E B WMC FOUNDATION COMMUNITY HEARTBEAT

Dr. Rick Wilkerson shares his medical & humanitarian work overseas with Love Takes Root Pg. 8

Photo of LaConcorde orphanage and school in Jacmel, Haiti. Courtesy of Rick Wilkerson & Love Takes Root



A note from our chief administrative & chief medical officers

While the impact of COVID-19 is certainly not behind us, Winneshiek Medical Center is actively planning for the future. This is a future that will be marked by rapid change, exciting ventures, and positive momentum. Our strategic tag line is to "Be Bold." Being bold in health care means challenging our status quo when necessary, innovating how we deliver care, developing creative win/wins with our communities and growing to serve as a hub in health care.

To that end, you can expect many exciting announcements coming out regarding WMC in the upcoming months. We appreciate all the community support we receive for our services and a special thank you to all our donors. The dollars of revenue and the dollars of donation stay here locally to support our communities and enhance health care right here in our region.

Finally, a special thank you to all of our staff and providers. WMC is blessed to have a wonderful, compassionate staff. Even in these difficult circumstances, our patient experience scores have remained excellent. Our investments in technology and facilities are one thing, but that is only successful with a strong, dedicated group of associates. We know we have that here.

Dr. Thomas Marquard t, WMC Chief Medical Officer

Steve Slesson, WMC Chief Administrative Officer

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Welcome Anna Mark, M.D.

Anna Mark, M.D., Mayo Clinic Health System family medicine physician, joined Winneshiek Medical Center Decorah Clinic in September. Dr. Mark provides full spectrum family medicine care from birth to your senior years. Dr. Mark is a Decorah native who shares, "I am very fortunate to come back to Decorah to practice family medicine and provide exceptional care in our region alongside a group of dedicated clinicians."

Please share about your background/education.

I graduated from University of Northern Iowa with a Bachelor of Arts degree in Biology, and received my Doctor of Medicine degree from University of Iowa Carver College of Medicine in Iowa City, IA. I then completed my family medicine residency at Genesis Quad Cities Family Medicine in Davenport, IA.

Why did you choose primary care/family medicine?

I chose family medicine because I enjoy the wide range of patients I get to work with. This variety means I am always learning, which is something I love.

What do you enjoy most about your profession?

I am looking forward to getting to know my patients because the more I know them, the better I can take care of them.

Another thing I am excited for is experiencing a variety in my practice - in rural health care we get to

experience a variety, rather than a specific specialty like most urban areas. I'm also very excited to join the hospitalist team here at WMC, and care for patients in the hospital.

Why is it important to establish a primary care provider?

A large benefit to having a primary care provider is learning about one another. This allows both the provider and the patient to establish a relationship. Having an established relationship with our patients lets us learn and provide the best health care for the unique need of our patients.

What are some hobbies/interests you enjoy outside of your work?

Outside of work I enjoy reading, writing, baking, and spending time with family and friends. I look forward to building community connections and embracing this area!

Dr. Mark is a Mayo Clinic Health System family medicine physician at Winneshiek Medical Center. Call 563-382-2911 to schedule an appointment.

Welcome NEW Providers & Staff



Steve Slessor, Chief Administrative Officer

Steve Slessor, Winneshiek Medical Center's new chief administrative officer, joined WMC and Mayo Clinic Health System in June.

Most recently, Steve served as the chief executive officer for Buchanan County Health Center in Independence, Iowa, and had been in that role since 2013. Prior to serving there, he held various leadership and administrative roles at UnityPoint Health Allen in Waterloo, Iowa, including Vice President of Strategy and Business Development, Vice President of Operations, Senior Director of Strategic Development, and Director of Business Planning and Development.

Steve received his Master of Health Administration from University of Iowa, and his Bachelor of Arts in Business Administration from University of Northern Iowa.



Hannah Frye, M.A., CF-SLP Rehabilitation & Sports Medicine

Hannah Frye, M.A., CF-SLP, is a Speech-Language Pathologist specializing in speech, language, fluency, cognitive and swallowing disorders for pediatric, adult and older adult populations. Hannah received her Bachelor of Arts in Communication Sciences and Disorders from the University of Northern Iowa, and her Master of Arts in Speech-Language Pathology also from UNI - go Panthers! Hannah was born and raised in Waukon and currently resides in Decorah with her husband.



Benjamin Kost, MA, CCC-SLP Rehabilitation & Sports Medicine

Benj is a Speech-Language Pathologist providing speech therapy services for patients with communication and swallowing disorders across the life span. He received his Bachelor of Science in Communication Disorders from Utah State University, and his Master of Arts in Speech-Language Pathology from the University of Iowa. He also holds a certificate in Vocology from the National Center for Voice and Speech.



Becky Bina, RRT Respiratory Therapy

Becky graduated from Northeast Iowa Community College with an AAS - Cosmetology and owned a salon in Cresco for 22 years. After attending Upper Iowa University and Hawkeye Community College she graduated in May as a Respiratory Care Practitioner.

To make an appointment, call 563-382-2911



Winneshiek Medical Center Rehabilitation & Sports Medicine clinic in Cresco, IA

Winneshiek Medical Center Rehabilitation & Sports Medicine expands to Cresco, IA

The new Winneshiek Medical Center Cresco Rehab Clinic is open for patients at 117 N Elm Street, downtown Cresco. Therapy services are available at the clinic Monday-Friday and appointments can be scheduled by calling 563-547-2284.

The WMC Cresco Rehab Clinic is available to patients with and without a doctor's referral.

The WMC Cresco Rehab Clinic is primarily staffed with the same therapists the Cresco community knows and trusts, including: Physical Therapists Alex Engelken, DPT; Jamie Schneberger, DPT and Andy Rix, MPT, CSCS; Occupational Therapists Stacy Quam, OTR/L, CLT and Lori Shindelar, OTR/L, CLT; and Speech/Language Pathologist Kelli Zeimetz-Mehmert, MA, CCC-SLP. Specialties include:

- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Orthopedic Therapy
- Sports Medicine
- Hand Therapy
- Athletic Training



Jamie Schneberger, DPT







- Lymphedema Management
- Pain Management
- Work Injury Management/Ergonomics
- Women's Health: Incontinence, Pelvic Pain, Prenatal and Postpartum Management: PT, OT
- Pediatric Therapy: OT, PT, Speech

In addition to the new Cresco location, Winneshiek Medical Center has Rehab Clinics in Decorah, Ossian, Calmar, IA and Spring Grove, MN.



Chronic pain relieved thanks to physical therapy at Winneshiek Medical Center

G I have great empathy for people who have stopped doing what they love or what is good for them because of pain, because I have lived it for many, many years," says recent WMC physical therapy patient, Jayme Nelson.

Due to past hip and knee injuries, Jayme had resigned to the fact that she would always have leg pain. Regular muscle spasms, severe aches and the resulting insomnia left Jayme feeling like pain and fatigue were her new normal. "I was talking about my situation with a close friend over coffee one day," says Jayme, "and she had experienced pain relief working with Megan Lyon, a physical therapist at Winneshiek Medical Center. She encouraged me to make an appointment to see if I would have similar results."

Winneshiek Medical Center Rehabilitation and Sports Medicine provides direct access to physical and occupational therapy, which means patients do not need a doctor's referral to receive care. When Jayme called for an appointment, she was able to get right in with Megan.

"I lived with chronic pain for over five years, and within 48 hours of my appointment with Megan, I was pain free at night. It was nothing short of miraculous. I know my results weren't necessarily typical, but they absolutely changed my life." Jayme had tried various therapies, stretches and methods over the years, but never had the complete relief she experienced under the care of Megan. "She gave me the right mix of exercises and stretches for my treatment needs, and they worked far sooner and more completely than I ever would have expected," says Jayme. "To be able to sleep and not have constant leg pain and muscle spasms has changed the quality of my life in such a profound way." Megan Lyon, DPT, has been a physical therapist at Winneshiek Medical Center since 2012. She is a Board Certified Specialist in orthopedic physical therapy and is also certified in ASTYM, a therapy system that addresses problems such a scarring, fibrosis and degeneration that occur in soft tissues. She says, "One of the roles of a physical therapist is to listen to our patient's goals and then, based on

their goals and symptoms, design for them a specific home exercise program. The personalized program assists in their recovery not only during the time we see them for therapy, but also allows patients to have exercises to continue with following discharge from physical therapy." She adds, "It's rewarding as a physical therapist to see patients return to an active lifestyle and complete their normal daily activities

without pain, especially after years of pain like Jayme experienced."

Jayme remained in Megan's care for one month as she rehabilitated from years of limited mobility. Jayme says, "I didn't realize how far and how much I had let pain dictate my life. I accepted small setbacks as normal, and until I felt better, was unaware of how much my quality of life had deteriorated. Then, I was mad at myself for waiting so long for treatment!" Jayme shares that she reduced walking, swimming and biking due to pain, and had even "rerouted" her daily life to avoid stairs. Her inactivity

"I lived with chronic pain for over five years, and within 48 hours of my appointment with Megan, I was pain free at night."

led to the inevitable weight gain, which caused additional joint and muscle pain. "The downward spiral of chronic pain affects so many people. I was motivated to change my path and encourage other people to reject the mindset that, because of injury or age, pain is a part of life," says Jayme.

Winneshiek Medical Center offers comprehensive rehabilitation services for people of all ages and

conditions. Our highly-trained staff includes licensed physical and occupational therapists, including sports certified specialists; orthopedic clinical specialists; certified hand therapists; certified athletic trainers; certified speech language pathologists; and registered nurses.

Appointments with physical and occupational therapists are

conveniently available at the Winneshiek Medical Center Rehab Clinics in Decorah, Ossian, Calmar, Cresco and Spring Grove. Therapists will work with you to determine the best plan of care for your individual needs and goals. Physical, occupational and speech therapy is covered by most insurance plans. To make an appointment at any of the Winneshiek Medical Center Rehab Clinic locations, call 563-387-3031.

Megan has worked at Winneshiek Medical Center since 2012.

She received her Bachelor's degree from Luther College in 2009 and Doctorate of Physical Therapy from Des Moines University in 2012.

Megan works with patients of all ages with a special interest in orthopedics and pre-natal and post-natal therapy.

Call 563-387-3031 for an appointment



Love Takes Root

Rick Wilkerson, D.O., Mayo Clinic Health System orthopedic and sports medicine surgeon at Winneshiek Medical Center, knew early on that, wherever life's path took him, he wanted to somehow work with people in need around the world. While a student at West Point, he chose International Relations as his undergraduate major, and as he completed his medical degree and orthopedic specialty, he had a vision for providing care across the globe.

"With my first orthopedic surgery position in Spencer, Iowa in early 1989, I negotiated into my contract 30 days per year that I could be overseas doing orthopedic teaching work," says Dr. Wilkerson. His initial work found him aligning with Orthopedics Overseas, the founding division of what is now known as Health Volunteers Overseas. He says, "I spent most of my overseas volunteer assignments teaching local orthopedic surgeons to provide care using local resources and technology. In 1991, I was placed in Peshawar, Pakistan to care for Afghan refugees at the Afghan Trauma Center. They had left Afghanistan after the Russian invasion and were living there at the time." In subsequent years, Dr. Wilkerson spent a great deal of time in Afghanistan and Iraq, but also traveled to Cambodia, Vietnam, Libya, Uganda, Bhutan and several other countries.

After many years and extended teaching trips, Dr. Wilkerson and his wife, Barbara who accompanies him with their children from time-to-time, started to consider the idea of focusing their efforts to a specific area of the world. "After a trip to Afghanistan was canceled due to unresolved political negotiations, an opportunity was presented to me to go to Haiti. I had never been there before, and at first was hesitant, as most of my experience was in Asia and Africa. However, I agreed, and completely fell in love with the country and people," he says.

The initial trip to Haiti in 2010 was on the heels of a devastating earthquake. The teaching hospital in Port-au-Prince was relatively unharmed, but nearby structures did not fare so well, including an orphanage. "It was this initial trip that really changed the course of my overseas work, and my life," says Dr. Wilkerson. While there, he met his future son, Junior, who had lost his parents at the young age of seven. "While the adoption papers processed, Junior was cared for by a couple that ran an orphanage heavily damaged by the earthquake. We got to know them well, and felt we could help in their mission to care for others," he says.

Love Takes Root, a nonprofit 501 (c) (3) organization, was born from that initial trip. The Wilkersons started the foundation in 2012 to provide education and humanitarian support to the children of Haiti.



Dr. Wilkerson (front right) teaching surgicial procedures to the Haitian medical team. Dr. Wilkerson is a Mayo Clinic Health System orthopedics and sports medicine surgeon at Winneshiek Medical Center.

Prices for land in Port-au-Prince were extremely high, so they looked elsewhere and found the right fit in Jacmel on the southern coast of Haiti. Through fund-raising efforts back home, Love Takes Root purchased a 3-acre parcel of land in Jacmel and built an orphanage, school and community medical clinic. "Currently, the school has grown to grades K-12 and has about 240 students who pay tuition. 64 of the students live in the orphanage and their tuition is covered through sponsor families. This has allowed LaConcorde, the name of the school, to become self -sustainable, something that is rarely seen in the developing world," says Dr. Wilkerson. The medical clinic employs Haitian medical professionals, and is staffed by a full-time family medicine physician and nurse, and a part time orthopedic surgeon.

The Haitian family that first cared for Junior runs the orphanage and school alongside the mentorship of volunteers from Love Takes Root. When the Wilkersons visit, they spend the first day of their trip at the orphanage and school reviewing the needs of the children, staff and facility with stakeholders, and then Dr. Wilkerson spends the rest of his time at the public hospital in Jacmel while Barbara, who is the Executive Director of Love Takes Root, works in the medical clinic seeing patients and tends to administrative responsibilities. "Surgeries are scheduled when I am there, and I teach orthopedics to Haitian surgeons and medical professionals while performing the surgeries. Due to limited infrastructure and traffic laws in Jacmel, most of the surgical patients have injuries resulting from the high number of traffic accidents," says Dr. Wilkerson.

Through the self-sustaining model of the school, orphanage, medical clinic, and medical education, it is the intent of Love Takes Root to help the Haitian people become independent and able to serve others in their communities without outside support. Dr. Wilkerson says, "We recently started a program called Love Takes Flight for young adults as they age out of the orphanage. We arrange for an apartment for them, and help them navigate living on their own. They can apply for a small business grant from the foundation to help generate a steady income to begin their adult life."

This Thanksgiving, Dr. Wilkerson will embark on his 50th trip to Haiti. Over the years, the Wilkersons have brought with them over 1000 volunteer physicians, nurses, medical students, teachers and anyone who wants to help them provide international experiences to the next generation of community members and leaders of Haiti. He says, "Looking back over the past 30 years, my overseas teaching from Asia and Africa to Haiti has been a true blessing. I always gain more than I give, and I think it opened so many doors for impactful medical education and humanitarian work. It has been my family's honor and privilege to serve others in this way."

To see the Wilkerson's journey, follow Love Takes Root on Facebook or visit lovetakesroot.org

Meet Kayla

Patient Service Representative

I enjoy working at Winneshiek Medical Center because everyone is always willing to help out when needed, and our facility has great dedication to our patients!

Hi, I'm Kayla Massman. I work as a patient service representative in the scheduling department at WMC. I schedule appointments for patients, as well as check patients in and out of their appointments and work with our outreach specialty schedules.

I've been with WMC for 13 years, and truly enjoy the staff I get to work with. We all have the same vision... we are here for the needs of our patients! I'm married to Jordan Massman - who also works here as a paramedic. We have a daughter, Haddie, who is the love of our life. We are in the process of building a new home, so most of our free time has been working on our home. Outside of that, I enjoy watching my husband team rope, decorating our home, and spending time with our families.

Interested in joining our team?

Winneshiek Medical Center is a growing rural health care organization that offers a positive and progressive working environment as well as competitive salary and benefits.

Learn about our open positions, or apply at: winmedical.org/open-positions

Help us grow the Guy Johnson Memorial Endowment

A ccomplished pianist, mentor, gracious host, and beloved friend are just a few ways to describe Guy Johnson, who passed away in July of 2019. Johnson was born in Marinette, WI where he grew up working in his family business and discovering his passion for piano. At thirteen his talents were recognized and he took extended lessons in Milwaukee with a widely-known pianist and teacher that began his career performing, accompanying and competing in piano.

During Guy's lifetime he traveled nationwide to perform, accompany, compete and teach piano. He moved to the Decorah area to serve as the head of the piano department at Luther College until 1968. Guy then relocated to Wichita, KS to teach at Friend's University. "He loved to travel and share his adventures. He was passionate about traveling to perform with numerous symphonies or recitals as well as accompany well known artists— he was a lifelong learner, performer, and a forever teacher," shares Holly Kanengieter, foundation coordinator, WMC. "Although he was unable to play piano later in life, he continued to mentor former students as

well as new students when they requested to play for him."

Guy and his partner moved back to Decorah later in life to be closer to Mayo Clinic. While receiving care within Mayo Clinic Health System and Winneshiek Medical Center,

Guy quickly built many connections at WMC. He supported WMC's work in many ways, but his favorite was donating poinsettias in December and flowers in the spring to express his gratitude toward his friends at WMC.

As he established more friendships with the staff at WMC, he became a daily lunch visitor – sitting at the same table every day. Eventually as various staff joined, it became the "table of knowledge" because of the engaging conversation that occured. Kanengieter was one of those regulars, and shares, "No matter where Guy went he made people feel welcomed. Guy just had a way of bringing people together and making you feel like a friend. Even as he neared the end of life he always made sure to have

"Guy just had a way of bringing people together and making you feel like a friend. He really was always taking care of others."



hot coffee and cookies available for visitors – he really was always taking care of others."

Prior to his passing Guy shared a personal goal of his: to give the Winneshiek Medical Center

Foundation a million dollars. "He wanted to be sure we [WMC] were set for our future," says Kanengieter. "To support his wishes we are creating the Guy Johnson Memorial Endowment to grow one million dollars. This will allow us to ensure his legacy lives on."

To date, the endowment has half of its goal. Distribution of the funds will not be allocated until the million dollars is reached. "Once the full amount is reached, Winneshiek Medical Center Foundation will determine the best areas within the medical center to support with the endowment, and following Guy's wishes for his gift." shares Kanengieter.

For more information on creating your own legacy, or to make a donation to the Guy Johnson Memorial Endowment, please contact Holly Kanengieter at 563-387-3129.

The WMC Foundation also carries the following endowments in partnership with the Community Foundation of Northeast Iowa: Permanent, Quasi, Jean Marie Peterson Memorial Fund, Richard & Carol Gaard Honor Flag at WMC.



Winneshiek Medical Center Rehabilitation and Sports Medicine offers comprehensive services for people of all ages and conditions. Our team strives to help individuals restore movement and function from an injury or disease.

Miranda Hayek, OTR/L, CHT, Director of Rehabilitation & Sports Medicine Over the past 13 years of my time at Winneshiek Medical Center, I am amazed to think about how we have grown to meet the ever-changing needs of our community. Today, we have over 40 staff members who provide care in Decorah, and in our outreach clinics located in Ossian, Calmar, Spring Grove and now Cresco. Staff also provide a wide range of therapy services in area nursing homes, and work with local athletes through our athletic training partnerships with area schools.

With the continuous growth and changes in rural health care we need more space and new equipment to continue to serve each and every one of you. Your gift in this journey will help expand our gym space and purchase new equipment. Our newly renovated space will allow us to provide advanced, specialized treatment for patients and use real life movements during therapy. Additionally, we will update our cardiac rehab monitoring system, which will allow our staff to focus more time on caring for our patients, and less time on data entry into our electronic system.

Our rehab staff are constantly on the move! They love learning new techniques, and achieving specialized certifications to provide the best care for our patients. Thank you for joining us on this journey.



Join others by making your gift today.

WMC Foundation Gifts from January 1, 2021 - September 20, 2021

<u>Donor</u>	<u>In Memory or In Honor</u>
Benefactor - \$5,000 & Above	
Clayton Engen Estate	
Decorah Bank and Trust	Chayton Engen
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Dennis R. Schuldt Estate	
Guy Johnson Estate	Guv Johnson
Guy Johnson Trust	
	2021 Annual Fund - Jane Bullard
Jean Corrigan Estate	Jean E. Corrigan
Marion E. Jerome	
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	American Flag Program - Rich &
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Bob & Virginia Bodensteiner	2021 Annual Fund
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Company	2020 Annual Fund
Depot Outlet	which Nutrition Department
Harman Realty	2021 Annual Fund - Norm Smith
John & Sondra Carver	Hearing aid program
	WMC Nutrition Christmas Dinners
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Larry & Diane Grimstad	
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Old Order Amish Church	Charity Care
Patricia Johnson	
Richard & Barbara Amundson	2021 Annual Fund
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Stanley Black & Decker	Hospice
Steve Slessor	
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Cleon Hageman	Hospice - Cleon Hageman
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Deborah & Joel Timmerman... Hospice Contributions - Delois Flage

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Bernell & Kathy Tollefsrud	
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Beverly Platten	. Hospice - Joe O'Neill
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Brenda Dietiker	
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Craig & Barbara Lensing	
D. Edward & Sharon	
Christopher	. Hospice - Paul Schmelzer
Darlene Dinger	. Hospice - Wendy Dotzenrod-Ney
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Diane Henning	. 2020 Annual Fund
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Francis & Donna Ryant	. Hospice - Dodi Bernatz
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Gary & Janelle Hoker	
Gerald & Linda Johnson	. Hospice - Everett Sollien
Grace Peterson	. Hospice - Vernon Spilde
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Halley Wise	
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	Everett Sollien
	Bev Whittle
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Herb & Beverly Heffern Inez Holstad	Bev Whittle . Hospice - Joseph Henry
Inez Holstad	Bev Whittle . Hospice - Joseph Henry . Hospice - Alan Hovden Rev. Phillip Olson
Herb & Beverly Heffern Inez Holstad Irene Johnson	Bev Whittle . Hospice - Joseph Henry . Hospice - Alan Hovden Rev. Phillip Olson
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K. Edward Fry	
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Winneshiek Medical Center Orthopedics & Sports Medicine team includes Jesse Butler, PA-C, Rick Wilkerson, D.O., Emily Connor, M.D., Thomas Marquardt, D.P.M., John Evelsizer Olson, PA-C



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