Gundersen receives $1.5 million for cancer research

Betty Kabara, a long-time supporter of cancer research at Gundersen recently made an extraordinary gift of $1.5 million to Gundersen Medical Foundation's Kabara Cancer Research Institute. Established in 2005 with an initial $1 million endowment gift from Mrs. Kabara and her late husband, Dr. Jon Kabara, the Kabara Cancer Research Institute's mission is to investigate and develop new therapeutic approaches for cancer.

This transformational gift will be used to restructure and dramatically expand the work performed in the institute:
- Paraic Kenny, PhD, will hold the newly established Dr. Jon and Betty Kabara Endowed Chair in Precision Oncology. While serving as director, he will continue his laboratory research on breast cancer. Dr. Kenny is an expert in the use of sophisticated models to understand how breast cancer develops and new approaches for treating it. His work includes advances in cancer genome sequencing which will help our patients access the newest personalized cancer treatments.
- Gregory (Greg) Guida, MD, PhD, a recently recruited molecular pathologist (see page 2), will be the director of the Gundersen Cancer Biobank within the Kabara Cancer Research Institute. This repository of cancer specimens, collected over several decades from patients in the La Crosse region, offers unique opportunities to study tumors most relevant to our local population.
- Sunny Guin, PhD, will establish an independent research laboratory within the institute with a primary focus on lung, prostate, bladder, kidney and ovarian cancers. Dr. Guin studies cancer biology and therapeutics. He uses functional genomic and metabolomics screens to identify new driver genes of tumor progression and metastases.
- The Foundation is actively recruiting for a new research scientist who will help to greatly extend the scope of current research.

“Mrs. Guin, Guida and I look forward to taking our cancer research to the next level with the support of this tremendous gift. The generosity and vision of Mrs. Kabara will help us achieve the critical mass and momentum necessary to move our work from the bench to the bed,” states Dr. Kenny.

“The extraordinary philanthropy from Mrs. Kabara provides a great opportunity for Gundersen to make an impact in cancer research. Through such contributions, the care of our patients and community are improved. We are honored and fortunate to have benefactors like Mrs. Kabara who believe in our mission and want to advance cancer research,” states Sigurd B. Gundersen III, MD, chairman of Gundersen Medical Foundation.

“In addition to Mrs. Kabara’s generous gift, this level of cancer research is made possible because of the support of literally hundreds of people throughout our communities,” adds Robyn Tanke, chief development officer, Gundersen Medical Foundation.

The Kabara Cancer Research Institute is located in the Health Science Center on the University of Wisconsin-La Crosse Campus.

New Pediatric Palliative Care Clinic helps children thrive

Children with serious chronic or life-limiting conditions can now benefit from a new service offered at Gundersen—the Pediatric Palliative Care Clinic. The clinic has been in the pilot phase for the past several months and will officially launch on Monday, Sept. 19.

“Palliative Care is whole person care and provides services to help support people with physical, emotional, social, spiritual or psychological distress related to complex illness,” states Mark Neumann, MD, Pediatric Hospitalist Services, who provides medical oversight of the new clinic.

The Pediatric Palliative Care Clinic brings together a team of specialists, including a physician, nurse, social worker, chaplain and child life specialist. The team focuses on four areas to enhance each child’s quality of life:
- Symptom management
- Coordination of care
- Care goals
- Communication

Children who may benefit from palliative care include those with serious chronic or life-limiting conditions such as cancer, severe psychiatric illness, cystic fibrosis, severe brain injury or cerebral palsy.

“We as parents, and all of us as members of society, wish and strive for the care of our patients and community are improved. We are honored and fortunate to have benefactors like Mrs. Kabara who believe in our mission and want to advance cancer research,” states Sigurd B. Gundersen III, MD, chairman of Gundersen Medical Foundation.

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A new option in screening mammography

The Gundersen Norma J. Vinger Center for Breast Care in La Crosse now offers women a choice when it comes to screening mammography:
- Standard mammography with 2D pictures
- Digital breast tomosynthesis (DBT) with 3D pictures

To understand the difference between DBT and a standard mammogram, think of the difference between a CT scan of the chest and a standard chest X-ray. One is three-dimensional and the other is flat.

“Digital tomosynthesis obtains two sets of images of each breast at multiple different angles, whereas a standard mammogram obtains two sets of images of each breast, each image obtained at one angle only,” explains Gundersen breast radiologist Romana Leinbach, MD.

A standard mammogram can sometimes create unclear results and false alarms due to overlapping layers of tissue. The benefit of DBT is that breast tissue can be evaluated layer by layer, making fine details more visible and no longer hidden by overlapping tissue.

Studies have shown that DBT:
- Detects some cancers more readily, resulting in earlier diagnosis which, in turn, may result in less aggressive treatment and better outcomes
- Decreases the number of patients called back for additional testing (false positives), resulting in less anxiety and decreased costs

Anyone who is due for a standard mammogram can elect to have a DBT. Currently, DBT is offered in La Crosse only at the Norma J. Vinger Center for Breast Care.

“Although studies have shown all patients may benefit from DBT compared to standard mammography, patients with denser breasts, described as ‘heterogeneously dense’ or ‘extremely dense’ in their mammogram report, benefit more due to more tissue overlap,” says Dr. Leinbach.

Medicare and Gundersen Health Plan cover payment for DBT. If you have private insurance by a different company, be sure to ask if DBT is covered; benefit more due to more tissue overlap.

To schedule a DBT, call the Center for Breast Care at ext. 52886. If you have questions, talk to your primary care provider.

Early Bridges deadline for Labor Day

Because of the Labor Day holiday on Monday, Sept. 5, there is an early deadline for Bridges stories to appear in the Wednesday, Sept. 7, edition. Deadline for that issue is noon Friday, Sept. 2.
Please join us in welcoming...

Grzegorz ‘Greg’ Gurda, MD, PhD
Anatomic Pathology and Research
MD: University of Michigan Medical School, Ann Arbor, Mich.
PhD: Molecular and Integrative Physiology, University of Michigan
Residency: Anatomic and Clinical Pathology, The Johns Hopkins Hospital
Fellowship: Molecular and Genomic Pathology, University of Pittsburgh Medical Center
Clinical Instructor (Medical staff): Magee-Women’s Hospital, University of Pittsburgh Medical Center
Medical interests: Molecular subcategorization of cancer; the relationship between cancer and tissue growth promoting hormones and immunity
Personal interests: Outdoor activities including biking, hiking, camping and kayaking; plus music, reading and theater
Dr. Gurda interprets biopsies and resections (general surgical pathology and cytopathology), with emphasis on breast cancer. His roles also include medical direction of clinical laboratories, particularly molecular testing. At Gundersen, he plans to apply molecular techniques for diagnostics, prognosis and treatment in medical and surgical oncology, and to expand and advance lab medicine and pathology diagnostics.

What drew Dr. Gurda to La Crosse? “Gundersen Health System as an institution (its history and values, as a legacy that continues to be embodied by people working here now) and the greater La Crosse area as a great place to live,” replies Dr. Gurda. “Gundersen strives to provide the best quality medical care, with the aim of not only staying current, but pushing our understanding of disease through research. The health system is also actively engaged in health of individuals and the interests of the community.” He is looking forward to further honing his diagnostic skills, growing as a researcher and an administrator, and advancing the understanding of cancer biology—while making a difference in the lives of individual patients.

Dr. Gurda, his wife Molly, and their “champion” chipmunk chaser dog, Pepper, reside in the La Crosse area. To reach Dr. Gurda, page 1584.

Chris Cogbill, MD
Anatomic Pathology
MD: Medical College of Wisconsin, Milwaukee
Fellowship: Hematopathology, Department of Pathology, University of Pittsburgh School of Medicine/UPMC
Residency: Anatomic Pathology/ Clinical Pathology, Medical College of Wisconsin
Medical interests: Hematopathology (leukemia, lymphoma, blood disorders), surgical pathology, and clinical laboratory medicine. Dr. Cogbill also volunteers for the American Society of Clinical Pathology (ASCP) as a pathologist council member

Dr. Cogbill’s role includes Surgical Pathology, and the St. Louis Cardinals.

Dr. Cogbill has returned to his roots. A Central High School graduate, La Crosse is his hometown and he’s thrilled to be back—with three young children. Medicine runs in the family: His wife is a physician and is expected to join Gundersen later this year, while his father, Thomas Cogbill, MD, has served Gundersen as a surgeon for more than 30 years.

Devin Wenrich, MD
Family Medicine-Gundersen Prairie du Chien Clinic
MD: University of Toledo College of Medicine, Toledo, Ohio
Residency: Ophthalmology, Eastern Virginia Medical School
Fellowship: Pediatric Ophthalmology and Strabismus, Mayo Clinic
Medical interests: Correction of eye abnormalities such as strabismus and amblyopia
Personal interests: Hockey, fishing, and hiking in the Wisconsin wilderness

Dr. Wenrich is very much looking forward to working with a multidisciplinary medical team for the treatment of cancer and blood disorders and working with the clinical laboratory team for optimization of hematology testing and other laboratory services,” he says. “Gundersen has an excellent reputation and is dedicated to integrity in healthcare, a superb employee experience, a family-friendly community, and excellence in patient and system-based care.”

To reach Dr. Cogbill, page 2608.

David Nash, MD
Ophthalmology
MD: Creighton University School of Medicine
Fellowship: Pediatric Ophthalmology and Strabismus, Mayo Clinic
Residency and internship: Ophthalmology, Eastern Virginia Medical School
Medical interests: Complex strabismus (eye misalignment and loss of binocular vision) and vision development in children
Personal interests: Spending time outdoors with his young and growing family

Dr. Nash specializes in pediatric eye care. At Gundersen, he treats all forms of eye misalignment (strabismus) in children and adults as well as eye diseases in children such as abnormalities of visual development, tear duct obstructions and abnormalities of eye movement such as nystagmus.

“It is a wonderful privilege to be a pediatric ophthalmologist and I’m looking forward to serving this community,” says the Rochester, Minn., native. “I love the Cedar Region and have always been drawn to this area. When I discovered Gundersen was looking to add a full time pediatric ophthalmologist and strabismologist to their team, I jumped at the opportunity. Gundersen has a wonderful reputation of providing excellent care to the communities it serves. I’m excited to join the team.”

To reach Dr. Nash, email dlnash1@gundersenhealth.org.

Achievement


The study, which included 380 patients, found that Olanzapine as compared with the placebo, significantly improved rates of nausea prevention as well as the complete-response rate (no episodes of vomiting and no use of rescue medication), among previously untreated patients who were receiving chemotherapy.

“Dr. Dietrich’s achievement illustrates the power of being able to do world-class work from our own institution,” states Kurt Oertel, MD, FACP, department chairman, Gundersen Hematology/Oncology/Palliative Care.

BACK2SCHOOL E 40% OFF kid's eyewear
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United Way making a difference in your community

Derek's Story

Derek Ortiz has wanted to have children for as long as he can remember, but for many years he was uncertain if that dream would come true. Derek was diagnosed with muscular dystrophy (MD) when he was 18 months old. He has been wheelchair-bound since age 13. It is not uncommon for MD to take lives before childbearing years can even be reached, and there is high risk of passing the condition on. Understandably, these unknowns have been of great concern for Derek.

Fast forward to just a few years ago when Derek and his wife, Dawn, welcomed a baby boy. Doctors noticed mobility issues early on, and the couple feared that Keagan may have MD. He was enrolled in a Great Rivers United Way-funded Early Intervention program. Weekly in-home visits from a physical therapist helped Keagan achieve developmental milestones.

Derek and Keagan began utilizing the services of another United Way certified partner, The Parenting Place, right around the time Keagan turned one. The agency's Parent & Child Development classes have become a staple on the father/son duo's calendar.

While Keagan engages in staff-supervised play with kids of his own age, Derek is able to chat with other parents and a parent educator about any concerns he may be having about his son's growth and development. Derek describes The Parenting Place as a safe space where he and his son have both gained confidence.

Keagan is healthy and smart as a whip, but the threat of MD has made Derek and Dawn extra cautious. Rather than worrying constantly, early intervention and parenting classes have allowed the couple to focus on Keagan's success in the present. Derek calls the support he has received "worth its weight in gold," and he credits his peers and the programs' professional staff with helping him become the dad he always knew he could be.

As much as The Parenting Place has given Derek, staff say he has returned the favor tenfold. He provided feedback which led to the installation of a wheelchair-accessible changing station, a project that returned the favor tenfold. He provided feedback which led to the installation of a wheelchair-accessible changing station, a project that

Giversen employees who pledge any amount will be entered into a drawing to win:

- Fit Bit
- Sonos speakers
- Winery tour with dinner
- ROKU device
- Sight-seeing tour on La Crosse Queen
- Savory Creations in-home cooking class
- Gift card for The Charmant

Give to United Way today

Thousands of people in our communities are affected in some way by Great Rivers United Way-funded programs and services. It’s happening right here, right now. Your support will ensure it continues.

Every dollar makes a big difference and will help Gundersen Health System reach its 2017 fundraiser goal as a United Way Pacesetter. Show your support and pledge today!

As an added incentive and a thank-you from Great Rivers United Way, each staff member who pledges at least $52 for the 2017 year will receive a special coupon booklist worth hundreds of dollars in discounts from area business and services in the four-county service area. You’ll also be entered in drawings for prizes including pro and college game tickets, smart TV, $500 in groceries and more.

Visit Gundersen and look for United Way under Featured Links to donate by easy payroll deduction. For a paper pledge form contact Janet Potts at ext. 52220 or Jessica Boland at ext. 53964. Gundersen employees who pledge any amount will be entered into a drawing to win:

- Fit Bit
- Sonos speakers
- Winery tour with dinner
- ROKU device
- Sight-seeing tour on La Crosse Queen
- Savory Creations in-home cooking class
- Gift card for The Charmant

Fall prevention programs start in September

The Stepping On program, for people age 60-plus, helps prevent falls that can lead to injury, hospitalization, loss of independence and even death. Participants learn how to prevent falls through strength and balance exercises, improved home and environment safety, safe footwear and more. By helping participants achieve their goals and build their confidence, they can reduce the risk of falls and maintain active and fulfilling lives.

The cost for the seven-week Stepping On program is just $10 which also includes a two-hour booster session and optional in-home follow-up.

Class locations and schedules

Winona Friendship Center, 251 Main St.
Thursdays, Sept. 15–Oct. 27, 10 a.m. to noon
Booster session on Jan. 5, 2017
La Crosse YMCA Healthy Living Center, 1140 Main St.
Wednesdays, Sept. 21–Nov. 2, 9 to 11 a.m.
Booster session on March 8, 2017
Participants can register by calling Brenda Miller, Trauma Services, at ext. 53054. For more information, contact Aneissa Johnson at ext. 22352 or Erica Kane at ext. 52011.

Sympathy

Gundersen Health System friends and co-workers express their deepest sympathies to:

Kay L. Wood-Norton, Lab Admissions and Support, on the death of her husband, Agnes M. Wood;
Edna K. Haldorson, Medical and Oncology Unit, on the death of her sister-in-law, Cindy Steele;
Renee L. Monti, Sports Medicine-Onalaska, on the death of her grandmother, Beatrice Frank;
Stephanie L. Plante, Cardio-Pulmonary Unit, on the death of her grandfather, Warren Plante;
Wendy K. Sullivan, General Internal Medicine-La Crosse, on the death of her father, James Gouley;
Carrie M. Colson, Family Medicine-Prairie du Chien, on the death of her grandmother, Florence Hurda;
Tammy L. Tewey, Business Systems/Data Management, on the death of her mother-in-law, Melba Miller;
Jennifer J. Sutton, Professional Coding and Reimbursement, on the death of her sister, Susan K. Anderson;
Ann L. Terry, Pediatric Specialty, on the death of her stepmother, Julia Schmidt;
Stacie K. Strong, Express Care-La Crosse, on the death of her grandmother, Evelyn Meyer; and Carol M. Holseith, HFM Patient Record Services, on the death of her mother, Janet M. Walling.
Shoes: A luxury for many Ethiopians

Can you image walking to work without shoes? What about walking to work on a gravel road with no shoes? Many Ethiopians have inadequate or no footwear at all, which leads to podiatric complications and problems. This is where Global Partners volunteers step in. Over the two back-to-back trips in 2016, 150 patients were cared for and 25 surgical procedures were performed. In addition to providing direct care, Global Partners volunteers also held education workshops for local staff on foot care.

In partnership with TOMS Shoes’ One-for-One program, the team also distributed 675 pairs of shoes to children and adults. Before the shoe fitting, feet were also examined for parasites commonly found in the area, which were then removed.

“We organized all the children and the shoes were distributed, but we didn’t just hand shoes out,” recalls Gundersen podiatrist Michael Jacobs, DPM. “We were able to wash every child’s feet as they came through and we really invested time in every child as we provided shoes.”

You can help
Global Partners is still looking for surgical physicians, RNs, and staff to join the 2017 team to Ethiopia. If you are interested in learning more about volunteering in Ethiopia, contact Gundersen Global Partners volunteer Mike Jacobs, DPM, or call 608-881-3743.

Send in your Acts of Caring

Whether it’s something you did, something you saw or something someone did for you—keep sending in those Acts of Caring. Visit Gladiator’s home page and look for the logo. And now, you can text the word ‘care’ to (608) 881-3743 and register an act of caring. Since the campaign began in February, 46,500 acts have been registered.

Here are just a few examples of the caring acts sent in by your friends and colleagues:

- I saw an old man walking downtown with a walker and no shoes. I approached him and asked him if he was doing OK... he was wearing socks because his feet were too swollen to put shoes on. I gave him $10 and told him to use it however he saw fit... maybe to have some fun! He said that he was going to use it to take a taxi instead of walking all the way to the bus depot to catch a bus to get home.

Some other people called the company for him. He gave me a hug and a kiss... that made my day!

- On Miracle Treat Day at Dairy Queen, I bought Blizzards for all of my co-workers.

- We donated our boys’ old used football cleats to the Boys and Girls Club.

- I noticed a mom with a small child in a frame car seat struggling to load the rest of her groceries into her car. I encouraged my 9-year-old daughter to go and offer her help. The mother was so thankful. My daughter then returned the woman’s cart to the cart return for her. Just teaching my kids to pay it forward.

- I encouraged my 9-year-old daughter to go and offer her help. The mother was so thankful. My daughter then returned the woman’s cart to the cart return for her. Just teaching my kids to pay it forward.

- I went to a softball game as a spectator but offered to play because the team was short players.

- I worked at a cancer benefit for a church member I had never met.

- I went to a softball game as a spectator but offered to play because the team was short players.

- I pledged to United Way.

- I wired a stranded Jet Ski to his dock.

- I just submitted my United Way pledge for the 15th year in a row!

- We had approximately 10 employees volunteer their time to walk in the parade representing Gundersen.

- We had several employees volunteer their time on nights and weekends to cover our Gundersen fair booth.

- Rescued a stranded boater on Lake Chetek. Turns out he and his family use Gundersen!
New weight management program for kids starts soon

Did you know nearly 40 percent of children and adolescents seen at Gundersen Health System in 2015 were either overweight or obese? To help families in our community, Gundersen is introducing a new group therapy program called Family LEAP (Learn, Eat, Active Play) Program.

“Through our unique partnership with the La Crosse Area Family YMCA at the Healthy Living Center—opening in September—this new program will help us address the growing obesity epidemic,” states Kris Edwards, program manager, Pediatrics – La Crosse. Family LEAP Program is for children, ages 8-12, and their families. It will include a combination of medical supervision (Laura Marchiando, MD), behavioral health education/support (Sarah Long, Ph.D.), nutrition therapy (Rebecca Cripe, RD) and an exercise component led by Y staff.

Goals of the program are to:
• Improve eating habits
• Increase acceptance of fruits and vegetables
• Increase daily activity
• Improve self-esteem
• Achieve healthier weight for children
• Improve health of the whole family

“This program is unique only for Gundersen but for our entire region,” explains Dr. Marchiando. “It is designed to motivate children to make healthier choices for a lifetime of better health. Families will be involved in every aspect of the program.”

Thanks to a generous grant from Children’s Miracle Network Hospitals®, the first 12 participants can enroll for just $50.

Other perks of the program include:
• Rolling admissions so families can start at any time
• Group therapy and individual sessions
• Childcare available at no cost for young children while families are participating in the program

Free family YM membership during the first three months of the program; opportunity to continue that membership after three months, at a discounted rate if necessary.

Space is limited

The program begins in September and will be held at the Healthy Living Center, 1140 Main St., La Crosse. To learn more about this exciting program, talk to your child’s primary care provider. A referral is needed to begin.

Celebrating years-of-service milestones

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

45 years
Kathleen Nevin, RN, hospital expert leader
Lynda Taylor, admitting counselor/registration clerk
Stephen Webster, MD

40 years
Karen Leis, patient services specialist
Kathy Todd, coding specialist 1
Kathy Williams, diet aide

35 years
Joan Baldwin, salad maker
Paul Fisch, director
Bonnie Gensch, RN
Stephen Lucik, patient attendant
Dorothy Marshall, environmental assistant
Patricia Muehr, intake staff coordinator
Cynthia Penkalski, certified first surgical assistant
Janet Potts, executive assistant
Anne Sanders, accounts receivable rep.

30 years
Theresa Falk, RN, care coordinator
John Kallus, PA
Carol Lauver, patient services specialist
Jayne Laylan, nurse researcher
Virginia Matyuk, RN
Lynn Roach, administrative director
Kathleen Rowan-Koenen, NP
Bonnie Sweeney, polysomnographic tech.
Kim Thrak, RN
Laura Walters, scheduling specialist

25 years
Solving Bockenhauer, LPN
Tammy Bornheimer, oculoplastic surgery coordinator
Sharon Gilliland, RN
James Hoefert, MD
Kari Nol, MD
Laura Ault Brinker, MD

20 years
Thomas Bina, security officer
Teresa Bubbers, clinical manager
Tracey Martin-Stummu, ophthalmic tech. 1
Dana Mason, hospice bereavement coordinator
Debra Nichols, social worker
Rita Richmond, NP
Steven Schlack Haerer, MD
William Scrafty, MD
Margaret Smith, RN, care coordinator
Sheldon Wagner, athletic trainer
Darcy Witt, patient services specialist
Julie Zink, MD
Robert Zink, MD

15 years
Jennifer Berendes, RN
Joseph Bringard, MD
Tara Daignman, NP
Mary Gheff, registration assistant
Marie Hemmerbach, office assistant
Sue Kirner, RN
Richard Loomis, courier
Melissa Miller, nursing systems specialist
Tracy Olson, utilization management specialist
Edith Stalsberg, claims examiner

10 years
Kristin Boettcher, radiologic technologist
Erica Cook, RN
William Fischhaeuser, IS support specialist 2
Anne Grayson, corporate communications consultant
Paul Haugen, staff chaplain
Susan Hefly, support staff tech.
Kathleen Hole, department secretary
Cassandra Johnson, RN
Barbara Krackauer, RN
Shari Larson, coding specialist 2
Amy Ledebur, ophthalmic tech. 1
 Renee Lund, RN
Catherine Mangunson, RN
Melanie Mifrez, medical assistant
Karen Peterson, patient services specialist
Jessie Pottaracke, RN
Michael Rosenkranz, echocardiographer
James Smith, surgical support tech.
Chad Taylor, paeckroom assistant
Andrea Ventoscher, RN
Brittany Viner, RN
Bridgefit Wedinfeld, RN
Jennifer Ziegler, IS support specialist 1

5 years
Jacqueline Baumgartner, patient services specialist
William Bishop, MD
Beatrice Chisol, file clerk
Michael Chisol, file clerk
Emily Farmer, audiologist
Stacy Fuelling, coding specialist 3
Jennifer Gheff, central service distribution aide
Alison Godowski, information and referral specialist
Erick Grandid, diet aide
Kasiella Grube, DO
Kelli Hammel, medical assistant
Nicole Hennessy, MD
Jasen Herlitza, laboratory support tech.
Tamara Holzer, DO
Amanda Isensee, department secretary
Nicholas Jablonski, central service distribution aide
Kimmy Knutson, supervisor
Michael Labelle, MD
Mai Lor Lee, laboratory support tech.
Michael Leonle, MD
Nicole Luizak, program manager
Jared Lineberger, MD
Sharon Lukert, staff chaplain
Gabriel Marsh, MD
Patrick Martin, RN
Danita Miller, certified nursing assistant
Kevin Miller, technical system administrator 2
Stephanie Nie, MD
Dana Pellegrini, certified hemodialysis tech.
Lorinda Reissman, ophthalmic tech. 1
Andrea Schmitt-Bucknam, patient attendant
Alicia Sevay, radiation therapist
Alex Thompson, diet aide
Meggan Turner, critical care tech.
Andrea Van Wyk, MD
Marina Yang, certified nursing assistant
Andrew Weiss, MD
Todd West, clinical informaticist 2
Mai Nhu Yang, certified nursing assistant

At play in the park

Gundersen joined the city of La Crosse and residents of the Powell-Poage-Hamilton Neighborhood Saturday, Aug. 20, to dedicate the newly renovated Poage Park near our La Crosse Campus. The park honors George Coleman Poage, the first African-American to medal in the Olympics, and features a new shelter, playground, green space and splash pad for kids.

Continuous Readiness: Blanket and fluid warmers

For the safety and comfort of our patients, Gundersen has adopted revised guidelines for blanket and fluid warmers that all staff must follow.

A revised standard operating procedure (SOP) GL-6190 is now available to provide information on how to maintain and montine blanket and fluid warmers. The SOP follows recommendations of the Association of periOperative Registered Nurses (AORN).

The SOP now requires:
• Fluid warmers be set no higher than a maximum of 110 degrees F
• Blanket warmers be set no higher than a maximum 130 degrees F

Fluid warmers

Temperatures on fluid warmers should be recorded by unit/departmt staff daily. The Fluid Warmer Temperature Log template can be found attached to SOP GL-6190, on Glidator under Corporate Referencces, Policies Plans and SOPs.

Blanket warmers

To monitor blanket warmers, unit/departmt staff should visually verify that the temperature is not above 1.30 degrees on a regular basis. Facility Operations will record temperatures on the blanket warmers on a quarterly basis as part of its preventive maintenance process and document that temperature.

Staff should contact Facility Operations if any malfunction or thermostat adjustments are needed.

Please review GL-6190 for more detailed information or contact Mary Exchange, Safety manager, at ext. 51403.
MetaBalance moves to Healthy Living Center

MetaBalance – Journey to Better Health is an 11-month program of exercise, nutrition and behavior modification to help those with metabolic syndrome or type 2 diabetes lead a healthier lifestyle. The next program begins Wednesday, Sept. 28.

Required informational session

An informational session on the MetaBalance program is Wednesday, Aug. 31, from 5:30 to 6:30 p.m. at the Gunderson-La Crosse Area Family YMCA Healthy Living Center, 1140 Main St., HLC-B classroom. If you’re interested in joining the program, you must attend this meeting.

Metabolic syndrome is a cluster of three or more risk factors, including:
- Waist measuring 35 inches or more in women and 40 inches or more in men or a body mass index greater than 30.
- Triglyceride level of 150 mg/dL or greater.
- Low HDL (“good” cholesterol) of less than 40 mg/dL in men and less than 50 in women.
- High blood pressure of 130/85 mm Hg or greater.
- Fasting glucose (blood sugar) level of 100 mg/dL or more, or a diabetes diagnosis.

The goal is to help you achieve 7 percent weight loss and 150 minutes of moderate-intensity exercise per week. You’ll be empowered to change unhealthy habits and embrace a more active, healthier lifestyle.

Successfully complete the program and it costs you nothing if you are covered by Gunderson Health Plan. You pay a $250 commitment fee upfront, but you’ll receive 100 percent back when you successfully meet attendance and program criteria. For those not on Gunderson Health Plan, the out-of-pocket cost is $750.

For questions, contact Brant Stevermer at ext. 54757. •

New fiction titles coming to Health Sciences Library

If you’re looking for a good read, several new fiction titles will soon be available at Gunderson’s Health Sciences Library, including:
- ‘Til Death Do Us Part/Amanda Quick
- The Sport of Kings/C.E. Morgan
- Larou/Louise Erdrich
- Expatriates/Janice Y.K. Lee
- Dressmaker’s War/Mary Chamberlain
- Bay of Sighs/Nora Roberts
- The Black Widow/Daniel Silva
- Bullets/James Patterson
- Curious Minds/Janet Evanovich
- The Sixth Idea/P. Tracy
- The Health Sciences Library is open Monday through Friday from 8 a.m. to 4:30 p.m. Stop by our Heritage Building location to reserve a book. If you don’t work on the La Crosse Campus and would like to check out a book, call ext. 55410 or email library@gundersenhealth.org. The book will be sent to you via interoffice mail. •

GunderGear featured item of the month

Wine tote and wine mate

Get this insulated wine tote and handy wine mate for only $12. The insulated bottle holder fits one 750 ml to one liter bottle. Tuck your wine mate into the exterior pocket to ensure you don’t lose it. The wine mate is an all-in-one sidekick functioning as a pourer, stopper and corkscrew.

Place your order through Sept. 5 by going to GunderGear.org or via Gladiator under Shop Online, located at the bottom right of the home page. Look for the featured item image once you’re on the gundergear.org site.

Department orders: Authorized buyers can purchase items for Gunderson departmental use. As always, shipping is free for departmental orders.

Individual orders: Individual orders can order for personal use with their credit card. Items must be shipped to your home address. •

New Y dedicated

Gundersen helped the La Crosse Area Family YMCA open the doors Aug. 16 to the new Dahl Family YMCA in La Crosse. The expansion includes the community’s first Health Living Center, a Gunderson-Y partnership that will transition patients from Gunderson care to Y programming.

The new Onalaska Clinic, Gunderson Clinic’s first off-campus healthcare center (on 16th Avenue in Onalaska) is seen as it readies to open in 1975.

The GunderYears:

Throughout 2016, Gunderson Health System will observe the 125th anniversary of our founder, Adolf Gunderson, MD, arriving on the shores of the Mississippi River to practice medicine. As part of our “125 Years of Caring” observance, Bridges will share highlights of the history which makes Gunderson Health System what it is today.

Spreading our wings

(From Corridors, July 18, 1975 (Corridors was the internal newsletter preceding Bridges))

Gunderson Clinic officials announced that it will lease a new branch facility in Onalaska. The structure (on 16th Avenue) is expected to be completed by mid-September. Drs. Thomas Norris and James Munn, Jr. will staff the facility full-time. According to Dr. Adolf Gunderson (grandson of founder Adolf Gunderson, MD), president of Gunderson Clinic, the expansion into Onalaska represents an effort to “move primary care closer to population centers.”

Edward S. Carlsson, Clinic Administrator, said the expansion “is the culmination of four years of study by the Clinic’s Outreach Committee, headed by Dr. A. Erik Gunderson (Dr. Erik). The new clinic will have nine examining rooms, a laboratory and X-ray facilities. Estimated project cost is $135,000 for construction and site preparation.

— Special thanks to contributor Kay Wagner, Gunderson Medical Foundation archivist.

If you have any questions or items of potential interest for Gunderson’s archives, contact Kay at kwagner@gundersenhealth.org.
Thanks to you and Gundersen Partners, students receive college scholarships

Gundersen Partners, the Health System Auxiliary, has awarded $10,000 in total scholarships to 11 children of Gundersen Health System employees. Over the past 10 years, the auxiliary has presented approximately $100,000 to students studying medicine or healthcare-related fields.

"Providing scholarships, especially those to children of Gundersen employees, is one of Partners’ many proud achievements,” says Partners president, Maria Runde. “We strive to continue awarding these scholarships with funds raised by Gift Shop sales and fundraisers throughout the year, as well as through growing our membership.”

Recipients were recognized for academic, character and community excellence. The scholarships are awarded annually prior to the fall semester. Recipients are:

Emily Dolan, attending Medical College of Wisconsin, Green Bay. She is the daughter of Michael Dolan, MD. She will be a physician.

Laura Holstad is attending Bethel University, St. Paul, Minn. She is the daughter of Sheryl Holstad and is pursuing her Bachelor of Science in Nursing.

Rachel Lukas is attending University of Minnesota, Twin Cities. She is the daughter of James Lukas. She is pursuing a Doctorate of Pharmacy degree.

Samuel Mahr is attending Viterbo University and is the son of Todd Mahr, MD. He is pursuing a master’s degree in mental health counseling.

Haley McKee is attending the University of Minnesota Duluth, Duluth, Minn. She is the daughter of Michael McKee and is studying to become a speech-language pathologist.

Kathy Zenke is pursuing a Bachelor of Science in Nursing.

Claire Helstad is attending the University of Wisconsin-Eau Claire. She is the daughter of Kathy Zenke. She is pursuing a Bachelor of Science in Nursing.

Jada Blokhuis will be attending Northern Arizona University in Flagstaff, Ariz. She is the daughter of Jill Blokhuis and plans to study biomedical sciences.

Mattie Krause will be attending University of Wisconsin-La Crosse. She is the daughter of Leanna Krause and plans to study bio-medicine, pre-medicine.

Anna Skroch will be attending UW-La Crosse. She is the daughter of Janet Skroch and plans to study biology/biomedical science.

Mackenzie Sullivan, will be attending University of Wisconsin-Madison. She is the daughter of Mark Sullivan and plans to become a doctor.

Lane Wohlrab will be attending the University of Wisconsin-Oshkosh. He is the son of Cory Wohlrab and plans to pursue his Bachelor of Science in Nursing.

For more information about Gundersen Partners and the great work they do, visit gundersenhealth.org/partners or call ext. 53602.

Love + Medicine is knowing what’s important to your patients

Editor’s note: Every day, throughout the many locations that make up Gundersen Health System, staff is helping to deliver really great medicine plus a little something extra—we call this Love + Medicine! The hope is this story might also inspire you to share a story of your own or one you may have witnessed.

This story comes from grateful mom:

My daughter is 14 years old. A couple of her baby teeth have not come out yet and she’s got adult teeth growing on top of them and sticking out through her gums. This is slightly painful physically, but more importantly to a teenager, it makes her very self-conscious.

She’s starting high school this fall, so we decided this summer would be a good time to get some braces to fix this issue. Gundersen Orthodontics is open in Onalaska only on Tuesdays and Wednesdays, as they work at other regional sites, too. After our consultation with Dr. (Michael) Barba, DDS, we were told my daughter couldn’t get her braces on until mid-September because of the high volume of patients and limited appointments available in Onalaska.

In the waiting room, my daughter was very upset. She really wanted to have the braces on before school started. I mentioned this to the patient liaison, Pam, and asked to be put on a cancellation list.

A few days later, Pam called. After we left, the staff discussed how a number of kids were disappointed because they wanted to get their braces on before school started. So the team—including Dr. Barba, patient liaison Pam Thompson and Michelle Hornpertz, patient treatment coordinator Darlene Fosberg and Kari Larson, and dental assistant Elia Hoeffer—agreed to open Onalaska Orthodontics for an extra day, on a Friday in July, just for these kids.

The Orthodontics staff did not have to open their clinic that extra day, especially on a Friday in summer, but they did! Thanks to their extra efforts, my daughter got her braces on—a real boost to her self-esteem! To me, this is Love + Medicine!
Still time to show us your ‘green thumb’

As part of Gundersen’s I’m Envisioning It employee engagement campaign, Envision wants employees to take creative photos of their gardens or planters during August and September. Submit them on the I’m Envisioning It website, gundersenenvision.org/im-envisioning-it.

“We highly encourage employees who used the Envision Udderly Green Organic Compost or Fertilizing Mix to submit pictures of their gardens or planters, but any employee can submit a picture,” explains Emma Rislow, Gundersen Envision. “If employees want to get really creative they can show us comparison pictures of parts of their gardens where the Udderly Green Organic product was used versus parts of their gardens where the product was not used.”

Other ways to make the picture more creative include taking a selfie in your garden or putting ornaments throughout your garden or planters. Selfies will be posted on the I’m Envisioning It website.

A grand prize winner for the most creative selfie will be picked during the first week of October. The winner will receive a $50 gift card and their picture will be featured in Bridges.

All employees who submit a photo will have a chance to win a LED light bulb just for participating! Light bulbs will be passed out and their picture will be featured in Bridges.

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For more information, contact Emma at ext. 50831.

Get involved!

I’m Envisioning It is an initiative from Gundersen Envision to help engage employees and the community to lend a hand in improving the health of our communities by reducing our carbon footprint. Whether it is turning off unneeded lights and electronics in your work area or home, or printing on both sides of a sheet of paper, there are a variety of steps we can all take to reduce waste and the amount of energy we use on a daily basis.

Sign up for the I’m Envisioning It newsletter at gundersenhealth.org/newsletter.

Construction begins on hotel for patients and families

At a news conference Aug. 18, Mark Platt, senior vice president, Business Services, announced plans for construction of Gundersen Hotel & Suites, which will be located next to the Founders Building on the La Crosse Campus. The event was hosted by Premier Hotel Properties, LLC, owner and operator of the new hotel.

Step out in jeans and wear pink on Friday!

Friday, Aug. 26, has been designated as Steppin’ Out in Jeans and Wear Pink Day at all Gundersen Health System locations.

Gundersen Medical Foundation is excited to once again offer Gundersen employees and volunteers the opportunity to participate in this fun event, show their support for local breast cancer research and create awareness for the 11th annual Steppin’ Out in Pink on Saturday, Sept. 10.

For departments whose employees are unable to wear jeans, there is an option – wear pink or purchase a Steppin’ Out in Pink paper ribbon which can be displayed in your department leading up to the event.

This event is held in collaboration with the citywide La Crosse Tribune Jeans Day program.

If your department is participating, please remember to return all collection envelopes to Mary Lichtie, Foundation, mailstop C03-006, by Wednesday, Sept. 14. Questions? Call Mary at ext. 56606.

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Gundersen Recruitment Services is highlighting a few career opportunities in a snapshot we’re calling Job Box. We hope that you or someone you know might be a perfect fit.

Do you have a friend or family member interested? External job postings are available at gundersenhealth.org/Careers.

Nursing in Neurosciences

Does the human brain and nervous system intrigue you? Are you interested in how it functions? Consider a role working in one of the Neuroscience subspecialty areas.

Nurses in our Neuroscience area share what makes this department unique:

“Both the inpatient and outpatient departments at Gundersen Health System offer nurses the ability to have hands-on contact with patients who have both acute and chronic neurologic conditions. The departments, such as Physical Medicine and Rehabilitation, Pain Medicine, Neurology and Neurosurgery, encompass a variety of specialties that are always rich with new opportunities and experiences. We have the opportunity to build relationships with our patients and they end up feeling like a part of our family. For someone interested in this patient population, these departments enable nurses to provide top-notch care and become a member of a successful team of medical providers and staff.”

Opportunities available:

Neuroscience Hospital Unit – Neuroscience patients can include those who have had spinal surgeries, deep brain stimulators, brain tumors, lesions, aneurysm treatment and endovascular stroke treatment.

Neurosurgery Clinic – This position cares for patients with seizure disorders, headaches, movement and memory disorders and neureomuscular disorders.

Neurosurgery Clinic – This position cares for patients preparing for or having undergone treatments for conditions of the brain and spine.

All job postings are available on Gladiator. From Gladiator, select Gund U/HR 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.

For more information, contact Emma at ext. 50831.