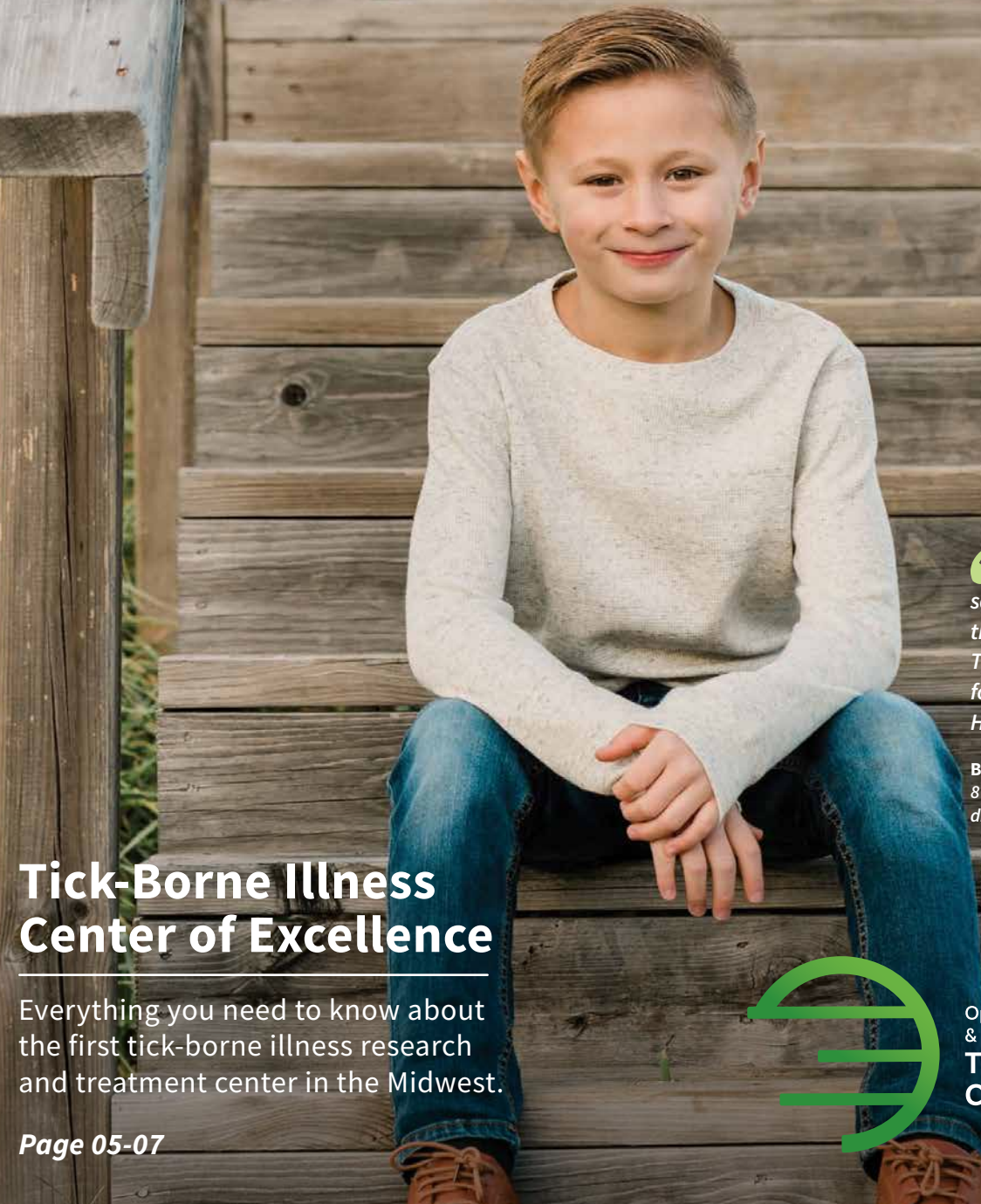


Defining Moments

Summer 2019

A Publication of the Howard Young Foundation

OUR COMMUNITY. OUR FUTURE. **YOUR LEGACY.**



“ Seeing my child so sick is one of the hardest things I’ve gone through. To have somewhere close for my son to go would be **HUGE** for our family. ”

Brigette Ryan, Mother of 8 year old Parker who was diagnosed with Lyme Disease

Tick-Borne Illness Center of Excellence

Everything you need to know about the first tick-borne illness research and treatment center in the Midwest.

Page 05-07



Open Medicine Institute & Howard Young Foundation's
TICK-BORNE ILLNESS CENTER OF EXCELLENCE



Howard Young Foundation



Dear Friend of the Howard Young Foundation,

Because of your generosity, last year the Foundation received 4,145 gifts from almost 1,800 donors to support advancing healthcare, our local Hospice and Lakeland Pantry. Your contributions, matched in some cases by Ascension, made it possible for us to gift over \$2.6 million right back to our community in 2018.

Thank you for your ongoing support for the health of our community. With innovation, prevention and healthy living, and building for tomorrow always in mind, your generous gifts to the Howard Young Foundation make it possible to address the greatest needs of our community. We hope you enjoy reading our exciting updates on the Foundation's new special campaigns and how you can continue to help.

This year, with your support, the Open Medicine Institute & Howard Young Foundation's Tick-Borne Illness Center of Excellence will open as the first in the Midwest to combine treatment and research of all tick-borne illnesses. Located within the Howard Young Medical Center, patients across the region will have better-informed diagnosis, treatment, follow up and research, but most importantly – hope they can get better.

Our Autism Services Fund is dedicated to supporting those on the autism spectrum. Through your support, you are helping provide a safe place to learn and grow communication and independent living skills at Lakeland

STAR School/Academy. You also helped us establish the first PAES Lab (Practical Assessment Exploration System) in the world that is located within a business environment, giving children on the spectrum unprecedented access to real job training.

Your support also continues to allow our rural hospitals to receive state-of-the-art equipment demonstrated through the Zero G Balance and Gait System, and through our year end appeal we have now raised enough to bring 3D Mammography to Eagle River too.

Whether you support the Foundation by participating in our special campaigns, annual donations, planned gifts through your estate, or by supporting events like the Minocqua Dragon Boat Festival, YOU CHANGE LIVES. Thank you for supporting our community and our future through your legacy.

If you would like to contribute, have questions about our campaigns or have an interest in getting more involved, please call us at 715-439-4005 or stop in at 420 Oneida Street, Suite #100, Minocqua.

Warmly,
Erin Biertzer

President, Howard Young Foundation



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The Mission of the Howard Young Foundation

The Howard Young Medical Center was built in 1977 through a very generous bequest provided by philanthropist Howard Young. Bearing his name to honor his philanthropic gift, the Foundation was established in 1984 to advance the health and wellness of all people in the communities we serve through your charitable support.



Table of Contents

From the Chairman04

Tick-Borne Illness Center of Excellence 05 - 07

The Trail to Success: Lakeland STAR and Equine Assisted Therapy..... 08 - 09

Feel the Energy: Minocqua Dragon Boat Festival 10 - 11

Sustenance and Wellness: Lakeland Food Pantry 12

My 9-1-1 Moment 13

Meet Our New Board Members 14 - 15

State-of-the-Art Hospitals, State-of-the-Art People 16 - 17

The Women’s Legacy Council – Welcome Back Lisa!..... 18

Why We Give: Passionate About Our Community..... 19

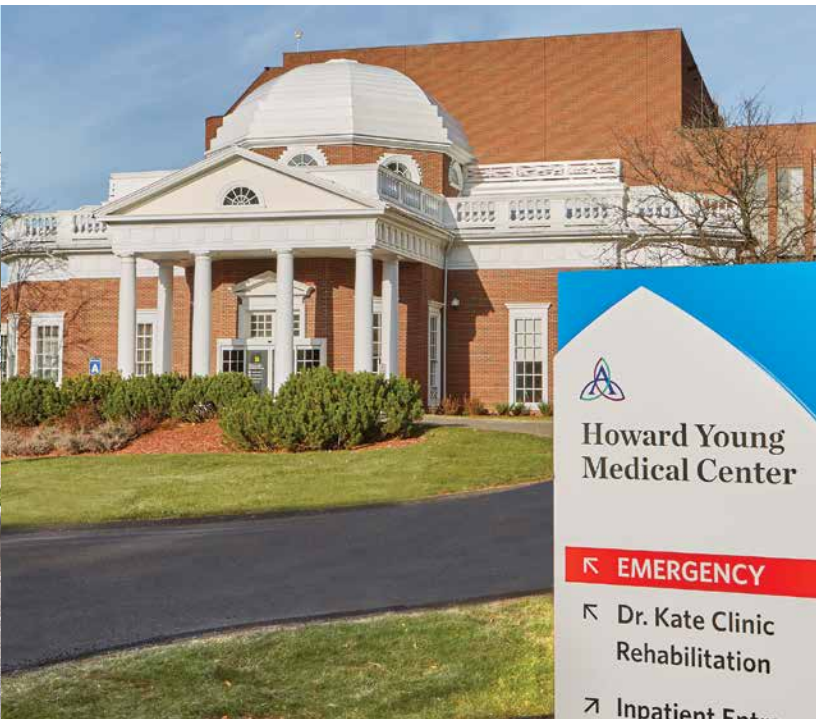
Power of Philanthropy: Our Donors, Our Friends..... 20 - 22

Special Congratulations to our Board Chairman, Trig Solberg..... 23

THE HOSPITALS OF ASCENSION HOWARD YOUNG HEALTH CARE



Ascension Eagle River Hospital, Eagle River, WI



Howard Young Medical Center, Woodruff, WI

From the Chairman...

The Value of Involvement



Trig Solberg
Board Chairman

We dedicate this issue of *Defining Moments* to the memory of **Jeanne McJoynt**, who passed away in January. Jeanne was a valued member of the Howard Young Foundation Board and was happy to share her many skills and gifts with our community. She will be greatly missed.

MANY THANKS TO EILEEN GOGGINS-SCHULTZ

We would like to thank Eileen Goggins-Shultz for six years of hard work and dedication on our Board of Directors. As she steps down from her role on the Board, we would like to recognize the time, energy, expertise, insights and vision that she put into guiding our mission. Eileen served as the Board Secretary for six years and was a founding member of the Women's Legacy Council. Her contributions will continue to make a lasting difference in our community and beyond.



Eileen Goggins-Schultz
Board of Directors

WELCOME NEW BOARD MEMBERS AND STAFF

We are pleased and honored to welcome Denny Breitholtz, Dick Gustafson and Carrie Nichols Hoyer to our Howard Young Foundation Board of Directors.

We are also pleased to welcome **Elizabeth Gering**. Elizabeth has joined our team to provide donor

relations and communication services. She works to keep donors informed of the impact their generous gifts make and to increase awareness of important campaigns for our community, as well as researching and writing grants. We are very happy to have her working with us.



Elizabeth Gering
Donor/Communications
Services

NEW AND IMPROVED WEBSITE MAKES IT EASIER TO SUPPORT FOUNDATION

Coming this summer: our new and improved website at howardyoungfoundation.org. Our new website showcases our focus areas for the community and makes it easy to get involved. You can come to the site to make a life-changing gift or learn about the many events we host throughout the summer.

Join me at the Lakeland STAR and Hospice golf outings, sponsor and register a team for the Minocqua Dragon Boat Festival or choose what you're passionate about. Every event is fun, well planned and helps keep our community healthy and strong.

Thank you for your continued commitment to the health and wellness of our Northwoods community.

Sincerely,

Trig Solberg, Board Chairman
Howard Young Foundation



Open Medicine Institute
& Howard Young Foundation's
**TICK-BORNE ILLNESS
CENTER OF EXCELLENCE**

Deer ticks may be tiny, but the pathogens they transmit, such as the ones that cause Lyme disease can be a source of tremendous suffering for many people. If you've spent any time in the Northwoods, the odds are that either you or someone you know has experienced a tick bite. In 2016 alone, more than 22,000 cases of Lyme disease were confirmed in Wisconsin.

**OPEN MEDICINE INSTITUTE & HOWARD
YOUNG FOUNDATION TICK-BORNE ILLNESS
CENTER OF EXCELLENCE**

The Open Medicine Institute & Howard Young Foundation Tick-borne Illness Center of Excellence will bring both clinical and research expertise to northern Wisconsin. Located in the Howard Young Medical Center, the clinic will utilize cutting edge testing and technology to diagnose and treat patients suffering from tick-borne illnesses. It will combine a comprehensive clinical approach with innovative research methods that go far beyond what an average practitioner can access.

"One of the challenges with many tick-borne illnesses is that there are so many systems that can potentially be involved," said Dr. Andy Kogelnik, director of the Open Medicine Institute (OMI), a scientific advisory board member for the Global Lyme Alliance and national expert on tick-borne illnesses. "Often patients that come to us have already been seen by primary care physicians and various specialists. We will offer those folks a team approach over time to deal with their illness. You're not going to unwind a chronic problem like that overnight."

The center will use a precision medicine method in which staff collaborate with and take time to listen to their patients. Creating resilience in the person with the disease by supporting all of their body systems in addition to utilizing antibiotics and other traditional treatments is the core approach. Other supportive treatments such as acupuncture, physical therapy and pain management will also be incorporated. Someone coming to the center may have been passed from specialist to specialist because tick-borne illnesses can be hard to diagnose. When they get to the center, they can expect to be heard and to receive expert care.

KEY CENTER STAFF

Dr. Kogelnik has been instrumental in assembling the team and working with the Foundation to help get the center funded and set up. He also guides the clinical and research pieces, making sure they stay aligned with OMI's other U.S. efforts.

The team of providers and support staff at the center is expected to grow over time to potentially include multiple disciplines such as nurse practitioners, health

“ Our primary interest is to determine what works most efficiently in the treatment of chronic tick-borne illness. ”

coaches, nutritionists and others. The multidisciplinary team approach is important to ensure that every patient receives the comprehensive care they need.

NEED FOR TREATMENT AND RESEARCH

While Lyme disease may be the most well-known tick-borne illness, there are many others. According to the Centers for Disease Control and Prevention, deer ticks, also known as blacklegged ticks, can transmit anaplasmosis, Babesiosis, *Borrelia mayonii*, *Borrelia miyamotoi* and Powassan virus. Deer ticks are common in the Lakeland area and throughout the Midwest.

“Our primary interest is to determine what works most efficiently in the treatment of tick-borne illness, particularly in the many complex chronic cases” Dr. Kogelnik stated. “This is a problem that’s missing a solution and is expanding at epidemic rates.”

The center will be unique because it focuses on a full spectrum of clinical services as well as advancing research in the field of tick-borne illnesses. All patients are encouraged to participate in ongoing research initiatives. As the number of patients who participate grows, the amount of data increases, allowing for more meaningful analyses. This will contribute to more robust insights and uncover diagnostic and treatment options.

“There needs to be a lot more work done,” said Dr. Kogelnik. “We think at the same time we’re providing a clinical service to patients in a very endemic area, we can and should be adding to the knowledge that’s known about these diseases and how to treat them and what works and what doesn’t work in as scientific a way as we can.”

WHAT A PATIENT CAN EXPECT WHEN THEY COME TO THE CENTER

Patients will experience an approach to the treatment of tick-borne diseases that incorporates a complete approach. Patients will actively participate in their

care by providing information, ongoing feedback and a willingness to be open to many treatment modalities. Determining why a patient is susceptible to a specific disease will also be a focus at the center. Often addressing the underlying factors that make a person susceptible will maximize the likelihood of a positive outcome.

When a patient enters the center, they will be greeted with an open space decorated in soothing colors and comfortable decor. The goal is for patients to feel that this is a welcoming space for an open discussion about themselves, a place that treats the mind and spirit as well as the body.

“It goes with the treatment outlook of really opening the doors to a whole set of problems that have not been fully addressed and need a lot more attention,” Dr. Kogelnik said. “And an openness to the patients whose individual needs have not been met by standard guidelines-based practices. One size does not fit all – these patients don’t fit the guidelines but they do have a very real, physiologic change going on in their body that they have little to no control over.”

If you have been impacted by a tick-borne illness, you can contact the Open Medicine Institute & Howard Young Foundation Tick-Borne Illness Center for Excellence at 715-203-1616 or ticks@openmedicineinstitute.org.

YOU CAN DONATE TO THE TICK-BORNE ILLNESS CENTER OF EXCELLENCE FUND

online at howardyoungfoundation.org or call us at 715-439-4005.



Lyme Disease Q & A

Q: How do I get Lyme Disease?

A: You must be bit by an infected blacklegged tick (deer tick). The bacteria enter your skin through the bite and make their way into your bloodstream. Not all deer ticks are infected. Ticks not known to transmit Lyme disease include Lone star ticks, American dog tick, the Rocky Mountain wood tick, and the brown dog tick (CDC, 2019). These ticks may transmit other infectious agents.

Q: I read that the CDC had 42,000 confirmed cases of Lyme Disease in 2017, but they estimate the actual number of cases is 10x that number. Why are there so many cases going unreported?

A: This gap exists because there is not an accurate test to tell if you have Lyme disease or to tell if you are cured. The blood test most commonly used is only 35% accurate when done appropriately, and some studies indicate that up to 50% of patients tested for early stage Lyme Disease receive false negative results.

Lyme Disease is not a “reportable” illness - meaning that reporting cases by providers and county health departments is completely voluntary - resulting in further underreporting.

Q: Why is this such a concern in Northern Wisconsin?

A: Wisconsin is ranked 4th in the nation for reported cases of Lyme Disease, and Minnesota is ranked 5th. Tick-borne illnesses pose a huge threat to the Midwest and the closest center that combines research and treatment is over 1200 miles away.

Q: Why did you choose Open Medicine Institute (OMI) as a partner?

A: To find a potential partner, we contacted leading doctors at the prominent medical centers devoted to the treatment and research of tick-borne illnesses including Dr. Brian Fallon and Dr. Daniel Cameron. After hearing our mission and objectives, we were referred to Dr. Kogelnik, and found that what we were trying to accomplish and the mission of the Open Medicine Institute are perfectly aligned.

“ Since being in the care of OMI, my neurological symptoms have decreased, stamina stronger and I am improving. OMI specializes in hard to solve cases and I am forever grateful for the care I have received there. ”

~Anna, OMI patient

Welcome to OMI Olivia!

HELPING SUPPORT THE TICK-BORNE ILLNESS RESEARCH STUDY

We would like to welcome Olivia Gotlib, the OMI Biomedical Engineering Intern. Olivia is originally from Long Island, NY and is a rising junior at Georgia Tech. Olivia will be supporting the tick-borne illness research study for 12 weeks this summer. Her favorite part about being in Minocqua for the summer is all of the nature and outdoor activities available.

“I am excited to get work experience in the biomedical field and learn more about medicine. I also have always been passionate about helping people, so it is exiting to be part of an initiative as important as the Tick Center.”



Olivia Gotlib, OMI Biomedical Engineering Intern

The Trail to Success

Lakeland STAR and Equine Assisted Therapy



Psychologist Helen Thompson Wooley once said, ***“In riding a horse, we borrow freedom.”*** After participating in equine assisted therapy, the students at Lakeland STAR Academy and School might argue that working with a horse creates freedom.

The goal of Lakeland STAR is to have students of all developmental levels thrive not only in the school environment, but in the community, and graduate with the academic and life skills necessary to become their personal best. That includes increased confidence, social skills and determination to move on to post-secondary education, gainful employment, living independently to the best of their ability and enjoying meaningful connections with others if they so desire. Sometimes, those others may be horses.

EQUINE THERAPY

Equine assisted therapy is a form of experiential therapy that involves interactions between a person and a horse to promote physical, emotional, social and mental health. But it's about more than simply riding – there's a lot to learn before getting on a horse.

According to Lenelle Scholl, founder and director of Scholl Community Impact Group, a 501c3 nonprofit, in Winchester, Wisconsin, the very first thing equine assisted therapy students learn is the safety rules. Safety is important on the farm and when working with large animals. Once that's achieved, they're assigned a horse. With the help of staff and ever-present volunteers, they learn the parts of the horse, how to groom the horse, how to bridle and saddle the horse and then how to mount and ride.

Each student learns how to communicate with their horse. For some that might be asking the horse to back up. For others with fewer verbal skills, it might mean physically pushing on the horse. It's up to them to find a way that works for them.

“These are huge animals, but they are very kind and very loving,” Lenelle said. “I swear that when a child needs something in a lesson, the horse knows. It's amazing!”

Once they've mastered grooming the horse, students can learn to ride. Some children are ready to hop on right away. For others, it takes a while to muster the courage.

BONDING BETWEEN A STUDENT AND A HORSE

One of Lenelle’s favorite stories about the bond that can develop between a child and a horse is about a non-verbal student who came to the farm when he was just 6 years old. Lenelle and her volunteers tried to introduce him to one of their horses, Roanie, but the student wasn’t interested. His mom later took him down to the pasture where he found a horseshoe. He tried to figure out where it belonged, decided it must be Roanie’s and laid it at the horse’s foot. With that, they were friends.

“The next week the boy was at the farm again, and Roanie walked up to him and rested his head on the child’s head,” Lenelle shared. “Soon the boy began to ride. After a break of a couple years, that same boy came here with Lakeland STAR Academy. He and Roanie recognized each other and rekindled their friendship.”

BENEFITS OF GROOMING AND RIDING

The physical aspects of grooming and riding a horse have great benefits for the students. Hand-eye coordination, head, core and upper-body strength and joint mobility all improve. Muscle groups the rider uses in walking, sitting and reaching are toned, stretched and strengthened. A non-verbal line of communication is created between rider and horse which can lead to emerging speech. Overall communication improves and self-confidence soars.

The equine assisted therapy techniques used in the program help build self-confidence and respect. Students also learn to demonstrate responsibility, make positive choices and develop problem-solving skills. They expand their social skills through communication, trust and teamwork.

“Our volunteers are truly amazing,” Lenelle said. “They are dedicated to our mission of helping kids on the spectrum, and really embrace our philosophy that no matter how you look at it, we’re all connected.”

WE COULDN’T DO IT WITHOUT THE HOWARD YOUNG FOUNDATION

“The funding we receive from the Howard Young Foundation makes this unique therapy and so much more possible,” said Eric Mikoleit, director of Lakeland STAR charter schools. “The ongoing support from the Foundation also helps with specific building needs, technology and personnel, including a newly hired board-certified behavior analyst who will be creating behavior intervention plans.”

Another item the Foundation helped with this year was the Practical Assessment Exploration System (PAES) Lab now available to the students at Lakeland STAR School/Academy, Lakeland Union High School and Middle School. The students "go to work" each day at the PAES Lab in the Howard Young Medical Center, part of Ascension in Woodruff, Wisconsin. The PAES Lab is located within the hospital to give students an integrated work experience. This is the first PAES lab in the United States to be located within the four walls of a business.

The high quality of unique programming and individualized education is a huge draw for parents with children with autism spectrum disorders and other special needs. Based on current enrollment and growing demand, Lakeland STAR will continue to grow, providing even more students a trail to success.

How you can support the Lakeland STAR charter schools and autism services in our community?

Donate to the Autism Services Fund at Howard Young Foundation by calling 715.439.4005 or visiting howardyoungfoundation.org.



FEEL THE ENERGY.

4th Annual Minocqua Dragon Boat Festival

On Saturday, August 17, 2019, crowds will roar again as dragon boats speed across Lake Minocqua. Delectable smells and entertaining music will drift over the festival grounds at Torpy Park, enticing paddlers and spectators to dine, dance and dally. Get ready for the 4th Annual Minocqua Dragon Boat Festival!

WHEN INDIVIDUALS BECOME A TEAM

Most paddlers come to the Minocqua Dragon Boat Festival with a specific team. But sometimes individuals want to paddle. If that's you, not to worry - you won't be left out. Individuals can register and be placed on a team with other solo paddlers. Because there were numerous individual registrants last year, festival registration guru Jared Kassien was able to put them all together on one team.

The team's members spanned a range of ages, including the oldest paddler, age 85. They also had varying degrees of experience. Some had never been in a dragon boat race before. Others had. And one

had even competed with the U.S. Dragon Boat team in Hong Kong.

"Since we were made up of unconnected parts, we were named Frankenstein's Monster," said paddler and team captain, Debbie McFadden. "But it didn't take long for these many random parts to become a single body."

What they all had in common was a competitive spirit and a desire to raise money for the Foundation. They won their first heat, and their drummer, Julie Yandell, won the award for the most festive drummer.

"When I heard the name of the team," Julie recalled, "I knew right away that I'd have to come dressed as the Bride of Frankenstein. I had the wig with the white strips, and when we did our team cheer, we'd do it first in English, and then in Monster. Rawr, rawr, rawr. It was a thing of beauty."

It was a great afternoon for the team, having fun together and raising money for a good cause.

JOIN THE FUN!

Saturday, August 17, 2019

8:00 a.m. - 5:00 p.m.

Torpy Park & Lake Minocqua



“As seasonal residents, we certainly appreciate the quality and availability of healthcare in the Minocqua area,” said Debbie. “We think it’s absolutely amazing for a town with the year-round population of 4,500. But it wouldn’t be possible without the Howard Young Foundation.”

Nearly all members of the team will be returning to the 2019 Minocqua Dragon Boat Festival, but this year as the Merry Band of Mariners. (Rumor has it that Maid Marian may make an appearance.)

HAVING FUN AND RAISING FUNDS

This free event not only provides exhilarating entertainment and family-friendly activities, but it also raises funds for the Howard Young Foundation. During the first two years, the festival raised over \$500,000, every penny of which went to fund technology and facility upgrades at Howard Young Medical Center in Woodruff and Ascension Eagle River Hospital in Eagle River. In 2018, more than \$110,00 was raised and is being used to support the new Open Medicine Institute & Howard Young Foundation Tick-Borne Illness Center of Excellence. This year’s proceeds will be split between the Autism Services and Tick-Borne Illness Center.

Teams of 16 – 20 paddlers pay a registration fee to compete in the event and are also encouraged to raise additional funds by gathering pledges. Anyone can pledge on behalf of a team or specific paddler, or they can donate directly to the Foundation.

Everything a team needs to compete is included with their registration including:

- Use of a dragon boat, life vests, paddles and a steersperson/coach
- One practice, scheduled in the week leading up to the event
- Racing on the 300-meter course at least two times on race day

You can register your team at www.minocquadrdragonboat.com.

MANY HANDS MAKE THE FESTIVAL A SUCCESS

In addition to a dedicated event committee, it takes over 100 volunteers to help keep the festival running smoothly. They take care of so many important tasks including placing signage, handing out paddles, holding boats and posting results. With a variety of time slots and types of responsibilities available, there is surely something to fit the schedule and talents of every interested volunteer.

Local service clubs are also involved. They coordinate the food and beverage concessions, keeping the crowds fed and happy.

Our sponsors are another key to keeping this community event free and open to the public. Their contributions include financial, in-kind, property use, labor and more. With their generous support, we can put dragon boats in the water, tents on the ground and people in the park and ensure that every penny raised through this wonderful event goes to the Foundation to support their important mission.

“The festival is beautiful, and it’s so much fun to watch the boats and the people come and go, Debbie shared. There’s just a general air of good will. You don’t want to miss it!”

EMBARK HERE!

Don’t have a team but want to paddle? No problem. You can register as an individual and be added to a team. To register as an individual or a team, become a volunteer, pledge your support or arrange a sponsorship, please visit www.minocquadrdragonboat.com.



Sustenance and Wellness

LAKELAND PANTRY

You would expect a pantry to provide food and maybe a few other supplies, but would you anticipate free health screenings there as well?

Lakeland Pantry has provided food and other basic items to income-eligible members of our community for years, and they recently expanded to include on-site wellness services.

“The pantry is my passion,” states Lorna Springate, Lakeland Pantry director. “People need nutrition to stay healthy. They also need basic wellness screenings. We are so excited to bring these two services together for our participants!”

If a family can’t afford food, they sometimes forego medical checks because of the costs involved. Now, when these families come to get food, they can also get free basic wellness services. As we all know, early detection and management of their health needs can make all the difference.

“A Medical Mission at Home health committee involving pantry and hospital leadership was created to develop a plan for the health screenings and support services to fulfill our community health needs,” said Laurie Oungst, Chief Administrative Officer for Howard Young Medical Center. “The term “medical mission” often refers to volunteer caregivers who travel to other countries to provide medical services. The Lakeland Pantry Medical Mission at Home does the same thing for neighbors in need, right here in our own community.”

Now on two Tuesdays and one Thursday each month, pantry visitors can meet with medical professionals to get their blood pressure checked, have their glucose levels tested and have access to registered dietitians for nutrition guidance, all in a private room on-site. Individuals whose screening shows results out of the normal range will be connected to follow up care. They hope to add more services, like immunizations, in the future. It’s a convenient way for people who come to the pantry for food to get their basic wellness checked at the same time.

The pantry typically serves 1500 – 2000 individual people. About 40 percent of that number are children. This is a sizable group of people who now have ready access to free wellness checks by local medical professionals who volunteer their time at the pantry.

“We are so grateful for all the support we receive from Howard Young Medical Center, Ascension and local medical professionals who volunteer their time,” Lorna said. “Because of them, we were able to add an important service for our low-income community members.”

Eligibility for all pantry services is based on income. The pantry is located at 1707 Highway 51 North in Abor Vitae.

HOW TO SUPPORT

The pantry gets no government funding or subsidies and relies on donations. There are many ways that you can support the important work of Lakeland Pantry.

Make a financial donation any time during the year. Because the pantry staff can negotiate better prices on many foods than the average consumer, your gift goes even further than a direct donation of food.

Participate in the Bear Cupboard Run July 20, 2019, in Minocqua. This event includes a half marathon, 5K chip-timed runs, 5K walk and 1K Cubby run on the beautiful Bearskin Trail.

Later this year, buy tickets to Wine, Women and Winter, an evening of wine tasting, festive food, holiday entertainment and raffles.



Nathan Bates, Ascension Wisconsin Spirit Medical Transport; Bryan Hoover, Howard Young Medical Center, part of Ascension; Charlie Kotke, Ascension Wisconsin Spirit Medical Transport; Laurie Oungst, Howard Young Medical Center, part of Ascension; Lorna Springate, Lakeland Pantry, Dianne Neibauer, Lakeland Pantry; Jacqui Monge, Howard Young Medical Center, part of Ascension; Keith Kulpa, Howard Young Medical Center, part of Ascension; Sandy Anderson, Howard Young Medical Center, part of Ascension; Scott Novascone, Ascension Wisconsin Spirit Medical Transport

August 18, 2018, was a beautiful day in Wisconsin's Northwoods. The third annual Minocqua Dragon Boat Festival was in full swing, the sun shone and the water sparkled as the dragon boats raced across the lake. Crowds of spectators lined the shore and strolled the streets.

Jennifer Gitzlaff and Michael Kellner, paramedics with Oneida County EMS and Ascension, were on duty at the festival grounds when a call came over their radio. There was a three-car accident. They radioed back that they were on their way. The pair jumped on their specially outfitted EMS bicycles and were at the accident scene in under two minutes, well ahead of the ambulance that had to navigate roads crowded with cars and pedestrians. Once there they began identifying the injured, cataloging and treating injuries. They relayed information to the incoming ambulances so they'd know what to expect on arrival.

"It went so smoothly," commented Jennifer, bike team manager. "It was the first time we used the bikes on a call and it worked out really well."

The bikes each carry about 13.7 pounds of advanced life support equipment. This gear includes a defibrillator, IVs, medications, trauma dressings, bandages and more. They essentially carry everything that is on the ambulance, except for a cardiac monitor. The bikes are used in pairs at special events. At least one person per pair must be a paramedic. Right now, all bike team members happen to be paramedics.

The Howard Young Foundation funded the start-up costs for EMS bikes and Oneida EMS funds the ongoing program.

My 9-1-1 Moment



"I can't say enough good things about the Howard Young Foundation," Jennifer said. "If you need something in the community related to EMS or healthcare, they're interested. And they make the application process pretty easy."

One unexpected benefit to having the EMS bikes, in addition to rapid response even through congested roads, is that the paramedics get to interact more with the public in non-emergency situations.

"When we're staffing special events, we are always walking around with our bikes and people come up to chat," recounted Jennifer. "Usually when people meet paramedics it's not a great time in their life. This gives them an opportunity to talk with us without being in an emergency situation."

The EMS bikes are used throughout the summer to staff special events in the community, including the Dragon Boat Festival and the 4th of July celebration.

Meet Our New Board Members

Our board of directors is made up of extraordinary individuals who work hard to make our mission a reality and our community a great place to live. Each member has an impressive professional and personal background, and they bring a variety of skills and talents to the foundation. We'd like to share a brief update with you about our newest members, thank a retiring long-standing member and congratulate our chairman on some recent, well-deserved recognition.

Denny Breitholtz

HYF Board Member



Denny Breitholtz and his wife Catherine retired full time in 2010 to the home they built on Oxbow Lake in Presque Isle. Denny's career began with vocational and social habilitation for developmental abilities at Little City Foundation in

Palatine, Illinois. Later in his career he moved into positions focusing on community development and major gifts in Illinois at Pioneer Center and Alexian Brothers Hospital System.

Denny continues to be driven by serving community needs. He is active in the Northwoods Ski Touring Association and developing the funding plan for the Presque Isle Community Gardens. He also serves as president of the Wilderness Pedalers, a nonprofit organization dedicated to connecting our beautiful Northwoods trails.

"I know firsthand the importance of quality medical care in the Northwoods. About three years ago, I fell off the roof of our Presque Isle home and broke my neck. The professionals at Howard Young Medical Center did a wonderful job for me and helped save my life before transporting me to Wausau for surgery. When I retired, I missed the feeling of involvement and engagement with the community. This board helps me feel connected." - Denny Breitholtz

Dick Gustafson

HYF Board Member



Dick Gustafson recently retired from his own executive search firm, Gustafson Group, where he specialized in healthcare provider executive searches. The majority of his career was at Heidrick & Struggles, a global executive search firm where he

was Chairman, Global Healthcare Practice. Dick successfully led major searches for CEO's, CMO's, CFO's, COO's, and Vice Chancellor and Deans of Medical Schools. Prior to his search career, he spent 16 years in a variety of executive positions in hospitals, health systems and academic medical centers in Chicago area and Philadelphia.

Dick served as Vice Chairman, Senior Advisory Board, of MedAssets, Inc. He is a former Board member for the National Center for Healthcare Leadership and Hospitalist Management Group and was a founding board member for the National Committee for the Prevention of Child Abuse (now Prevent Child Abuse America). In October 2002, he was named as one of the "100 Most Powerful People in Healthcare" by Modern Healthcare magazine.

Dick and his wife Margo have had a home on Lake Kawaguesaga for over 25 years. He served as Membership Committee Chair of the Minocqua

Country Club and serves as trustee and spokesperson for the Minocqua/ Kawaguesaga Lakes Stewardship Fund. The Gustafson's are residents of Naples, Florida and maintain a home in Lake Forest, Illinois where they have lived for over 35 years.

"It's important to me to be supportive of the broader community. I appreciate the diverse work that the Howard Young Foundation does for the hospital and the community, such as the autism center." – Dick Gustafson

Carrie Nichols Hoye

HYF Board Member

*Executive Committee Member at Large
Marketing Committee Chair*



Carrie Nichols Hoye is a retired marketing executive who is devoted to community service. Carrie served as Vice President of Marketing for GE Consumer Finance and Director of Marketing for the Chicago Tribune. In 2005, Carrie formed CJH Strategic Marketing,

where she defined data-driven, customer-focused acquisition and retention strategies for clients including the Washington Post, Dallas Morning News and OSI Restaurant partners. She later offered marketing support to C&J Cladding, the Houston-based business she and her husband Jeff purchased, grew and sold.

Carrie and Jeff chaired the Next Step Capital Campaign for Gracewood, a Houston ministry devoted to providing home, hope and healing for homeless mothers and their children. The campaign successfully raised \$8.5 million to double the size of the Gracewood campus. She also served on the Advisory Board of Spring Spirit Baseball, a Houston agency that serves more than 800 children weekly through sports, mentoring and worship. She has served agencies who address education, human trafficking, animal rescue and was active on boards and committees at Chapelwood United Methodist Church.

Carrie and Jeff live in Minocqua, Wisconsin and Watersound Beach, Florida. She is a graduate of University of Wisconsin – Milwaukee.

"I am investing my time and financial support in an organization I believe in. The Howard Young Foundation demonstrates great compassion in identifying and supporting our community's needs, and also serves as a careful steward of funds received. For me, the creation of the Tick-Borne Illness Center of Excellence is a game-changer for our community, and I am incredibly excited to be a part of the team bringing it to Wisconsin and the Midwest." – Carrie Nichols Hoye

MANY THANKS TO EILEEN

Eileen Goggins-Schultz

Former Secretary & Member of the HYF Board



Eileen Goggins-Schultz moved from Wausau to Minocqua as a full time resident nine years ago, and our community has benefited tremendously by her presence and involvement.

Eileen has a history of volunteerism and fundraising for the Board

of the Wausau Conservatory of Music, The Leadership Campaign for Arts Block and The Festival of Trees with proceeds going to support Hospice. She served on the board of directors of Wisconsin Valley Library, United Way, American Community Bank, Aspirus Health Foundation, University of Wisconsin Marathon County – Foundation and the Campanile Center for the Arts.

In 2012, Eileen joined the Howard Young Foundation board of directors and immediately stepped into the role of Secretary on the Executive Committee. Eileen was also an integral member of the Women's Legacy Council where she served as the philanthropy chair. She was instrumental in bringing the \$1.6 million One Heart Cardiology Suite to Howard Young Medical Center. Her passion and commitment to the Foundation and to improving the health of our community inspire all of us. Thank you, Eileen!

"It was truly an honor to serve on the board and to serve on the executive committee. The time there was enjoyable. The board is a wonderful group of people. I'll always feel grateful for being a part of it."- Eileen Goggins-Schultz

State-of-the-Art Hospitals...

State-of-the-Art People

New, state-of-the-art equipment is a must for a medical facility, and when new equipment fills a local need, it is truly exciting!

HANA® ORTHOPEDIC SURGERY TABLE

"Thanks to the Howard Young Foundation, we now have a Hana® orthopedic surgery table," said Angie Rothmeier, manager of surgical services for Howard Young Medical Center (HYMC). "It's a specialty table used in anterior approach total hip surgeries. Our surgeon is very happy to have this table because it would be nearly impossible to do an anterior approach total hip replacement without it."

Anterior approach hip replacements have become the procedure of choice for many surgeons and patients. Because this type of surgery is done with a single incision and doesn't cut through major muscles along the side of the hip (as is done with traditional hip replacement surgery), the patient experiences less pain and has a quicker recovery.

With the Hana table, the patient's upper body rests on a stable, flat surface. Their feet are placed in boots and each leg is attached to an extension that can be safely maneuvered in multiple directions to provide the surgeon with the best view of and access to the joint as possible. This flexible positioning is not possible with conventional surgery tables.

REALISTIC INFANT SIMULATION MANNEQUIN

With the help of the Foundation and the Volunteers of Howard Young Medical Center Inc, an infant simulation mannequin requested by Cheryl Sell and Dilya St. Louis, clinical educators at Howard Young Medical Center, was funded and purchased.

Lifelike mannequins provide an invaluable safety net for learning, allowing staff to develop critical-thinking and decision-making skills without exposing real patients to unnecessary risks. Staff knowledge and competency skills are strengthened leading to better patient care as well as patient satisfaction.

"The infant mannequin, named Tory™, looks, feels, sounds and responds like a real newborn. Learners can monitor vitals and start IVs," Cheryl stated. "The software comes with pre-programmed scenarios or the operator can create scenarios as well as make real-time changes to the infant's health condition."

This training tool benefits all existing and newly hired nursing and EMS staff, including new associates from HYMC, Ascension Eagle River Memorial Hospital, Ascension St. Mary's Hospital and Ascension Sacred Heart Hospital.

STATE-OF-THE-ART PEOPLE

Our local hospitals not only have state-of-the-art life-saving technology, they also have state-of-the-art people.

When 87-year-old leukemia patient George Grundy desperately wanted to watch his grandson, Parker, play his last scheduled college football game for Vanderbilt University in November 2018, caring professionals at Howard Young Medical Center (HYMC) worked together to make it happen.



Unfortunately, the hospital's TV programming did not carry the game. *"We borrowed a TV from the surgical waiting room for the occasion, but we needed an HDMI cable," said Becky Mader, RN, house supervisor. "So I gave the medics my credit card and they went to purchase one. I also asked them to stop at Trig's for a balloon bouquet of black and gold balloons, the Vanderbilt colors."*

Tanner Hickerson, medical-surgery health unit coordinator, used his tech-savvy abilities and his internet account to find the game, log in and live stream the channel for the game. Staff also procured additional decorations for the football party.

Vanderbilt's motto is "Anchor Down." Staff found an easel with paper and created a sign for George saying "Anchor Down Parker" along with Parker's #93 and a gold anchor.

Becky let George know that they had located a TV and were able to air the game here at the hospital. He got somewhat emotional and was very thankful that HYMC could make the game happen for him and his son Andy who was visiting from Illinois.

"When we brought George into the room, we asked if he had a special message for Parker and he said, 'Good Luck. Kick 'em long. Love Grandma and Grandpa,'" Becky said. *"So we wrote that message on the sign for Parker. Katie Grundy, George's sister and a volunteer at HYMC gift store, was also present and provided snacks for their football party."*

Vanderbilt won the game 38-13, and George too felt like a winner as HYMC staff made the game happen. Andy also expressed his appreciation of the wonderful, quality time he had with his father.

"The associates of HYMC really went above and beyond for George," said George's wife, Betty Grundy. "We know it was a very special privilege, and we are so grateful."

George, a lifelong Northwoods resident, lost his battle with leukemia on February 11, 2019 at HYMC. He was married for 62 years to Betty, who was an RN at Lakeland Memorial Hospital in 1954. Betty's uniform is on display at the Dr. Kate Museum. George worked for Wisconsin Public Service for 34 years and was retired for 31 years. He and Betty had two children, a daughter Allison and a son Andy, who each have two sons. This article is in celebration of his memory.

Special thanks to: *Dr Conde for being the patient's advocate in making his needs and wishes known; Nurse Danielle for ensuring his medications were provided when watching the game; Tanner for his technical skills and sharing his internet account; Jon, Katie, Dave (ambulance crew) who obtained the HDMI cable and balloons; Kato Wauters for sharing her Bose Speaker for sound; dietary who delivered his dinner tray to the waiting room; and all HYMC staff and management team who create a warm, supportive, and encouraging environment for our patients.*

SUPPORT OUR HOSPITALS

You have the power to help support our community state-of-the-art hospitals by donating to the Howard Young Foundation. You can specify that your gift be assigned to a specific area of need or designate your donation for the Greatest Need Fund at either of our hospitals.

The Women's Legacy Council



WOMEN'S
LEGACY
COUNCIL

a committee of
Howard Young Foundation

The Women's Legacy Council (WLC), a Committee of the Howard Young Foundation, Extends a Warm **Welcome Back to Lisa Wolter!**



Lisa Wolter

Lisa, a founding member of WLC, took time off to address some pressing family issues. Now that her life is more settled, she's back.

"The first project we tackled was helping to get the One Heart Cardiology Suite up and running," Lisa recalled. "It was very rewarding. Very exciting."

Lisa enjoys working with the diverse group of women that make up the WLC.

"These ladies give back to the community in ways most people will never know," she said. "They use their time and talents in profound ways, all to help keep our hospital running smoothly and bring new things to our rural area. The Foundation and the WLC make a huge difference in our community for our year-round and seasonal residents as well as visitors."

It's an exciting time for Lisa to rejoin the WLC as the group works to raise funds and awareness for the new Open Medicine Institute & Howard Young Foundation's Tick-Borne Illness Center of Excellence. It is the latest in a series of important projects undertaken by the WLC and the Foundation to promote quality healthcare in the Northwoods for residents, their families and the community.

Lisa is proud to be a part of the WLC, knowing that they are following in the steps of Dr. Kate, bringing quality healthcare to a rural area.

THIS SUMMER!

The Women's Legacy Council will be hosting several events to raise awareness of and benefit the Open Medicine Institute & Howard Young Foundation's Tick-Borne Illness Center of Excellence. For a complete list, go to the events tab on our new website at howardyoungfoundation.org.



Why We Give

Passionate about Our Community



Sandy Grambow,
RN, BSN, Benefactor

“*I give because it's my turn to give back to an institution that did so much for me.*”

Sandy Grambow, RN, BSN, had her sights set on working for the Howard Young Medical Center (HYMC) from the beginning of her career. On August 2, 1976 she started at Lakeland Memorial Hospital and helped transfer patients through the tunnel to the brand new HYMC in 1977.

In 1984, the Howard Young Foundation (HYF) was established and Sandy has been a regular donor ever since. She has seen firsthand the benefits that patients receive thanks to hospital equipment and facility upgrades made possible through the HYF and the generosity of the community and hospital.

Currently working as an ambulatory surgical/pain management nurse at HYMC, Sandy approaches her work with the wisdom earned through her 40+ years of nursing, a dose of humor and a passion to help others.

FIRSTHAND VIEW OF HOW FOUNDATION FUNDS BENEFIT PATIENTS

Sandy has seen firsthand how the Foundation's investments in the hospital have benefited patients.

“As a nurse, I have taken care of patients who have had surgery using the DaVinci robot,” Sandy remarked. “I notice that there's less pain and the patient recovers more quickly than if they had a traditional surgery with an incision through all the muscle.”

She's also a fan of 3-D mammography. “Now with the digital mammograms, it seems like it's done quicker,” she said. “It doesn't hurt as much, and the room was redone to give it a homey feel.”

Sandy had anaplasmosis, a tick-borne illness, a couple years ago and said it was debilitating. She is excited to have the Open Medicine Institute & Howard Young Foundation Tick-borne Illness Center of Excellence at HYMC.

DECADES OF GIVING

Sandy allocates a portion of each paycheck to the work of the Foundation.

“I've been doing it for over 30 years, and don't even notice anymore. It comes right out of my check and it's not that much,” Sandy said. “But if there's a special need out there, I'll contribute more than I usually do just because I think that's the right thing to do.”

Sandy had always wanted to be an RN, and credits HYMC with helping her achieve that goal years ago by assisting with her tuition.

“I feel I was helped immensely,” Sandy stated. “Now I can do that for other people whether the money is going for education, to purchase a needed piece of equipment or hospital upkeep. It's my turn to give back to an institution that did so much for me.”

Power of Philanthropy

The support of friends like you helps the Howard Young Foundation bring state-of-the-art care to Northwoods residents and visitors, support innovation and research, and strengthen our community through health & wellness. Your gift to the Foundation has the power to change the way we view healthcare at our rural hospitals – one patient at a time. Philanthropy or charitable giving plays a big part in healthcare all over the United States, but it's even more important in small communities like ours.

CUMULATIVE GIVING – It is with deep appreciation that we recognize and honor those listed here for their generous and caring cumulative lifetime giving through 2018 totaling \$2,500 or more to the Howard Young Foundation. These generous donors have ensured that the health and wellness of all people in the communities we serve will continue for future generations.

EXTRAORDINARY BENEFACTOR \$1,000,000 OR MORE

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SPECIAL CONGRATULATIONS

to our Board Chairman, Trig Solberg!

PASSIONATE ABOUT OUR COMMUNITY

TRIG RECEIVES AWARD FROM NATIONAL GROCERS ASSOCIATION!

In February 2019, the National Grocers Association (NGA) presented the Thomas K. Zaucha Entrepreneurial Excellence Award to our board chairman Trygve (Trig) Solberg of T.A. Solberg Company, Inc.



Trig Solberg

Trig began his career in the food retail industry in 1971 when he and his wife Tula opened a single small store in Land O' Lakes, Wisconsin. Today, the company includes eight supermarket locations plus numerous other businesses. The T.A. Solberg Company employs over 1,200 associates. "NGA is honored to present this award to such a strong leader in the independent supermarket industry," said Peter Larkin, president and CEO of NGA. "Trig is admired by coworkers and industry peers for his dedication and commitment to his stores, community and his colleagues and peers in the industry."

Since 2009, the Thomas K. Zaucha Award has been presented annually to recognize an independent grocer that demonstrates persistence, vision and creative entrepreneurship. This award is one of the most prestigious honors awarded to independent grocers.

The Trig's team was also recognized by NGA with a Merchandising Award in the Store Event Category and was named as one of Winsight Grocery Business' "Sweet 16" Remarkable Independent Retailers. Trig's was one of 4 award recipients of their Masterful Merchandiser Awards.

PLEASE JOIN US IN CONGRATULATING TRIG ON THIS AMAZING ACCOMPLISHMENT!

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Howard Young Foundation

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Be sure to visit our newly remodeled website at howardyoungfoundation.org. You can learn about events and news related to the Howard Young Foundation, current campaigns, how our donors have impacted – and continue to impact – our community and more.

Tick-Borne Illness Center Facts



Open Medicine Institute
& Howard Young Foundation's
**TICK-BORNE ILLNESS
CENTER OF EXCELLENCE**

The mission of the center is to find and utilize best practices in the treatment of chronic tick-borne illnesses.

Our approach combines patient-centered diagnosis and science-driven treatment with follow-up and research.

Our work is guided by data, caring and innovation.

FOR MORE INFORMATION ON YOUR GIFTS ARE CHANGING LIVES, PLEASE CALL THE HOWARD YOUNG FOUNDATION AT 715-439-4005 OR VISIT HOWARDYOUNGFOUNDATION.ORG.