our volunteer team.

We always welcome volunteers in all areas of service, but we have need especially in the following areas right now:

Glady D. Miller Gift Shop

Winona Health Volunteers conduct all of the day-to-day business activities in the Glady D. Miller Gift Shop. The gift shop is stocked with beautiful and unique gifts including toys, glassware, cards, candy, jewelry, kitchen items, clothing and fresh

floral arrangements. All of the proceeds from the gift shop go toward projects that benefit our patients and visitors or scholarships that help students who are pursuing healthcare careers.

Telecare

Telecare is a service provided at no charge to people in the Winona community who live alone and would feel reassured by a daily telephone call. Volunteers call each client to make sure they are doing well and do not need any medical assistance. If clients do not answer the phone, volunteers reach out to the emergency contacts provided by Telecare clients and will call the proper authorities if there is no response. Telecare volunteers staff the phone in the mornings, seven days a week, including holidays.

Hospital Information Desk

The Hospital Information Desk is located in the hospital lobby by the Switchboard. Volunteers greet and escort individuals, provide directions, answer questions, check-in and deliver flowers, give out room numbers, and generally assist the Switchboard operator, Emergency Department and Security staff.

**Volunteers make a difference
in the lives of others.**



If you're looking for a fulfilling opportunity rich in history and meaning, we invite you to become part of our legacy of generosity. For details about volunteer opportunities, visit winonahealthfoundation.org/volunteering.

WHVolunteers
Winona Health Caring. Serving. Giving.

855 Mankato Avenue • Winona • 507.474.3328

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

Storycatchers

Residents see their life story in a book

Rita Haugh has spent a fair amount of time at Lake Winona Manor, volunteering for the last eight years and serving communion for about twenty. Still, she says, she “sometimes didn’t know anything about the residents until reading their obituary. I had no idea that they did all of these wonderful things in their lives.” One of the ways she decided to remedy that was to volunteer for Storycatchers.

Storycatchers is a unique volunteer program that helps to further personalize a resident’s experience. A volunteer conducts interviews with the resident and puts together a life story, complete

with pictures. Recently, Rita completed interviews with Lake Winona Manor resident Dolly Watembach, and volunteer Pj Thompson designed the hardcover book about Dolly’s life.



Pictured (L to R): Pj Thompson, Rita Haugh and Dolly Watembach.



A mother’s heartache leads to a generous gift

When Stephanie Kendrick was pregnant with her daughter Lexi, she was excited about the future for her family. But when Lexi was stillborn, that excitement was shattered. Instead of a time of joy and new beginnings, the family went through grief and pain.

The loss was exacerbated by the fact that when an infant dies, the body changes quickly. If the family wants to spend time with the baby, the baby must be kept cool to slow down those changes. Kendrick wanted a unique way to both honor Lexi and offer comfort to other families facing the unthinkable. A Cuddle Cot is a portable crib cooling device that preserves the baby’s body for a longer period of time, giving families time to come together to grieve and to say goodbye to their baby.

With Kendrick’s encouragement and the community’s donations, the Winona Health Foundation purchased a Cuddle Cot for use in the Family Birth Center. Although the need is rare, the Cuddle Cot is there to aid families in a time of loss and pain. It is gifts from people like you that provide comfort to grieving families.



The books are meant to be shared—with staff, with family, with other residents. They provide a more complete picture of who a resident is—their life purpose, experiences, talents and life lessons. Residents appreciate the opportunity to share their life story, and staff and family can gain a new appreciation for the resident's life. Watembach's youngest daughter, Paula, says, "This will be handed down through our generations."

Rita says that she enjoyed her experience with Dolly because it gave her an opportunity to see what life was like for her parents when she was a child.

Pj explains, "She was the one who gave us the gift. We got a new friend out of this." Both women have a new admiration for Dolly's sense of humor, positive outlook on life, and her "96 years of wisdom."



Above (L to R): Bonnie Dennis, another Storycatchers recipient, reviews her book with Susan Althoff and Pj Thompson.

BreastFest helps local people fight breast cancer

BreastFest is an annual music festival held to benefit people being treated for breast cancer. In 2016, it raised \$10,000 to be distributed through the Winona Health Foundation directly to local residents facing a breast cancer diagnosis.

The organizers started the event in 2013 to make life a little easier for people in our community who are dealing with breast cancer. They wanted to provide a way for patients to handle all of the miscellaneous expenses that come along with a serious diagnosis. The funds are meant to cover those items that insurance typically doesn't—transportation to appointments, wigs and scarves, even groceries for special dietary needs.

Sandy Gruszynski, RN, cancer care coordinator at Winona Health, said, "This gift from the BreastFest organizers makes

a big difference to individuals and families dealing with a breast cancer diagnosis. What's especially touching is that it's from community members, for community members, and it's another example of what makes Winona a wonderful community."

BreastFest funds are administered through the Winona Health Foundation and can help with expenses such as:

- Transportation to appointments
- Wigs and other head apparel
- Groceries for special dietary needs
- Mastectomy Bra & Prosthesis
- Gift cards including massage and spa

If you or someone you know would like to apply for BreastFest funds, contact Sandy Gruszynski in Winona Health's Cancer Care Clinic, 507.494.7378.

BreastFest 2017 • Saturday, October 7
The Black Horse • Winona
For more information, call 507.458.8589.

Garden

We're in bloom and still growing!

The *Robinson Family Healing Garden* is in bloom, and you're making it happen. The beautiful flowers and trees are thriving, and the memorial benches are in. The garden provides a beautiful, peaceful place for patients, residents, families and visitors to enjoy the sights, sounds and scents of nature. Thank you! It could not have happened without your support and donations from community members.

If you would like to help our garden grow, it's not too late. Some of the paths through the garden are lined with smaller bricks that can be engraved. An engraved paver is the perfect way to remember or honor someone you love. Visitors to the healing garden will see your tribute, enshrined along the walking paths that lead through this calm, revitalizing environment. Your inscription will be engraved in a stone marker and set alongside the accessible paths to serve as a permanent reminder of your loved ones.

Pavers are available in two sizes, 6"x6" (\$100) or 6"x9" (\$200). You may inscribe the 6"x6" paver with 5 lines of text of 8 characters each. (Each space counts as a character.) The 6"x9" pavers will hold 5 lines of text of 13 characters each.

If you would like to honor someone with an engraved paver, please contact the Foundation office at 507.457.4316 or go to winonahealthfoundation.org/giving/robinson-healing-garden/ for more information.





Robinson

Healing Garden

Feel free to stop by anytime to see the beautiful garden and enjoy its peace and tranquility. The *Robinson Healing Garden* is a true community effort, and we would love for you to be a part of it.

Where can I find the garden?

The Robinson Healing Garden is located between the hospital cafeteria and Lake Winona Manor.



Scholarships

Sheila Mueller receives Winona Health Employee Advancement Scholarship

Sheila Mueller is the first recipient of the Winona Health Employee Advancement Scholarship. Currently a registered nurse in the Intensive Care Unit (ICU), Sheila will be attaining a Master of Science in Nursing at Walden University and a Psychiatric and Mental Health Nurse Practitioner degree.

“In my work on the ICU, I see so many patients with psychiatric disorders and mental health issues,” said Sheila. “There is clearly a shortage of mental health professionals and I would like to be able to help these people. My advanced degree will enable me to provide additional knowledge to this growing population.”

Sheila has been an employee at Winona Health for the past five and a half years, first working on the medical/surgical/pediatric unit and then in ICU for the last two years. She says she loves her work every day and is proud to know that “I made a difference in someone’s life. I am committed to Winona Health and love the small community environment and people I work with. I hope to become a Nurse Practitioner here.”

The Winona Health Employee Advancement Scholarship is funded through a generous



Sheila Mueller, RN

donation to the Winona Health Foundation. Applicants must be current employees seeking to advance their healthcare career. The amount of funding varies depending on the degree. Sheila will receive a total of \$4,000 toward her two-year degree—\$2,000 each year.

For more information about the Winona Health Employee Advancement Scholarship, please contact Betsy Midthun, Vice President of Community Engagement, 507.457.4116 or bmidthun@winonahealth.org.

High school scholarship recipients announced

The Winona Health Scholarship for Graduating High School Seniors Pursuing a Career in Healthcare was recently awarded to 13 area students. The scholarship, funded by private donations, is given to students from area high schools who are interested in healthcare careers and show promise in achieving those goals. The \$1,000 scholarship is renewable for four years. The 2017-18 recipients are:

Cochrane-Fountain City High School:

- Hayley Duellman, Cytotechnology, University of Minnesota-Rochester.
- Abbey Engel, Medical Dosimetry, University of Wisconsin-La Crosse.
- Rylee Gabel, Nursing, University of Wisconsin-Eau Claire.

Galesville-Ettrick-Trempealeau:

- Alexis Treakle, Nursing, Winona State University, Winona, Minn.

Lewiston-Altura High School:

- Macy Jensen, Pre-medicine, Winona State University, Winona, Minn.
- Skylar Kamrowski, Pre-pharmacy, Winona State University, Winona, Minn.

Luther High School:

- Beau Clemmensen, Pediatric Physician Assistant, University of Wisconsin-River Falls.

Rushford-Peterson High School:

- Taylor Warnken, Radiography, University of Minnesota-Rochester.

Winona Senior High School:

- Natalie Dicke, Clinical Lab Science, Winona State University, Winona, Minn.
- Ashton Hoeppner, Biology, University of Wisconsin-Platteville.
- Destiny Kronebusch, Nursing, Winona State University, Winona, Minn.
- Ericka Lamberson, Nursing, University of Minnesota-Minneapolis.
- Sophia Gem Salvador, Nursing, Winona State University, Winona, Minn.

Jessica Pastick awarded Phyllis McClenathan Scholarship

Jessica Pastick is the 2017-18 recipient of the Phyllis McClenathan scholarship, given to a nursing student in the last year of study. She will graduate from Minnesota State College Southeast this December with an associate's degree in nursing. She plans to continue at Winona State University to pursue her nursing degree.

"This scholarship will help in so many ways," said Jessica. "It will help take the burden off of many bills."

The Phyllis McClenathan scholarship is in its 12th year, supported by Phyllis's husband Dean and their two children. "When Phyllis passed away in 2006, so many young women told me at the funeral what a mentor she was to them," explained Dean. "Because of her heritage of caring and teaching, we decided to take the memorial money and grant a scholarship to a student pursuing a nursing career. It is a way of keeping Phyllis's memory alive in a very wonderful way." Each scholarship recipient also gets a nurse figurine from Phyllis's vast collection,



Dean McClenathan with the Phyllis McClenathan Scholarship recipient, Jessica Pastick.

another way to keep that connection to today's students.

Jessica works part time in the Winona Health Emergency Department as a technician. "I like the smaller community hospital environment," said Jessica. "It is more personal and it is really a family."

Carol Hill Scholarship recipients announced

The Winona Health Volunteers' Carol Hill Scholarship was awarded to 20 students who are pursuing careers in healthcare. Since the Winona Health Volunteers awarded its first nursing scholarship in 1962, more than \$620,000 has been awarded to area students who hope to become caregivers. The Volunteers raise the funds from events like the \$5 Jewelry Sale, Holiday Happiness, the Basket Bonanza and the proceeds from the Gladys D. Miller Gift Shop. The 2017-2018 Winona Health Volunteers' Carol Hill Scholarship recipients are:

- Lauren Flanagan, Winona State University, Winona, Minn.
- Amy Frauenkron, Viterbo University, La Crosse, Wis.
- Paige Gernes, Carroll University, Waukesha, Wis.
- Kelsey Groth, Minnesota State College Southeast, Winona, Minn.
- Nicole Haedtke, Winona State University, Rochester, Minn.
- Kacie Lovas, Winona State University, Winona, Minn.
- Lisa McCabe-Evans, Winona State University, Winona, Minn.
- Amy Miller, Western Technical College, La Crosse, Wis.
- Sheila Mueller, Walden University, Chicago, Ill.
- Mariah Olson, Luther College, Decorah, Iowa
- Hailey Parcel, Winona State University, Winona, Minn.
- Lisa Parpart, Walden University, Chicago, Ill.
- Jennifer Ready, Winona State University, Winona, Minn.
- Michelle Steinfeldt, Viterbo University, La Crosse, Wis.
- Anna Suhr, University of Wisconsin-La Crosse.
- Natalie Thode, Minnesota State College Southeast, Winona, Minn.
- Katie Tschumper, Chippewa Valley Technical College, Eau Claire, Wis.
- Mary Vang, Walden University, Chicago, Ill.
- Christopher Wells, Walden University, Chicago, Ill.
- Elizabeth Wolfe, Minnesota State College Southeast, Red Wing, Minn.

Thank you

Gratitude comes in many forms

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for your generosity...

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Guardian Angels

The Winona Health Foundation's Guardian Angel Program is a way you can make a difference while recognizing a physician, nurse, housekeeper or anyone at Winona Health who made a meaningful difference to you or a loved one. By making a gift in someone's honor, you are not only recognizing them for their care or service, you're also making a difference to other patients, residents and their families because your gift supports local healthcare programs and services.



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To make a gift in honor of someone who was your guardian angel, visit us in the Foundation office at Winona Health or online: winonahealthfoundation.org/guardianangel.

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You make a difference!

If you would like to make a gift, please direct it to the
Winona Health Foundation
PO Box 5600, 855 Mankato Avenue, Winona, MN 55987
or online: winonahealthfoundation.org

Thank you Ben & Adith Miller Golf Classic sponsors and participants!

The 27th annual *Ben & Adith Miller Golf Classic* was held August 14 at Cedar Valley Golf Course. Participants played on a beautiful course and raised over \$200,000 to benefit community members through the *Ben & Adith Miller Patient Care Fund*, which helps people who need medical care but lack the resources to pay for it.

Ben & Adith Miller
Classic



This year's tournament featured an appearance by golf pro Troy Merritt. Merritt, who played for Winona State

University for two years before transferring to Boise State, is in his 6th season on the PGA tour.



For more information about the *Ben & Adith Miller Classic* or the *Ben & Adith Miller Patient Care Fund*, go to winonahealthfoundation.org/events or contact the Winona Health Foundation at 507.457.4116.

If you would like to receive information about next year's golf event, contact Emily Hoff at ehoff@winonahealth.org.

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