To be of use in the world is the only way to be happy,” those are the words Loran Nordgren of rural Westby chooses to live by. It’s those words and hospice experiences shared with him by his good friends, Al and Kim Larson, that have led Nordgren to join the local fundraising effort for VMH’s Bland Bekkedal Center for Hospice Care.

Almost 10 months ago, Nordgren found himself agreeing to serve as a member of The Circle of Caring campaign committee, which is charged with soliciting donations of $1.3 million dollars to make the Center for Hospice Care a reality. Prior to that Steiner worked as a registered nurse for VMH and the Vernon County Health Department.

Nordgren has a strong track record of effective leadership and a reputation as a visionary and collaborator. VMH Board Chair, Ron Moilien said, “Garith’s vision has been responsible for Vernon’s growth and reputation as a sound and vital health care facility. During his tenure, Garith has led VMH to financial stability while maintaining high patient care standards. The positive economic and community impact of a successful rural health care organization is huge!”

The VMH Board of Directors voted unanimously at its June 4, 2012 meeting to name Kyle Bakkum the Chief Executive Officer to succeed Steiner. Moilien said, “As a result of Kyle’s positive contributions to VMH in his present capacity and an impressive interview meeting with the board, it’s obvious that Kyle possesses the talents and professional capabilities to lead VMH into the future.”

Bakkum, currently the Chief Operating Officer at VMH, has held that position since 2008. Prior to that he was Manager of Clinic Operations for seven years. Bakkum worked in Ma-

Contributed Photo

Hospice House Takes to the Skies

“Taking Flight for the Future”

“To be of use in the world is the only way to be happy,” those are the words Loran Nordgren of rural Westby chooses to live by. It’s those words and hospice experiences shared with him by his good friends, Al and Kim Larson, that have led Nordgren to join the local fundraising effort for VMH’s Bland Bekkedal Center for Hospice Care.

Almost 10 months ago, Nordgren found himself agreeing to serve as a member of The Circle of Caring campaign committee, which is charged with soliciting donations of $1.3 million dollars to make the Center for Hospice Care a reality. Nordgren eagerly expressed interest in “Flying for Hospice.” A pilot since 1980, he has made a name for himself with the local Amish community. “The Candy Man”, as Amish children refer to him, can often be seen flying his Air Cam twin engine plane over the homes and farms of Amish children and dropping bags of candy to them. “This,” he said, “helps to fulfill my penchant to fly at low altitudes and make kids happy at the same time”.

His unique plane, made from a kit, is actually designed for aerial photography. The plane, named “Lady Luck”, in honor of a WWII buddy, is #31 among the 200 kits that were sold and built. Nordgren has piloted magazine and newspaper photographers over the hills and valleys of the

Contributed Photo

VMH Spotlight On Health

We look forward to hearing your comments about the new Spotlight On Health format. Please send all comments to: pubrel@vmh.org
Or call: (608) 637-4219

1
**ADMINISTRATION**

**Chief Executive Officer**
Garith W. Steiner

**Chief Operating Officer**
Kyle Bakkum

**Chief Financial Officer**
Mary Koening

**FLIGHT, FROM P1**

Driftless region to allow them to capture photos for use in news and feature articles. Now, rather than accepting payment to cover the cost of fuel and his time, Nordgren is asking instead that passengers contribute to The Bland Beldorado Center for Hospice Care, a home that will provide end of life care for patients and families in a five county area.

Nordgren explained that Al and Kim Larson are firm believers in hospice after having gone through caring for a terminally ill brother and father within months of each other. Nordgren said, “Kim told me she didn’t know what she would have done without him.” He added that thanks to the hospice she didn’t know what she would have done without him. Nordgren continued, “I’m very proud of our excellent staff, superior technology and ability to provide cost effective, accessible health care.”

Bakkum, a Westby native, currently resides in rural Westby with his wife Laurie. Son Bryant is furthering his education at Luther Seminary in St. Paul, Minnesota. Daughter Amy attends college at the University of Minnesota.

**VMH Mail Call!**

We need to thank the many wonderful knowledgeable doctors, nurses and support staff at Vernon Memorial Healthcare and especially those in the Cardiac Rehab Center for their expert care of Paul through these many years.

In 1969 when Paul was 36, he had his first heart attack. I often accompanied him on his visits to see Dr. David Vig. On one of those visits I made a rather brazen request. I told Dr. David, “Paul and I are going to grow old together, now you know what your job is!”

Though through the years there have been many super specialists who have stepped up and taken over my request so that Paul and I could indeed grow older together. The people in Cardiac Rehab played a big part in his care in these later years. You must know there are no words that can express my gratitude or the gratitude of my family.

Son Matt was one year old at the time of Paul’s first heart attack. Son Du Wayne was eleven. We were a young family. We had been married only 14 years. Gratitude abounds at our homes!

Karen Lind
Du Wayne, Lori and family
Matt, Iva and family

**Send Us Your Story!**

Do you have a special story about a VMH experience or one of VMH’s staff? We’d like to hear from you!

Please email your story to: pubrel@vmh.org

You may also send your story via mail, please send to:

VMH Marketing
507 South Main
Viroqua, WI 54665

**FLIGHT, FROM P1**

Two of Loran Nordgren’s favorite things: the main house at his New Sundborn Ranch in Westby, WI and “Lady Luck” his Air-Cam Twin Engine plane.

**Contributed Photo**

**About Nordgren**

Loran Nordgren, the former owner of a Chicago advertising and marketing firm purchased land in rural Westby in 1976 during one of his business trips to La Crosse. He moved to Runge during his education at Luther Seminary in St. Paul, Minnesota. Daughter Amy attends college at the University of Minnesota.

The things he enjoys are flying, flying, flying! Sir Henry Hudson, a Dutch explorer and the first European to see the Hudson Bay, also enjoyed the skies, flying to explore and trade with the indigenous peoples of the region.

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How long does it take for a room full of women to raise $100,000.00? Apparently under four hours! That’s what the “200 Women Who Care” campaign proved back in April at Olde Towne Inn, Westby. Now almost two and a half months later, the 200 Women campaign is even closer to reaching its goal of $200,000.00 toward building The Bland Bekkedal Center for Hospice Care. To date, the 200 women campaign has raised over $150,000.00. The premise of the campaign is for 200 women to pledge $1,000.00 over a four year period, $250.00 per year. Another $50,000.00 in cash and/or pledges would bring the 200 women campaign to a close and bring the vision of The Center for Hospice Care even closer to groundbreaking. The Bland Bekkedal Center for Hospice Care will provide patients and families with an alternative for end of life care, a place with all of the comforts of home but all of the medical necessities that may be needed. It will be located at 705 Arena Drive in Viroqua. If you are interested in the 200 Women Who Care, please complete the pledge form at right. For more information contact Julie Steiner at 608-637-4219 or Donna Nelson 608-637-4362.

**Thank You “200 Women Who Care” Donors**

4 - Anonymous
Debra Abt
Jayne Anderson
Virginia Anderson Evans
Frances Bekkedal
Ann Berra
Judy Berra
Marie Berg
Susan Bland Anderson
Janice Blihove
Kris Brueggen
Carol Bryce
Pauline Buckland
Donna Buckmaster
Kari Buros
Marvalene Burt
Debra Clark
Madeline Clements
Jessie L. Cunningham
Lynn L. Cunningham
Linda DeGarmo
Paula Delap
Verna Drake
Jana Dregne
Kathleen Duda
Rose Eddy
Paula Ekern
Esther Erlandson
Rita Erlandson
Michelle Etten
Lori Forde
Betty Fredrickson
Sue Frydenlund
Ann Gilbertson
JoAnn Gonor
Paula Greiner
Jean Gronvold
Shirley Hague
Carol Hall
Christine Halmeimer
Kathy Hanson
Rachel Hanson
Terri Hanson
A. Marjorie Haugen
Lois Heck
Sue Hetman
Mary Henry
Louise Hill
Dorothy Hoffland
Jan Hoffland
Martha Hoffland
Rita Hoffmann
Judith Hosfien
Joanne Hornby
Vicky Inman
Karen Innis
Phyllis lverson
Beverly Jacobson
Sue Jacobson
Patricia Jaeger
Bernadette Johnson
Bertha Johnson
Janet Johnson
Patricia Johnson
Marla Jones
Pam Kalinsky
Rita Kirchoff
Elizabeth Kleba
Mary Koenig
Carol Kolodge
Victoria Koppa
Judy Koula
Ann Larsen
Evelyn Larson
Jan Larson
Julie & Katherine Larson
Angie Lawrence
Debbi Leis
Barbara Long
Catherine Lund
Karen Mack
Laura Malin
Barbara Martinez
Darleen Mason
Tammy Mastin
Faye McClurg
Ruth McClurg
Lori McIlhollon
Laura Meeks
Jenifer Mendola
Ruby Merry
Jane Meyer
Norma Jean Miller
Julie Mills
Margo Mills
Barbara Missa
LeAnne Missa
Patty Mollien
Cheryl Mossholder
Linda Murphy
Donna Nelson
Sandy Nelson
Sharon Nelson
Susan Nesbit
Chris Nordberg
Julie Neth
Alice Ann Olson
Ila Olson
Maridene Olson
Martha Olson
Pat Olson
Myrna Ostrem
Sue Otten
Charlene Pederson
Jana Pedretti
Donna Perkins
Carmen Peters
Edith Peterson
Mary Pat Peterson
Cheryl Proctor
Megan Role
Loretta Roed
Nora Roughen-Schmidt
Karen Rude
Amanda Running
Sarla Sappington
Catherine Schlicht
Lorraine Schroeder
Sherie Seidel
Linda Sherpe
Amy Simons
Ramona Skrede
Barb Solverson
Sharol Sonerson
Ann Starkson
Ellen Starkey
Janet Starr
Julie Steiner
Lisa Stenslien
Kris Strand
Joanne Swanson
Jodi Sweeney
Marlene Swiggum
Debbie Tewalt
Karen Traastad
Veronica Treasner
Kathryn Tubb
Elizabeth Veum
Pamela Viga
Kathi Volden
Vickie Volden
Susanna Walby
Trudy Wallin
Julie Welch
Barbara Wolfe
Rev. Julie Wollman

**200 Women Who Care” Pledge Form**

Donor Name: _______________________________
Address:____________________________________
Phone: __________________________ Email: ________
I would like to make a $1,000.00 gift to Vernon Memorial Healthcare Foundation’s Circle of Caring 200 Women Campaign.

This Gift is:  
___ A One Time Gift
___ A Pledge Payable Over:  ___ 2 Years ___ 4 Years

Please designate my gift:  ___ In Honor of OR ___ In Memory of

Method of Payment
Payments on my pledge will be made:

___ Please Bill Me  ___ Semi-Annually  ___Annually  ___Other
___ Check Enclosed Payable to: Vernon Memorial Healthcare Circle of Caring - 200 Women Campaign
___ Charge My Gift to my Credit Card ___MC ___V ___D

Acct:_________________________________________ CVV/CVC Code ________ExpDate___/___

Signature __________________________________________ Date__/___/

CLIP IT & SEND IT to VMH foundation: 507 S. Main St. Viroqua, WI

**Vernon County in Top Five**

**Vernon County Serious About Health & Wellness**

Vernon County ranks among the top five in the state of Wisconsin when it comes to the annual health rankings released this spring by the University of Wisconsin Population Health Institute and the Robert Wood Johnson Foundation. The annual checkup for communities assesses the overall health for each county, taking into account measures including premature death; the percentage of people who report being in fair or poor health; the number of days people report being in poor physical health and mental health; and the rate of low birth-weight infants.

The rankings also look at indicators of future health, including smoking, obesity, physical inactivity; clinical care such as the percentage of residents who get diabetic and mammography screening; social and economic factors and physical environment.

As Vernon Memorial Healthcare develops its community health needs assessment, the county health rankings offer a valuable starting point for conversations about community health. “VMH understands that health begins where people live, learn, work, and play,” explained Angie Dahl, Manager of Corporate and Community Health. “If we are serious about improving community health, then we need to be engaged in all these places in the communities we serve.”

Health is not just about delivery of accessible and high quality health care. It’s about understanding that socioeconomic factors such as income and education play significant roles as do nutrition, exercise and tobacco use. The County Health Rankings are an invaluable asset to those of us who are passionate about building healthier communities.”

VMH’s Value My Health worksite health promotion program combines wellness strategies with creative programming to promote wellness and prevent physical illness by focusing on physical, social, emotional, spiritual, occupational and intellectual health. Dahl added “Vernon county is fortunate to have local business and industry leaders who recognize that healthy individuals are happier and more productive employees. VMH health educators are available to develop personalized Value My Health programs to meet the needs of any worksite.”

“I encourage everyone to check out www.countyhealthrankings.org for tips on building a stronger community where you live,” Dahl said. The county health rankings have ranked the health of Wisconsin’s 72 counties every year since 2003.
While keeping calories low, Hungry Girl (Lisa Lillien) incorporates vegetables such as spinach and lean meats such as ground turkey instead of beef and uses reduced fat dairy products. She also reduces the traditional recipe for these foods and creates a healthier version. Hungry Girl reduces the calorie counts down and fiber can help to lose weight. Hungry Girl says that her secret is to "keep the calorie counts down and fiber high". She does this by modifying the traditional recipe for these foods and creating a healthier version. Hungry Girl reduces the carbohydrates and calories in her recipes by using low carbohydrate, high fiber grains, lean meats such as ground turkey instead of beef and by using reduced fat dairy products. She also incorporates vegetables such as spinach or cauliflower to beef up the serving size while keeping calories low.

Although most of Hungry Girl's techniques to improve the health of her recipes are great, the use of low carbohydrate, high fiber grains is not necessary to lose weight. For example, she uses FiberGourmet pasta in her recipes which has 40% fewer calories than regular pasta and contains 18 grams of fiber per serving. You can achieve the same result by watching your portion sizes and increasing the fiber in your diet by switching out refined grains for whole grains. Some healthier whole grains to include are whole wheat bread, whole wheat pasta, brown rice, oatmeal, quinoa, wheat berries and bulgur. Whole grains will also help to keep you feeling full longer, especially if eaten in combination with protein and vegetables.

At the end of this episode the Food Network offers some great tips for healthier cooking. For example, when using ground chicken or poultry to make burgers, you can peel a green apple and grate it into the meat to keep it moist and reduce the fat. When choosing ground chicken or poultry, be sure you are buying lean or breast meat only, otherwise the ground meat may contain skin and higher fat meat. You can also make your own homemade ranch dressing (see recipe above) to significantly reduce the fat and calories. If it is a creamy soup you desire, add some rice instead of cream and puree it to get the same texture.

*This homemade ranch dressing contains 20 calories per 2 tablespoon serving. Regular ranch dressing contains 140 calories per 2 tablespoon serving.*
YOUR HEALTH & WELLNESS AT VMH

Check www.vmh.org for a complete list of classes and health screenings offered by VMH Health Educators and Providers. Register online for your next BLS Recognition class or sign up your 11 year old for the next session of Safe Sitter!

Questions? Please call 637-4298 for more information.

BASIC LIFE SUPPORT FOR THE HEALTHCARE PROVIDER

This course provides content for credentialed healthcare providers, covering core material such as adult and pediatric CPR (including two-rescuer scenarios and use of the bag-valve mask), foreign-body airway obstruction, and automated external defibrillation.

The student text comes with a student CD that contains supplemental information on topics such as stroke, cardiac arrest, Combittube, and special resuscitation situations.

July 20
8 a.m. Recognition
12:30 p.m. Renewal
Fee: $40

HEARTSAVER CPR

The Heartsaver CPR course trains lay rescuers to recognize and treat life-threatening emergencies with adult, child, and infant victims. Includes sections on CPR and relief of choking in adults and children, as well as infant CPR and relief of choking. It supports the Heartsaver CPR course for responders who require a credential for completion.

Sept 7
8 a.m.
Fee: $40

HEARTSAVER FIRST AID

The Heartsaver First Aid course provides training in basic first-aid procedures—including the first-aid skills recommended by OSHA—in a format that can be delivered in a single day. It also offers elective modules in CPR, AED, and environmental emergencies.

The Heartsaver First Aid course is specially designed to train anyone who might be the first to respond in the workplace or community. The course can be tailored to address the needs of a specific workplace or group of employees.

July 18
7:30-9:30 a.m.
Total Cholesterol and glucose (non-fasting) Fee: $15
Lipid Panel
(12 hour fast required) Fee: $30

SAFE SITTER

As a babysitter you take on a very important role. Babysitting can, and should be fun. But accepting a babysitting job also means accepting the responsibility for a child’s life. There is no greater responsibility than that. We think it’s great that you want to be the best babysitter you can be—and Safe Sitter is here to help.

Students must be 11 years old by the date of the course to participate.

August 22
9:30 a.m. - 3 p.m.
Fee: $40

FREE CAR SEAT CHECKS AVAILABLE

If you would like to have your car seat checked at a time not listed below, please call to make an appointment with a VMH Child Passenger Safety Technician at: 637-4298.

July 9
August 6
September 10
October 1
11:00 a.m. - 1 p.m.
Village Market Parking Lot
Contact a VMH Health Educator for information on free car seats available for low income/WIC income eligible families.

Trainer’s Corner

Teaching you DIY fitness tips to keep you healthy!

FOLLOW THESE INSTRUCTIONS TO GET YOUR WORKOUT STARTED!

Upright Row - STEP 1
Stand with dumbbell in each hand
Upright Row - STEP 2
Bring dumbbells straight up to chest, with elbows no higher than shoulders.
Dumbbell Fly - STEP 1
Start with dumbbells over shoulders. Arms straight up.
Dumbbell Fly - STEP 2
Slowly descend dumbbells towards floor. Stop before reaching parallel to floor. Return to starting position by slowly lifting dumbbells. Maintain a 3-5 degree bend in elbows.
One Arm Dumbbell Row - STEP 1
Place left knee and hand on bench. Grasp dumbbell in right hand, right foot planted on ground. Keep abs and back tight.
One Arm Dumbbell Row - STEP 2
Drive right elbow while grasping dumbbell straight up toward ceiling. Do not rotate through spine.

It’s time to get acquainted with the VMH Wellness Center - Certified Personal Trainers. Check back to this area each Spotlight on Health to find exercise tips, new ways to tone up, and what we do to stay fit! Got questions? Let us know! We’re here to help you! Call the VMH Wellness Center to start your new workout routine today @ 637-4290!

CLIP IT & KEEP IT! ☑

Dumbbell Fly - STEP 1
Dumbbell Fly - STEP 2
One Arm Dumbbell Row - STEP 1
One Arm Dumbbell Row - STEP 2

Call the VMH Wellness Center at 637-4290 for more information about your workout today!
"Summer Health"

Dr. Deborah Prior, Hirsch Clinic - VMH

General Screening Guidelines for Women

1. Blood Pressure
Children under age 18 with health problems such as obesity, diabetes or kidney disease should have their blood pressure checked yearly.

Over age 18
Every 2 years if 120/80 or less
Every year if between 120/80 to 139/89
*See health care provider if over 140/90

2. Cervical Cancer Screening (PAP Smears)
Start at age 21 if you've had vaginal sex and have a cervix. The yearly interval does depend on risk factors and patient history.

3. Breast Cancer Screening (Mammograms)
Age 40 discuss with health care provider
Age 50 every 1 to 2 years
Age 75 discuss with health care provider

4. Colorectal Cancer Screening
Screening starts at age 50 (Earlier with a positive family history)
Rescreening intervals depend on findings and risk factors.

5. Cholesterol Testing
Testing should start at age 20 if you are at risk for heart disease.

Start at age 65 or earlier if increased risk factors (family history, smoking, poor calcium intake, premature menopause) are present.

7. Diabetes Screening
Start screening at any age if there are health problems such as obesity or high blood pressure or if there is a history of gestational diabetes.

8. Sexually Transmitted Disease (STD) Testing
All pregnant women should be tested for Chlamydia, Gonorrhea, Syphilis and Human Immunodeficiency Virus (HIV).

9. Vaccinations
Vaccinations should be reviewed yearly to make sure they are up to date.

Helping Hands at VMH

Hand Therapy Worked After Years of Pain

One of the first things discovered by Pestcoe was that one of Riley’s thumbs was severely out of alignment. This was corrected by having Riley wear splints at night to hold her thumbs and wrist in place. The next six to eight weeks involved therapy visits twice a week to help Riley strengthen her fingers and learn techniques to protect her joints. Riley was a good patient and followed the prescribed exercises at home. This involved what Riley called “dishwater therapy,” stretching and doing specialized exercises in warm water while doing her dishes. While watching television she squeezed a stress ball and strengthened the “backs of her hand and fingers” to correct alignment and muscle imbalance. Riley says it wasn’t long before she had increased mobility in her hands and the pain was gone.

Riley’s therapy sessions have ended, but she still does the exercises on her own. Her advice to others facing this situation is to seek medical intervention sooner and get a referral for help. “I’m out of therapy and still getting good results,” Riley said.

General Screening Guidelines for Men

1. Blood Pressure
Children under age 18 with health problems such as obesity, diabetes or kidney disease should have their blood pressure checked yearly.

Over age 18
Every 2 years if 120/80 or less
Every year if between 120/80 to 139/89
*See health care provider if over 140/90

2. Cholesterol Testing
Testing should start at age 20 if you are at risk for heart disease.

Rescreening intervals depend on risk factors and should be discussed with your health care provider.

3. Diabetes Screening
Start screening at any age if there are health problems such as obesity or high blood pressure or if there is a history of gestational diabetes.

4. Colorectal Cancer Screening
Screening starts at age 50 (Earlier with a positive family history)
Rescreening intervals depend on findings and risk factors.

5. Human Immunodeficiency Virus (HIV) Screening
Any male with increased risk should be tested.

6. Prostate Cancer Screening
Screening for prostate cancer has become more controversial as more evidence-based research becomes available. This should be discussed with your health care provider.

7. Vaccinations
Vaccinations should be reviewed yearly to make sure they are up to date.

Support Local Transplant Recipients
Check online for more details!
www.vmh.org
HARTER ESSAY CHOSEN FOR EMPLOYEE PRIDE PROGRAM

Kimberly Harter, VMH Laboratory, is VMH’s representative in the 2012 Employee Pride Program. The program is sponsored by the Wisconsin Hospital Association (WHA) to celebrate the pride that health care employees have in their work and the contributions they make to their patients, the community and their profession. Kyle Baldom, COO is pictured with Harter, as he presented her with her award.

Harter wrote that she has always enjoyed science and math, “Dissecting various things and learning about the body and how it worked intrigued me and led me to the medical laboratory. It is here that I am able to be part of the process in the diagnosis, treatment, and care of a patient. Performing lab analysis on various patient sample types and providing patient care is very rewarding experience. It is a career that I truly love.”

After 20 years of being involved with lab work, Harter is very happy to have come “full circle.” She says, “I am proud to be a part of this great [VMH] team.”

ANDERSON NAMED RURAL HEALTH AMBASSADOR

The Rural Wisconsin Health Cooperative has presented a 2012 Rural Health Ambassador Award to VMH Physical Therapist, Kathryn Sutton Anderson. The award recognizes health care employees who have gone above the call of duty in promoting their respective organization’s while making significant contributions to rural health. Mary Konig, VMH CFO (pictured left) presented the award to Sutton-Anderson on Wednesday, June 13, 2012.

Sutton-Anderson is the clinical education coordinator for physical therapy and physical therapy assistant students and is a past recipient of The Clinical Instructor of the Year Award from the Wisconsin Physical Therapy Association. She is an Orthopaedic Certified Specialist and has undergone additional training in vestibular therapy. Sutton-Anderson recently attained her certification in Pelvic Therapy, making her one of only 11 physical therapists in the state and the only physical therapist in southwest Wisconsin certified in pelvic rehab. This certification has made her more proficient in providing physical therapy treatment for men and women experiencing bladder and bowel dysfunction and pelvic pain. She has been a member of the VMH Physical Therapy staff for 16 years.

Sutton-Anderson is a member of the advisory committee for the UW-La Crosse Department of Physical Therapy. She has volunteered with Viroqua Area Schools as a parent’s group member, school music parents committee and Viroqua Athletic Booster Club. She has also been active with the Liberty Pole 4-H Club and St. Mary’s Catholic Church in Viroqua.

LOTTIG RECEIVES VMH GREAT AWARD

VMH staff who take their care and concern above and beyond the regular parameters of their duties are eligible to receive the GREAT Award. Cardiac Rehab staff member, Jonah Lottig was presented with a GREAT Award last month by CEO Garith Stein. Lottig, an exercise physiologist, was recognized for “going above and beyond” for helping a local dairy farm family with the milking while a family member underwent a complicated open heart surgery and heart transplant. Lottig, an experienced milker, became responsible for the evening and weekend milking schedule on top of his full time job at VMH.

One of Lottig’s co-workers explained, “The evening of the heart transplant surgery Jonah delayed a trip to visit his own family in order to drive a member of the local dairy farm family to Rochester, Minnesota for the transplant surgery. Jonah stayed up all night with the family, lending support and comfort while the surgery was taking place. He then slept for an hour before undertaking a three hour drive to his family’s home the next morning. He knows how precious family and friends are and would sacrifice just about anything to lend a helping hand.”

OLSON AWARDED CLINICAL INSTRUCTOR OF THE YEAR

WTC has named VMH Physical Therapist Assistant Sarah Olson its Clinical Instructor of the Year.

Olson, who has been a member of the physical therapy staff at VMH for 11 years, has worked with WTC students seeking their physical therapist assistant degree since 2004. She has mentored a total of nine students over the past 8 years.

Olson herself is a 2000 graduate of WTC’s Physical Therapist Assistant two year program. She attained her American Physical Therapy Association (APTA) clinical instructor credential in 2008 and has pursued continuing education in a number of specialty areas including leadership, musculoskeletal, and aquatic.

VMH serves as one of WTC’s top clinical instruction sites. This is the first time the Clinical Instructor of the Year Award has been presented.

HARTER RETIRES FROM VMH AFTER 42 YEARS OF SERVICE

VMH Food and Nutrition Services bid farewell to longtime staff member June Harter. Harter began her career at VMH on March 3rd, 1970. She was 19 years old at the time and had been babysitting and doing factory work until the hospital job opportunity became available. The kitchen at the hospital had just been remodeled a year before Harter became an employee. Back in those days Harter recalls preparing and serving food for up to 80 patients at a time.

Harter says that dietary staff delivering patients their meal trays was one of the best changes that ever happened in her department. She enjoyed that task and says she will really miss the patients and guests and their compliments on the food and dietary services provided by VMH. Harter will also miss her co-workers.

Retirement plans include taking a trip to Branson, Missouri; reading; sewing; doing crafts; gardening and starting a scrapbook for her 4-year-old grandson.