



WMC FOUNDATION

COMMUNITY HEARTBEAT



EXPANDED WOUND CARE

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WMC GOES TO COLLEGE

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'I HAVE A RENEWED ABILITY TO DO THE THINGS I LOVE'

*Mike shares his experience following a
total knee replacement Page 6*



Come Together

CHANGE IS INEVITABLE



Over the past several years I have seen our community continue to grow and change. The amazing thing about Winneshiek County is that while it continues to evolve one thing that never changes is our ability to come together for common good. The WMC Foundation is just one of many examples of this. As a foundation, we continue to raise necessary funding for Winneshiek Medical Center, so that they too can change to best serve our community.

The Annual Fund is one way the foundation has provided WMC with the funding needed to increase their quality of care, and this year we aim to do the same. We have kicked off our 2022 Annual Fund Campaign to raise capital for a new hyperbaric oxygen chamber, which will be part of the Wound Center. It is impossible for a patient to ever move on with their lives if the wounds don't heal. This technology and center are not just a new way to treat chronic wounds, but an opportunity to return patients to the people and community who need them. We are sincerely grateful for all of our generous donors. If you wish to help heal the wounded members of our community, then we ask that you join us in this endeavor. Change is inevitable, so let's change lives!

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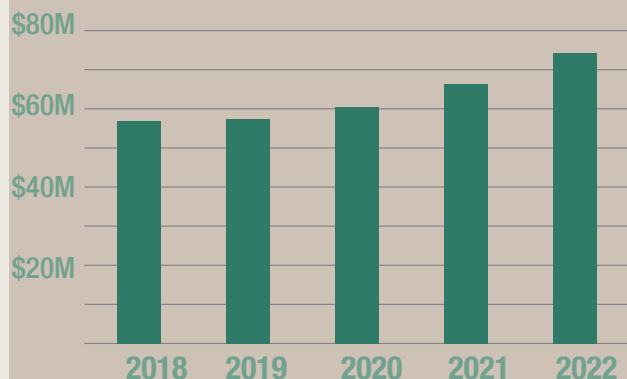
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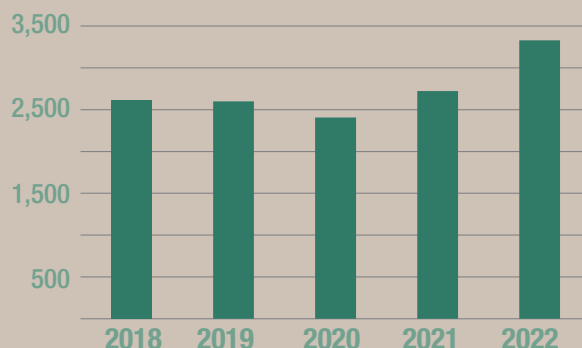
TRANSFORMING TOMORROW UPDATE

*Transforming tomorrow is the organization's expansion and remodel project to meet the needs of the broader region.
All data sets presented are based on fiscal year information.*

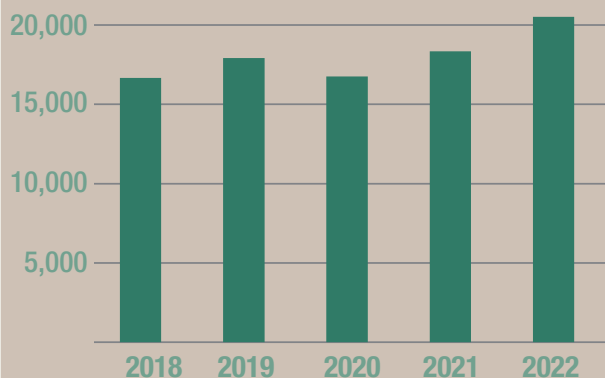
NET REVENUE



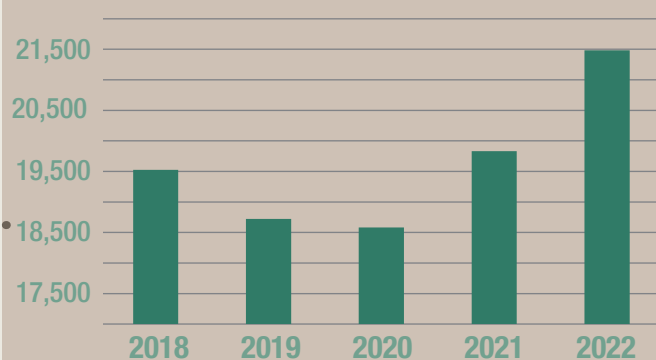
SURGICAL VOLUMES



IMAGING VOLUMES



SPECIALTY CLINIC VISITS



Winneshiek Medical Center is growing to meet the needs of you, your family, your community, your county and your region. We have been on a tremendous growth curve as illustrated above.

Since 2018 our revenue is up 31%, surgical volume has increased 27%, imaging up 23%, and specialty clinic visits are up 10% just to name a few. This growth has also led to WMC hiring more great individuals to take care of our region. Over the last five years, we have grown from 469 employees to 513.

Our goal is to be the regional hub for healthcare for an eight county area. As evidenced by the numbers above, we are making tremendous progress already. To continue this effort, WMC is adding a comprehensive wound center (reference page 8), continuing to plan for our Transforming Tomorrow facility project, investing in state of the art technology and actively recruiting for four new specialties along with adding to the ranks of three others. These additional Mayo Clinic Health System specialists will continue our legacy of delivering Mayo quality care in Decorah.

WELCOME NEW *Providers & Leaders*



Tasha Croell - Director of Performance Excellence

Tasha received her Associate of Science in Radiography from Allen College, her Bachelor of Arts in Health Care Management from Ottawa University, and her Master of Health Administration from Capella University. She has been with WMC since 2018, serving as the Director of Radiology. She has past experience in quality, infection control, and radiology from Cresco, Iowa, where she served as the Director of Radiology and Quality Assurance and Infection Control Coordinator.



Brittney Dahl, Director of Radiology

Born and raised in Decorah, Brittney graduated from Allen College in 2011 with her Associate of Science in Radiography before completing her Bachelor of Science in Radiation Sciences in 2014 through Adventist University. She has spent the past 11 years working at local regional radiology departments before starting with WMC in September 2022.



Darren Hyams, M.D. - Emergency Medicine

Dr. Darren Hyams has joined Mayo Clinic Health System as a supplemental physician who will provide coverage in WMC's Emergency department. He received his medical degree from Uniformed Services University Health Services (USUHS) and completed his Emergency Medicine Residency at San Antonio Uniformed Services Health Education Consortium. He currently serves as an emergency physician in the Strategic Trauma Readiness Center in Fort Sam Houston, San Antonio, Texas, as well as faculty in Emergency Medicine for USUHS. He will complete his US Army service in 2024. Dr. Hyams is certified by the American Board of Emergency Medicine.



Jessica Hyams, M.D. - Emergency Medicine

Dr. Jessica Hyams has joined Mayo Clinic Health System as a supplemental physician who will provide coverage in WMC's Emergency department. She received her medical degree from Louisiana State University School of Medicine in New Orleans and completed her Emergency Medicine Residency at San Antonio Uniformed Services Health Education Consortium. She served as an emergency physician for the US Air Force until 2021. Dr. Hyams is certified by the American Board of Emergency Medicine.



Carmen Krivachek, Director of Accreditation and Compliance

Carmen joined the WMC team in 1998 as a respiratory therapist. She received her Associate of Applied Science in Respiratory Therapy Technology from Hawkeye Community College and Bachelor of Science in Respiratory Care Management from Independence University. Carmen served as the Respiratory Therapy supervisor from 2005 until she transitioned to the Quality Management team in 2015, and to the Director of Accreditation and Compliance in May 2022. She is a Certified Professional in Healthcare Quality (CPHQ) by the National Association for Healthcare Quality (NAHQ), and a Certified Officer of Healthcare Compliance (OHCC) through the American Institute of Health Care Compliance (AIHC).



Sarah Otterness, Certified Registered Nurse Anesthetist (CRNA)
Anesthesia

Originally from Goodhue, Minnesota, Sarah received her Bachelor of Arts in Biological Sciences from University of Southern California in Los Angeles, her Bachelor of Science in Nursing from University of Sioux Falls in Sioux Falls, South Dakota, and her Doctor of Nurse Anesthesia Practice from Mayo School of Health Sciences. Prior to joining WMC, Sarah worked at St. Marys Hospital in Rochester.



Bethany Stevens, Advanced Registered Nurse Practitioner (ARNP)
Wound Care

Educated through Allen College, Bethany received her Bachelor of Science in Nursing in 2003 and her Master of Science in Nursing in 2007 to become a family nurse practitioner. Bethany provided family medicine services until 2015, when she transitioned to providing care in the wound care center at Buchanan County Health Center in Independence, Iowa. At Winneshiek Medical Center, Bethany provides comprehensive wound care in WMC's new Wound Center opening December 2022.



Dina Taylor, Nursing Director
Surgery and Same Day Services

Dina received her nursing education from Northeast Iowa Community College and her Bachelor of Science in Nursing from Upper Iowa University. Dina joined WMC in 2020 as the Utilization Review nurse and transitioned to Director of Surgery and Same Day Services in 2022. She has over 10 years' experience in surgical nursing.



Sarah Wicks, Licensed Independent Social Worker (LISW)
Behavioral Health

A Luther College graduate, Sarah received her Master of Social Work from University of North Dakota in 2017. She has served in social work and as a mental health therapist in Iowa and North Dakota. Her special interests include: kids and families, pregnancy and postpartum, and support for career professionals. Sarah provides services as a member of the behavioral health team at Decorah Clinic.



Shelly Wieland, Physician Assistant – Certified (PA-C)
Primary Care

Shelly received her Bachelor of Science from Winona State University and completed her Master of Science in Physician Assistant Studies at University of Dubuque. At WMC, Shelly provides same day primary care access in Decorah Clinic and sees patients in Urgent Care.

Interested in joining WMC?

We are a growing rural health care organization with a lower than average state turnover rate, and offer a positive and progressive working environment.

Apply online at winmedical.org/careers



Scan me
to view open positions or apply!

From painful to picturesque following a total joint replacement

Mike Vermace of Decorah was not surprised to learn he would need a knee replacement. Having experienced multiple athletic injuries in his youth, Mike endured years of sporadic pain and tenderness. An episode of excessive swelling of his left knee prompted Mike to pursue treatment.

"I came to Winneshiek Medical Center to address the swelling and saw Dr. Emily Connor in the Orthopedics and Sports Medicine Department. She told me that I could continue to manage the symptoms, but to truly experience relief, I should consider replacing my knee joints," he says.

Emily Connor, M.D., is a Mayo Clinic Health System orthopedic and sports medicine surgeon who practices full time at Winneshiek Medical Center.

She is part of a local team that

provides a wide range of orthopedic care and surgical services, including:

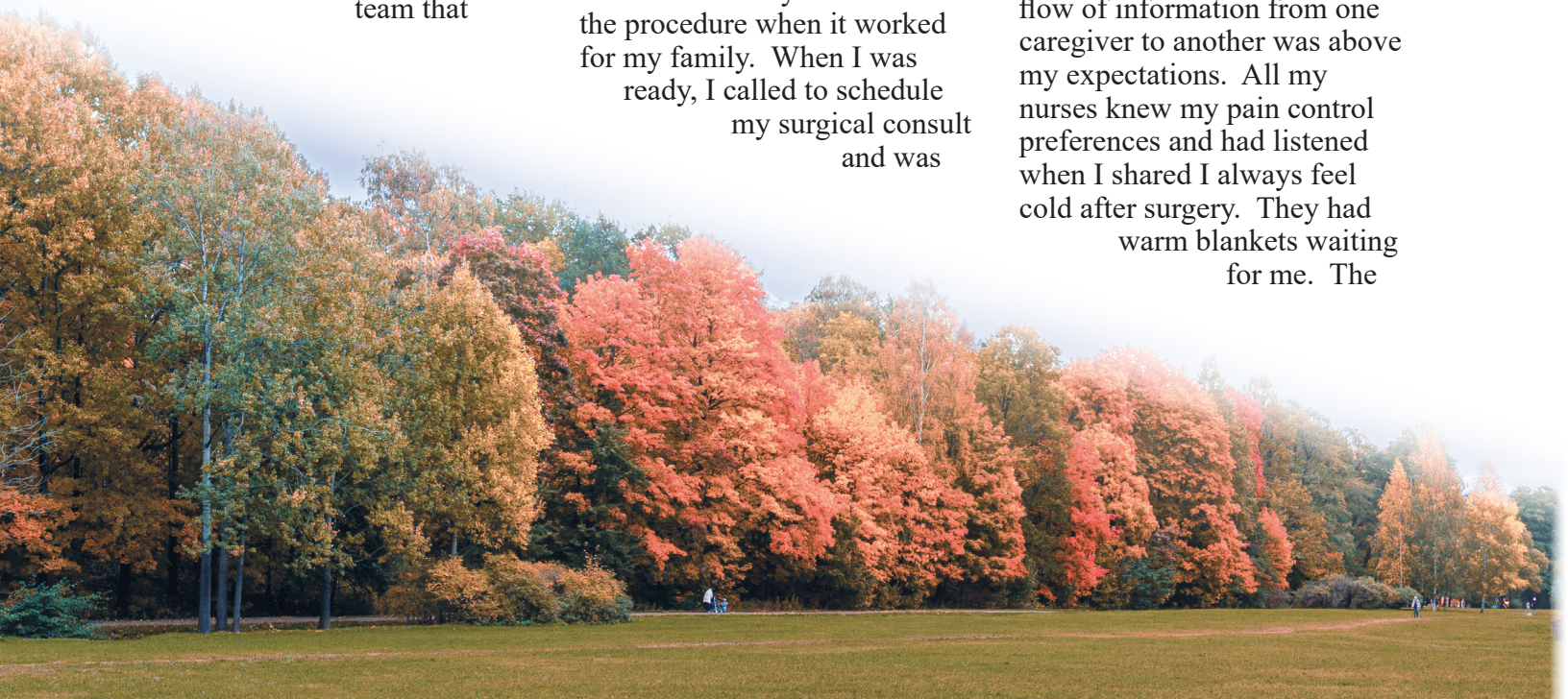
- Total Knees
- Total Hips
- Total Shoulders
- Knee Scopes
- Shoulder Scopes
- ACL Reconstruction
- Rotator Cuff Repair
- Basic Trauma (wrist, hip, ankle fracture, etc.)
- Hand Procedures (cysts, carpal tunnel, cubital tunnel, CMC arthroplasty, etc.)
- Pediatrics

Mike soon scheduled the first surgery with hopes that his right knee would be replaced as soon as would be feasible. He says, "As an elective procedure, I had the flexibility to schedule the procedure when it worked for my family. When I was ready, I called to schedule my surgical consult and was

seen by Dr. Connor the very next day."

Most joint replacements at Winneshiek Medical Center are scheduled 3-4 weeks after the consult to allow time for pre-operative appointments and education. Mike started with a class called Joint Expectations. He says, "The Joint Expectations class answered all my questions and addressed any 'unknowns' I had. After that class, I was ready for my surgery and confident to be able to recover successfully at home," says Mike.

Mike's surgery went smoothly and his overnight stay revealed an unexpected benefit of receiving care at WMC. He says, "The transition from surgery to recovery to hospital nursing and therapy was different than I had ever experienced at other locations from numerous past surgeries. The communication and flow of information from one caregiver to another was above my expectations. All my nurses knew my pain control preferences and had listened when I shared I always feel cold after surgery. They had warm blankets waiting for me. The



"I have a renewed ability to do the things I love."

communication chain was excellent. There was no ambiguity and I was a person, not a protocol."

Mike chose to receive his post-operative physical therapy from Winneshiek Medical Center Rehabilitation and Sports Medicine with physical therapist Judd Landers. "The coordination between Dr. Connor and Judd during physical therapy was very clear. It was evident she was



"I chose orthopedics as a specialty because I enjoy being able to immediately improve people's pain, function, and quality of life through surgery."
-Dr. Connor



Mike has resumed activities he's been unable to enjoy for decades. He says, "I loved taking long hikes, but over the years, have gradually avoided them because of the potential for knee pain."

monitoring my progress, as Judd communicated her feedback to me during my therapy appointments. Again, in comparison to my past surgeries, Dr. Connor's post-operative engagement was unexpected and wonderful," says Mike.

Mike has resumed activities he's been unable to enjoy for decades. He says, "I loved taking long hikes, but over the years, have gradually avoided them because of the potential for knee pain." Mike adds, "If I could name the two overarching positives from my knee replacement, I would say the first is that I could schedule surgery for when it worked for me, and the second is that I have a renewed ability to do the things

I love."

Following such a positive experience and successful outcome, Mike has scheduled his second knee replacement with Dr. Connor. He says, "The quality of care, convenient location, and my confidence in the people and processes has led me to have my right knee replaced at Winneshiek Medical Center with Dr. Connor. I am able to get everything I need right here at a facility that rivals, and at times, exceeds, the level of care in larger or specialized facilities."

Orthopedics and Sports Medicine at Winneshiek Medical Center in Decorah is accepting new patients. You do not need a referral. For an appointment, call 563-382-2911.

WOUND CENTER

Wineshiek Medical Center is expanding wound care by offering a new Wound Center. The Wound Center is a specialized service offering patients access to the latest techniques and procedures for the best chance for healing wounds in an outpatient setting. Care is provided by Bethany Stevens, ARNP, and Caroline Schwickerath, D.O., who is a board certified wound specialist physician in addition to her general surgery specialty at WMC. Dr. Schwickerath achieved this certification through the American Board of Wound Management. The Wound Center will be located in the North Building on the WMC campus in Decorah.

Bethany answers some FAQ's about the Wound Center.

What services will you provide?

We will provide care for a variety of wounds like:

- Diabetic Ulcers
- Traumatic Wounds
- Vasculitis
- Burns
- Neuropathic Ulcers
- Surgical Wounds
- Atypical Wounds (such as pyoderma gangrenosum)
- Pressure Ulcers
- Non-healing Wounds
- Vascular Ulcers (such as venous or arterial insufficiency)

while using treatment modalities including:

- Debridement
- Pressure Relief
- Tissue-growing Therapies (such as Biologic skin applications)
- Compression Therapy
- Negative pressure Wound Therapy
- Hyperbaric Oxygen Therapy

What is hyperbaric oxygen therapy?

Hyperbaric oxygen therapy involves breathing pure oxygen in a pressurized environment. This therapy is indicated for certain non-healing wounds, such as a diabetic foot ulcer, radiation injury, or osteomyelitis. This form of treatment is not appropriate for all patients - as with most medical treatments it truly depends on the patient's condition and needs.

Call 563-382-2911 to learn more about our new wound center!

Please check with your insurance company for coverage.



Welcome Bethany

Why is a hyperbaric oxygen chamber beneficial for wound care?

Your body's tissues need an adequate supply of oxygen to function normally, and to heal. When tissue is injured it needs even more oxygen. A hyperbaric oxygen chamber has been proven to enhance tissue oxygenation, stimulate growth factors, reduce inflammation, fight infection and ultimately promote healing.

What's your background?

I received my Bachelor of Science in Nursing, and Master of Science in Nursing - Family Nurse Practitioner from Allen College in Waterloo, IA. Since 2015, I have been providing wound care to patients at Buchanan County Health Center in Independence, IA. Prior to wound care I was a family practice provider at Waverly Health Center.

WMC Foundation 2022 Annual Fund

The 2022 WMC Foundation Annual Fund will support the purchase of a hyperbaric oxygen chamber for the new wound center at WMC.

What is a hyperbaric oxygen chamber?

A hyperbaric oxygen chamber is used to provide hyperbaric oxygen therapy for patients with non-healing wounds. The chamber will be a unique service we offer as part of our expanded Wound Center. Our goal is to ultimately have two chambers to provide this care. Each chamber's estimated cost is \$120,000-\$130,000. Your financial gift will help WMC purchase one chamber prior to the current purchase date of late 2023.



**JOIN OTHERS BY MAKING
YOUR GIFT ONLINE.**

SCAN ME

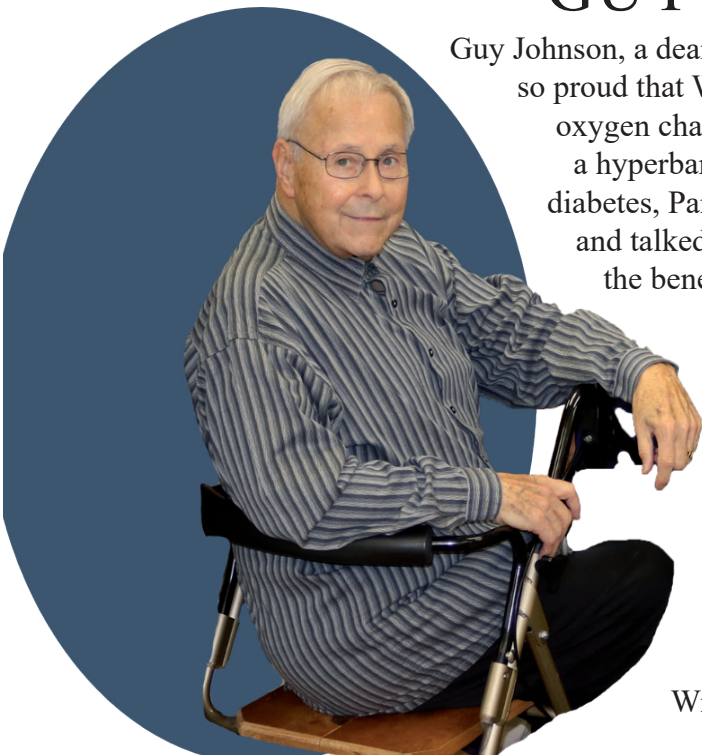


GUY'S DREAM

Guy Johnson, a dear friend of WMC and WMC Foundation, would be ecstatic and so proud that WMC is beginning a wound care center that offers a hyperbaric oxygen chamber. It was a goal, really a dream, of Guy's for WMC to have a hyperbaric oxygen chamber available locally to help treat the effects of diabetes, Parkinson's disease, cancer, or other conditions. Guy did research and talked with patients that had experience with the therapy so he knew the benefits and was a strong advocate for wound care with hyperbaric oxygen chamber therapy.

Guy passed away in 2019 and left WMC Foundation a legacy gift as part of his estate planning. The Guy Johnson Memorial Endowment has been established with the Community Foundation of Northeast Iowa. Once the endowment reaches \$1 million, WMC Foundation will utilize his gift for care initiatives, like the hyperbaric oxygen chamber, at Winneshiek Medical Center.

With your financial gift to the WMC Foundation annual fund, we can make Guy's dream come true.



Family MEDICINE:



Even as a young child, Eric Svestka noticed the “thing” his dad did for work was impactful to others. He recalls family outings where a member of the community would come up to thank his dad. Eric says, “I always knew Dad was a helper. People appreciated what he did and would stop us to share their gratitude for helping them through a challenging time.” Eric was a beneficiary of his dad’s help on more than one occasion growing up. He says, “I remember the time I flipped on my bike and broke my arm. I was in pain, and then Dad showed up. He crafted splints from old carpet pieces to stabilize my bones before heading to the hospital, but it was more his calm demeanor than his actions that comforted me.”

Although he considered other careers, Eric always returned to the idea of being a physician. He says, “I drew a picture of me dressed up in a doctor’s coat

Kent Svestka, M.D., Mayo Clinic Health System Emergency Medicine Physician at Winneshiek Medical Center, 1994-1997, 2005 - current with his son, Eric Svestka, M.D., Mayo Clinic Health System Family Medicine Physician at WMC, 2020 - current.



Anna (Locke) Mark knew early on that when her dad was working late, he was doing so to help people. Kevin Locke, M.D., has been a family medicine physician in Decorah since 1989. Her mother, Mini, is also a health care provider, and Anna grew up experiencing a family life centered on caring for others, around-the-clock.

“When Anna was in grade school,” Kevin says, “I remember coming home late again and the kids asking why. I explained that some health issues are difficult situations and it can be hard to decide the right thing to do. Anna said, ‘But Dad, your job is easy. If someone has a headache, give them a headache pill, if they have a stomachache, give them a stomachache pill.’ To her, at that time in her life, solutions were simple and my job was solely to help people feel better.”

Kevin Locke, M.D., Mayo Clinic Health System Family Medicine Physician at Winneshiek Medical Center, 1989 – current (retiring December 2022) with his daughter Anna Mark, M.D., Mayo Clinic Health System Family Medicine Physician at Winneshiek Medical Center, 2021 - current.

HEALTH CARE THROUGH THE GENERATIONS

in Kindergarten – spiky blond hair and all! Being a physician has always been the plan at some level!”

Kent says, “Eric really honed in his plan to become a physician later in high school and into college. He had the mental aptitude to complete the schooling followed by the desire to achieve it. I felt very proud for choosing the medical career, understanding his commitment and compassion toward others.”

Eric did not immediately identify his path within the medical field. He says, “At medical school we were encouraged to specialize. However, I grew up with and was surrounded by the idea that a person’s doctor was their go-to for everything. When exploring specialties, I found I missed treating the ‘whole’ person and found myself gravitating toward family medicine.” Kent adds, “I encouraged him to find a specialty that appealed to him, and to settle in a place that would make his family happy.”

Following residency, Eric practiced in Florida for six years before life brought him back to Decorah.

He says, “I was working in a private practice in Florida and developed interest in improving the systems in which medical care is delivered. Mayo Clinic Health System as a whole aligned with my values and evolving interests. About this same time, an opportunity opened in Decorah and the rest fell into place.”

In 2020, Eric and his family returned to their hometown. He says, “It’s wonderful to raise my family here – in the community Megan and I grew up in.” Joining the same medical practice as his father was an added benefit. Eric adds, “Patients see my dad in the Emergency Department, then care transfers to me for follow up or hospital care. Some patients joke they ‘get both Svestkas’ for care! I like having Dad here, and the other physicians he has practiced with for years. I feel that having a multi-generational practice brings depth and understanding to the practice as a whole. We learn from each other.”

Anna’s plan to enter into the medical field evolved over time. She says, “Initially, I did not want to go into medicine because of the demanding nature I had seen from the profession as a kid. Over time though, my views changed. I realized being a doctor meant I would be able to continuously learn, use critical thinking skills/decision making, and also help people through a respected profession.”

Kevin recalls the night Anna made the announcement to her parents. “February of her freshman year at college, it started as a routine phone call. Then quietly came the confession... in spite of ignoring and redirecting her feelings, she couldn’t deny it anymore and was going to be a doctor.” He adds, “After the initial shock, we were proud and joyful. My wife and I feel it is a great way to serve our fellow man, and now Anna shares in that.”

Anna graduated from University of Northern Iowa in Cedar Falls, IA with a Bachelor of Arts degree in Biology, and received her Doctor of Medicine degree from University of Iowa Carver College of Medicine in Iowa City, IA. She completed her family medicine residency at Genesis Quad Cities Family

Medicine in Davenport, IA. As she completed her medical education, Anna and her husband, Alex, set their sights back on Decorah. She says, “We wanted to stay in Iowa and be close to family. I liked the idea of working with my dad because he has always been supportive and I fully believe having a multi-generation practice makes me a better physician. I think family medicine has changed over the years and we have a lot to learn from the generations before us.”

After 33 years in medicine, Kevin is retiring this December. The piece of advice he leaves for Anna is a 1927 quote he read many years ago from Dr. Francis Peabody: *For the secret of the care of the patient is in caring for the patient.* Kevin says, “Dr. Peabody’s quote has been a powerful and centering concept in my career, and what was true nearly 100 years ago still rings true today. Anna did several rotations with me in her education journey and I repeated and demonstrated this concept frequently. It’s the best advice I can give her, and after practicing with her this past year, it is apparent she is already there. Anna is deeply dedicated to her patients.”



WMC GOES TO COLLEGE

To meet the health care needs of college students in our region, Winneshiek Medical Center has on-campus clinics and on-site sports medicine services at Upper Iowa University in Fayette and Luther College in Decorah.

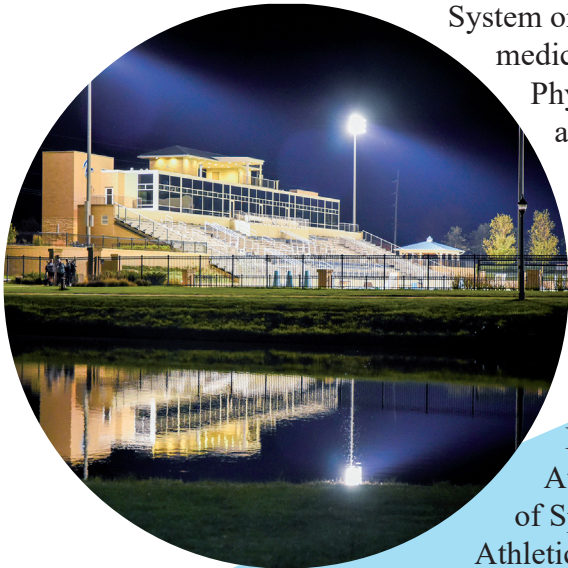
UIU Clinic opened in 2020 and Luther Clinic opened in 2021. Led by Mayo Clinic Health System family medicine physicians Scott Bohner, D.O. (UIU Clinic), and Sarah Wymer M.D. (Luther Clinic), our college clinics provide routine, preventive, acute and ongoing care on-campus to students. UIU and Luther clinics are open Monday-Friday and offer in-person and telehealth appointments to students.

WMC also provides sports medicine services to UIU and Luther athletes.

Emily Connor, M.D., Mayo Clinic Health System orthopedic and sports

medicine surgeon, serves as Team Physician for both the Peacock and Norse athletic programs. Physicians or advanced practice providers are present in the training rooms twice per week while athletics are in session, and are present at all UIU and Luther home football games.

At Luther College, WMC covers all athletic training services, led by Head Athletic Trainer David Kragness. He is a Certified and Licensed Athletic Trainer who holds specializations from the National Academy of Sports Medicine in Performance Enhancement and Corrective Exercise. Athletic Training services to Norse athletes are also provided by Certified and Licensed Athletic Trainers: McKinley Lillegraven, Maggie Vihovde, Amber Suckow, and Whitney Pavlat.



*Upper Iowa University
Harms-Eischeid Stadium*



Luther College Athletic Training

WMC Foundation Gifts

from March 12, 2022 - September 26, 2022

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Benefactor - \$5,000 & Above

Community Foundation
of Northeast Iowa

In Memory or In Honor

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Peoples State Bank.....	Hospice Contributions	Diane Knutson.....	Hospice Contributions - Allen Holkesvik
Phyllis J. Elsbernd.....	2022 Annual Fund - Ron Elsbernd	Dianne Ameling	Hospice Contributions - Dale Smith
Renee & Randy Olson.....	Hospice Contributions - Donald Olson	Donald & Carol Barloon	OB Projects - Iris Polashek
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Roger & Pat Huinker.....	2021 Annual Fund		Florence Lynch
	2022 Annual Fund	Dorene S. Peyton.....	Hospice Contributions - Kevin Fonley
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Samuel & Suzanne Schmitt.....	Hospice Contributions	Dorothy Sunday	Hospice Contributions - James O. Thompson
Sarah Andersen	2022 Annual Fund	Dwight & Melinda Seegmiller..	Hospice Contributions - Peggy Wright
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Ben Pfile.....	2021 Annual Fund	Irvin K. Fosaaen	Hospice Contributions
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.....	Hospice Contributions - Linda Root	Steven & Deborah Schmitt	Hospice Contributions
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		William Evans	Hospice Contributions - Dorothy Einspahr
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