As the changing colors of fall bring a new landscape to northeast Iowa, we see change impacting us in the way we manage and provide health care services. Technology is at the forefront of change in our lives, and certainly provides us great opportunities in how we manage health services and care at our community hospital. One such technology impacting our medical center was the implementation of a new electronic health record, one year ago. As this change was implemented, there are more ways in which the services provided at WMC can be improved. Doctors providing patient care across multiple locations and networks are now able to better collaborate due to electronic health records shared through this innovative system.

Another technology that is the passion behind the Foundation’s 2018 campaign is 3D Mammography. Thirty years ago, the WMC Foundation became a reality when dedicated community members came together to raise money to purchase our first mammography machine. Today, we now strive to bring the latest technology to this critical tool. With the ability to detect 41% more invasive cancers up to 15 months earlier compared to 2D imaging, this advancement can impact so many friends and relatives in our community. Physicians will be able to provide more accurate diagnosis with fewer callbacks for patients. And most importantly, this enhanced screening is provided locally.

As you look at all the beauty that nature provides us this fall, please consider joining the foundation to save and transform lives right here at home. Sincere thanks to all who volunteer to support our local community medical center.

Chris Redenius
WMC Foundation President

Change Brings Opportunity

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While enjoying an evening out with family, Pat Usgaard of Decorah slipped in mud that had pooled along the curb. “It had been raining, and I went down,” she said. The Winneshiek Medical Center Ambulance brought her to the Emergency Department, where the physician determined she had fractured her hip in the fall.

Mayo Clinic surgeons performed Pat’s surgery in Rochester, and within a few days, the St. Marys hospital discharge planner approached Pat with a list of options for skilled care in Decorah. Pat says, “My late husband, Bob, had been a Winneshiek Medical Center patient on numerous occasions. I have seen and experienced the care and compassion of the staff. There was no question in my mind – I was returning to Winneshiek Medical Center for skilled care because they are the best.”

The next day, Pat was given the news that Winneshiek Medical Center could accept her. Pat says, “The gal came in my room just beaming and said, ‘You got it!’ She was so pleased to have met my request.” Pat prepared for the transition to Decorah and was soon settled in her patient room at Winneshiek Medical Center.

“There are registered nurses on staff day and night at Winneshiek Medical Center, and the entire nursing team was so attentive to my needs,” says Pat. “I never waited more than a few minutes for anything. And the food! I chose each meal from a full menu. Every dish was as delicious as the next, and the Nutrition staff were genuinely kind. I truly felt like I was in a high-end hotel with room service.”

But Pat’s stay didn’t come without some work. “At Winneshiek Medical Center, the therapists come in twice a day, seven days a week. It was hard work and they kept me very busy, but I could tell I was gaining strength every day. I was never bored!” she laughs.

Pat stayed at Winneshiek Medical Center for a little over two weeks before returning home. She says, “My friends could not believe I was strong enough to go directly home after such a short time. But the staff at WMC continued to support me with home health care, mobile meals and therapy once I returned home, so I was confident in my abilities to regain independence.”

Pat says, “I hope more people choose Winneshiek Medical Center for skilled care. It is simply the best.” Speaking to anyone facing surgery, Pat says, “Be sure to request placement for skilled care at Winneshiek Medical Center in Decorah and even push the issue, if needed, after your surgery. You will be happy you did.”
If you are recovering from an illness or surgery and no longer need acute care but need more help before successfully returning home, you may benefit from skilled care. Some benefits of choosing skilled care at Winneshiek Medical Center are:

- A Top 100 Critical Access Hospital in the nation.
- Staff are able to administer certain intravenous (IV) medications that long term care facilities cannot give.
- WMC offers an intense rehabilitation program seven days a week to accelerate your recovery.
- WMC offers post-acute nursing care for critical patients (example: heart surgeries).
- Registered nurses are available 24/7, with staffing levels to quickly meet your needs.
- A dietitian consult is provided upon admission and as needed throughout your stay, and you choose from a full dining menu for every meal.
- Physicians are on-site should an emergency arise.

When the discharge planner or social worker at your surgical facility or hospital talks to you about skilled care, request placement at Winneshiek Medical Center. Or, find out if skilled care at Winneshiek Medical Center is right for you. Call Winneshiek Medical Center and ask to talk to the Skilled Care Coordinator to learn more: 563-382-2911.

Welcome
NEW Providers & Staff

Ben Levinson, CRNA, DNP - Anesthesia
Winneshiek Medical Center is pleased to welcome Ben Levinson, CRNA, DNP, to Winneshiek Medical Center. Levinson is a certified registered nurse anesthetist who provides general anesthesia care for surgical patients, peri-operative pain management, and obstetrical anesthesia care - including epidurals - at Winneshiek Medical Center. Levinson holds a bachelor’s degree in nursing from Allen College in Waterloo and a doctor of nursing practice degree in anesthesia from the University of Iowa College of Nursing.

Chris Trytten, MSE, ATC, LAT, CWCHP – Athletic Training
Certified Athletic Trainer Chris Trytten has joined Rehabilitation and Sports Medicine at Winneshiek Medical Center. Trytten holds a bachelor’s and master’s degree from Drake University. He has practiced as an athletic trainer in Iowa since 1986, most recently in the Mason City area. WMC athletic trainers serve seven area schools: Decorah, South Winneshiek, Turkey Valley, Postville, Cresco, Mabel-Canton, Spring Grove; and are part of the athletic training team at Luther College.
Don’t just sit there: Exercises for the office

Sitting at a desk all day can be harder than it sounds.

“Too much sitting in the same position, especially with bad posture, may put a lot of strain on your body,” says Megan Lyon, physical therapist at Winneshiek Medical Center Rehabilitation and Sports Medicine. “It may leave you feeling stiff and sore, and could lead to headaches, neck, shoulder or back pain. It is important to be aware of your posture while sitting at your desk.”

It may also leave you feeling tired—we’re talking to you, 3 p.m. slump. To break the cycle, try getting up to move every half hour or so. Walk to get a drink of water or touch base with a colleague about something you’d normally discuss via email. Or, try a few of the exercises below, which can be done right from the comfort of your desk:

**Sitting Exercises**
Tilt your head to the side, leaning your ear toward your shoulder, holding for 15 to 30 seconds on each side. Then, sit with your shoulders relaxed and squeeze your shoulder blades together. Complete 10 repetitions.

**Standing Exercises**
While standing, put a hand on your desk or chair to stabilize yourself. Bend one leg, grab your ankle and pull it toward your buttock. Hold for 15 to 30 seconds, then repeat on the other side. Then, stand with feet hip-width apart and arms crossed across your chest. Twist to the left, then the right. Hold for 30 seconds on each side. Finally, hold onto your desk, or chair, and alternate bringing each knee up as far as tolerated while marching in place.

“A small amount of movement throughout the day can really help you stay alert, focused and prevent body pain” Lyon says.

**DIRECT ACCESS NOW AVAILABLE!**

Back pain? Hand numbness? Balance concerns?

You may need to see a physical or occupational therapist. WMC now offers direct access to their rehabilitation services without a doctor’s referral.

Call us today to make an appointment • 563.387.3031

*WMC Rehab Clinics are located in Calmar, Decorah, Ossian, Postville, IA & Spring Grove, MN.*
What does it mean to be a Top 100 Hospital?

“iVantage has specific criteria for their annual recognition, but to us, we are doing our very best if we continually put the needs of our patients first,” says Lisa Radtke, chief administrative officer, Winneshiek Medical Center. “We look to the voice of the customer - our patients – to see where we are meeting and exceeding their expectations, and to find opportunities for continuous improvement.”

One way to hear the voice of the patient is through patient surveys, which are randomly sent to recent patients through a third-party company called Press Ganey. They securely compile the results and share regular reports with the medical center.

In 2018, Winneshiek Medical Center was again named one of the iVantage Top 100 Critical Access Hospitals (CAHs) in the United States. This is the sixth time Winneshiek Medical Center has been honored with this designation and is the only hospital in the area to score in the top 100.

The iVantage Hospital Strength INDEX is the industry’s most comprehensive rating of US acute care hospitals, and the only one to include the country’s 1,300 CAHs. The results recognize that the Top 100 Critical Access Hospitals provide a safety net to communities across rural America – measuring them across eight pillars of hospital strength: Inpatient Market Share, Outpatient Market Share, Quality, Outcomes, Patient Perspective, Cost, Charge, and Financial Stability.

Quality

When it comes to health care, quality counts. Winneshiek Medical Center collects data for and analyzes multiple reports, including hand hygiene, falls, medication safety, readmissions, diabetes care, childhood immunizations and more. We review the information to identify any trends or improvement opportunities to ensure we continue to provide the highest quality care. We set our goals based on state and national benchmarks.

This is what our patients have to say about quality:

- I have been a patient at Winneshiek Medical Center several times. Both facilities and people are of the highest quality!
- The nurse who inserted IV was great – exceptional!
- Pain control A+++ ++
Safety

Safety and quality go hand-in-hand. From recently adopting the latest training technology for basic life support (BLS – more commonly known as CPR) to color-coding patient food trays to quickly identify if they came from an isolation room during influenza season, WMC is committed to patient safety. Our health care providers work as a team, communicating and collaborating for the best possible patient outcomes.

This is what our patients have to say about safety:

- **Good communication among staff members, nice teamwork – fluid, not repetitive.**
- **Best care anywhere, they worked as a team. Surgeon was the best, explained everything.**
- **Very impressed with hand hygiene in/at room**

Patient Experience

Years ago, people chose the hospital closest to home. Today, patients look beyond distance to decide where to receive health care, and their experience matters. Winneshiek Medical Center is committed to providing a positive, memorable patient experience to remain your most trusted partner for health care.

This is what our patients have to say about their experience:

- **Paramedic in back with me was very professional, kind and attentive. His gentle, kind personality comforted me very much during the transport.**
- **It’s always good to be able to have a “chat” with the people who are registering or greeting… as we get to know them and they know us… and welcome people as friends… and help all patients out. Thank you.**
Community benefits are activities designed to improve health status and increase access to health care. Along with uncompensated care- which includes both charity care and bad debt- community benefits include services and programs, such as health screenings, support groups, counseling, immunizations, nutritional services and transportation programs.

Subsidized Health Services include the unreimbursed portions of: Emergency Room & Ambulance, Home Health & Hospice and Behavioral Health services. We will continue to provide these services because we care about the health of our community.

Community Building Activities include programs that address the root causes of health problems.

Health Education includes lectures, presentations and group programs apart from clinical or diagnostic services.

Subsidized Health Services $2.9 Million

Community Building Activities

Health Education $376,200

Unpaid Medicare Cost $299,196

Bad Debt $436,000

Charity Care $324,300

Unpaid Medicaid Cost $708,688

In-Kind Contributions $173,600

Community Health Improvement Services $135,700

Community Operations $16,800

Total Community Benefit $5.4 Million

Free or discounted health services provided to persons who cannot afford to pay and who meet the organization’s financial policy criteria.

Services for which the hospital expects, but does not collect, payment.

Community Operations includes costs associated with staff and community health needs assessment, as well as strategy and operations.
We’ve all had sleepy days because of restless nights. Maybe going to bed earlier or turning off electronic devices will do the trick. However, it could be a medical condition impacting your sleep…and your health. “Many times, it is a partner who notices interruptive sleep patterns like snoring, restlessness, gasping or other behaviors,” says Jena Elsbernd, director of Respiratory Therapy, the department that manages sleep studies at Winneshiek Medical Center (WMC). She suggests if any of these sleeping behaviors exist, or if you have daytime fatigue, unexplained irritability, depression, reduced attention, or have trouble staying awake when driving, working or other daily tasks, you should talk to your doctor.

“Your doctor will work with you to determine if you need a sleep study. Not every patient meets criteria, but if appropriate, you may be able to take your sleep test at home with Winneshiek Medical Center’s new equipment,” says Elsbernd.

Home Sleep Studies

Winneshiek Medical Center’s new home sleep study equipment allows patients to perform the sleep study at home rather than spending the night at the medical center. Elsbernd says, “It can be inconvenient for patients to spend the night at WMC, or their normal sleep patterns are altered because of the unfamiliar location. The new equipment is easy to use and convenient for patients any day of the week.”

Most insurances cover home sleep studies, and the WMC Respiratory Therapy team will work with your insurance company for pre-authorization of the service. “As soon as we get clearance from insurance, we can schedule your study – most of the time within the week,” she says. Members of the Respiratory Therapy team teach patients how to set up the simple equipment, and when patients are at home and ready to turn in for the night, they follow the three simple steps for the study. The next day, patients return the equipment to WMC. Elsbernd says, “A Mayo Clinic sleep specialist reads the test and sends the results to your primary care doctor. The process is simple and convenient for patients.”

If left untreated, sleep disorders can lead to heart attack, stroke, car accidents and problems at home and work. Talk to your doctor about sleep studies, and ask if the home testing option is right for you. WMC accepts referrals from all area clinics and providers, or call Winneshiek Medical Center Decorah Clinic for an appointment: 563-382-2911.

WMC Respiratory Therapy (RT) now offers home sleep studies, allowing patients to perform the sleep study at home rather than spending the night at the medical center. Pictured (left-right) is the WMC RT Team: Liza Dettmer, Amy Butikofer, Kevin Brandel, Miranda Schnitzler, Jena Elsbernd.
The possibilities with music

Last summer Decorah native Garret Baumler began using his music and theater talents for more than the stage; Garret became a volunteer for Winneshiek Medical Center (WMC) Hospice. The Luther College music major and psychology/theater minor has aspirations to become a music therapist, and is developing his area of interest by interacting with patients through the Hospice program.

“We are exploring ways to involve music in our care for patients, with the support of the WMC Foundation,” says Nancy Haberichter, director of WMC Home Health and Hospice. “Garret’s talents and his compassion for others are making a difference in the quality of life for our Hospice patients and families.”

Garret’s volunteer experience has opened his eyes to the enriching opportunities with music and health care. “When I play or sing certain songs or types of music, I have seen a patient’s face relax, or begin to smile as the song reminds them of a happy memory. There are so many possibilities with music,” he says.

Hospice is a special kind of care that focuses on improving a person’s quality of life after being diagnosed with a terminal illness. Through the provision of physical care and emotional, social and spiritual support, WMC Hospice seeks to help people live their remaining life with comfort and dignity. Hospice treats the person, not the disease. Each patient and family receives coordinated care from the Hospice care team, which includes:

- Medical Director
- Registered Nurses
- Homemaker/Hospice Aides
- Social Worker
- Spiritual Adviser
- Pharmacist
- Volunteers
- Massage Therapy
- Bereavement Services

Hospice services are available 24 hours a day, seven days a week. For patients and their families, help is just a phone call away and the Hospice nurse strives to respond to meet a patient’s needs within the hour.

Winneshiek Medical Center Hospice serves Winneshiek, Allamakee and portions of Howard, Chickasaw, Fayette and Clayton counties. Anyone can refer a person diagnosed with a terminal illness to Winneshiek Medical Center Hospice. Hospice will consult the person’s primary care physician - in any health system - for approval to admit to the program.

For more information on WMC Hospice, visit www.winmedical.org/hospice or call 563-387-3024. To support the special work of the WMC Foundation, visit www.winmedical.org/giving or call 563-387-3129.
Thank you to our 2018 WMC Hospice Ride donors!

WMC Foundation Gifts

Donor In Memory or In Honor

Benefactor - $5,000 & above
- Engbretson Family Trust Hospice
- Community Foundation of Northeast Iowa CPR Lab
- Community Foundation of Northeast Iowa Hospice- Jean Marie Peterson
- Decorah Bank & Trust
- Company 2018 Annual Fund
- William E. Goggin 2018 Annual Fund

Associate - $1,000 - $2,499
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- Depot Outlet Diabetes Education
- Charles & Mary Casterton 2018 Annual Fund Hospice- Conrad Engbretson Hospice- Susan Jacobsen
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- Jim & Elaine Sims 2018 Annual Fund- Harold Sims and Peter & Hazel Styve
- Richard & Barbara Amundson 2018 Annual Fund

Patron - $500-$999
- Jane Hardy Hearing aid program
- Lowell Erdman Annual Fund 2017
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- Bruening Rock Products, Inc. 2018 Annual Fund

Sponsor - $250-$499
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- Frank Lorenz Hospice- Clementine Lorenz
- Brandon Brevig 2018 Annual Fund
- Sandra Bishop 2018 Annual Fund Hospice

Gifts from March 16 - September 30, 2018
- David & Lynn Noack 2018 Annual Fund Hospice
- Dean Beinborn 2018 Annual Fund
- Elliott & Beverly Christen 2018 Annual Fund
- Farmers and Merchants Bank Hospice 2018 Annual Fund
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- Jim Burns 2018 Annual Fund
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- Karl & Jerrine Jacobsen Hospice- Marcia Bullerman 2018 Annual Fund- Florence Jacobsen
- Keith Christensen & Dawn Deines-Christensen 2018 Annual Fund
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- Larry & Diane Grimstad 2018 Annual Fund
- Michelle O’Neill Hospice- Joe O’Neill 2018 Annual Fund
- Midwest Group Benefit 2018 Annual Fund
- Mike & Kim Huinker 2018 Annual Fund
- Naomi Craft 2018 Annual Fund
- Oneota Valley Family Hospice- Clementine Lorenz 2018 Annual Fund
- Eye Care Hospice 2018 Annual Fund
- Wendy Herold 2018 Annual Fund Hospice

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- Stoney Creek Inn - Waukon
- T-Bocks Sports Bar & Grill
- The Winchester Matt & Chris Rathbun
- Thrifty White Pharmacy
- Toppling Goliath
- Walmart
- Waukon Golf Club
- Waukon Harley Davidson NEIA Hog Waukon Chapter
- Waukon State Bank
- Waukon Tire
- Waukon Vet Clinic
- Waukon Wellness Center
- Welch Feed & LP Gas
- Wennes Communication Group
- Winneshiek Mutual Insurance WW Homestead
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Calmar Corvette Club ............................. Diabetes Education
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V.F.W. Auxiliary No. 1977 .. Diabetes Education
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Friends & Family of
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Friends of Roland Lillegraven Hospice- Roland Lillegraven
Gregory & Jill Johnson ........ Hospice- Conrad Engebretson
Iowa Beta Masters .............. Diabetes Education
Jacquelyn Jones ................. Hospice- John Klimesh
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Ken Procter ........................ Hospice- LaRue Hagen
Kristie Rustad .................... Annual Fund 2017
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Loren & Elaine Lensing ....... Memorials- Stephen Lensing
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David & Ione Stedje .......... Hospice- Conrad Engebretson
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David Rooney .................... 2018 Annual Fund
Dean Hagen ....................... Hospice- LaRue Hagen
Gary Anfinson ............... 2018 Annual Fund- Jeanette Rustad
Stenseth
Gladys Elsbernd .............. 2018 Annual Fund- Roger Elsbernd
Gordon & Gertrude Barth .......... Hospice- Roland Lillegraven
Howard Bernatz .............. 2018 Annual Fund- Wanda Bernatz
Jean Hover ..................... Hospice- Eloise Bulman
Joan Rulon ......................... 2018 Annual Fund
Julie Nordheim ............... Hospice- Jeanette Rustad Stenseth
Lorna E. Sande ................ Hospice- Elsie Haugen
Lynn Dusold ................. Hospice- Susan Peterson
Marilyn Sensor ............... 2018 Annual Fund- Chuck Sensor
Michael & Carol Bergan .... Hospice- Elsie Haugen
Michael & Renee Smock .... 2018 Annual Fund
Michael & Clarian Wilder .... 2018 Annual Fund
Norman Aldridge ............. 2018 Annual Fund- Dorothy Aldridge
Randal & Lois Poshusta .... Annual Fund 2017
Rita Kern ....................... 2018 Annual Fund- Earl Kern
Robert & Catherine Reilly .... Memorials- Norman Bohr
Ronald & Mae Jean Becker .... Memorials- Marcia Bullerman
Sarah Caddell ............... 2018 Annual Fund- Elaine Wiltgen
Sharon Tweten-Henry .......... 2018 Annual Fund
Shirley A. Vine ................ Hospice- Donna Volden
Tom & Lois Henning .......... 2018 Annual Fund
Torkelson-Waukon .......... Hospice
Victor & Dianne Fye .......... 2018 Annual Fund
Viola Linderbaum .......... Hospice- Marcia Bullerman
Winnesheik Mutual
Insurance Association .......... Hospice
Tera Tweten........................................ Annual Fund 2017
Viola Bohr........................................ Hospice- Norman Bohr
Alison Blake...................................... Annual Fund 2017
Ann Duder........................................ Hospice- Irving Forster
Audrey Birdsell................................. Hospice- Elsie Haugen
Becky Weiland................................. Hospice- James Devenport
Caryl J. Larson................................. Hospice- LaRue Hagen
Hospice- Lorraine Houck
Chasity Griffith................................. Hospice- James Devenport
Dale & Sharon Roher......................... Hospice- Marcia Bullerman
Darrell & Jolayne Winkle.................. Hospice- Glen Thornton
Hospice- John O. Glesne
Hospice- LaRue Hagen
Delois Flage...................................... Memorials- Leo Berg
Diann Svenson................................. Hospice- LaRue Hagen
Donna M Young................................. Hospice- Lorraine Houck
Erbie Steffans................................. Hospice- Orvin Hotvedt
Hospice- Roger Halse
Friends of Glen Thornton..................... Hospice- Glen Thornton
Gary & Norma Hall............................ Hospice- LaRue Hagen
Hally Neubauer................................. Hospice- James Devenport
Inez Holstad................................. Hospice- Laurice Fulsaa
Hospice- Jack Borcherding
Hospice- Orvin Hotvedt
Hospice- Marlys Tweten Schulte
Hospice- Roger Halse
Hospice- Roland Lillegrenavn
James & Jeanette Thompson................. Hospice- John O. Glesne
Hospice- Kenneth Bolson
Hospice- Luella Young
Jean Berg........................................ Memorials- Leo Berg
Jessica Hoey................................. Hospice- James Devenport
Jule McCabe................................. Hospice- James Devenport
Kris Nolte................................. Hospice- James Devenport
Linda Isenberger............................. Hospice- Roland Lillegrenavn
Linda Lukes.................................. Hospice
Margaret Armeson............................. Hospice- John O. Glesne
Hospice- Orvin Hotvedt
Marian Anderson............................. Hospice- LaRue Hagen
Mildred Jacobson............................. Hospice- LaRue Hagen
Hospice- Karl Aschim
Myron & Joyce Rediske...................... Hospice- Orvin Hotvedt
Nikki Rissman................................. Hospice- James Devenport
Richard & Linda Svenson................ Hospitals- Roger Halse
Robert & Marie Moudry...................... Hospice- Donald W. Vrba
Hospice- James Devenport
Rona Leliefeld................................. Hospice- James Devenport
Rosie Teslow................................. Hospice- James Devenport
Thomas Little................................. Memorials- Elwood Syverson
Victor Kovarik................................. 2018 Annual Fund- Evelyn Kovarik
Wesley & Bette Forde........................ Hospice- Norman (Bud) Ihde
William & Karen Brown...................... Hospice- LaRue Hagen
Mary Lou Hackman................................ Annual Fund 2017- Rita Hackman
1945 DHS Class................................ Hospice- Karl Aschim
Anita Lansing................................. Hospice- Karl Aschim
Anita Schissel................................. Hospice- Alice Kursah
Chuck & Lois Votsmier...................... Hospice- Rita Votsmier
David Tuchek.................................. Annual Fund 2017
Deborah Bishop................................. 2018 Annual Fund- My parents
Kim Wilmes.................................... Hospice- John Klimesh
Orbell Hall...................................... Hospice- LaRue Hagen
Sheri Borcherding............................ 2018 Annual Fund- Jack
Borcherding
Shirley Hubka................................. Hospice- John Klimesh
Thirty years ago Winneshiek Medical Center Foundation became a reality because dedicated community members saw a health care need and wanted to give by raising dollars for WMC’s first mammography machine. Throughout the years, technology has changed and WMC has strived to have the most up-to-date services for patients. This year, the WMC Foundation has committed to raising $85,000 to support the next upgrade of the mammography machine to 3D imaging.

3D mammography is a relatively new screening and diagnostic breast imaging tool to improve the early detection of breast cancer. Low-dose images from different angles around the breast are used to create the 3D picture. The detailed images allow for a better evaluation of the breast tissue, layer by layer. 3D mammography also can provide better images of dense breast tissue than conventional mammography, and is now covered by most insurance plans.

Debra Sexton, mammography technologist at Winneshiek Medical Center, says, “Patients have been asking for this type of technology for some time. We are pleased to partner with the Foundation to support advanced technology for our patients.”

Gifts to the Annual Fund can be made online at: www.winmedical.org/annual-fund, by calling the WMC Foundation office at 563-387-3129, or returning the Annual Fund Donation card.

**Annual Fund Donation**

- Benefactor $5,000 +
- Investor $2,500 - $4,999
- Associate $1,000 - $2,499
- Patron $500 - $999
- Sponsor $250 - $499
- Friend $100 - $249
- Donor $25 - $99
- Other Amount (listed below)

**Yes, I/we want to make a gift to the Annual Fund**

Name: _____________________________________________________________
Address: __________________________________________ City: ______________
State: ______ Zip: ______ Phone: _________________________________
E-mail: __________________________________________________________

- In HONOR of: ____________________________________________________
- In MEMORY of: __________________________________________________
- Check or cash enclosed for $___________________________
- Credit Card Payment
  - MasterCard  □  Visa  Exp. Date: ___/____
  - Card # ____________________________ Security Code: ______
  - Signature: ______________________ Date: __________

Print name as it appears on credit card: _________________________________

**Yes, I/we want to make a MONTHLY GIFT.** Please transfer my/our monthly gift of $____________ each month.

- From my/our checking account. Enclose a voided check or a check for the first payment to initiate the transfer.
  - I hereby authorize my bank or credit card company to charge my account each month beginning _____/____/____ and ending _____/____/____ or □ continuing until further notice
  - Signature: __________________________ Date: ______

- From my credit card
  - MasterCard  □  Visa  Exp. Date: ___/____
  - Card # ____________________________ Security Code: ______
  - Signature: ______________________ Date: __________

Print name as it appears on credit card: _________________________________

**Mail to WMC Foundation, 901 Montgomery St. Decorah, IA 52101**
Christmas isn’t just a season; it’s a feeling.

Winneshiek Medical Center Nutrition Services and Foundation are partnering with Helping Services for Youth and Families this Holiday Season to provide Christmas meals to area families.

Your gift will provide a full course meal on Christmas day, December 25.
A minimum donation of $10 will provide one meal.

If interested in providing a Christmas meal, you can:
• Give online at: winmedical.org/giving
• Drop off your gift or mail it to:
  WMC Foundation- Christmas Dinner
  901 Montgomery Street
  Decorah, IA

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