Gundersen Health System

Health and science

Gundersen expands availability with second MedLink AIR helicopter

MedLink AIR, Gundersen's emergency and critical care air transport service, has seen steady growth since it began in 1992. It's on track to transport more than 500 patients in 2016. With this busy schedule, MedLink AIR is not always available when a request for transport comes in because the helicopter and crew are already in flight.

To meet the growing demands, MedLink AIR is adding a second helicopter on a six-month trial basis, starting June 1.

According to Stephanie Hill, program director for MedLink AIR, “From 8 a.m. to 8 p.m. we will have two helicopters in service. They will be based outside La Crosse to better cover our entire service area. This will give us greater reach and allows us to handle greater volume of flights from our regional hospitals and accident scenes. In most cases it will shorten transport time, especially from some of our more remote locations. This should result in better patient outcomes for time-critical emergencies such as stroke and heart attack.”

“The plan is to have one at the Decorah Airport and one at the Sparta-Fort McCoy Airport,” Stephanie adds. “Both locations are eager to work with us and we already have a good relationship with the staff at Sparta-Fort McCoy. We also have the ability to move to other locations depending on need and what we learn during this trial period.”

From 8 p.m. to 8 a.m. the helicopters will be located in La Crosse and only one will be in service. Gundersen will be using existing medical flight crew during the trial. A purchase decision will be made near the end of trial period.

“Adding a second helicopter supports the growth strategies of the organization,” reports Stephanie. “More importantly, it will help us improve patient outcomes and better serve the communities in our service area.”

Gundersen earns prestigious environmental awards

For the 10th consecutive year, Gundersen Health System has been recognized by Practice Greenhealth for its environmental initiatives.

During CleanMed, the national environmental conference for leaders in healthcare sustainability, Gundersen received the Top 25 Environmental Excellence Award and four Circles of Excellence Awards.

“This recognition is meaningful confirmation by our peers that we are on the right path,” explains Mark Palm, senior vice president of Business Services at Gundersen. “But we don’t do this work for the fancy awards. We do it because it is the right thing to do for our patients, their families, our staff and all the communities we serve. The work we do embodies the mission and values of Gundersen Health System.”

According to Cecelia DeLoach Lynn, member of the Practice Greenhealth Awards team, “The Top 25 Environmental Excellence Award is a competitive award, encouraging hospitals to continue their pursuit of sustainable innovation across the healthcare sector. Gundersen Health System has been identified as one of the leaders in this sector, driving sustainability and embedding environmental stewardship into the very core of its culture.”

Cecelia explains that the Circles of Excellence honor up to 10 of the eight common illnesses to be diagnosed through e-visits include:
- Back pain
- Cough/lower respiratory infection
- Diarrhea
- Headache
- Red eye
- Sinus problems
- Urinary problems
- Vaginal discharge/irritation

E-visits will be available during regular clinic hours. “Patients can expect a response within three hours if their e-visit is submitted between 8 a.m. and 3 p.m. on a business day,” explains Chuck. “Submissions after 3 p.m. or anytime on weekends or holidays will be answered on the morning of the next business day.”

Clinicians from Family Medicine will be responding to the e-visits and will access the patient’s health records through Epic. All e-visits will be documented in Epic and part of the patient’s health record for continuity of care. The system will also route a message to the patient’s primary care provider so they are aware of the encounter.

The cost for an e-visit will be $45. With insurance coverage, the initial mentioned group will pay only $10 per e-visit, without needing to first meet their deductible. If you have any questions, please contact Chuck at ext. 58705.

In today’s changing healthcare climate, offering innovative care options that are more convenient and affordable is important. Beginning June 8, Gundersen will be offering e-visits with primary care providers for patients with certain health conditions.

“The e-visits will be offered to a pilot group of Gundersen Health System employees and their families who are covered by our health plan,” explains Chuck Johnson, regional director. “If this pilot is successful, e-visits will be rolled out to other patient groups.”

An e-visit is a way for patients to receive medical care for a non-urgent illness through their MyCare account from anywhere in Wisconsin, Minnesota and Iowa. Eligible patients complete a series of questions on-line, submit them to a clinician and will receive a treatment plan, prescription (if needed) or a request to see their provider in the clinic. If they are referred to see a provider, they will not be charged for the e-visit.

Chuck says that in the initial launch of this service, eligible patients need to be:
- A Gundersen employee or a family member of an employee (18+)
- Covered by the Gundersen Lutheran Administrative Services health plan
- Seen in a Gundersen primary care department in the last 36 months
- A MyCare account holder
- Listed with a primary care provider in Epic

About Gundersen Health System

Gundersen Health System is one of the largest healthcare organizations in the Midwest, serving more than 360,000 patients across a 39-county service area in Wisconsin, Minnesota and Iowa.

For more information, please visit gundersenhealth.org.
Cathy Hilton, source document specialist
Payment and Refund Posting
44 years of service
Contributions: “Cathy has been a vital part of our team as well as the organization as a whole. She brings a good work ethic, happiness, organization and smiles to the Revenue Cycle. Cathy will be dearly missed and we feel as though we are very lucky to have had the opportunity to work with her.” — Whitney Hegseth, supervisor, Payment and Refund Posting.

Retirement plans: “Top of this list will be more time with my grandchildren and family and friends. We have a small plumbing and excavating business so I will be taking over the revenue cycle for that. Hoping to get to all the projects I have not had time for, too.”

Barb Johnson, advanced training consultant
Clinical Systems
42 years of service
Retirement celebration: Thursday, June 2, 2-4 p.m., Oronala Support Services Building, Planning Center (Room 103SB)
Contributions: “Barb is an iconic figure around the halls of Gundersen Health System. She has taken on many roles over the years with an extraordinary nursing career. She spent many of those years as a night shift supervisor for the Hospital and specifically the Emergency Department. She not only affected healthcare within our walls but also more broadly as she lobbied and supported legal changes for organ donation. She helped create and develop resources in healthcare standards. Barb is a fast paced, energetic and interactive therapist and a board certified physical therapist and a board certified physical therapist.” — Brooke Hoff, BS, CCMSCP-

Achievements
Congratulations to Kyla Lee, MD, FACP, General Internal Medicine, who was recently named the La Crose recipient of the Wisconsin Medical Alumni Association’s Clinical Science Teacher Award. The award was presented to Dr. Lee at the annual University of Wisconsin School of Medicine and Public Health (UW-SMPH) Honors and Awards Ceremony on Thursday, May 12.

This award represents the collective vote of the fourth-year medical students at the UW-SMPH in recognition of Dr. Lee’s excellence in teaching, mentorship and commitment to medical student education as a member of the statewide campus faculty. This award is further affirmation of the tremendous teaching abilities, knowledge and dedication to teaching of Dr. Lee,” comments Greg Thompson, MD, director of Medical Education, Gundersen Medical Foundation.

Dr. Lee is herself a graduate of the University of Wisconsin School of Medicine and Public Health (class of 1998) and was recently appointed director of Traditional Medical Students at Gundersen Health System and has served as the Internal Medicine Clerkship director at Gundersen since 2002. Dr. Lee works as a preceptor in her Internal Medicine Clinic, the Cardiac Stress Testing Lab and as an attending on the Palliative Hospitalist Team. Her students describe her teaching sessions as fast paced, energetic and interactive.

Gundersen Sports Medicine physical therapist Paul Reuteman, DPT, was recently honored by his alma mater, Marquette University, with a Professional Achievement Award from the university’s College of Health Sciences.

Dr. Reuteman is a physical therapist and a board certified clinical specialist in Orthopedics.

He is also a licensed athletic trainer.

The school recognized Dr. Reuteman for his professional success and service to future physical therapists as a clinical professor in physical therapy at the University of Wisconsin-La Crosse.

Additionally, he and Mart Haberl, PT, have developed a residency curriculum for practicing orthopaedic physical therapists that combines online and onsite education elements.

Babysitting classes offered
Is your child interested in babysitting? Community & Preventive Care Services is offering babysitting classes.

• Wednesday, June 15, 8 a.m. to noon, Gundersen Oronala Clinic Lower Level

• Thursday, June 16, 8 a.m. to noon, Green Bay Building, La Crosse Campus

The class costs $45 and is for children, ages 11 and older, who want to learn the basics of becoming a responsible sitter.

To register, visit gundersenhealth.org/wellness. Click on “Babysitting Class” and choose your session. Click the orange “Add to Cart” button and follow the remaining instructions.

Early deadlines for Memorial Day week
Because of the Memorial Day holiday on Monday, May 30, Bridges deadline will be noon Friday, May 27, for the Thursday, June 2, issue.

Submit news, story ideas or other materials to Neil Sindlik, Corporate Communications, mailstop NCA1-03, by noon Monday before publication.

Editor & Circulation: Neil Sindlik / Graphic Design: Zach Johnson
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Lifestyle changes can help lower your risk for stroke

Stroke is one of the most preventable of all life-threatening health problems. By making simple lifestyle changes you can reduce your risk of stroke, including:

- Control your weight.
- Incorporate exercise in your daily routine.
- Eat a well-balanced diet rich in fruits, veggies and whole grains, while avoiding processed food and excess fat, sugar and salt.
- Manage your diabetes. People with diabetes have a two-and-a-half times greater risk for stroke than those without diabetes.
- Control other risk factors such as high blood pressure, heart disease and cholesterol. If necessary, treat these conditions with medication.
- If you smoke, stop.
- If you drink alcohol, do so only in moderation.
- Reduce stress.
- Finally, know the symptoms of a stroke and seek treatment right away.

Learn more at gundersenhealth.org/stroke.

Tina Theisen, patient treatment coordinator
Karen Tonud, recruter

20 years
Angela Adamczyk, patient liaison
Michael Case, MD
Linn Duga, NP
Amy Hamann, RN
Theorie Johnson, RN
Susan Knuepuel, environmental assistant
Carla Long, IR technologist
Joan Melson, RN
Jennifer Robarge, CT scan technologist
Jon Spiehtl, security officer

15 years
Rebecca Hatke, environmental assistant
Rebecca Herrmann, surgical support technician
Obie Johnson, financial systems manager
Matt Schumacher, project manager
Eileen Severson, supervisor
Jennifer Stalsberg, medical assistant
Kelly Wing, RN
Doua Xiong, systems analyst programmer
Scott Zebeil, manager

10 years
Karen Amann, lead physical therapist
Anta Bashaw, environmental assistant
Todd Boeter, maintenance mechanic
Rachel Blum, clinical manager
Susan Chulyk, RN
Tavis Grant, medical laboratory scientist

Jessica Gunderson, patient services specialist
Jean Hundt, LPN
Vicky Jessen, office assistant
Leanne Johnson Miester, PA-C
Rebecca Lockington, support staff technician
Tiffany McGonalughey, medical assistant
Bobby Ortiz, CNA
Rebecca Pradovich, Revenue Cycle training specialist
Linda Proudfoot, patient attendant
Krysto Rochelt, CNA
Casey Sommervile, RD
Jennifer St. John, supervisor

5 years
Deborah Baker, LPN
Elizabeth George, RN
Amy Hatcher, NP
Amanda Hoy, supervisor
Tylar Magnus, admitting counselor/registration clerk
Melissa Miller, MA
Jean Muhehkenkamp, HR program consultant
Abby Nelson, medical laboratory scientist
Amanda Noggle, manager
Denise Pedretti, certified surgical technician
Julie Powell, environmental assistant
Kendra Reynoldis, clinical manager
Kristin Royalty, medical photographer
Jason Stanley, RN
Ashley Umbarger, RN
Laura Wiedman, RN

Celebrating years-of-service milestones

Cheers to the following Gundersen Health System staff who celebrated noteworthy service anniversaries in May.

45 years
Ellen Ganolik, patient relations specialist

40 years
Bonita Dahl, supervisor

35 years
Mary Bissen, case manager
Deborah Devine, RN
Julie Farry, MRI technologist
Nancy Hammes, supervisor
Vance Mitchell, invasive cardiac technian
Cheryl Olson, department secretary
Lois Tucker, RN
Karen Young, RN

30 years
Teresa Abrahamson, RN
Julio Berd, MD
Karen Jandt, scheduling specialist
Jeffrey Reiland, therapist
Cynthia Schne, RN
Rosanne Schutz, RN
Roger Ziff, assistant administrator

25 years
Michael Brennan, systems integration architect
Julie Holzwarth, adult disabilities coordinator
Debra Kane, clinical manager
Janet Lapke, clinical informaticist
Jammie Moody, RN
Sue Rowe, RN

Sparta progress

Construction on the new Gundersen Sparta Clinic is about 40 percent complete and right on schedule for its projected December finish. Seen here is a shot of the southwest corner, where the physician offices will be located. The scaffolding is where construction workers are spraying on the energy high-efficiency foam insulation.

Sympathy

Gundersen Health System friends and co-workers express their deepest sympathies to:
Karen R. Harris, CT-H, on the death of her mother-in-law, Alta Marie Harris;
Amy J. McCabe, Pediatrics-La Crosse, on the death of her grandfather, George Hufsey;
Angela D. Holinka, Facility Operations, on the death of her mother, Ruth Arlene (Lockington) Oliver;
Carly N. Rodriguez, Inpatient Behavioral Health, on the death of her father, Lee Anderson;
Stephanie M. Lee, Hospice, on the death of her grandmother, Harriet Rose; and
Debra A. Craven, Family Medicine-Sparta, on the death of her mother, Mathilda Thompson.

Credit Union closed for Memorial Day

In observance of Memorial Day, Gundersen Credit Union will be closed Monday, May 30. It resumes normal hours Tuesday, May 31.

Waking or riding? Be safe, be aware

There are many users of the road. Whether you are a biker, walker or motorist, all users have responsibilities. Check the lists to see how much you know about safety and using the road.

Bicyclists
- Always ride with the flow of traffic.
- Don’t ride on the sidewalk—you are at risk at every driveway and intersection.
- Ride in a straight line, not in and out of cars.
- Make eye contact with drivers.
- Watch for turning traffic, use hand signals when turning and stopping.
- Obey traffic signs, signals and lane markings.
- Be visible—wear bright, reflective clothing, use reflectors, headlights and taillights.

Motorists
- Drive at or below the speed limit.
- Yield to pedestrians at crosswalks, even if it is not marked.
- Share the road with bicyclists.
- Motorists should watch for bicyclists and pedestrians at all times.
- Avoid distracted behaviors.
- Be patient when passing a bicyclist—slow down and only pass when it is safe.

Friday Improvement Recognition Event for May 13

Title: Learn More at 4—Get Well Network

Presenters: Beth Krage, Cindy Languard and Melissa Miller

Problem statement: Staff wanted to do more with GetWellNetwork while improving patient outcomes without adding cost to the organization.

Title: The Preadmission Department—An Evolution in the Standard of Care for Patients Having Elective Surgery

Presenters: Roxanne Potts and Kay Jones

Problem statement: To develop a collaborative standardized pre-admission process that creates a patient-and family-centered experience focused on patient safety, quality and patient education.

Pictured (L-R) at the May 13 Improvement Recognition Event are Kay Jones, Roxanne Potts, Beth Krage, Melissa Miller and Cindy Languard.

May 26, 2016 3
Many of us send multiple text messages every day on our smart phones, but we need to remember one important rule: sending protected health information (PHI) by text puts Gundersen at risk for a HIPAA violation.

Standard text messages are not encrypted and could be intercepted and viewed by third parties. Text messages may also remain on unsecured mobile network operators’ servers for an extended period of time and on smart phones that have inadequate security and which could be lost or stolen.

It is important to know Gundersen does not yet have a secure messaging platform to enable the use of smart phones for texting PHI," says Linda Snubert, director, Gundersen Information Systems. "We are reviewing secure text messaging platforms that will integrate with our network infrastructure and electronic medical record. In the meantime, staff should not use smart phones for texting of any PHI. We are piloting a secure messaging option on a very small scale at Riverside Wellness to test integration requirements with our electronic medical record."

‘Gundersen is more than my employer; it is a deep part of my history’

Rachel Lambert, senior office assistant, Department of Quality, Efficiency and Safety, had her first experience with Gundersen Health System long before she began her career here five years ago. Rachel shares her story:

Gundersen is more than my employer; it is a deep part of my history. My grandma, Bettie Amundson worked for just over 35 years as a licensed practical nurse in the Cardiac Unit. I have so many fond memories of visiting my grandma here, walking through the hallways while running my fingers along the wall, fingers along the wall with a smile on my face.

I loved coming to visit my grandma and seeing a side of her I normally didn’t see. She was more than my grandma. She was a hero clad in pink scrub tops, equipped with a stethoscope.

My grandma passed away in September 2006 due to complications from her treatment for non-Hodgkin lymphoma. She requested to spend her last days in the unit where she had spent a good part of her life caring for others. It has been 10 years since she passed and I still run into her former patients and coworkers who stop me in the hall to tell me what a loving, compassionate and truly amazing woman she was.

I decided to share my grandma’s story recently at my five-year Service Award Brunch and explained how she has been such an influence in my professional and personal life. As soon as I mentioned her name, three people from the group had the same heartfelt reaction I am used to getting now as Bettie’s granddaughter. It amazes me that after all these years her memory still elicits such warmth and pride in those that knew her. She truly made a difference in these walls every day, with every patient and every coworker. I can only hope to be half of what she was.

We all have been given this great opportunity to help, to brighten a day and to make a difference. My grandma took advantage of each and every moment she could to do this. She is my inspiration to provide the same level of care and compassion to patients and coworkers through my own journey at Gundersen. I still occasionally find myself walking the hallway, quickly running my fingers along the wall with a smile on my face, filled with the same sense of wonder and pride for this great place I did as a young girl.

Savor the flavors at Festival Foods Wine & Beer Tasting

Festival Foods invites you to its ever-popular Wine & Beer Tasting to benefit Steppin’ Out In Pink. This ninth annual event will be held Thursday, June 16, from 5:30 to 8 p.m. at a beautiful venue along the river—the Cargill Room at Riverside Center South, 332 Front St. La Crosse.

Guests will have an opportunity to meet area wine experts; taste all the wine and beer they care to enjoy; sample breads, cheeses, sushi, chocolate covered strawberries and pretzels and other fantastic Festival Foods’ recipes. They can also look forward to a free collectible wine or beer glass, silent auction, wall of wine, basket of beer, basket raffle and door prize drawing at the end of the evening.

“We’re excited to have a wide selection with more than 120 different types of specialty beer and wine to sample,” says Debbie Kroner, associate director, Development – Special Events, Gundersen Medical Foundation. “And, our evening won’t be complete without local musicians.”

All proceeds from the event will primarily fund breast cancer research initiatives at Gundersen Medical Foundation. A portion is also dedicated to providing assistance to breast cancer patients in need, subsidizing mammograms for the underinsured and uninsured patients in our region and lending support to the services of the Center for Cancer & Blood Disorders and Norma J. Vinger Center for Breast Care.

Volunteers needed for annual Celebrate Life Picnic

Join in celebrating community cancer survivors at our annual Celebrate Life Picnic on June 14, at the La Crosse Center South Hall from 5 to 7 p.m.

The picnic, in its 25th year, is a joint effort between Gundersen Health System and Mayo Clinic Health System-Franciscan Healthcare to honor cancer survivors.

Organizers are asking for volunteers to staff the event and assist with the evening. Please sign up through Volunteer Spot by visiting here: https://volv Spot/SK114K. Or contact Cheni Hill, Medical Oncology, at ext. 53908, by June 3 if you can lend a hand.
New sports performance program helps athletes get AMPed

AMP (Achieving Maximum Performance) is a new program offered jointly by the sports medicine experts at Gundersen Health System and the YMCA. The six-week program is designed to improve athletic performance and reduce risks of injury. Enrollment is open to recreational and competitive athletes, ages 12-55.

The program incorporates an evaluation which includes:
• Functional movement screening
• Evaluation of landing mechanics
• Agility testing

Based on evaluation findings, athletes will work on:
• Corrective exercises
• Movement pattern retraining
• Strengthening
• Jumping and landing mechanics
• Power development
• Agility

YMCA-North Wellness Center, Osuakla
June 13-July 27 (no class July 4)
Mondays and Wednesdays, 10-11 a.m.
YMCA-La Crosse Wellness Center
June 14-July 28
Tuesdays and Thursdays, 10-11 a.m.

Summer Special: Just $158 (savings of $22)
Register online at gundersenhealth.org/AMP.

For questions, please call Deanna Turner, Gundersen Sports Medicine at (507) 454-8700 or (800) 362-9567, ext. 22351.

Exercise program designed for arthritis sufferers

Beginning May 31, people in the Winona area suffering from arthritis can attend a free exercise program to help relieve from pain and stiffness. The Artistic Foundation, in partnership with Gundersen Health System and the Southeast Minnesota Area Agency on Aging, are offering an exercise program for those with arthritis. Classes will be offered every Tuesday and Thursday at 10:45 a.m. at the Winona Friendship Center. 

Reminder: Swap Shop is for personal use only

Through Swap Shop online, employees, volunteers and retirees can advertise all sorts of items for sale and find lots of things to buy.

While this is a nice benefit for staff, please remember there are some rules for Swap Shop, including:
• Gundersen Health System extensions and/or email addresses may not be included in ads unless directly related to Gundersen Health System (lost or found equipment, etc.).
• No more than 10 ads per person can be active at any given time.
• Swap Shop is intended for Gundersen employees, volunteers and retirees only.
• Gundersen reserves the right to refuse publication of, or to edit, any ad.
• Service ads must be non-commercial and not directly related to someone’s primary source of income.
• No outside advertising is accepted.
• Listings for weapons (including knives and archery equipment) and firearms are not allowed.
• Violations of the terms and conditions could lead to disciplinary action.

Each Swap Shop ad will remain active for 10 days. Ads can be listed for a longer period of time, but you must manually renew your ad every 10 days. All ads will be archived after 100 days. You can withdraw an ad if you item sells.

If you have questions, contact Neil Stilwell, Corporate Communications, at ext. 51967.

Summer Special:
Save 20% on laser treatment for varicose veins

Say goodbye to unsightly varicose veins and step into summer with smoother, clearer, more youthful looking legs.

Sciton ClearScan is a laser treatment for minimizing or eliminating small varicose veins called spider veins. Safe, fast and effective, you can resume most activities right away. Now save 20% on Sciton treatments you book in June and July.

Book today and give your legs a great look for summer.
Call the Gundersen Varicose Vein Clinic at ext. 52331.
gundersenhealth.org/veins

*Services must be redeemed by August 31, 2016. Cannot be combined with any other offers.

Mental health: Did you know?

Gundersen Inpatient Behavioral Health shares these facts about the prevalence of mental health issues in the United States.

According to the National Institute of Mental Health, 68 percent of Americans suffer from post-traumatic stress disorder at least once during their lifetime. Probable for diagnosis among U.S. adults includes:
• Schizophrenia – 1.1 percent
• Borderline personality disorder – 1.6 percent
• Anxiety – 28.8 percent
• Social anxiety – 12.1 percent
• Bipolar disorder – 3.9 percent
For more information and resources about mental health issues, reach out to Great Rivers 2-1-1 by calling 2-1-1 or (800) 362-8255.
Welcome new employees and volunteers

Shrap Ademi
Radiology intern
Diagnostic Radiology

Leanne Anucle
Patient services specialist
Patient Liaison Services

James Arms
Source document specialist
Payment and Refund Posting

DANIEL ANDORFEN
Student summer research fellow
Medical Research

Jeddah Barton
Student summer research fellow
Medical Research

Mary Berger
Health unit coordinator (HUC)
HUC Services

AMANDA EISENHUTH
Student summer research fellow
Medical Research

KATHY ELLETT
Customer service rep.
Customer Service-Health Plan

KIRSTEN ERDENBERGER
HUC Services

MEGAN ERNST
Student summer research fellow
Medical Research

ETHAN CAREY
Intern
Revenue Cycle

HANNAH CROSS
Radiology intern
Diagnostic Radiology

STEPHANIE DOYLE
EMT
Emergency Services

JENNIFER BERKES
Advanced training consultant
GUC Clinical Systems

Foundation posts 2015 Annual Report online

The dedicated and hardworking staff of Gundersen Medical Foundation has been busy—one look at the newly released digital 2015 Annual Report quickly illustrates that point. What is equally clear is there are a lot of dedicated supporters of the Foundation who contribute to that success.

The Annual Report can be viewed online at gundersenhealth.org/annualreport or at gundersenhealth.org/foundation, then click on Your Dollars at Work in the left-hand menu. There’s an option to download and print a pdf of the report if you’re interested.

The 2015 Annual Report covers the full range of Foundation activities and accomplishments including...

Come enjoy the Flavor of La Crosse

Here is a Children’s Miracle Network Hospitals’ fundraiser. The entire family is sure to enjoy. The Flavor of La Crosse Food and Grove Festival. The event will be in Copeland Park in La Crosse on Saturday, June 11 from 2-11 p.m. It’s just $2 for admission to the event with 100 percent of the proceeds going to benefit CMN Hospitals.

As the name suggests, there will be delicious food offered for $1-$4 by area restaurants, such as:

- Big Bear Smokers
- Blue Moon
- Burger Fusion
- Dublin Square
- Old Crow
- And others

Plus music by:
- Burnin’ Whisky Band
- Cheddar Groove
- TUGG Band
- Craig Olson Project
And fun with:
- Inflatables
- Yard games

The event is presented by the La Crosse Loggers and Firefighters Credit Union. Come celebrate the very best food, music and entertainment in the Coulee Region.

Join our bike ride

Gundersen Health System, Safe Kids Coalition and the Wisconsin Bike Federation are hosting a free, guided, family bike ride on Saturday, June 4, at 1 p.m.

Families should meet at Higgen Elementary School, 3505 S. 28th St., La Crosse. Bring your bike and helmet (required) as you explore lower-traffic routes and learn bike safety tips. Stop to enjoy a treat at a local ice cream shop (at your own expense).

There is a safety limit of 15 riders. Register by June 2, by calling Linda Duffy at ext. 56870 or emailing lkduffy@gundersenhealth.org.

Since the 125,000 Acts of Caring initiative began, you and thousands of your colleagues have jumped aboard and shared the kind, thoughtful and caring things you do, every day. Thousands of Acts of Caring have been submitted so far.

Whether it’s something you did, something you saw or something someone did for you, keep sending in those Acts of Caring! To share your Act of Caring, visit the Gladiator home page and look for the 125,000 Acts of Caring feature. You can’t miss it! Here are some new Acts of Caring excerpts:

- Through organ procurement, my husband’s eyes gave the gift of sight to two individuals.
- I paid for the order for the people behind me in a drive-through. The young man was so excited he hopped out of his car and ran over to thank me before I could pull away. He said he had never had someone do something like that for him and it made his day!
- I renewed my pledge to the Gundersen Medical Foundation.
- One of our providers in Endocrinology went to our Gift Shop and bought a stuffed toy for a patient to hold while he got his pneumonia vaccine, because he was afraid of the injection.
- I met a friend for lunch who has been battling cancer for the last 15 months. We talked about “normal” things and we talked about how she was feeling and what she’s afraid of right now. That was the most important thing I could do, but I also picked up the tab.
- A neighbor boy was riding his bike past me on my walk and suddenly his tire fell off his bike. He fell to the ground, was crying and bleeding. I assessed him and got him up and took him and carried his bike back to his house where I informed his family of what happened. The boy was scared but felt better once I assisted him. I helped push a car up the hill to get gas at Kwik Trip. I sent my kids to my sister’s house to help pick up her lawn.
- Working with the Neuroscience team is something you can guarantee means teamwork, communication, and most importantly, patient service. Today several schedulers assisted a gentleman regarding direction and helped him have his son included in his verbal authorization. Because of our skilled and highly talented multitasking team of scheduling specialists, we were able to assist this gentleman and his son. Way to go Neuroscience scheduling team!
- A cowworker had surgery and I loaned my walker to her to get over the hump of initial recovery. I also brought her and her family dinner one night and stopped by with snacks and visits.
- I moved my neighbors’ lawn last night. They aren’t able to walk well enough to do that anymore.
- A man from Chicago was at Kwik Trip and had locked out his cash card in the ATM. He was also out of gas. He was on his way to see his mother at Gundersen Health System, as she had just had her leg amputated. I purchased a gift card so he could purchase gas and see his mother.
- I ran into an elderly gentleman with a walker looking for something to eat. He was in the Heritage Building, but wanted Adolf’s. No wheelchairs handy, so I called my coworker to bring one down, she did and he gladly sat down. Made it to Adolf’s and he couldn’t be happier. The little things for Love + Medicine. —Trink Copsey
- I picked up a bag of beans that had fallen on the floor at Festival and set them back on the display.
- I helped clean the power plant in my high heel shoes! (No one told me to wear jeans.)
- I gave some vegetable plants to a neighbor that has a huge garden.
- I was running late for a meeting but met a visitor in the hallway who appeared lost. I took the time to ensure that she knew where she was going and walked her to her destination.
- Helped three baby paint turtles cross the road.
- One of my wonderful coworkers, Elaine Graf, surprised me with a beautiful gardenias, because they are my favorite flowers. I am so blessed to have such a treasure and we are blessed to have her!
- As the name suggests, there will be delicious food offered for $1-$4 by area restaurants, such as:

- Big Bear Smokers
- Blue Moon
- Burger Fusion
- Dublin Square
- Old Crow
- And others

Plus music by:
- Burnin’ Whisky Band
- Cheddar Groove
- TUGG Band
- Craig Olson Project
And fun with:
- Inflatables
- Yard games

The event is presented by the La Crosse Loggers and Firefighters Credit Union. Come celebrate the very best food, music and entertainment in the Coulee Region.
Welcome new employees and volunteers
Have you tried a CSA yet?

Taste nature’s bounty

Calendar photo contest winners announced

Taste nature’s bounty

Community supported agriculture (CSA) is a model of food production, sales and distribution aimed at connecting local farmers with local consumers. Consumers have the opportunity to buy organic produce from local farms without the expense of buying it at the grocery store. Consumers sign up for a “share” and pay the farm for 20 consecutive weeks of fresh produce provided during the peak of the growing season.

“When we eat produce at its peak, we get the most nutrition that food can provide,” says Marisa Prount, Gundersen Health System registered dietitian. “And what better way to get fresh produce than to have it delivered right to you?”

Gundersen has partnered with Old Oak Family Farm since 2009 and with Small Family Farm from La Farge, Wis., since 2015.

What’s in a share box?

A typical “share,” or box, contains a variety of traditional garden favorites, along with some specialty items. Quantity and variety of foods in the boxes change as different produce comes into season. One box is generally enough to feed a family of two to four people or one vegetarian for one week. Shares are also available and would be more suitable for a family of two to four people or one vegetarian for one week.

How to connect:

Orders and payments are made directly through the farm at smallfamilyfarm.com. Orders early by downloading an order form online at oldoakfamilyfarm.com. Or, call Linda Duffy at ext. 56870, or email lkdaffy@gundersenhealth.org.

Pickup:

Wednesday deliveries

La Crosse—Cold Storage Room (near the bike barn).

Onalaska—Support Services Building loading dock (next to the parking lot on the south side of the building). 

Old Oak Family Farm
Where: June 21- Nov. 1

Cost: A full share (box) is $600 for 20 weeks. A half share, one box every other week for 10 weeks, is $300.

How to connect:

Old Oak Family Farm also offers deferred payment plans and will customize food plans. Orders and payments are made directly through the farm by downloading an order form online at oldoakfamilyfarm.com. Or, call Linda Duffy at ext. 56870, or email lkdaffy@gundersenhealth.org.

Pickup:

Tuesday

La Crosse—Cold Storage Room (near the bike barn).

Onalaska—Support Services Building loading dock (next to the parking lot on the south side of the building).

Working for shares

Both CSA participants offer “worker shares” in which members work in exchange for their CSA box. Through the FairShare CSA Coalition program, income eligible households can apply for assistance toward the purchase of a CSA share. To find out more information and print or complete the application, visit caacoalition.org/about-csa/partner-shares. Or, call (608) 226-0300.

Accepting on behalf of Gundersen at a recent awards ceremony is Barbara Wolff, executive director, Finance. Presenting is Tyler Heinz, race committee member.

Physical therapist

This on-call position will be in our Therapy department. The ideal candidate will have two-plus years of experience working in an outpatient orthopaedic clinic. Experience with EMR will be key along with a familiarity with EPM. The position will range in hours, but could work as much as 40 hours per week.

All job postings are available on Gladiahr. From Gladiahr, select Gund U/H/R and then select Employment. The Current Job Openings tab goes to all open positions. A position available to internal employees only has “internal” in red in the posting profile. Please note some positions might only be open to employees of a particular department or division. This is clearly stated in the posting.

If you have questions regarding the application process, contact Recruitment at ext. 54743.