Pediatric patients at Gundersen Lutheran to receive ‘Hugs from Hunter’

When family and friends of 12-year-old Hunter Biermeier reflect back on his life, they remember the way he lived with no regrets and was always having fun.

Sadly, Hunter’s life was taken in a freak ATV accident in November 2011. “Hunter touched the lives of everyone who had the privilege to know him,” says his cousin Marli Overgard. One of Hunter’s wishes was to visit a hospital to read to sick children, but he never had the chance to carry it out.

On the day of the tragic accident, Hunter was flown by helicopter to Gundersen Lutheran. His family and friends later discovered that Gundersen Lutheran is one of several Children Miracle Network Hospitals® throughout the country. These hospitals are filled with young children—many of whom are fighting for their lives and would have loved to hear a story read by Hunter.

To fulfill Hunter’s wish, his family established the “Hugs from Hunter” non-profit organization. “Joy, spirit and happiness. That’s what our organization stands for,” says family friend and co-founder, Molly Young. “Our mission is to send teddy bears and hand-written letters to kids in Children Miracle Network Hospitals. These bears will represent Hunter and when a child hugs the bear, it will have a voice maker inside of it offering words of encouragement,” Molly explains.

In February, Hunter’s family and friends personally delivered their first donation of teddy bears to Children’s Miracle Network Hospitals at Gundersen Lutheran.

“The compassion for others and belief in charity that these kids have is absolutely contagious, as shown by their remarkable progress in such a short time. The girls were able to raise more than $1,000 in about two months just by hosting bake sales and selling their silicone wristbands—so many people heard about their story and wanted to help,” says Kari Christenson, Gundersen Lutheran Medical Foundation. “It was an absolute joy for us to help them on this path, and it was remarkable to watch these teenagers turn an unspeakable tragedy into something so positive for our smallest patients,” Kari adds.

Co-founders Marli and Molly hope “Hugs from Hunter” continues to help children and families in the hospital for years to come. “We would like for this organization to always stay in Hunter’s name. And we pray that we can keep his name going and teach people what he taught us, which is, ‘One life. Live it’,” concludes Marli and Molly.

Inpatient Psychiatry building entrance moving

On Monday, April 2, the front entrance to the current Inpatient Psychiatry building will move to a new location. Staff and visitors will enter the building via an entrance on the Sims Place side of the building. Tunnel access to the building will not be impacted. Currently, staff and visitors enter the building from the sidewalk that leads to and from the Overholt entrance of the medical center. However, this entrance must be closed in order for construction crews to complete work to extend the Hospital tunnel to the new inpatient behavioral health building. The entrance is expected to re-open in approximately eight weeks.

Take Our Daughters and Sons to Work Day® coming April 26

Building Opportunity: 20 Years of Education, Empowerment, Experience” is the 2012 theme for Take Our Daughters and Sons to Work Day. Gundersen Lutheran is again putting together a program to recognize this day. The program will be held on Thursday, April 26, starting at 8 a.m. and ending around 1 p.m.

The day will consist of several fun activities and tours throughout Gundersen Lutheran’s La Crosse Campus; however, it will not involve children actually watching their parents at work due to privacy regulations. After the activities and tours, a lunch will be provided for all participants.

Employees who are scheduled to work must have their supervisor’s approval to participate, and will be paid for the time they are participating in the program. Employees will have the option to take their child home after the program and take the balance of their remaining workday as PTO. Or, they can take their child home or to school/daycare and return to finish the day’s work.

Registration is required and participants will be chosen on a first-come, first-serve basis. The registration deadline is 5 p.m. on Thursday, April 19. The event is limited to 30 participants who are in grades 3 through 8, and their accompanying parent. Employees will be notified via email when their registration form is received.

Registration forms can be found by accessing “All HR Forms” under the Online Forms link on Gladiator. They can also be picked up in the HR Service Center, 1st floor of the Green Bay Building, or in the Employee Information Center, outside the Hospital cafeteria. Return the completed registration form to Ellie Schmidt, mailstop GB2-004 or fax to ext. 56327 before April 19. If you have any questions, contact Ellie at ext. 56788.
A personal relationship with medical excellence

Dear Edward Riley II, MD, Orthopaedic Surgery,

I am inexplicably grateful for your kindness in allowing me to shadow you for I will always remember as some of the most valuable, yet exhausting, 16 hours of my life. I really enjoyed experiencing the true atmosphere of the Operating Room (OR) and Clinic. I felt completely comfortable and welcome. The way you talked to me like an equal, rather than some clueless kid poking around behind you, was exceptionally heartwarming. You showed the true compassion and humanity that all physicians should possess.

This opportunity was life-changing. I honestly told my mom that I did not want to go back to high school, and that I just wanted to stay at the hospital forever. Whenever I go in life, I know I owe a great part to you (Dr. and Mrs. Mah). I cannot wait to be back in the OR and Clinic in the future, making my own living. I think I am ever bogged down by my laboratory studies, I will be able to look back on these past two days for inspiration. Thank you again for an amazing experience.

Sincerely,
Stephanie Doyle

Achievements

Todd Mah, MD, medical director of Pediatric Allergy/Immunology, was invited to speak at the 9th International Congress of the Egyptian Society of Pediatric Allergy & Immunology annual meeting, Feb. 15-16, in Cairo, Egypt. He delivered plenary lectures on food allergy treatments and pediatric asthma control. Sponsored by the American College of Allergy, Asthma and Immunology, Dr. Mah was one of three featured guest speakers, and among many distinguished colleagues from around the world.

We are fortunate to have high achievers working at Gundersen Lutheran, and we want to acknowledge your accomplishments. If you would like to make an Achievements submission for yourself, a member of your staff or a co-worker, please visit Gladiator/Bridges Online/Submit an Achievement. Or if it’s more convenient, you can email the Bridges editor at jaweber@gundluth.org.

Thank you for helping us honor our hardworking staff.

Leadership announcement

Sheila Chapel, MBA, was recently hired as the program manager for the new Integrated Center for Education (ICE) on the La Crosse Campus. Sheila has been employed at Gundersen Lutheran since 2005, and most recently served as a program specialist for External Affairs. In her new role, Sheila will coordinate major programs and conferences related to simulation and training. She is located at the ICE House, formerly known as the Stukins Building.

Sheila holds a master’s degree in healthcare administration from Indiana Wesleyan University and a bachelor’s degree in business management from the University of Wisconsin-Stout. In addition, she is a graduate of Western Technical College’s supervisory management program.

MyEnvision pilot a big success

The more than 500 Gundersen Lutheran employees who took part in the MyEnvision pilot showed that simple actions, like turning off the lights and eating off the gas pedal, can make a huge difference. The nearly 4,000 sustainable choices the players reported during the four-month long game could save them an estimated $115,000 combined.

Not only did their choices help the teams of Gundersen Lutheran employees win a good-natured sustainability game, but these little things helped the environment too. Together, their sustainable choices could save 16,500 gallons of gasoline, nearly 400,000 gallons of water and enough energy to power 52 homes over the course of a year. They are showing how to live green and save green.

MyEnvision resulted in some amazing sustainable accomplishments for employees at home and work. MyEnvision has had an impact on Gundersen Lutheran and our community, too. MyEnvision players submitted nearly 100 ideas on how Gundersen Lutheran can do even more for sustainability. And, employees worked with more than a dozen local organizations and even more of their family and friends to spread sustainability in our neighborhoods, churches and schools.

The efforts of the MyEnvision players reflect Gundersen Lutheran’s commitment to sustainability through our environmental stewardship program, Envision®. A few of the many ways we contribute to sustainability in action at Gundersen Lutheran include:

• Energy-efficiency measures which have saved the organization more than $1 million annually.
• A commitment to buying local, sustainable foods whenever practical and possible to do so.
• Development of innovative programs, like a blue wrap reuse and recycling program that’s keeping waste out of waste stream.

MyEnvision was a pilot project between Gundersen Lutheran and our partners at Cool Choices—a Wisconsin-based nonprofit dedicated to sustainability. This round of the MyEnvision sustainability game is over, and we are glad so many of you chose to play. Your participation helped develop a program that will benefit the entire state. Thank you for all you’ve done to live green and save green!

Please contact Tom Thompson, sustainability coordinator, at ext. 54843 or with any questions or comments about MyEnvision.

“I am so impressed with everything that’s going on here at Gundersen Lutheran to make the institution more environmentally aware and sensitive!” – Sharon Lukert, Pastoral Care

Plan to attend Organ/Tissue Donation Education Fair, April 3

In honor of April being National Donate Life Month, Partners of Gundersen Lutheran (the medical center auxiliary) is hosting the Organ/Tissue Donation Education Fair on Tuesday, April 3, in the Overholter Auditorium.

This free educational event will shed light on the critical need for donations and changes in consent for organ, tissue and eye donation based on new legislation; differences between organ donation after brain death and cardiac death; grief the donor family experiences; as well as the life-changing experience for transplant recipients. Healthcare providers who work with patients at the end of life, as well as anyone interested in organ/tissue donation including those who are grieving or know someone who has lost a loved one, are welcome to attend. Presentations will occur throughout the day, from 8:30 a.m. to 2:30 p.m. Visit www.gundluth.org/Partners for a complete schedule.

Pre-registration is not required for this free seminar. For more information, call Tammy Aspender, RN, organ/tissue donation liaison, at ext. 53431, or Vicky Jessen in the Partners Office at ext. 53602.
‘You Make the Difference’
March 30 is Doctors’ Day

This national day of recognition honors physicians for their ability to comfort and heal through unsurpassed skill and dedication. Few professions require the constant commitment and compassion that is necessary of doctors every workday of their lives.

The first Doctors’ Day observance was March 30, 1933, in Winder, Ga. The idea came from Eudora Brown Almond, wife of Winder’s local doctor, Dr. Charles Almond. March 30 was chosen, as it is the anniversary of the first use of general anesthesia in surgery. In 1958, the United States House of Representatives adopted a resolution commemorating Doctors’ Day on March 30, 1958. In 1990, legislation was introduced into the U.S. House of Representatives and U.S. Senate to establish an official National Doctors’ Day. Following overwhelming approval by the House and Senate, former-President George Bush signed a resolution designating March 30 as National Doctors’ Day. The first National Doctors’ Day was celebrated in 1991.

To recognize the accomplishments of our outstanding physicians, Gundersen Lutheran has donated $500 each to 14 food pantries in locations that serve our regional clinic communities (see shaded box for more details) and $3,000 to the WAFER Food Pantry in La Crosse.

To honor our physicians, $500 donations were recently made to the following Tri-state Region food pantries:
• Neighborhood Food Pantry, Black River Falls, Wis.
• Elroy Food Pantry, Elroy, Wis.
• Emergency Food Shelf, Harmony, Minn.
• The Good Samaritan Food Pantry, Hillsboro, Wis.
• Caledonia Food Shelf, Caledonia, Minn.
• Independence Food Pantry, Independence, Wis.
• Coulee Food Pantry, Prairie du Chien, Wis.
• Coulee Food Pantry, Sparta, Wis.
• Neighbor for Neighbor, Inc., Tomah, Wis.
• Living Faith Food Pantry, Viroqua, Wis.
• Allamakee County Food Shelf, Waukon, Iowa
• North East Iowa Community Action Corporation, Decorah, Iowa
• Wonowoc Volunteer Services, Wonowoc, Minn.
• Wonowoc Union Center Food Pantry, Wonowoc, Wis.

Mark your calendar for March 30, and take time to express thanks and appreciation for all that doctors do! The red carnation has long been the symbol for Doctors’ Day. It represents love, charity, sacrifice, bravery and courage.

Helping the hungry

To honor our physicians, $500 donations were recently made to the following Tri-state Region food pantries:
• Neighborhood Food Pantry, Black River Falls, Wis.
• Elroy Food Pantry, Elroy, Wis.
• Emergency Food Shelf, Harmony, Minn.
• The Good Samaritan Food Pantry, Hillsboro, Wis.
• Caledonia Food Shelf, Caledonia, Minn.
• Independence Food Pantry, Independence, Wis.
• Coulee Food Pantry, Prairie du Chien, Wis.
• Coulee Food Pantry, Sparta, Wis.
• Neighbor for Neighbor, Inc., Tomah, Wis.
• Living Faith Food Pantry, Viroqua, Wis.
• Allamakee County Food Shelf, Waukon, Iowa
• North East Iowa Community Action Corporation, Decorah, Iowa
• Wonowoc Volunteer Services, Wonowoc, Minn.
• Wonowoc Union Center Food Pantry, Wonowoc, Wis.

KG Singers from Norway to perform at Gundersen Lutheran

Gundersen Lutheran is delighted to welcome the KG Singers, a 50-voice concert choir of Oslo, Norway, to our organization on Wednesday, April 4. All staff, patients and visitors are invited to attend their special performance in the Gundersen Lutheran Clinic lobby beginning at 12:15 p.m. KG Singers are widely known in Norway where they have presented several half-hour TV specials, and have recorded several CDs. Their collection of Scandinavian, European and English choral music represents a broad variety from early Renaissance to contemporary music, both sacred and secular. The students in the choir, conducted by Øystein Weider, represent the Christian high school where the Royal Family sends their children.

KG Singers have visited the United States several times, including a performance at Nordic Fest in Decorah, Iowa. They are excited to visit La Crosse — one stop among many on their 2012 Easter Tour to the Midwest. Please give them a warm welcome!

If you have questions about the performance, please contact Sue La Crosse, Service Excellence, at ext. 53847.

Don’t miss the Baby Expo this Saturday

Are you expecting a little one or have you just become a new parent? Gundersen Lutheran’s New Life Family Center is hosting a Baby Expo on Saturday, March 31, to help you make wise and healthy choices for yourself and your new baby as you navigate your journey into parenthood.

The spring Baby Expo will take place in the Avery R. Gundersen Center for Women, 4th floor of the Gundersen Lutheran — Onalaska Clinic, from 9 a.m. to noon. There, you’ll enjoy FREE:
• Mini-informational seminars on “Labor Support,” “Nurturing Your Adult Relationships After Baby Comes Along” and “Soothing Techniques for Baby”
• Educational displays/resources and vendor booths
• Car seat checks provided by the Safe Kids Coalition of the La Crosse Coulee Region
• Chair massages
• Door prizes

Spread the word to your friends and family. This informational event is free and open to the public. No registration is needed. You’ll be sure to walk away with plenty of information to make parenthood more gratifying and less stressful.

For more information, call Gundersen Lutheran’s New Life Education office at ext. 53079.

Sympathy
Gundersen Lutheran friends and co-workers express their deepest sympathies to:
Megan N. Steinke, Patient Business Services – Admitting & Registration, on the death of her grandmother, Marcella Noland;
Phyllis A. Myhre, Health Information Management – Patient Record Services, and Jean E. Nash, OB/GYN – La Crosse, on the death of their father, Richard M. “Dick” Kratt; Kelly M. Fremstad, Clinical Data Services, and Susan J. Lindvig, Payroll & Benefits, on the death of Kelly’s great grandmother, and Susan’s grandmother, Cecelia Meyers; Darre Druschke, Newborn Nursery, on the death of her great aunt, Dorothy Nyaas; Jeffrey S. Kauffmann, Facility Operations, on the death of his mother, Marlys Kauffmann; Angela D. Hornby, Obstetrics & Nursery, on the death of her aunt, Margaret Cina; and Paula Murphy, OB/GYN, on the death of her mother, Betty Murphy.
Car Control Clinic offers teenagers real-life driving experience

Now also open to permit drivers

Motor vehicle crashes are the leading cause of fatality for United States teenagers, accounting for more than one in three deaths. Young people are at a greater risk for traffic accidents due to one major reason—lack of experience.

Gundersen Lutheran’s Division of Trauma is committed to keeping teens safe by offering a free Teen Car Control Clinic for teen drivers, ages 15 to 19, with a license or learner’s permit. The clinic will be on Saturday, April 21, or Sunday, April 22, from 8 a.m. to 4:30 p.m. at the Gundersen Lutheran La Crosse Campus, Parking Lot F.

The daylong clinic teaches fundamentals of vehicle control during the classroom session and also offers behind-the-wheel exercises. During the in-car portion of the clinic, instructors will familiarize students with proper breaking concepts, vehicle weight transfer and cornering, and unexpected lane changes. The session is designed to heighten students’ awareness and responsiveness to real-world situations and boost their own confidence in their driving skills.

Vehicle requirements:
• Must be in good mechanical condition and safe in the opinion of the instructor
• Must be legally registered, licensed and insured to the parent/legal guardian
• No racecars or special-use vehicles
• Tires must have visible tread
• Car and trunk must be cleaned of loose items; battery and spare tire secured
• Have plenty of gas in the car

Be sure to dress comfortably and according to the weather. Much of the course is outdoors, and closed-toed shoes are required. We require a parent or guardian to attend the course with the teen. This is a free clinic, but registration is required by Friday, April 13. To ensure we can accommodate all who want to attend, a $50 deposit will be collected at registration which will be refunded after the course is completed. Payment can be made by credit card or personal check. Your credit card will not be charged/your check will not be cashed unless you cancel after April 13 or do not show up for the class. Breakfast and lunch will be provided.

To register, call ext. 52011 and provide the participant’s name, age, address, phone number and the name of the parent who will be accompanying the student.

This program is funded through Children’s Miracle Network Hospital®, a service of Gundersen Lutheran Medical Foundation, and the Southwest Regional Trauma Advisory Council. A special thank you to the La Crosse Fire Department, Caribou Coffee and McDonald’s Courtesy Corporation for donating their services and products.

Basket raffle to benefit Steppin’ Out in Pink

Still time to purchase tickets!

Tickets will also be sold on Tuesday, April 3, from 8 a.m. to noon at the Onalaska Support Services Building. Stop by the Planning Center where the baskets will also be on display. This raffle is open to all Gundersen Lutheran staff, family and friends. Ticket sales end April 4. The drawing will be held April 5, and winners will be notified. All proceeds will benefit Gundersen Lutheran Medical Foundation’s Steppin’ Out in Pink walk for breast cancer research.

A special thank you

Recently, we had the pleasure of announcing to the community that our local Great Rivers United Way raised a record-breaking $2,015,770 for the 2011-12 campaign. As the campaign chair, I want to thank you, the employees of Gundersen Lutheran, who contributed $178,123 to this campaign.

During these difficult economic times, it is critical that we raise as much money as possible and thanks to you, we have! Your gift has been invested in our 28 partner agencies where it will help thousands of individuals and families, one at a time. Many people in our area don’t realize there are individuals in our community who go hungry every day. Your gift to United Way will help feed them. There are people in our community who need a warm place to stay, Your gift will provide them shelter. There are children who need therapy. Your gift will help them thrive.

On behalf of all of the people who will directly benefit from your gift, thank you for your generosity.

Regards, Sam Van Riper
Director of America Pricing
Trane
2011-12 Campaign Chair

*“Plan a Picnic” is just one of the 20 themed gift baskets you can enter to win. See pictures of all of the baskets by visiting Gladiator/Department Websites/PBS PL Website.”
Success of local realtors helps Children's Miracle Network Hospitals®

Children’s Miracle Network Hospitals® exists because of the generosity of individual and corporate sponsors. RE/MAX has long been a supporter on a national level, and since 1994, the local RE/MAX First Choice realtors in La Crosse, Onalaska, La Crescent and Galeville have donated in the neighborhood of $100,000—allowing miracles to happen in our community for 17 years.

Recently, the folks at RE/MAX First Choice presented Children’s Miracle Network Hospitals at Gundersen Lutheran with a check for $9,275 representing their 2011 contributions.

“This is a great cause we’re happy to support, especially knowing the money we raise stays local to help kids and families in our community. We are part of the community, and this is one way we can give back,” explains Mike Richgels who was named the #1 individual RE/MAX contributor for Wisconsin in 2011. He encourages all his fellow agents to participate as well.

The reason he and his team have been able to give so generously over the years is because Mike and his team have been so successful, often ranking among the best sales teams locally and in the state. Their success means a greater boon for Children’s Miracle Network Hospitals. That’s because—through the RE/MAX Miracle Home Program—realtors voluntarily donate an amount of their own choosing to Children’s Miracle Network Hospitals for every sale they make.

“It is a very gratifying feeling to be able to help such a worthwhile cause,” Mike says. And Children’s Miracle Network Hospitals is very grateful for the continued support from RE/MAX.

Time-saving tips for using the new automated phone paging system

Does paging through the new automated phone system take longer than before? Some staff has voiced concerns; however, the reality is it should not take any longer to page someone in an emergent situation than it did previously.

Once the phone paging system prompt has started to play, you can bypass listening to the automated pager status message and enter your call-back number followed by a #. Then as soon as the system starts to repeat the call-back number, you can hang up and the page will be made. This can be done in emergent situations where you know the party is in-house and taking pages. Note: Much like the three beeps of the old system, if you do not wait for the prompt to start playing before hanging up, the page may not be sent.

In all other cases, staff should wait to hear the status of the pager they are paging before entering a call-back number, as that person may be unavailable for a page, provide an alternative telephone number to be contacted at, have someone else covering their pages or instruct the caller to dial 0 to be contacted. While this may take a few extra seconds, initially, providing this contact information upfront will decrease errors and time spent waiting for someone to respond (who may be unavailable or out of pager range).

Like anything new, it will take time to get used to the automated system. An online tutorial, Pager System Updates - course TR021541, has been created and can be accessed through Learning Zone. Hard copy instructions (on how to change your paging status, enter paging exceptions and paging, in general) are also available via Gladiator/Departments Websites/Information Systems Education.

Questions? Contact Telecommunications manager, Janet Olmstead, at ext. 53700.

New hours for indoor patient shuttle

Effective April 2, the indoor shuttle will be available from 9 a.m. to 6 p.m. Monday through Friday. The shuttle can go to and from any building on the La Crosse Campus, fits on many of the elevators and can bring patients directly to their floor or destination. It is great for patients who have mobility challenges or come in the wrong entrance. The shuttle can also accommodate bariatric patients. Call ext. 50833 if you have a patient who could use a ride.

Supply Chain Corner

Read this list of Lawson replacements and additions to inventory to find out about new or replaced products, the new Lawson number and the reason for switching products.

New product: Hemostat, absorb, sponge, 1008 x 12.5 cm, gelfoam, 6/box
New Lawson: #70304
Unit of issue: EA
Replaced: #2663 hemostat, collagen, 3-1/8x5”, thin, ultrathim, 6/case
Reason: N/A; will use up old product

New product: Tag, patient belongings, essentials, w/ elastic cord
New Lawson: #72532
Unit of issue: EA
Replaced: N/A
Reason: Continued support from RE/MAX.

New product: Tape, porous, 3”x10 yd, 4/box
New Lawson: #2416
Unit of issue: EA
Replaced: #70109 tape, cloth, adhesive, 3”x10 yd, 4/box, 12 box/case
Reason: N/A; will use up old product

New product: Adhesive, skin, octylseal, 36/EA
New Lawson: #70412
Unit of issue: EA
Replaced: #73994, adhesive, skin, dermabond topical, 12/box
Reason: N/A; will use up old product

New product: Hemostat, absorb, sponge, 1008 x 12.5 cm, gelfoam, 6/box
New Lawson: #70304
Unit of issue: EA
Replaced: #73994, adhesive, skin, dermabond topical, 12/box
Reason: N/A; will use up old product
A message from Kathy Klock, senior vice president of Human Resources and Operations

The warm, sunny weather over the past two weeks has boosted my spirits, and I hope the record-breaking temperatures have offered a similar benefit for you. And while I appreciate what could turn into an extraordinarily early spring, I am much more thankful for you and your efforts at Gundersen Lutheran. I know some days are challenging, and I am so grateful to you for overcoming obstacles and continuing to take the very best care of our patients, our communities and each other! In addition to expressing my ongoing thanks, I want to share our plan for 2012 merit increases for non-union support staff employees.

As you may have learned from your manager recently, Gundersen Lutheran will provide 2012 merit increases for non-union support staff members. Our funding for this is limited, but we believe it is vitally important to recognize and reward you for your 2011 contributions. As we all work together to improve our financial position over the coming years, it is leadership’s intention to provide you with pay increases that more fully recognize your impact on the organization. We appreciate your efforts and understanding as we work toward this, especially in an economy that is so unpredictable.

One change with the process this year is that increases for eligible employees will occur about one month later than in the past. This short delay will keep the cost of merit increases in line with our 2012 financial plans. The schedule for distribution is as follows:

- Hourly employees
  - New pay effective April 30, May 21 payday
  - Salaried employees
    - New pay effective May 1, May 15 payday

Your manager will have details about your individual increase when she/he meets with you for your one-on-one merit conversation in early May.

At recent Let’s Talk sessions, on the Employee Feedback Board and in Touchstone Group meetings, we received questions about merit increases as well as about the organization’s employee retirement plan contribution. Your retirement plan benefit has not been eliminated, and Gundersen Lutheran will provide a retirement plan contribution in 2012. Right now, we are very close to announcing what the 2012 contribution will be.

As always, I am humbled by the opportunity to serve you and am so proud of you for the difference you make in people’s lives! If you have questions about this information, feel free to talk with your manager or your Human Resources operations manager.

Sincerely,
Kathy Klock
Senior vice president of Human Resources and Operations

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Children’s Miracle Network Hospitals® April calendar

April 24 Lab Bake Sale
Gundersen Lutheran’s Lab is holding a bake and craft sale in the Hospital cafeteria from 6 a.m. to 1 p.m., or until gone. The event is in honor of Lab Week. Thank you to the Lab for all you do!

April 24–30 Pediatric Ca$h Calendar Raffle
Pediatrics is kicking off their annual Ca$h Calendar Raffle. Purchase a $20 ticket for a chance to win up to 92 times. You could win $25, $50 or $100 cash! Tickets are on sale in all Pediatric departments, Gundersen Lutheran Credit Union and Children’s Miracle Network Hospitals office. Only 400 tickets will be sold, so buy yours today!

April 2–4 Books are Fun Book Fair
If you are looking for quality books and great gifts at reduced prices, stop by the Hospital cafeteria on Monday, April 2, 8 a.m. to 5 p.m.; Tuesday, April 3, 7 a.m. to 5 p.m.; or Wednesday, April 4, 8 a.m. to 1:30 p.m. Also, stop by the Cargill Room, 328 Front Street, on Monday, April 2, 9 a.m. to 4 p.m.; Tuesday, April 3, 8 a.m. to 5 p.m.; or Wednesday, April 4, 8 a.m. to 12 p.m.

April 14 Onalaska Fire Department Firehouse 5K
Register now for the 5th annual Firehouse 5K run/walk on Saturday, April 14, with an 8 a.m. start at the Onalaska Fire Department. Registration forms and information are available at area Subway locations, both YMCA locations and the Onalaska Fire Department; online at pickleevents.com; or contact Cory Taylor at (608) 781-9346.

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Spreading Irish cheer to patients and staff

Parrot’s of Gunderson Lutheran, the medical center auxiliary, recently spread Irish cheer throughout the Hospital by distributing greeting cards with a detachable pewter shamrock coin. Patients, family members and staff agreed that everyone is Irish on St. Patrick’s Day and that all of us can use a bit of Irish luck.

Partners’ mission focuses, in part, on supporting staff and enhancing the patient experience. Members of Partners hope the pocket shamrock brightened the day for many patients and staff. It was provided courtesy of Welsch Capital, Inc. and Partners of Gunderson Lutheran.
Welcome new employees and volunteers

Katie Brenner
MLT
Ovations Lab

Devin Detlaff
CNA
Hospital Float Pool

Candie Gran
CRA
Medical & Oncology

Angie Hickox
Patient Liaison
Family Medicine

Jenni Hill
Linen assistant
Laundry

Jay Larson
Washroom operator
Laundry

Robert Lynn
Research spec.
Community & Preventive Care Services

Alex Milsap
Admitting counselor
Patient Business Services

McKenzie Miller-Burkart
Support staff tech.
Family Medicine Whitewater

Erik Nelson
Environmental spec.
Environmental Services

Jessica Pollock
GI therapeutic asst.
Di Lafo

Scott Sampay
Program director
MedLink AIR

Lucia Schneider
Dietary aide
Dwight-Patton

Becce Schweiger
Linen assistant
Laundry

Derick Steinkopf
Environmental assst.
Environmental Services

Sarah Swuchslimmer
Operator
Telecommunications

Mao Xiong
MA
Radiology

Becky Yang
Patient services spec.
Patient Liaison Services

Marilyn Kendhammer
Volunteer
Volunteer Services

Mary Mahlf
Volunteer
Volunteer Services

Josh McClain
Volunteer
Volunteer Services

Making nutritious purchases at the grocery store just got easier

Have you ever seen or heard of the NuVal® Nutritional Scoring System at Festival Foods? It’s a convenient tool that helps consumers make quick, informed food choices at the grocery store.

Now, you have an opportunity to learn more about this free tool that compares nutrition labels for you and compiles them into one easy score to help you make healthy food choices. Throughout April, Gundersen Lutheran dietetic interns from Viterbo University will help explain the NuVal system to interested customers at Festival Foods in the Village Shopping Center on the following dates.

- April 21 11 a.m. to 2 p.m.
- April 22 11 a.m. to 2 p.m.
- April 26 3 to 6 p.m.
- April 28 11 a.m. to 2 p.m.

If you have questions or would like more information, contact Gina Dolenti, RD, 500 Club specialist, Nutrition Therapy, at ext. 52357.

Currently, thousands of food products display the NuVal nutrition score at Festival Foods stores throughout Wisconsin. All scores are provided on the supermarket shelf. Scored categories include meat, seafood, poultry, salty snacks, milk, yogurt, vegetables, cereal, bread, cookies, soft drinks and crackers, as well as deli items.

Stop by Festival Foods in The Village Shopping Center on the following dates. There will be stands set up, and Gundersen Lutheran’s dietetic interns will be available to help shoppers use the NuVal System to select…

Healthy snacks
April 3 3 to 6 p.m.
April 5 3 to 6 p.m.

A healthy breakfast
April 14 11 a.m. to 2 p.m.
April 15 11 a.m. to 2 p.m.

A healthy lunch
April 21 11 a.m. to 2 p.m.
April 22 11 a.m. to 2 p.m.

A healthy dinner
April 26 3 to 6 p.m.
April 28 11 a.m. to 2 p.m.

Celebrating years-of-service milestones

March service award recipients

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<th>Years</th>
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I support Campus Renewal...

The reason I decided to donate to Campus Renewal was largely based on my past experience. When I was a senior in high school, my grandmother was hospitalized in the Intensive Care Unit with severe Crohn's Disease. She was placed in a medication-induced coma for more than four weeks (during the Christmas holiday), because she had to have multiple bowel resections. When it was determined that she was not going to make it, they allowed her to "wake up" so she could see her family one last time. Her birthday was Christmas Day. What the physicians and nurses did not only for her but for us as her family meant more than words can describe. She was able to say goodbye to each one of us. When you talk about patient- and family-centered care, Gundersen Lutheran lived it even back in 1999. The physicians and the nurses even attended her funeral. They were there to support our family and my grandmother.

Prior to my grandmother being sick, I actually was pursuing a college for veterinary medicine. I never thought I wanted to work directly with people. After the care she was given, I knew that nursing was what I wanted to do for the rest of my life. I wanted to provide that same kind of care to thousands of patients and their families. I wanted to make a difference every day.

I worked here from 2001 to 2007 and loved every day that I spent here. When I moved away, it was hard to say goodbye to all the friends I made, but I was hopeful that, at some point, I would come back. When the opportunity presented itself in May, I was ecstatic that I was offered the position of clinical manager of Orthopaedics & Neurosciences.

Gundersen Lutheran has so much to offer and the care we provide here is exceptional. I love that I'm a part of the Gundersen "family" again.

The Campus Renewal Project is something that I wanted to contribute to because of everything Gundersen Lutheran has given me.

—Kendra Reynolds, BSN, RN, clinical manager, Orthopaedics & Neurosciences

Sign up for a MyHealth exercise class

The next series of MyHealth exercise classes are now open for registration. All classes are subject to cancellation based on interest, so please sign up as soon as possible. Classes cost $21 each.

- Pre-registration is required by contacting Linda Duffy, Community & Preventive Care Services, at ext. 56870 or via e-mail at lkduffy@gundluth.org.
- Payment must be received to mailstop NCA1-04 by Thursday, April 12. Please make checks payable to Gundersen Lutheran.

- Mondays, April 16 – May 21
  5:15 to 6:15 p.m.
- Mondays, April 16 – May 21
  12:15 to 12:50 p.m.
- Tuesdays, April 17 – May 22
  5:15 to 6:15 p.m.
- Tuesdays, April 17 – May 22
  12:15 to 12:50 p.m.
- Wednesdays, April 18 – May 23
  5:15 to 6:15 p.m.
- Wednesdays, April 18 – May 23
  12:15 to 12:50 p.m.
- Thursdays, April 19 – May 24
  5:15 to 6:15 p.m.
- Thursdays, April 19 – May 24
  12:15 to 12:50 p.m.
- Fridays, April 20 – May 25
  5:15 to 6:15 p.m.
- Fridays, April 20 – May 25
  12:15 to 12:50 p.m.
- Saturdays, April 21 – May 26
  5:15 to 6:15 p.m.
- Saturdays, April 21 – May 26
  12:15 to 12:50 p.m.
- Sundays, April 22 – May 27
  5:15 to 6:15 p.m.
- Sundays, April 22 – May 27
  12:15 to 12:50 p.m.

Employee discount extended for Having Your Own Say

I f you haven't had a chance to purchase your copy of Gundersen Lutheran's newly released book, Having Your Own Say: Getting the Right Care When It Matters Most, you're in luck. Due to continued demand for the book from employees, we've extended the deadline for employees to buy the book at a discounted rate.

You can purchase Having Your Own Say for only $10 (regular price is $19.95) through Monday, April 16. To buy the book at the discounted rate, contact Benevantage Services at ext. 54747.

For more information on Having Your Own Say, go to havingyoursaynow.org. (Note: The book is not available at the discounted price online.)

Loose change can help kids in our community

If you have some loose change to put toward a good cause, keep your eye out for the Children's Miracle Network Hospitals' coin canisters. They are located throughout the La Crosse Campus in the Hospital cafeteria, Gundersen Lutheran Credit Union, vending area (1st floor of the Hospital near Security), East Building (1st floor), 1900 Perk Avenue, Adolf's Grille, the Mooney Education Center, as well as the Gundersen Lutheran - Onalaska Clinic. All proceeds will stay local to help kids and families in our community.