



**VETERANS MEMORIAL HOSPITAL
& CLINICS**

*Spring
2024*

FOUNTAINS OF HEALTH

**Bandmates, Brothers
and Friends**

Return May 10

with Special Guest **The Toe Tappers**

For the second year, Bandmates, Brothers and Friends (BBF) will reunite in Waukon for another night of musical entertainment to benefit the Veterans Memorial Health

Care Foundation! This year will also celebrate the 50th anniversary of The Toe Tappers as part of the musical line-up, all held Friday evening, May 10, from 6:00-11:00 p.m.

The event will be held at the Allamakee Fairgrounds Pavilion this year to allow for more sitting room to enjoy the show and for dancing. Food options will also be available on-site for cash sale.

Bandmates ... Continued on Page 2



Pictured are some members of both bands, including, from left to right, Bill Withers Jr., Event Coordinator, with Bob Bechtel and Joel Anderson of BBF; Kevin Hanson and Craig Lensing of the Veterans Memorial Health Care Foundation; and Lyle Hanson and Joe Sweeney of The Toe Tappers.

Family Wellness Fair

WEDNESDAY, MAY 8

The "Spring into Family Wellness Fair" will again return in 2024, on Wednesday, May 8, from 3:30-6:00 p.m.! New this year, visitors are welcome to enter the fair at any of the following three entrances:

VMH Waukon Clinic, Gundersen Waukon Clinic or the main entrance to Veterans Memorial Hospital. All visitors will follow the route through over 40 fair exhibitors and



wellness testing stations, traveling through the hospital, VMH Clinic and Gundersen Clinic where you will walk through a giant colon!

Over 100 door prizes will be given away along with a goodie bag, healthy snacks, taste testing and the balloon artist will be returning! Enjoy a complete evening of



entertainment, demonstrations and education on area resources for the entire family on Wednesday, May 8!

From the Administrator...



Michael Coyle, CEO

At Veterans Memorial Hospital, we are committed to providing high-quality, patient-centered healthcare in a setting that is welcoming and filled with kindness. We value the way our care team connects with our patients, creating a strong bond that allows us to treat the whole person with compassion and exceptional care.

We believe each patient is unique and deserves personal attention. In every one of our departments, you will find a team of highly skilled and dedicated caregivers who specialize in your personal healthcare needs and can answer any questions that you have concerning your care. Our primary goal is to ensure we provide a healthcare experience that exceeds expectations.

Veterans Memorial Hospital continues to provide services that allow our patients and their families to stay close to home for their healthcare needs. In January, the Waukon Medical Clinic extended its hours to better serve the community. This change allows patients same-day access to outstanding healthcare at an affordable price. Also, VMH introduced a new primary care provider, Minji Na, who grew up in the area and is excited to be back in Northeast Iowa caring for patients. Minji is accepting new patients at both the Waukon and Postville Medical Clinics.

Moving into spring and summer, we will continue to explore opportunities to grow services and continue to find innovative ways to offer compassionate care for patients at every stage of life. As a community hospital, we feel a deep sense of pride and commitment toward all those who place their trust in our care.

Michael

Bandmates ... Continued from Page 1



Pictured on stage at last year's event are all 11 returning band members, including back row, left to right, Bill Withers Jr., Gary Hesla and John Withers; front row, Todd Pickett, Joel Anderson, Jamey Lideen, Jim Withers, Bob Bechtel, Dave Dougherty, Brad Prestemon and Keel Clemmens with the late Pat Dougherty's original band guitar front and center on the dance floor.



Pictured at right is a photo of the Toe Tappers who will be performing Friday, May 10, including Joe Sweeney, Dean Mielke, Sis Stemper and Lyle Hanson.



The Toe Tappers will take the stage first, at 6:00 p.m., followed by two different sets of the 11 musicians who are once again reuniting for the night, forming Bandmates, Brothers and Friends (BBF). These musicians come from the four past local bands including Rising Sun, Horizon, Jackson Junction and Deep River.

The Toe Tappers have been together for over 50 years, but due to COVID, they never had the opportunity to celebrate that milestone, but they will at this event. Last year marked 45 years since many of BBF's original band members had first played in a band together. The event was overwhelmingly successful, so a second event has been planned.

"Joe Sweeney was at our event last year, and we ended up talking in the parking lot after the benefit. That's where the idea of doing something together in 2024 was born. I'll never forget it," explains Bill Withers Jr., Event Coordinator. "There were many nights The Toe Tappers were playing in town at the same time our guys were playing somewhere else in town, and it never occurred to us to try something together...until now."

Many of the returning musicians are from Waukon, including brothers Bill Withers, Jim Withers and John Withers, along with Gary Hesla, Bob Bechtel, Dave Dougherty, Brad Prestemon, Todd Pickett and Joel Anderson. They will be joined by Keel Clemmens and Jamey Lideen, longtime band members over the years.

The Toe Tappers have had several members in the past 50+ years, with drummer Joe Sweeney always being that one concrete member. He will be joined that night by Lyle Hanson, who has been a member of the Toe Tappers since 1992, along with Dean Mielke and Sis Stemper.

All will enjoy waltzes, polkas, Schottisches and '40s music, as well as old and new country songs, thanks to The Toe Tappers. Songs from the '50s through the '90s, both country and rock will also be enjoyed, thanks to BBF as they reunite for this second year in a row.

"Over 50 years for The Toe Tappers, and over 45 years for a number of our BBF guys. What an honor to share the night with them," adds Bill. "I hope everyone comes out to celebrate a great cause!"



HOME CARE SERVICES

Vital to Community

Veterans Memorial Hospital Community and Home Care offers adults the assistance they need to remain living in their homes for as long as possible. Our registered nurses and trained home care aides travel the Allamakee County and surrounding area, offering nursing care and in-home assistance to people of all ages.

RN staff is on call 24 hours a day, 7 days a week. A registered nurse makes the initial assessment visit in the home and helps the family utilize all the resources available to them in the community. The home care aides provide personal care such as bathing, dressing, hair care and exercises to prevent falls.

Skilled nursing care is also available in conjunction with the Home Care Aide services. The nurse can assist clients with medications, wound care, catheter and colostomy care, oversee rehabilitation programs in the home, and provide education on various health concerns. Nurses also provide injections, perform blood draws and provide IV therapy at home.



Jim and Sallie Driscoll of rural Harpers Ferry with Kayla Ness, Home Care Aide, and Heidi Whalen, RN.

Jim Driscoll of rural Harpers Ferry has utilized community and home care for the last two months following his skilled care stay at Veterans Memorial Hospital. His wife, Sallie, had just started looking for nursing homes for him, thinking they would have to live apart after 66 years of marriage. But she learned of the Home Health option, which allows Jim to receive not only nursing and personal care from his Home Care RN and Home Care Aide but also in-home physical and occupational therapy.

"The nurse came to our home on that Sunday afternoon to admit Jim to home health care services, allowing us to stay in our home setting in the country. It is great for his attitude to be able to stay at home. They are so personable and caring. His occupational and physical therapists visit him, then leave exercises behind for him to work on and keep his circulation going and even doing rounds in the house to look for safety concerns to keep us both safe. We learn something from the staff each time they come here. All of his caregivers in the home health program have been outstanding. I encourage everyone to search out their options before going back home. The encouragement this program gives you keeps you going."



Randy Brainard of Luana with Lori Shogren, Home Care Aide, and Katie Rathbun, RN.

Randy Brainard of Luana has utilized home health for the last four years. He has nursing, home care aides, and physical and occupational therapies come to his home one to two times a week.

"Home care has made it possible to remain in my home for this long. They are family," explains Randy. "My nurses provide services such as dressing changes and communicate my concerns with my primary care provider at the clinic, Alex Berns, NP."

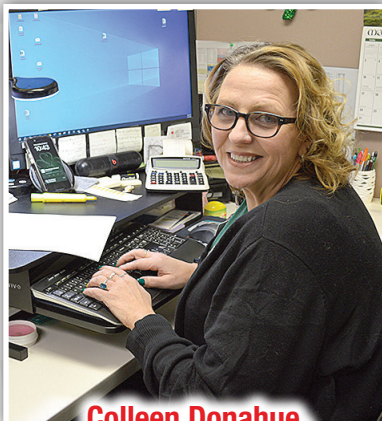
The hospital's therapy department has assisted Randy with getting stronger and helping to prevent falls and other injuries. All of these services come right to his home, so he does not have to travel to Waukon.

"I have utilized almost all departments at Veterans Memorial Hospital, including the clinic, emergency department, radiology, and laboratory, and have been satisfied with all of the care I have received."

Referrals can be made by family, physicians, neighbors, friends, and other health care facilities. Whenever being discharged home from a health care facility, the patient can request that VMH Community and Home Care provide their home health services!



Choose a Career in



**Colleen Donahue,
Financial Services**

"I was needing a change, so I chose to work at VMH because of the exceptional quality of care patients receive here. I choose to stay because of the positive work environment. It is one big happy family here!"



**Heidi Ryan,
X-Ray Technologist**

"I chose my career due to my interest in human anatomy and my desire to make a difference in the lives of patients. I chose to come to work at VMH to be close to home and provide care to a wonderful community while also cross-training into multiple imaging roles. I stay for the friendly atmosphere and flexible schedule!"



Heidi Whalen, RN, Home Care

"When I was a teen, I witnessed the care and support given to a family member. I knew I wanted to be able to provide the same kind of positive experience to others. When I moved back to Waukon to raise my family, I joined the surgery department and was excited to grow my skill set as an RN. I have recently transitioned to being a home care nurse. My supervisors in both departments have been caring and understanding of life outside of work. Our patients are able to see the care we provide. I appreciate them as much as they appreciate me."



Paige Gavin, Housekeeping

"I chose my career to stay active and help our community. We have great benefits and a very friendly environment. The amazing staff and my amazing group of housekeeping co-workers make the job so fun!"



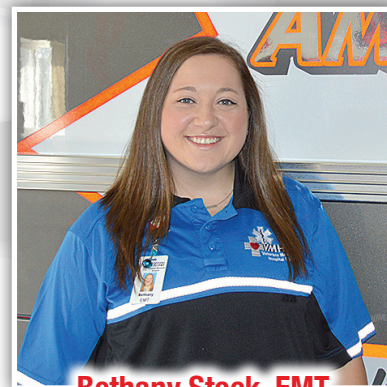
Hannah Hennessey, RN

"I chose to work in nursing to care for others. It is such a rewarding career caring for patients of all ages to be someone that patients and families can count on in all types of situations. I chose VMH so I could care for the community I am a part of. VMH gives amazing care to the community. I stay here for the great co-workers I get to work with. They are like family who stick together no matter what! I also feel it is important to keep this hospital alive to ensure the community has access to care whenever needed."



Brigid Whalen, RN

"I chose nursing because I enjoy caring for others and taking care of people of all ages and ethnicities. At VMH, we do just that! I chose VMH for the awesome family-like work atmosphere. I enjoy working close to home and taking care of the community I grew up in. I stay because of the awesome coworkers and teamwork of everyone here. Our patients are treated like we would treat our own families, not just as another number or dollar sign."



Bethany Stock, EMT

"I have worked in registration at VMH in both the ER and the main entrance, and both allowed me to witness firsthand the need for more EMS personnel in our local community. This led me to take the EMT course, and I have been helping the ambulance ever since! I chose VMH because of the compassionate employees. It truly feels like a family, all willing to step in and help. My EMT crew members do an amazing job of helping me learn and continue to grow. I also enjoy the flexible scheduling. I stay because it feels good to give back to the community that gave me so much growing up and to help keep our hospital services available for close access."

Health Care ... We Did!



**Sabrina Manning,
Housekeeping**

"I chose my career in housekeeping because I was looking for something that would bring a challenge every day, and every day is not the same. I chose VMH because it is walking distance from my house. I stay because everyone is so friendly and always has a smile on their face!"



**Jenna Collins,
Laboratory Technologist**

"I wanted to be in the medical field but was looking for something different than nursing. I enjoy being able to help people with their care from a more behind-the-scenes perspective. I have family members who work here and I thought it would be cool to work with them. I was able to do my clinicals here in college and from that time on, I knew I would be a good fit here. I stay for the location and great hours."



**Katelyn Ramstad,
Medical Records Coder**

"I wanted to be a part of the medical field, but I didn't feel nursing was a good fit for me, which led me to look at the health information technology program. I ended up enjoying it and sticking with it! I did my clinicals at VMH, so I had a feel for the environment, knowing everyone was so kind. So when the position opened up, I applied! I stay because my coworkers are great and the flexibility here is amazing. I also live in Waukon now, so working close to home is a plus."



**Celeste Marting, Health Unit
Coordinator (HUC)**

"I saw the open HUC position on the VMH website and had no idea what it was. I asked a couple friends that work here what the position entailed. I was intrigued with the thought of being a part of the nursing team, without having to be an actual nurse. (I have a soft spot for nurses, and all their hard work.) I was looking for a change in my work life and have a friend that likes working here, so after hearing about the benefits, I was very interested. My favorite thing about working at VMH is the family feel it has. I know when I go to work, I will see some friendly faces and have some laughs. I love my flexible schedule that I get to have here, especially with being a single mom. I am able to attend my kid's activities, and still work full time."



**Abigail Daniel,
Physical Therapist**

"I chose physical therapy because I am able to assist individuals get back to their full function and meaningful activities after surgeries or injuries. VMH is close to home and I enjoy getting to serve the community I grew up in. I work with a great Rehab department and look forward to seeing my coworkers every day."



Keisha Welsh, RN, Surgery

"I decided to pursue nursing because I love helping people, especially in our community. I chose VMH because it's close to home and I love the family-focused atmosphere. I chose to work in Surgery because I enjoy my co-workers, the hours are great, it's close to home, and on Fridays, we have potlucks!"



Choose a Career in Healthcare!!

To learn more about the many health care careers right here at Veterans Memorial Hospital, call us at 563-568-3411. Job shadows are available for all of our positions and allow you to learn more about the many rewarding careers available!

PREVENTING COLON CANCER

with *Colonoscopies* Now Recommended at Age 45!



Colon cancer can be easily prevented, yet it remains the second-leading cause of cancer deaths in the United States. Colon cancer screening tests identify suspicious or pre-cancerous polyps, which can be removed before they develop into a serious health problem.

According to the American Cancer Society, one in 24 Americans will be diagnosed with colorectal cancer in their lifetime. Unfortunately, only about one in three people in the U.S. age 45 and over gets the recommended screening.

Both men and women are at risk for colon cancer. Personal risk varies, so your local medical practitioner can help you make informed decisions about when to begin testing. The recommended age for having the first screening colonoscopy is now 45, instead of 50 as in previous years. According to the American Cancer Society, 13% of all diagnosed colon cancers are among people under the age of 50, representing a 9% increase in cases in this age group since 2020.

Colonoscopies, a very thorough colon cancer test, are performed routinely in the Veterans Memorial Hospital surgical suite and typically take just three hours from start to finish. The benefit of having a colonoscopy is that you can find colorectal cancer early, when it's still small. During a colonoscopy, polyps (questionable tissue growths) are removed before they have a chance to turn into cancer.

Preventing colon cancer altogether through testing is the ideal outcome, but early detection of the disease also yields important health benefits. Nationally, people whose colon cancers are found at an early stage through testing have five-year survival rates of 90%. However, only 37% of colon cancers are detected in the earliest stages. Of those whose cancers are found at a late stage, the five-year survival rate is less than 10%.



Surgery staff pictured with the camera tower utilized during colonoscopy procedures.

Factors Associated with Increased Risk for colon cancer include:

- ▶ Age - most diagnosed are 45 or older
- ▶ Race - African Americans are at greater risk
- ▶ Personal or family history of colon cancer
- ▶ Personal or family history of intestinal polyps
- ▶ Personal history of inflammatory bowel disease (ulcerative or Crohn's colitis)
- ▶ Certain genetic factors (familial adenomatous polyposis, Gardner's syndrome, hereditary nonpolyposis colorectal cancer, Ashkenazi Jewish descent)
- ▶ Smoking or use of other tobacco products
- ▶ Physical inactivity
- ▶ Diets high in red meat

If you have questions concerning your own health and risk of colon disease, please seek advice from your local family practice provider.

"This past year, I had an aunt and an uncle both pass away of colon cancer within two weeks of one another. I shared my concerns about my family history with my medical provider, Sue McMillan, and that I wanted an earlier screening, before the recommended age, and she was all for it. The whole process was so easy! I had called and made an appointment, but then had to reschedule and they were very good about that. Everything from Dr. Yee coming in to explain what was going to happen, to the most awesome nurses, Brooke Weighner, Andi Goltz and Laura Wiltgen, who took care of me - it was all way easier than I thought it would ever be! When I was doing the prep, I put lime juice on my tongue so I couldn't even taste it, so it was not nearly as bad as the stories I had heard. Everything checked out well, and I have a five-year recommendation until my next screening colonoscopy, unless anything changes. Everyone was so good to me. I can't imagine an easier process to prevent cancer. As a busy mom myself, I always tell others to be sure to take time out for yourself for your own health when it comes to having mammograms, yearly physicals and colonoscopies. Many other things might get pushed aside, but don't forget these important screenings."

Tracy Stewart, Waukon

Pictured at left is Tracy seated with RNs Andi Goltz, Laura Wiltgen and Brooke Weighner.





Cataract Surgery Remains Popular

Cataract surgery right here at home returned last year and remains popular. Dr. Robert Funk is the new surgeon providing this local service.

What is a Cataract? Cataracts cause cloudy, foggy or even fuzzy vision. Glares from lamps or the sun may make night driving more difficult and can cause double vision.

Dr. Funk consults with patients at the Gundersen Eye Clinic in Waukon about the cataract procedure being performed at Veterans Memorial Hospital surgery department.

"I'm pleased to provide comprehensive ophthalmology services in Waukon, including performing cataract surgery at Veterans Memorial Hospital," says Robert Funk, MD, Gundersen Health System Ophthalmologist. "We strive to provide specialty care close to home. I'll be seeing patients once a month at the Gundersen Waukon Eye Clinic."

Cataract surgery is an outpatient procedure, which means you get to go home the same day as your surgery. The surgery itself only takes about 30 minutes, but patients should plan to be at the hospital for about three hours for the entire process.



Dr. Robert Funk

For more information

about cataract surgery locally, please call Veterans Memorial Hospital at (563) 568-3411.

To make an appointment

to see Dr. Funk for an exam, please call the Gundersen Eye Clinic Waukon at (563) 568-3000.

Dr. Yee and surgery staff pictured utilizing the new surgical lights in the OR suite, purchased thanks to recent community donations.



NEW WEEKLY HOURS

at Veterans Memorial Hospital Medical Clinic, Waukon

MON: 7AM-7PM

TUE: 7:30AM-7PM

WED: 8AM-7PM

THU: 8AM-7PM

FRI: 8AM-5PM

Extended Hours at Waukon Clinic Only

TO MAKE AN APPOINTMENT

to see a provider at the Veterans Memorial Medical Clinic, please call

563-568-5530

WALK-INS WELCOME

for acute, non-emergent needs

Monday-Thursday 4:30-6:30PM

(no appointment needed)



Veterans Memorial Hospital & Clinics

40 1st. St. SE, Waukon • 563-568-3411

Postville Clinic

124 W. Greene St., Postville • 563-864-7221

Enhancing the lives of those we serve by providing an exceptional healthcare experience with compassion.

veteransmemorialhospital.com

Memorials

The following are memorial donations received by the Veterans Memorial Health Care Foundation from March 2023-February 2024. Memorial donations benefit and support the health care of citizens in this area and are appreciated by both the hospital and the foundation.

IMO = In Memory of
IHO = In Honor of

IMO Robert & Shirley Heimer

Joel & Mary Anderson

IMO Nan Grangaard

Bill & Linda Withers
Brian & Denise Wullner

IMO Judy Dee

Robert & Karen Fossum
Linda Siegrist
Brian & Denise Wullner

IMO Connie Mettill

Mark & Linda Evans
Pat & Tara Reisinger

IMO Wayne Martin

Audrey Angel
Mary Ann Hager

IMO Sharron Kubitz

Mary Ann Hager
Jim & Jill Kiesau, ATD Car Care
Donald & Connie Nagel

IMO Arthur "Art" Berns

Brad & Erin Berns
Anonymous Donor
Maury Mooney
Chuck & Lois Votsmier

IMO Julie Nordheim

Anonymous Donor
Robert & Karen Fossum
Don & DiAnne Haler
Marilyn Larson
Dave & Laurie Martin
Mary Jo Nordheim
Chuck & Lois Votsmier
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IMO Pat Dougherty

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Audrey Angel
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Sandy Hosch
Helen Johnson
Gordon & Darlene Kaeser
Jim & Jill Kiesau, ATD Car Care
Marlys Leiran
Craig & Barb Lensing
Mike & Sue McMillan
Maury Mooney
Dave & Gail Prestemon
Meg Schaller
Linda Siegrist
Marvin & Marjorie Strike
Margo Sweeney
Chuck & Lois Votsmier
Donna Wood
Kate Wooden
Brian & Denise Wullner

IMO Elaine Bodley

Mike & Sue McMillan

IMO Nancy Schorg

Jim & Jill Kiesau, ATD Car Care

IMO Jay Schon

Chuck & Lois Votsmier

IMO Jeremy Johnson

Don & DiAnne Haler
Chuck & Lois Votsmier

IMO Maggie Welch

Keith & Faye Beneke
Paul & Wendy Ebner
Robert Ellingson
Robert & Karen Fossum
Nancy Hartley
Marlys Leiran
Diane Regan
Tom & Karen Regan
Meg Schaller
Julie Showalter
Michelle Stegen
Alan Tweedy
Chuck & Lois Votsmier
Patrick Wagner

IMO Julie Ann Herman

Ron & Nancy Adam
Jim & Jill Kiesau, ATD Car Care
Pat Pettingill
Steve & Maureen Thode
Chuck & Lois Votsmier

IMO Bill Campbell

Ron & Nancy Adam
Frank & Patty Goltz
Mary Ann Hager
Gil & Sharon Hunstad
Gordon & Darlene Kaeser
Ardie Kuhse
Russ & Mary Jo Meyer
Pat Pettingill
Dave & Gail Prestemon
Ann Rademaker
Diane Regan
Meg Schaller
Linda Siegrist
Marvin & Marjorie Strike
Chuck & Lois Votsmier
Arlen & Karlene Wonderlich

IMO Carolyn Smith

Gail Burton
David Kneer
Jill Kneer
Ardie Kuhse
David Smith
Cleone & Kathy Snitker

IMO Kelly Staggemeyer

Dorothy Waters

IMO Floyd Mount

Frank & Patty Goltz
Chuck & Lois Votsmier

IMO Mark Benda

Russ & Mary Jo Meyer

IHO Rose Magner

Catherine Byrnes

IMO LaVonne Ewing

Pat & Ann Burckart
Marlys Leiran
Linda Siegrist
Chuck & Lois Votsmier

IMO Karen Keatley

Gladwin & Darlene Anderson
Marilyn Anderson
Larry & Sharon Snitker
Chuck & Lois Votsmier

IMO Jeff Kelly

Gladwin & Darlene Anderson
Maureen Garin
Robert & Karen Fossum
Chuck & Lois Votsmier

IMO Harold "Ike" Colsch

Diane Regan
Chuck & Lois Votsmier

IMO Mary E. Iseli

Maureen Garin
Jim & Jill Kiesau, ATD Car Care
Chuck & Lois Votsmier

IMO James "Jim" O'Neill

John Hausman
Sigurd & Barb Ness
Sue O'Neill
Diane Regan

IMO Larry Gavin

Maureen Gavin
Ernie & Donnalee Osland
Chuck & Lois Votsmier

IMO Susan Sneer

Dr. Bill Withers

IMO Bernard Kolsrud

Maureen Gavin

IMO Geneva Rice

Lori Bahr-Stevenson
Tom & Karen Regan

IMO Sharon Kubitz

Carl & Betty Christianson
Chuck & Lois Votsmier

IMO Gerry DeBuhr

Ron & Nancy Brandt
Carl & Betty Christianson
Sheila Clair
Bev Haas
Dr. David & Suzanne Hahn
Dave & Laurie Martin
Russ & Mary Jo Meyer
Pat Pettingill
Dave & Gail Prestemon
Harold & Connie Pronga
Bill & Beth Shafer
Linda Siegrist
Marvin & Marjorie Strike
Margo Sweeney
Chuck & Lois Votsmier
Dr. Bill Withers
Arlen & Karlene Wonderlich

IMO Gary Gress

Carl & Betty Christianson
Anonymous Donor
Pat & Deb McGeough
Marvin & Marjorie Strike
Chuck & Lois Votsmier

IMO Jim Halverson

Lollie Hirth
Dave & Laurie Martin

IMO Richard "Dick" Jensen

Dave & Laurie Martin
Chuck & Lois Votsmier

IMO Ricardo Church

Don & DiAnne Haler

IMO Judy Selberg

Don & DiAnne Haler

IMO Darryl Rud

Karen Ferring
Dr. David & Suzanne Hahn
Chuck & Lois Votsmier

IMO Charles "Chuck" Weipert

Connie White Delaney

IMO Gary Huinker

Dave & Sandy Lyons

IMO Nancy Wonderlich

Mary Ann Hager
Patsy Kerndt
Pat Pettingill
Frank & Carol Sivesind
Chuck & Lois Votsmier

IMO Willard E. Leiran

Marlys Leiran

IMO Charlotte Busness Jacobson

Roger & Karen Melcher

IMO Sue Perkins

Dr. Bill Withers

IMO Barbara Welgos

Roger & Karen Melcher

IMO Charlie Bresnahan

Karen Ferring
Jim & Gail Good
Marlys Leiran

IMO Elaine Knappe

Carl & Betty Christianson
Bev Krambeer
Ken & Gloria Krambeer
Dave & Laurie Martin
Carol Moe
Scott & Karen Ness
Chuck & Lois Votsmier
Donna Wood

IMO Dorothy Gelo

Bev Krambeer

IMO Dr. William P. Clair

Sheila Clair

IMO Lynn Bjerke

Randy & Karen Loeb

IMO Jean Ann Stuckman

Lori Bahr-Stevenson
Janelle & NaLia Benda
Dave & Gail Prestemon
Jim & Linda Ryan
Cletus & Sandi Sommer
Marvin & Marjorie Strike
Chuck & Lois Votsmier

IMO Kathleen "Kay" Houlihan

Chuck & Lois Votsmier

IMO Doris Walsh

Bill Walsh

IMO William "Bill" Walsh

Cindy Barness
Rick & Lisa Canedo
Steve & Jenny Clark
Thomas & Karla Garrett
Don & DiAnne Haler

Michael Mahoney

Linda Siegrist
Carol & Joyce Thornton
Chuck & Lois Votsmier
Ron & Kim Winters

IMO Rodney & Josephine Smith

Marsha Landsgard

IMO Marlene Habhab

Bev Haas
Musty Habhab
Patsy Kerndt
JoAnn Peake
Pat Pettingill
Chuck & Lois Votsmier

IMO Elsie Sanderson

Cindy Barness
Bev Haas
Jim & Jill Kiesau, ATD Car Care
Dave & Sandy Lyons
Chuck & Lois Votsmier

IMO Roger Pladsen

Mary Fink

IMO Edwin "Ed" Zoll

Carl & Betty Christianson

IMO Cecelia Kay Heffernan

Ernie & Donnalee Osland

IMO MacKay Mathis

Brad & Erin Berns
Maury Mooney
Arlen & Karlene Wonderlich

IMO Weston Dean Jones

Patrick & Kathy McMillan

IMO Janice Winter

Marilyn Jahnke
Dave & Laurie Martin
Tom & Deb McCabe
Chuck & Lois Votsmier

IMO Jim Nagel

Mary Fink
Mary Ann Hager
Marlys Leiran
Mary Nagel
Linda Siegrist

IMO Carma Harris

Linda Siegrist

IMO Debra "Debbie" Burke

John & Lorna Kerndt
Sigurd & Barb Ness
Sue & Rick Schutte

IMO Mike Snitker

Brad & Erin Berns
Gayle & Carol Decker
Tom & Cindy Duvel
Karen Ferring
Mary Fink
Bev Haas
Ted & Dianne Haas
Lollie Hirth
Gil & Sharon Hunstad
Helen Johnson
Marilyn Larson
Lyle & Cindy Leikvold
Dave & Laurie Martin
Sigurd & Barb Ness
Meg Schaller
Marvin & Marjorie Strike

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Brad & Erin Berns
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Danny & Sue Schlitter
Frank & Carol Sivesind
Betty Troendle
Chuck & Lois Votsmier

IMO Evelyn Beardmore

Patsy Kerndt

IMO Garry Barrett

Everett Harwood

IMO Ronald "Ronnie" Jahnke

Mary Ann Hager
Marilyn Jahnke
Dave & Laurie Martin
Ernie & Donnalee Osland
Meg Schaller
Chuck & Lois Votsmier
Les & JoAnn Winters

IMO Daryl Cooper

Lori Bahr-Stevenson
Mary Ann Hager
Gordon & Darlene Kaeser
Bev Krambeer
Dave & Laurie Martin
Patrick & Kathy McMillan
Ernie & Donnalee Osland
JoAnn Peake
Dave & Gail Prestemon
Joel & Teresa Sommer
Chuck & Lois Votsmier

IMO Jim Ward

Dave & Laurie Martin
Pat Pettingill

IHO Dennis & Judy Byrnes 60th Anniversary

Richard & Sue Schulte

IMO Rita Schulte

Richard & Sue Schulte

IMO Jerry Ewing

Pat Pettingill

IMO JoJo Carson

Dave & Laurie Martin

IMO Leslie "Les" Kerndt

Joan Bieber
Jane Dietrich
Patsy Kerndt
Marlys Leiran
Harold & Shirley Marti
Carol Paus
Pat Pettingill
John & Sheryl Prestemon
Linda Siegrist
Chuck & Lois Votsmier

IMO Janann Seabrooke

Wayne & Janet Kreitzer
Linda Siegrist
Kay Zimmerman

IMO Roland Sawyer

Linda Siegrist
Kay Zimmerman

IMO Duane Miller

Patsy Kerndt

IMO Grant Hagen

Robert & Karen Fossum

IMO Kathy Conway

Leo Conway

IMO Sue Bieber

Judy Ferguson
Lee & Fran Gruenhaupt
John Hausman
Marlys Leiran
Russ & Mary Jo Meyer
Donald & Connie Nagel
Pat Pettingill
John & Sheryl Prestemon
Chuck & Lois Votsmier
Arlen & Karlene Wonderlich
Kay Zimmerman

IMO Dawn Roney

John Hausman
Dave & Laurie Martin

IMO Harry Brickman

Dave & Laurie Martin

IMO Vicki Marie Gluck

Diane Regan

IMO Thomas "Tommy" Thomson

Ron & Nancy Adam
Mary Axmear
Don & Cathy Baxter
David & Rhonda Bahr
Gary & Mavis Berns Mathes
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Bigelow Families
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Family & Friends of Tommy Thomson
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Patsy Kerndt

Roger Kerndt

Jim & Jill Kiesau, ATD Car Care

Bev Krambeer

Carol Krumme

Joanne Larson

Lyle & Cindy Leikvold

Marlys Leiran

Randy & Karen Loeb

Daniel Lyons

Harold & Shirley Marti

Dave & Laurie Martin

Fred & Lisa Mathews

Rita Mathis

Patrick & Kathy McMillan

Russ & Mary Jo Meyer

James Moritz

Donald & Connie Nagel

Terry & Diane Oesterle

Ernie & Donnalee Osland

Lars & Jen Palmer

Nola Palmer

JoAnn Peake

Sandy Pladsen

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Carolyn Thomson

Kristine Tyree

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Waukon Feed Ranch

Waukon State Bank

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IMO Judy Byrnes

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Beth Baxter

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Nancy Hartley

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Dave & Laurie Martin

Roger & Karen Melcher

Maury Mooney

Ernie & Donnalee Osland

Diane Regan

Rick & Cindy Reinhardt

Meg Schaller

Gary & Janis Schulte

Richard & Sue Schulte

Diane Sweeney

Christopher & Annalie Thies

Chuck & Lois Votsmier

Waukon Feed Ranch

Arlen & Karlene Wonderlich

IMO Jerre Jean Henthorn

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IHO Katie Fahey

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IMO Jim J. Byrnes

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Ardie Kuhse

IMO Lowell Corlett

Jeff & Betty Heins

Jerry Hemesath & Eileen Courtney

Clint & Dacia Johnson

Ardie Kuhse

Sean & Sara Malone

Maureen Malone

Mary Beth & Kevin

Erin & Brendan & Families

Milena Shadle

IMO Dale Lonning

Allamakee County Sheriff

Michael & Tina Cooper

Osterholm Family

Greg & Ann Hagensick

Patsy Kerndt

Rev Lonning

Meg Schaller

Marvin & Marjorie Strike

IMO James J. Byrnes

Chuck & Lois Votsmier

IMO Matthew "Matt" Sweeney

The Matt Sweeney Memorial Ride

General Donations

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Kristin Blanchard
Ness's Breast Cancer Walk
Columbus Club
Don & Bonnie Cunningham
Ferring Construction
Craig & Annette Gallagher
Frank & Patty Goltz
Merrill Gruber Family
Jackie Halverson
Jeremy & Heather Hogan
Jean Huffey
Mark & Tammy Knudtson
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Ken & Jill Lampman
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Todd & Dawn Muhlbauer
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Ness Pumping Service
Scott & Karen Ness
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(The Standard)
Pat Pettingill
Postville Lions Club
Raymond & Julie Quandahl
Ransom Family
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Rick & Lori Rea
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Randall & Michelle Vine
Terry & Laurie Welch
Kevin & Teri Welsh
Sherry Westby
John & Elizabeth Wilhelm
Jim & Mary Winters
Dr. Bill Withers
Linda Withers
Jim & Jenifer Withers
Arlen & Karlene Wonderlich
Martha Yonamine

Infusion Services EXPAND

Our infusion services continue to grow, now treating more and more patients with rheumatoid arthritis, Chrones disease and most any type of autoimmune disease. We also help with chemotherapy symptom management, helping to keep patients feeling as good and as healthy as possible while they undergo their chemotherapy treatments at another facility.

We continue offering popular infusion services like IV antibiotic therapy, anti-inflammatory and steroid therapy, blood transfusions, iron therapy, hydration and electrolyte replacement, medication injections, port care and PICC line care, etc., all administered by skilled registered nurses.

Our Infusion Center follows all safety protocols, and staff are well educated, keeping you well informed, all in a safe, friendly environment. Our pharmacists ensure orders are dosed correctly and are appropriate for each individual patient. These infusions are then mixed under sterile conditions in our new state-of-the-art pharmacy, so the safest administration can occur.

Our goal is to save patients and their family members time and energy from driving out of town for these same services. Please **ASK** if your treatments can be provided right here at home!

"I was able to receive my shots locally to boost my white blood cells after my chemotherapy treatments for breast cancer. Not only was it very convenient to stay close to home for this, but the staff is so friendly and trusted, and genuinely concerned about your care. You just feel so comfortable when you are in your own hospital. I knew many of the staff personally. When I got so busy with all I had going on, they would even call me to remind me to come get the shot! I was fortunate because I was not real sick with my treatments, but they were so on top of things, making sure I was getting the services I needed. It was a very thoughtful thing to do, and I felt a very personal connection from the employees."

Katie Fahey, Waukon



Katie with Pat Daigle, Infusion RN.

"I have dealt with rheumatoid arthritis for over 20 years. In the early years, I could manage it with oral medications, and then in 2015, they started me on a biologic injection that I could give myself each week. But when I went on Medicare, the requirement changed to a monthly infusion to be sure you got your medication. In January 2023, I had my first infusion in La Crosse. From then on, I was able to switch to having them done here in town and it has been wonderful. My rheumatologist keeps a close tab on my blood, so when they reach out to me about needing a blood draw, it has been so nice to just go to the Waukon Lab and have it done instead of driving to La Crosse. I can always get right into the Lab, and they work back and forth so smoothly with my doctor. It has worked out so well.



Kevin with Karli Rains, Lab Assistant and Jenna Collins, Lab Tech.

with the staff and the other patients who are there."

Kevin Welsh, Waukon



Foundation RAISES FUNDS for ER Medication System



Lyvia Hosch with Brittney Snitker, Pharmacists at Veterans Memorial Hospital.

The funds raised at the Bandmates, Brothers and Friends and The Toe Tappers event will be utilized to purchase a Pyxis Medication Dispensing System for the ER at Veterans Memorial Hospital. This system makes medication delivery much more efficient for the nurse and safer for the patient. Medications will be more readily available in emergent cases. Pyxis ensures the correct medication is dispensed in the correct dose that was ordered by the provider, leaving little room for human error. The Pyxis also makes medication storage much more secure and streamlines inventory control and medication restocking duties for pharmacy staff.

Brittney Snitker, Pharmacist, states, "Our initial Pyxis machine in our med surg department is working wonderfully, so we are anxious to expand this to our ER as well. It will be a great benefit to our staff and our patients' safety, especially in emergent situations in the ER. We are so grateful to the Foundation for funding this project and helping to make it possible."

COME ENJOY THE MUSIC!

Bandmates, Brothers & Friends

with Special Guest **The Toe Tappers**

Fri., May 10 • 6-11 pm • Allamakee County Fairgrounds, Waukon

DONATIONS CAN BE MADE AT THE DOOR OR THROUGH THE HOSPITAL'S WEBSITE.

To donate online, go to www.veteransmemorialhospital.com and click on the Donate button at the top of the page. PayPal, debit, and credit cards are accepted.

Toe Tappers History

by Joe Sweeney

"I started playing with Luigi and the Troubadours in 1965, which included Luigi Meyer and Lloyd Weber. A few years later, Cora Ostrander (piano) and Lloyd Weber (saxophone) and I started the Toe Tappers. When we first started, we didn't know what to call ourselves. Cora explained that whenever she looked around, everyone was tapping their toes, so she suggested we should be called 'The Toe Tappers' and it stuck for all these years."

"A few years after forming our band, Cora Ostrander moved to La Crosse, so Howard Sorenson (guitar) from Waterville joined the band for 10 years. Gordy Tangen (guitar) was the next member to join, playing with us for 35 years. Then, in 1992, Lloyd Weber and his wife, Elaine, lost their lives in an airplane crash. Lyle Hanson also lost his brother, Carmen, who he had played with in the Carmen Hanson band for 35 years. So we asked Lyle to join us, playing his saxophone and guitar, and he is still with us today! Our newer members, Dean Mielke and Sis Stemper, will also be joining Lyle and me that night."

Joe Sweeney
at the start
of his band
career!



Bandmates, Brothers & Friends

"It's an honor to get back to Waukon, help raise money for a deserving cause, and get together with the band fellas again. Being able to share the night with the Toe Tappers is incredible. They have, I'm sure, entertained more folks than any other band in the tri-state area during their long run. Can't wait!"

Brad Prestemon

It was great to see the crowd having fun and not wanting to stop for the evening, keeping the party going! That was the first time the 11 of us had been back together for quite some time. Surprisingly, we really didn't need to shake off too much rust! I look forward to playing at this year's benefit event alongside The Toe Tappers at the Fairgrounds Pavilion. I always remembered them playing around the area and having a great following! I'd encourage everyone to come and plan on a great evening supporting the Veterans Memorial Healthcare Foundation. It's a great time for a great cause!

Gary Hesla

I hadn't seen in decades! I'm looking forward to the bigger venue and getting to share the bill with The Toe Tappers. What an honor! Great music, great food, great libations and the possibility of reconnecting with people you haven't seen in forever—what's not to love about that combination!

Jim Withers



Experience
HORIZON

Last year's benefit for Veterans Memorial Hospital was truly something special! The turnout, support, and generosity from the public was wonderfully unexpected. This year's event will be great fun and we're hoping that even more people turn out in the larger venue. If you can't join us for the event, donate anyway!

Todd Pickett

The number of people that attended last year was amazing; I ran into high school classmates that I am really looking forward to adding The Toe Tappers this year. Joe Sweeney and I are cousins and I remember him letting me sit in when we were at family get-togethers. Rising Sun and The Toe Tappers even played at my parents (Gladwin and Darlene's) 40th wedding anniversary at the Opera House. There is so much talent coming together and for a great cause!

Joel Anderson

Last year was so great to see friends I haven't seen in decades and several classmates from the Class of '91! I'm very excited to see the turnout for this event and can't wait to hear the Toe Tappers! The nostalgia of the evening is going to be incredible. A GREAT time for a GREAT cause—I can't think of a better way to spend a Friday night!

John Withers

"The Foundation can't thank the Bandmates, Brothers and Friends enough for doing this fundraiser for us once again. If you were not able to make it last year, come this year and bring some family and friends. These guys do an awesome job! Also, the Toe Tappers will be playing and we know how good they are! We look forward to seeing you at the fairgrounds."

Craig Lensing, President, Veterans Memorial Health Care Foundation

Birthing Services Testimonials

"My visits to the VMH Waukon Clinic and the service by the staff were absolutely great! The nurses were all attentive and checked in on me every time I had an appointment, even giving great advice as mothers themselves. It was always easy to make my appointments when they worked best for me and my work schedule, especially when working out of town. They always worked with me and accommodated my schedule.

Katy Maker, my nurse midwife, was absolutely great. She gave me her personal number and was always willing to answer my questions. I touched base with her as frequently as I needed and she never minded. When I arrived at the hospital, I met with a lactation consultant, and she was so informative and comforting in her approach to the information. All the nurses were great to work with.

When you go into labor, you don't really know what to expect. I was there for many hours, through one shift change, and when the new nurses came in and took over, it was as if they had been with me the whole time. They were all very personable about how things were going and were at our beck and call for everything. Katy was delivering another baby as I was in the beginning stages, and she was very good to care for both of us and to know our priorities. She was so attentive to us both, which was a great feeling.

It was wonderful to have familiar faces taking care of us, and very comforting once Hadley arrived. Once we had her, we needed to know the next steps now that she had arrived, and they set us in the right direction and prepared us to go home. We felt we learned so much and got just what we needed from those personal connections. We had so much great attention and all of our questions were always answered. I so appreciated the complimentary nurse visit back at the hospital just a few days after going home. It was so comforting and reassuring to know everything was heading in the right direction for her."



Shelby and David Richards with their new daughter, Hadley.

Photo Courtesy of Riverside Studios

SHELBY RICHARDS, LANSING



Jordan and Christina Jacobs with their newborn son, Philip.

"We want to express our sincerest gratitude and appreciation for the compassion, kindness and professional care we have received at VMH over the past 10 years. The staff (doctors, nurses, OR specialists, anesthesia specialists, housekeeping, dietary, registration, etc.) have always been warm and welcoming and have made our family feel truly at peace during our multiple stays.

Your efforts are noticed and commendable. Veterans Memorial Hospital and staff have been a Godsend for our family, and we will never take for granted, nor forget, the amazing folks at Veterans.

Again, our thanks for helping make our family what it is today.

JORDAN AND CHRISTINA JACOBS, NASHUA

**BIRTHING
SERVICES
TEAM**
*at Veterans
Memorial Hospital*



**David Schwartz,
MD**



**Halie Ruff,
NP**



**Katy Maker, Nurse
Midwife & Family NP**



**CALL VMH
Waukon
Medical Clinic
(563) 568-5530
or Postville
Medical Clinic
(563) 864-7221**

"I am excited to be a part of the VMH family here in Waukon and Postville... Taking the time to listen and understand your concerns helps us work together as a team to make meaningful changes to improve your health and overall well-being."

Caring for Patients in both Waukon and Postville

Waukon Clinic 563-568-5530
Postville Clinic 563-864-7221



Up-Front Collections of CO-PAYS



Check Your Plan Benefits

We now collect the co-pay from patients at the time of their appointments, like most health care facilities have been requiring for quite some time. This only applies to patients who have a health insurance plan that includes a co-pay option.

Hospital and clinic receptionists accept cash, checks, credit cards, and debit cards for these co-payments. Typically, the departments that may fall under a co-pay include clinic visits, appointments with specialists (such as a podiatrist), and rehabilitation sessions. These co-pay amounts have been set for the patient by the insurance company.

We encourage you to review your health plan closely to see what your benefits truly are and if you have a co-pay for certain services. If you don't have a co-pay on your plan, you will be billed as normal and will not need to pay on the day of service.

31st Annual FOUNDATION GOLF TOURNAMENT MONDAY, JUNE 17

The Veterans Memorial Health Care Foundation's annual three-person best-shot golf tournament is set for Monday, June 17, at the Waukon Golf and Country Club.

Teams of three will begin the day with a shotgun start at 9:30 a.m. and play 18 holes of golf. Breakfast rolls, lunch, dinner, and prizes for everyone will all be provided for the donation of \$75.

All those interested are asked to pre-register their team by calling the Waukon Golf and Country Club at 568-9939. For more information about the golf tournament, please call Veterans Memorial Hospital at (563) 568-3411.

Treatment for Peripheral Artery Disease

A supervised exercise therapy program for Peripheral Artery Disease (PAD) is now available locally in our Cardiac Rehab Department! The therapy is a medically supervised 12-week exercise and education program for patients experiencing symptoms of limited blood flow to their legs due to blockages in the arteries.

Peripheral artery disease is a common, serious disease affecting more than 8.5 million people in the United States. Symptoms of PAD may include pain, cramping, and muscle fatigue during exercise that resolves with rest. This is called intermittent claudication. Studies have shown that this supervised exercise therapy can help patients increase their exercise tolerance, decrease pain, improve wound healing, and decrease long-term complications from peripheral artery disease.

"Our PAD rehabilitation program is available for patients who have been recently diagnosed, have a long history of PAD, or have undergone revascularization surgery and continue to have symptoms," explains Amy Rolfs, RN, Cardiac Rehab Supervisor. "Ask your healthcare provider about participating in this exercise program if you have been diagnosed with PAD or have PAD symptoms."

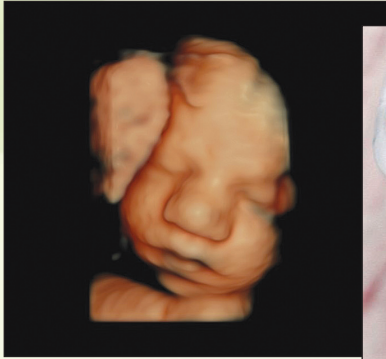
Joyce Regan of rural Waukon had undergone triple bypass surgery two years ago and found her legs just didn't want to recover. Two years later, she felt her legs were even worse than they had been following the surgery. She visited with her local provider, Jenny Stegen of the Gundersen Waukon Clinic, who agreed Joyce needed more strength and circulation in her legs.

"Jenny referred me back to La Crosse for Vascular Surgery Services, who recommended a PAD program to improve my circulation and it really helped," states Joyce. "Now I am back in Cardiac Rehab in Waukon and I have doubled the time I can do on the treadmill. It has really helped!"



Pictured is Joyce Regan of rural Waukon with Cardiac Rehab Nurse, Dietsy Weymiller, during one of her treatment sessions for Peripheral Artery Disease.

New **HIGH-DEFINITION** **4D ULTRASOUND** **MACHINE**



Pictured is Rachel Wagner, Ultrasonographer, next to this new 4D capable machine.

Our Radiology Department has upgraded their High-Definition 4D Ultrasound with a new high-tech machine to help obtain even clearer and more precise images for the radiologists to view.

4D ultrasounds allow families to view their baby before birth in a whole new way. In addition to black and white images that are sometimes hard to visualize, 3D and 4D images are taken of the baby, actually allowing the parents to see their baby's face while still in the womb, as proven here in these pictures. This 4D ultrasound photo was taken just weeks before the baby was born, giving the parents a very good first look at their baby.

"It was an amazing experience getting to see our daughter Charlee on the new ultrasound machine," states Ashley Medberry of Waterville. "I feel blessed to have had Rachel Wagner do the ultrasounds for both of my pregnancies because she's truly the best when it comes to her job, and she always greets me with the biggest smile! Rachel is always great about keeping us in the loop by explaining details while she's doing the ultrasound, giving us the best experience along with the best pictures! I recommend her to everyone!"

HAVE THE HARD CONVERSATIONS *- Advice from our Social Worker -*

Tatum Iverson is the full-time Social Worker at Veterans Memorial Hospital. Her role is very large, touching most every patient's care who enters and leaves the hospital, working closely with hospital staff, patients, their families, and their insurance companies to coordinate the proper levels of care needed and be sure these are approved. She can provide the assistance families need for taking the next steps following a hospital discharge and can also help with a referral to skilled care, even from another healthcare facility.

Tatum works as a discharge planner to help elderly or disabled patients arrange in-home services, connecting the patients with numerous community services they may need, such as home health nursing and therapy, home-delivered meals, housekeeping and shopping services. If a patient is no longer able to be discharged to their home, Tatum can give direction for finding the right fit, whether it be senior housing, assisted living or nursing home care.

"I encourage families to have the hard conversations to know what your spouse or parents wish for their long-term care, after they are no longer able to live at home," advises Tatum. "It is so important to take the time to fill out your Advance Directives and share your

plans with your family members so there are no surprises. We like a copy here at the hospital to place in your medical record as well as with your primary care clinic and your family members."

For more information, please call Tatum at 563-568-3411.



Pictured is Tatum Iverson at left with Donna and Ernie Lubahn, assisting them in reviewing their advance directives paperwork. "It was so helpful to work with Tatum. She is terrific," states Donna. "I don't know what we would do without this hospital. It's pristine and clean, and you couldn't find better care anywhere. I'd choose Waukon over any other place I've been."

Veterans Memorial Hospital

Founded 1950

HOSPITAL HISTORY - Lynn O'Hara



Lynn pictured in the Cardiac Rehab Suite in its new location in 2000.

Lynn O'Hara began her nursing career in 1973 at Gundersen in La Crosse, then moved back to her home in Postville to marry her fiancé John, who had found his life-long teaching position there. She then returned to working at the Postville Memorial Hospital, where she had been an aid in high school, now working as an RN from 1974–1978. One day, Bonnie Sanderman, Director of Nursing at Veterans Memorial Hospital, was in the Postville Hospital for a continuing education class, and Lynn inquired about a job in Waukon.

"I was looking for more hospital level of care, variety, and challenge, plus I loved OB, and we had very few deliveries in those days, so when she told me to come and apply, I did. I started two weeks later," explains Lynn. "I began as an RN on the patient floor and in OB. I remember the hospital was so busy we often had patients in the hallway. Looking back, it was amazing to me we were even allowed to have patients in the hallway. We sure couldn't do that now with confidentiality."

"Our orientation lasted just a few weeks, rotating to different departments including the medical floor, surgical floor on 3rd floor, OB, ER, intensive care, and coronary care. We were very diverse and just the challenge I was looking for."

"I remember we had neonatal resuscitation training once, thanks to some experts who came from La Crosse to show us how to take care of sick babies when they are born. They actually brought kittens with them for us to intubate because the airway of a kitten is about the same size as a newborn. It was a great experience for us and much better than practicing on a plastic head, but we had to have people committed to taking these kittens home afterwards. They told us they would be very mellow after this experience. We took one to our house and the poor little thing laid around for two days, but she came out of it and was the sweetest cat!"

Lynn soon held the titles of OB Supervisor, Third Floor Supervisor, and Infection Control Nurse, all at the same time. "After many years of that, I went back to working as a floor nurse. I like to tell people that when I made that move back to the floor, they had to hire three people to replace me!"

"We had a little girl with a broken leg who was about the same age as my youngest daughter. She was in traction for several weeks and she did not ever want to see her legs. I went into her room the day she got out of traction and she

was sitting on her mom's lap. She whipped off her blanket and said, 'See, my leg is still there!' That always impacted me. Just like we tell our kids their doll's leg is broken when it falls off, she was thinking her leg would too."

"I remember working with Rosalyn Krambeer, RN, and we rode to work a lot from Postville. She was amazing. She was working with me when we had two codes back-to-back. One came in with the ambulance and the other coded when he got there, and we saved them both. She was a great nurse."

"Mary Riley was great to work with in OB and I learned a lot from her. When I first started, Cathy Larson and I worked the same shift and she was so fun and good to work with. Diana Ward was always in tune with asking patients if they wanted clergy called in. We had such a great crew that worked so well together."

"After awhile, I started working in Cardiac Rehab which was a newer service established by Jane Butler and Tracy McGraw. I actually had two people code on me during their stress tests and both survived. One is still walking around today! Later, I began serving as the Outpatient Coordinator, making all of the arrangements for surgical patients."

"I can remember an article in the RN magazine one time talking about how much better large hospitals are because of their lower death rates, and it made me so mad, I just saw red! I wrote a letter to the editor and they printed it, which surprised me, but I told them, 'Yes, we have a higher death rate because these larger hospitals send their patients home to die and we are privileged to give them this service. We are good at keeping others comfortable when their time to pass comes.'"

"The nursing career is so fulfilling, allowing you to be there when a baby takes its first breath and an adult takes their last. It is a privilege and something small hospitals do well!"

Lynn retired from the hospital in 2014 for the first time, then came back part-time to fill in for the outpatient coordinator when needed. "When the electronic medical record system was changing again, I decided not to come back and became a Greeter instead!"



Current day pictures of Lynn in the OB Department and at her post as a Greeter at the main entrance to the hospital.



MEDICAL STAFF

Dave Schwartz, MD
Thomas McMullan, MD
Susan McMillan, ARNP
Halie Ruff, ARNP
Minji Na, ARNP
Michelle Crary, ARNP
Alex Berns, ARNP
Katy Maker, ARNP, CNM
Tara Fink, PMHNP
William Specht, ARNP (ER)
Becky Krambeer, ARNP (ER)
Robert Giese, PA (ER)
John Kelly, ARNP (ER)
Raquel Ristau, PA
Chelsey Sherburne, ARNP
Laura Keatley, ARNP
Katy Grangaard, ARNP
Mathew Snitker, ARNP
Sherri Schilling, MD
Catherine Nelson, MD

Ophthalmology

Robert Funk, MD

Optometry

Morgan Smerud, OD

Orthopedic Surgery

Val Lyons, MD

Cardiology

Gundersen Cardiologists

Pathology

Gundersen Pathologists

Radiology

Gundersen Radiologists

Surgery

Phillip Yee, MD

Michael LaBelle, MD

Elleson Shurtz, MD

Dentistry

Jessica Wilke, DDS

Courtney Schulte-Wikan, DDS

Podiatry

Kristina Thompson, DPM

Greg Valkosky, DPM

Craig Sullivan, DPM

Brooke Tappe, DPM

Anesthesiology

Mark Bishop, CRNA

Skip Loebig, CRNA

Sleep Study

Courtney Whitney, DO

Adriana Escandon Sandino, MD

Telemedicine Services

ER Telehealth

Telepsyche

Telestroke

NeoNet

Pediatric Critical Care

Veterans Memorial Hospital
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Waukon, IA 52172

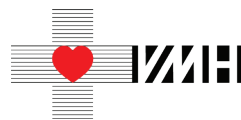
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LOCAL POSTAL CUSTOMER

Enjoy the Family Wellness Fair

WEDNESDAY, MAY 8 • 3:30-6:00 PM

- Free Wellness Testing • Giveaways • Balloon Artist
 - Refreshments & Taste Testing • Walk Through a Giant Colon
- FUN FOR ALL AGES!**



VETERANS MEMORIAL HOSPITAL

"Our Family Caring for Your Family"

www.veteransmemorialhospital.com

MISSION: VMH enhances the lives of those we serve by providing an exceptional healthcare experience with compassion.

VISION: VMH will be a premier health facility and a leader in fostering a healthy community through innovation, excellence, stewardship, and commitment to the people we serve throughout their lifetime.



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