

THE BEAT

Quarterly Newsletter of  WINDOM AREA HEALTH



Four-time Cancer Survivor Reflects on Resilience

“The thing I always tell people is cancer is a silent disease,” said Carmel Benson of Windom, MN.

A four-time survivor of four different cancers, Benson knows a thing or two about resilience, being proactive, and living life to the fullest.

[CONTINUE TO PG. 2](#)

Pictured: (From Left) Carmel and her husband, Scott.
Photo Credit: Mitch Boeck Photography

NEWS & FEATURES:

Auxiliary Happenings—pg. 7

Dr. Hinshaw Celebrates
300th Surgery—pg. 8

Wound & Hyperbaric
Healing Center Earns
Additional Awards in 2023
—pg. 11

A Message from the CEO

Windom Area Health (WAH) ended fiscal year 2023 in a strong financial position. This is indicative of growth in current services and investments made in strategies that position WAH for future growth and sustainability. Investing in healthcare services benefits the community by improving access to quality care, enhancing public health, boosting workforce productivity, reducing economic burdens from illnesses, and ultimately fostering a healthier, more resilient community.



Shelby Medina, CEO

Over the past year we have invested back into the community by investing in a new Medical Building (MB). As we continue to focus our efforts on recruitment and employment of specialists the MB offers several advantages. It provides dedicated space for healthcare professionals to serve patients efficiently, centralizes medical services, enhances convenience for patients seeking various specialties under one roof and stimulates the local economy by creating job opportunities and supporting ancillary services.

WAH has also invested in the employment of physicians. Employing physicians can offer several advantages. It allows for better integration within

the healthcare system, fostering collaboration and coordinated care among different specialties. Employed physicians often align more closely with organizational goals, enhancing the quality of care and patient experience.

Investing in mental health services is crucial for several reasons. It ensures holistic healthcare, addressing not just physical but also mental well-being. Access to mental health services can significantly improve overall health outcomes, reducing the burden of untreated mental health conditions. It promotes early intervention, preventing more severe issues from arising.

WAH is, and always will be, committed to ensuring our patients and families continue to have access to quality care close to home. Thank you for supporting your local rural healthcare organization. Your support ensures access to vital healthcare resources, sustains essential medical services and facilities, and fosters a commitment to a healthier community overall. Your continued commitment and support aids in preserving and improving the well-being of residents, promotes health equity and access to care for all.

We have exciting times ahead! Thank you for making WAH your preferred provider of healthcare! Without "YOU" there would be no "US."

Navigate your MENTAL HEALTH this winter.



Darla Miles,
PMHNP-BC

Brianna Joel,
LGSW



Walk-In Clinic



Med Management



Psychiatric Evaluations



Clinical Consults

Self-Referrals Welcome!
Call 507-831-0670



PERSONAL TRAINING

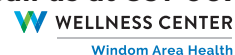


Lindsey Englar,
ACE-CPT



Mara Smith,
NASM-CPT

Call us at 831-0673!



Can Help With:

- Mobility
- Weight Loss
- Balance
- Weight Management
- Strength Training
- Active Aging

Four-time Cancer Survivor Reflects on Resilience CONTINUED

Annual Checkups Reveal Serious Diagnoses

In 2004, Carmel Benson visited Dr. Jeffrey Taber, Windom Family Medical Center, for her annual physical.

After sharing that she was having constipation issues, Benson was recommended a colonoscopy by Dr. Taber. Later that week, “One of his nurses called me at work to come talk to Dr. Taber,” explained Benson. Benson worked for Habilitative Services Incorporated for over thirty years as a Direct Support Professional. She and her husband raised their children in Windom, where she’s lived for 55 years.



Pictured: (Left to Right) Carmel with her husband, Scott.
Photo Credit: Mitch Boeck Photography

“Right there I knew it was something important and couldn’t wait,” Benson recalled. She was shocked to receive the emotional news that she had stage four colon cancer. Benson had no prior history of colon cancer. She and Dr. Taber quickly picked a surgeon, who soon completed a successful resection of the middle section of her colon.

Just one year later, Benson saw a dermatologist to remove an unwanted mole on her face. “It just didn’t heal,” said Benson. Dr. Taber took a sample of the unhealed area, and Benson soon learned she had basal cell carcinoma, a type of skin cancer that can grow deep into the skin if not treated. Dr. Taber recommended a dermatologist where she

underwent a procedure to successfully remove the cancerous spot.

To this day, Benson gets annual dermatological check-ups as well as colonoscopies every three years.

10 Years Later

Benson was grateful to have zero signs of either colon or skin cancer. Yet in 2015, she faced another surprising diagnosis: thyroid cancer.

Benson had been seeing a Urogynecologist. “He looked at me and said, ‘Has anyone ever said anything about your thyroid, in your neck?’ He said, ‘I only know because I had it. Go see an endocrinologist,’” recalled Benson. The specialist spotted a bulge in her neck, enough for him to be suspicious.

“They did a biopsy, it was cancer. So, we found a surgeon again, he removed my thyroid,” said Benson. The strangest part about this round of cancer was the treatment. Her regimen required radioactive iodine, which, though effective, required serious precautions. “It was kind of scary. I couldn’t share bathrooms with my husband. I couldn’t share a bed, silverware, nothing. The doctors couldn’t even touch the medication.”

Though the cancer was removed, many trips to providers, preventative checks, and medications were becoming Benson’s new normal.

-CONTINUED ON PAGE 4

HEART HEALTHY LUNCH & LEARN

Join us for a FREE presentation on heart health and how build a healthier sandwich!

February 29th | 12:00-1:00 p.m.
Cottonwood County Historical Society



ABBY KIPFER, RDN, LD
Registered Dietitian

ORVAR JONSSON, MD
Cardiologist



Call 507-831-0620 to register
Meal Guarantee Deadline is Feb. 22nd

W
WINDOM
AREA HEALTH

Four-time Cancer Survivor Reflects on Resilience CONTINUED

A Life-Altering Diagnosis

In late 2016, Benson was getting ready for a typical Saturday morning at work. Her throat was so swollen, “I thought I had tonsillitis or something,” recalled Benson. But she knew something was off. She and her husband, Scott, dropped everything and went to the Emergency Room at Windom Area Health.

After Benson had bloodwork done and explained her symptoms to the ER doctor, he asked if he could contact her oncologist noted in her chart. After that call, Benson was rushed by ambulance to Sioux Falls.

She was admitted to the ER, “When I got to the hospital, my blood pressure was very, very low. Then, I spiked a high fever.” By then, some of Benson’s family members were at the hospital while she was being stabilized. She thought she was fine and told her family to go eat supper. The nurse came in to ask her family to return immediately. “They didn’t even know if I’d make it,” Benson recalled.

She had acute myeloid leukemia, a type of rare cancer that starts in the blood-forming cells of the bone marrow.

A Long Treatment Journey

After a painful bone marrow biopsy to identify the cancer, Benson was assigned a hematology oncologist.

“I got put in the special wing for immunocompromised patients,” said Benson. She was there between 7-8 weeks and was eventually explained her options for chemotherapy.

Grappling with a third cancer diagnosis, Benson considered this round the ultimate “third strike.” Chemotherapy felt pointless.

“I thought, I have grandkids to get married, a granddaughter still to graduate. I want to have great grandkids,” she said. “I’m a fighter, and here I am.”

Benson started a week of chemotherapy, followed by an intense regimen. She would return to Windom



Pictured: Carmel with her family. (Left to Right) Tonja Krueger, Karma Krueger, David Krueger, Scott Benson, Carmel Benson, Spencer Fritz, Sierra Fritz, Trisha Krueger, Kutler Krueger, and Skylar Krueger. Photo Credit: Mitch Boeck Photography

for 30 days, then back in isolated, hospitalized treatment for 30 days. She completed this process three times.

“Most of the holidays were spent in a conference room at the hospital,” she recalled.

At home, she couldn’t have houseplants, animals, processed foods, or any immune-compromising interactions. During her in-hospital treatments, she had long days of bloodwork and infusions.

“The biggest thing was that I had an amazing doctor,” Benson said. She was recommended to consider a bone marrow transplant, which required even more testing to identify a match.

An Unexplainable Healing

Benson and her care team found a bone marrow donor and were ready to start the transplant. During a pre-bone marrow biopsy—which was both routine and required for the transplant—Benson got unbelievable news.

“The leukemia was gone,” Benson said. “Even the doctor said, ‘I don’t know what happened. There is no medical reason.’”

Her cancer had unexplainably disappeared, and has been gone ever since.

Unexpected Bravery: Asking For Help

Benson recalled a surprising part of her treatment journey: asking for help.

Between her treatment, traveling, diet modifications, and eventually having to quit her job, financial obligations began to strain her family. Her husband had to switch to a lower-paying position to accommodate the demand of her treatments.



Pictured: Carmel and Scott thanking all who have helped them and their family through the journey!

During her hospitalizations, she received financial assistance through the Leukemia Lymphoma Society for leukemia-related treatments. For both her skin cancer and leukemia battles, she received assistance through the Women's Health Fund of the Windom Area Health Foundation.

"I first heard of it through the newspaper and the Tammy Hall walk," Benson said, explaining her connection to the Women's Health Fund. The Fund provides financial assistance to local women undergoing cancer treatments. Common forms of assistance include funds to cover utility bills, mortgage payments, medical bills, and gas or grocery gift cards.

"To ask for help is kind of belittling. It's hard to say, 'Hey, I need help.' You think, 'Are there people worse off than me?'" Benson shared that the flexible assistance helped her pay for her insurance deductibles.

Overwhelming support came in other places: her church supported her every week in the hospital, her husband shaved his head in solidarity, friends hosted benefits, and others accommodated Benson when she was especially immune-compromised.

Life After Cancer

To Benson, it's not a matter of "if" but "when" she'll have another cancer diagnosis. But it doesn't bother her. "I don't sit and stress about cancer, where it will be," she said. Benson believes being proactive in annual screenings make a life-or-death difference.

Since she's been cancer-free, Benson and her husband have traveled, cheered on hockey games, became foster parents, watched their grandchildren get married, and celebrated the milestones of their grandchildren and great-grandchildren.

"There is life after cancer," Benson reflected. "We've learned to enjoy life more. You don't know what's going to happen tomorrow, so live your life the best you can."

For more information on the Women's Health Fund, contact Katie Greener, Director of Foundation & Auxiliary, to learn more about the confidential application process.



Foot Care Clinic

Our feet are vital to mobility. Caring for your feet greatly reduces chances of developing common foot problems.

Treatments include but are not limited to:

- Diabetic Foot Care
- Cracked Heels
- Ingrown Toenails
- Toenail Clipping
- Thickened Toenails
- Hard Skin Removal
- Corn Treatment
- Callous Treatment

To schedule an appointment call 507-831-2400 today!



Six Years of the Giving Tree

The Giving Tree project continues to grow and thrive! The project was founded in 2018 through Windom Area Health's (WAH) Employee Focus Committee to provide assistance to children and families in need during the holiday season. "Giving back to the communities we serve is so important and it is a privilege to spread joy to so many families and children in our area. Seeing the growth each year shows how wonderful this program really is. We wouldn't be able to do this program without the support our Windom Area Health employees and community partners," states Heather Hummel, WAH Executive Assistant and Co-Chair of the Giving Tree Committee.

WAH employees work with school counselors in Cottonwood and Jackson counties to identify children in need and collect wish lists from their parents/guardians. WAH employees, departments and local community partners sponsor a child, or children, with a recommended gift amount of \$50 each.

Part of our core values at Windom Area Health are Teamwork, Stewardship and Excellence. Through the Giving Tree project, we see these values prevalent in our community. It is our hope that the children and families sponsored in this event enjoy it as much as we do. We would like to thank everyone involved for their participation and support of children and families in our communities.

For more information on the Giving Tree, contact Heather Hummel at 507-831-0609 or Heather.Hummel@windomareahealth.org.

THE GIVING TREE IS GROWING!



Year	# of Kids	# of Gifts
2018	59	158
2019	71	226
2020	126	360
2021	143	463
2022	169	569
2023	180	609



Thank You To Our Community Partners:

EMS	Hair Hut
Windom Fire Dept.	Cottonwood County Sheriff's Dept.
City of Windom	Windom Family Medical Center
Medina's Martial Arts	Windom Kiwanis
Windom Police	BMD Consulting
Wellness & Vitality	Trinity Lutheran Church of Mt. Lake
Chiropractic	Windom Area School District Staff
Sanford Clinics of Windom & Mt. Lake	
Windom Middle School Senate	

NOW OFFERING ONSITE

HEART & VASCULAR SCREENINGS

Every 2nd and 4th Thursday of the month!

Screenings recommended for ages 40+ or family history of heart or vascular disease.

\$50 for one, \$75 for both!

For more information or to make an appointment, call 507-831-0670.



Direct Access Laboratory Testing



Convenient and Confidential Testing to Monitor Your Health

Direct Access is pay-for-service and offers tests such as Glucose, Cholesterol, Men and Women's Health Panels, *and much more!*

Appointments preferred, walk-ins welcome. Call 507-831-2400 for questions or appointments!



Auxiliary Happenings

*By: Mary Klosterbuer,
Windom Area Hospital Auxiliary President*

Quick Notes

- Quilt raffle winner was Rozanne Gronseth. The Auxiliary donated \$1,305.15 to the hospital towards buying a Vital Signs Monitor from this fundraiser. Thank you to the Cotton Quilters Quilt Club for donating the quilt.
- The Halloween Bake Sale generated a donation of \$1,441.25 to the hospital towards the Vital Signs Monitor.
- Pecan sales generated a \$1,600 donation to the hospital towards buying a second Vital Signs Monitor to be used in patient rooms. Thank you to Marlene Smith for coordinating this project.
- Members decorated nine different trees at the hospital for December.
- We provided big red stockings to newborns born in December.
- Katie Greener is the new Director of Foundation & Auxiliary at Windom Area Health.

Valentine's Day Balloon and Bake Sale

Date: Wednesday, February 14

Time: 7:30 a.m. – 1:00 p.m.

Where: Main Lobby of Windom Area Health
The profit from this bake sale will go towards purchasing a second Vital Signs Monitor.

Help Needed

Do you like to help others? Do you like to walk? Do you want to drive a mini golf cart? Do you like people? Do you like to volunteer? Do you want to be part of a positive organization? If you answered yes to just one of those questions...consider being a Volunteer Guide at the hospital.



One of the ways that Auxiliary members serve the hospital is by walking/escorting, and soon to be driving, patients of the Specialty Clinics to different areas of the hospital. We used to cover about three mornings a week, but because of the construction project, the need has increased to cover five days a week. Both morning and afternoon shifts are available. We sincerely need more volunteers. This invitation is open to both women and men.

The hospital's Director of Foundation & Auxiliary creates a schedule each month of what days guides are needed. You volunteer on the days that fit your schedule. Contact Katie Greener at 507-831-0633 for more information about becoming a Volunteer Guide.

Join the Auxiliary!

- The Auxiliary is a great organization to join if you want to meet new people and become involved in the community.
- Meetings are on the second Monday of the month at 6:00 p.m. in the Large Conference Room at Windom Area Health.
- Call Mary Klosterbuer at 507-831-3142 for more information about joining.



Like us on Facebook

Windom Area Hospital Auxiliary!!!

How are we DOING?

**Leave a Facebook
or Google Review!**



We want to hear from our patients and community.

Please go to the Windom Area Health Facebook Page and Google Business Listing to leave a Recommendation or Review.

If you would prefer not to post a public review, but still would like our staff and hospital to hear about your experiences, please e-mail contactus@windomareahealth.org.

Dr. Hinshaw Celebrates 300th Surgery

Windom Area Health recognizes a remarkable milestone for new OB/GYN surgeon, Dr. James Hinshaw. He performed his 300th robotic-assisted surgery on November 20, 2023. The accomplishment was marked with a celebration from the Surgery Department.



Pictured: (Left to Right) Brittany Schichtl, Surgery Supervisor, Dr. Hinshaw, OB/GYN, and Brittany Simon, Surgical Tech, with a special cake to celebrate the occasion.

Dr. Hinshaw, an expert in minimally invasive, gynecologic robotic-assisted surgery, moved from Montana to join Windom Area Health in May 2023. His presence helped launch the start of Windom Area Health's state-of-the-art robotic-assisted surgery platform. "I have found the staff to be universally polite, professional, cordial, and enthusiastic about learning new things and continually improving," says Hinshaw. "There is a very team oriented vibe throughout the building—everyone pulling together.

Following the delivery of the da Vinci Xi system and many days of preparation, the Surgery Department completed its first robotic-assisted surgery on August 31. The team has already completed 11 surgeries and most recently, a successful gynecologic surgery marking Hinshaw's 300th robotic-assisted procedure.

"We just really appreciate working with Dr. Hinshaw!" says Brittany Schichtl, Surgery Supervisor. "He has been great and so patient with us learning and perfecting this new and exciting task!"

Dr. Hinshaw began his career in 1984 with his residency at the University of Kansas (Wichita). He conducted his first robotic-assisted surgery in August of 2013, at Las Palmas Medical Center in El Paso, Texas. Considered the leader in the field, the da Vinci system uses highly precise maneuvers on wristed instruments—all controlled by the surgeon—to complete life-changing surgeries with quicker recovery times and less postoperative pain than traditional surgeries. Windom Area Health's da Vinci Xi system is one out of 90 systems across Minnesota and 8,000 worldwide.

"The surgeon performs the surgery. The equipment is docked to the robotic arms, and you are able to control both left and right hands instead of verbally asking an assistant, who is holding a camera, to do what your other arm wants," Hinshaw explains. The surgeon, with OR personnel present, is able to access both left and right arms and a camera all independently.

Adding robotic assistance to minimally invasive surgical options at Windom Area Health not only provides patients with the potential for better post-surgical outcomes, but also attracts talented surgeons. "The development of the da Vinci Xi and its ability to reorient to different quadrants in the abdomen and even integrate with table movement has generated a lot of interest by General Surgeons," says Hinshaw. Windom Area Health has signed on two new seasoned General Surgeons since Dr. Hinshaw's arrival.

"I think the platform will make it easier to recruit young General Surgeons, as they are the third wave to embrace the system and will increasingly be looking for access," Hinshaw explains.

Last year alone, worldwide da Vinci systems completed over one million procedures, the highest number in a single year. This year will mark 12 million procedures globally since 2000, when the first da Vinci system came out.

To schedule an appointment with Dr. Hinshaw, call 507-831-3345. Self-referrals are welcome!

Welcome to a New Director!



Katie Greener
Director of Foundation
& Auxiliary

I'm honored to be part of Windom Area Health as the Director of Foundation & Auxiliary! I recently worked

at Windom Area Health in Marketing, and have a background in nonprofit administration and professional writing. I hold a Bachelor's in English, which is the basis for my love of communication. Various roles in nonprofit spaces and grant writing have solidified in me a passion for connectedness—to people, to places, and to causes we care about. Originally from the Twin Cities suburbs, I've lived in Windom with my husband for almost five years. We celebrated the birth of our son on Labor Day this year, and together love hospitality and engaging in the community.

The Foundation and Auxiliary both share a concept dear to me: generosity. I believe giving of our financial resources and time have the capacity to deeply impact another. The Foundation has several funds that benefit students in our area, women undergoing cancer treatments, and essential equipment that helps our medical providers deliver excellent care—to name a few. I'm looking forward to connecting with the generous donors who make these funds possible, and sharing the stories of those on the receiving end. It's no small thing to give and receive.

The Auxiliary is celebrating its 50th anniversary this year! That's thousands of hours of volunteer time and fundraisers supporting critical equipment purchases directly benefiting patients. I'm honored to complement this important group—they are the heart of the amazing experience patients have here at Windom Area Health.

Please reach out to me with any questions by calling 507-831-0633 or e-mailing Kathryn.Greener@windomareahealth.org.

Medical Building Project Gets Off the Ground in 2023

The Medical Building project began in October of 2023 and with wonderful weather and amazing work by Kraus Anderson, we were thrilled to see so much progress. Watch the Windom Area Health Facebook Page to keep up to date with the project for 2024 and beyond!



Pictured: 10/2023 Demolition of Old Clinic Space



Pictured: 10/2023 Digout of Hill for Parking Lot Expansion



Pictured: 12/2023 Start of South Stair Tower and Elevator Shaft



Pictured: 12/2023 North Stair Tower Completed



Pictured: 1/2024 View of Overall Progress So Far

Meet the Provider



AJ Yusuf, MD
Emergency Care



Windom Area Health is excited to welcome Dr. Yusuf back to our team! He will be providing Emergency Care services, as well as helping build other programs within the hospital.

What first sparked your interest in Emergency Care?

I have been interested in emergency care since medical school. I started ER coverage during residency and have been working in the ER in some capacity ever since.

What do you enjoy about providing services at Windom Area Health?

I have had a passion for rural health since day one and that is what drove me to Windom. I have been in this area since 2015.

Where did you receive your education?

I received my medical degree from the University of Nebraska Medical Center in Omaha, Nebraska and completed my family medicine residency at the University of Iowa Hospitals and Clinics. I am Board Certified with the American Board of Family Medicine.

What is your philosophy of care?

I believe in patient-centered care where the patient is given the opportunity to take control of their health and be involved in decision making.

What are you most looking forward to by being back at Windom Area Health?

Windom Area Health is a great organization to be a part of and I find myself aligned and believe in the mission, vision and culture. We have a wonderful group of people in this facility who work tirelessly in order to provide excellent care for the people of Windom and surrounding towns.

What do you do in your spare time?

I like outdoor activities and spending time with my family in my spare time.

Please join us in extending a warm welcome back to Dr. Yusuf!

Skin Care Screenings In Popular Demand

A free Skin Care Screening Clinic, hosted by Dr. Marc Fernandez, Specialty Clinics General Surgeon, was held on December 11, 2023. Due to an overwhelming response and community need, screenings were extended to two additional days! Eighty-three patients were seen, with thirteen follow-up visits on additional treatments.

When caught early, skin cancer is treatable and should be part of your yearly health screenings. Screenings include looking at all skin to check for signs of skin cancer and suggested treatment.

If you are interested in being screened for skin cancer by one of our general surgeons, clinical appointments can be made by calling Specialty Clinics at 507-831-2400. Self-referrals are welcome!

Dr. Marc Fernandez

Marc Fernandez, MD, FACS, is a seasoned General Surgeon with a passion for patients and surgical advancements. During his medical rotations at the University of South Florida in Tampa, he



discovered his love for surgery. Following his medical training, Dr. Fernandez moved to Inverness, FL with his wife, Heather, where he has dedicated 26 years to providing patient-centered healthcare. His experience includes serving for 10 years as Chief of Surgery and spearheading the implementation of a robotics program at two hospitals. His belief in innovative surgical techniques led Dr. Fernandez to Windom Area Health where he looks forward to using his expertise to develop our robotic-assisted surgery program and serving patients of all ages.

Wellness Center Updates



We hope that everyone had a great holiday season. Like everyone else, we have enjoyed watching the progress on the new addition, and we are excited to make the move into the new space. Overall, the Wellness Center has seen a nice increase in activity as our classes continue to grow and people move their workouts indoors.

A big thank you to all of our members and class participants! We appreciate your support and commitment through the construction of the new Medical Building. Thank you for your patience and understanding!

As we move into the new year, there are a few employee changes that will occur in our department. Makayla, from Storm Lake, IA, will take over leadership of the Wellness Center as the Community Health & Wellness Manager. She will handle Wellness Center operations, and Community Health programming. Makayla will also lead the Be Well Path events and CPR classes. Lindsey will move into a personal training role, and will focus on caring for our Bridge the Gap and personal training clients. She will also be teaching a class or two, so keep an eye on the Wellness Center Facebook Page for those additions to our schedule.

We look forward to all of the new changes both now and in the future as we work to better serve our community, clients, and members.

Call 507-831-0672 to learn more about the Wellness Center and classes offered!

Wound & Hyperbaric Healing Center Earns Additional Awards in 2023



The results are in, and our Wound & Hyperbaric Healing Center (WHHC) was announced as one of two centers in MN to achieve the Power of One award. The mission was to 'FIND. TREAT. HEAL.' with a new initiative, The Power of One: One patient. One healing journey. One life changed. The initiative emphasizes the significance of finding, treating, and healing one additional patient each week to positively impact the communities we serve.

"We have been working hard throughout the Fall to increase our provider visits and new patients in the clinic. Seventy-seven centers nationwide achieved the goal, so we are very excited to be among them!" shares Naomi Bach, WHHC Program Director.

"As we continue to grow, our mission resonates:

- Find: Finding patients who need our care and might not know we are here;
- Treat: Treating the patient with a specialized care plan; and
- Heal: Healing our patients with a goal of six weeks or less.

Our pledge is to make a lasting impact on one more patient's life each week, through unwavering dedication and exceptional care at our center."

The WHHC was also awarded its second GOAT (Greatest Of All Time) trophy by exceeding their new patient goal and provider visits. They are honored to receive these additional awards for 2023 and look forward to serving their patients even better as they continue to grow.



Pictured: (Left to Right) Jessica Pankratz, RN, and Tosha Mattison, RN, holding the 2023 GOAT Awards.

For questions or to set up an appointment at the Wound Center, call 507-831-0686. Self-Referrals Welcome!

Check Out Our Star!

Windom Area Health recognizes employees through the Caught You Caring program for their superior care and above and beyond efforts.

Quarterly, a panel meets to determine which employee has stood out over the past three months. We want to celebrate Marsha Dick, Employee of the Quarter for the 3rd Quarter of 2023!



Marsha Dick Employee of the 3rd Quarter 2023

Marsha has been with Windom Area Health since 2013 and her commitment to culinary innovation is evident in her continuous exploration of new recipes

and creative ideas, ensuring that our menu remains diverse and enticing. Whether it be training a new employee, a cookout, holiday meal, or lending a helping hand; she generously shares her knowledge, skills, and time. Here are some of the many comments we have received lately:

"Marsha has been creative with new and different breakfast foods! They are delicious!"

"Over the past year, Marsha has evolved to be a leader in the kitchen. You can find her helping to train new staff, creating menu ideas, and filing extra shifts. You don't find her sitting idle because she is always finding ways to stay busy. You will never be disappointed when Marsha is cooking your food!"

Thank you for all you do, Marsha. We are lucky to have you as part of the WAH family!

To nominate a member of our team, go to windomareahealth.org/caught-you-caring

THANK YOU TO OUR GENEROUS COMMUNITY!



**28 Donations
84 Patients & families helped**

Thank you to those who donated on the Community Blood Bank (CBB) Bloodmobile on Tuesday, January 9th at WAH!

**MARK YOUR CALENDAR FOR THE
NEXT CBB DRIVE, APRIL 29TH.**



2024 New Year's Baby

Welcome the first newborn of 2024, baby Martina!

This sweet little one was born January 3rd at 7:16 p.m., weighing 7 lbs 10 oz. Congratulations to Encarnacion and Diego! Martina is also welcomed by older sister, Dominga (2). Baby Martina and her family received gifts and supplies valued around \$3,400 from over 50 local businesses and organizations.



Pictured: (Left to Right) Diego, Dominga, Encarnacion and Baby Martina ready to head home with their gifts and supplies.

Thank you to our community members and local businesses who helped welcome this bundle of joy: Cottonwood Farm Bureau, Cottonwood Veterinary Clinic, Miller Sellner, Round Lake Vineyards, Runnings, Mountain Lake Automotive & Powersports, Windom Area Kiwanis Club, Summit Carbon Solutions, Ameriprise Financial, Bank Midwest, Leading Edge Credit Union, Duffy's Bar & Grill, Jack Slades Steakhouse, Phat Pheasant Pub, Lewis Drug, Wellness & Vitality Chiropractic, Wolf Massage Therapy, A&W of Mt. Lake, Decades Boutique, Salon Oasis, Hair Hut, River's Edge Realty, Stacie Sanow of State Farm, Culligan, KDOM Radio, Enspered, First Floral & Shannon Lynn's Boutique, Five Star Realty, Higley Ford, Schwalbach Ace Hardware, AmericInn of Windom, Elite Mechanical Systems and Elite Appliance Plus, Evers Technology Solutions, Fortune Transportation, Holt's Cleaning Service Inc., Hometown Sanitation, Royal Glass, LLC., Schramel Law Office, EXIT Realty - Great Plains, Hy-Vee, Windom Quick Print, ExpressWay, Windom Towing Company, Brenda Muller, Danny Martinez - Barber, Windom Area Chamber of Commerce, and the Windom Area Health Foundation.

For more on the New Year's baby, read the article by the Cottonwood County Citizen or check out the January 5th spot on the KDOM Radio website!