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# DEFINING MOMENTS

FALL/WINTER 2020

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## Autism Services

Helping students  
navigate “the road  
to independence”.

[READ MORE...](#)

***Page 06-07***

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Howard Young  
Foundation



## HOLIDAY MESSAGE

Thank you for generously supporting quality healthcare in the Northwoods throughout the year. We wish you a season filled with abundance, good health, laughter and love to warm your heart.



*HY Foundation Staff (left to right):  
Barb Maines, Sophia Stingl, Julie Nickelsen*

# contents

04	From the Chairman & President
05	Year-End Appeal - Give Patients the Best This Season
06	Autism Services - The Road to Independence
08	Tick-Borne Illness Research & Treatment - Restoring Health, Kyle's Story
10	State-of-Art Hospitals
12	Lakeland Pantry - A True Center of Aid & Comfort
14	Annual Community Events
15	Tick-Borne Illness Center of Excellence Transition
16	Sharing Our Mission



## HOWARD YOUNG FOUNDATION our mission

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.

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### MAILING ADDRESS

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### OFFICE LOCATION

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CHAIRMAN  
& PRESIDENT

Trig Solberg,  
Board Chairman



Erin Biertzer,  
President

FROM THE CHAIRMAN  
& PRESIDENT

This has been a turbulent year in many ways, but, thanks to the continued support from the community, your donations have still had an immense impact on healthcare in the Northwoods. We are humbled by your generosity and your commitment.

Please join us in welcoming Julie Nickelsen to our Foundation staff as the Director of Operations and Annual Giving. Julie is stepping into Audrey's shoes and brings with her years of experience in office management and customer service. We are delighted to have her on our team!

We also extend a heartfelt thank you to Sophia Stingl who interned with us this summer. Sophia is a sophomore at the University of Wisconsin-Madison where she is studying nonprofit management. She piloted the 2020 Virtual Minocqua Dragon Boat Festival. Sophia is an incredibly hard worker and we were lucky to have her in the office this summer.

As the demand for autism services continues to grow, so do the funding needs. Many goals have been identified for the future, including building a center of excellence that would combine Lakeland STAR charter schools with medical services to address early diagnostics and research. We will be expanding the campaign for these services and will continue to share developing plans and successes along the way.

The Tick-Borne Illness Center of Excellence is treating patients, conducting research and impacting the community and region. The Center is transitioning to a new phase of operation, and you can read more about this exciting new stage on page 15.

We hope you enjoy the stories within these pages. We thank you again for your generous support, and we wish you a healthy and happy holiday season.

Sincerely,

Trig Solberg, Board Chairman  
Howard Young Foundation

Erin Biertzer, President  
Howard Young Foundation

# GIVE PATIENTS THE BEST THIS SEASON

In the emergency department (ED), skilled care and swift action can mean the difference between life and death. Now, with the help of the Howard Young Foundation and community donors, keeping tabs on patients' critical vitals is about to become even more accurate and efficient.

In response to the COVID-19 pandemic and potential patient surges, the Howard Young Medical Center requested \$359,176 to update the ED's 17 unit patient monitor system. Half of those funds are already secured.

Becky Mader, RN, works in the ED at Howard Young Medical Center where currently only 8 of the 17 treatment rooms have dedicated equipment. She knows what a difference these cardiac monitors will make.

*"The new Phillips IntelliVue X3 portable monitors will ensure that we are prepared, efficient and capable of monitoring every patient who enters our emergency department during the pandemic and over the next decade, regardless of their illness or injury," Becky said.*

When you join the Foundation's efforts to fund this equipment upgrade this holiday season, you are helping the hospital ED function at optimum



capacity and performance. That means the best care for our families, friends and community.

This will be the first patient monitor upgrade in ten years, and the new equipment will provide many advantages including earlier warnings for a deteriorating patient. Dedicated equipment in each room creates an efficient workflow and reduces the risk of infection spread among patients. All patients will receive state-of-the-art technology for cardiac monitoring in the emergency department not provided elsewhere in our rural community.

*"I am simply overwhelmed with emotion and will be forever grateful to the Howard Young Foundation and board members," Becky commented. "Their generous gifts contribute to our ability to provide quality healthcare here at Howard Young Medical Center."*

This investment, like those that have come before, will benefit our families, our friends and the hospital now and long into the future. During this season of giving, would you please consider participating in our #GivingTuesday campaign with a tax-deductible year-end holiday gift to our special gift initiative? On behalf of HYF, best wishes to you and your family this holiday season.

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*Help us make critical patient monitors a reality today. Donate online at [howardyoungfoundation.org](http://howardyoungfoundation.org) or mail a check to P.O. Box 470, Woodruff, WI 54568.*

# the road to INDEPENDENCE



Ayden Harris practices driving using Lakeland STAR's driving simulator.

## MILE MARKER TO ADULTHOOD

For many teens, getting a driver's license is a mile marker on the way to adulthood, a means of independence. It's no different for those with a social communication disorder like autism, but the road leading up to the license might be.

A typical driving class may present extra challenges for students on the autism spectrum. That's why Lakeland STAR Academy has a specialized approach for their aspiring student drivers which includes their own driving simulator, made possible through the support of the community, donors and the Howard Young Foundation.

"Students on the spectrum always have a higher level of anxiety than other students," said speech language pathologist Kris Webster, MS/CCC-SLP. "That's an even bigger concern when you're going to be teaching a student on the spectrum something as important and intricate as being able to independently drive."

To keep that anxiety to a minimum, class size is kept very small and students work with someone they already know well - school director and lead teacher Eric Mikoleit. Eric understands their needs, and how to reach them, both educationally and in regard to their autism or their special learning needs.

*"Knowing the instructor before starting the class increases students' comfort levels," Eric said. "It's been beneficial for me to join them in class, help modify the curriculum and review it with them, and give them the opportunity for extra practice in the classroom."*

austism

Several students have now completed the course. One of these students proudly displayed a newly received temporary license at school. “That started the domino effect,” Eric recalled. “Students were saying that they want one of those, and asking what they need to do to learn how to drive.”

Understanding where students are in terms of communication skills is not only essential when it comes to getting a driver’s license, but also in nearly every other aspect of life.

Kris works with students individually and in tandem with teachers in most classes. They work on going beyond the words and literal meanings to understanding what emphasis or hesitations convey, nonverbal or body language, and responding appropriately to a question or within a conversation.

Becoming fluent in these aspects of communication is important for safe driving as well as other forms of

independence like work interactions, success within the classroom, thriving in the community and solving problems. The focus of independence is woven through every aspect of the curriculum. This is the Lakeland STAR difference and the reason why our community and donors are so incredibly supportive.

*“In my years of being a speech language pathologist in different schools, I have never seen community support like I have witnessed in Minocqua and the surrounding area,” Kris said. “From the Foundation, from private citizens, I’ve never seen that level of support anywhere else. It just blows me away.”*

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*You can help drive the success of Lakeland STAR and additional autism services by mailing your donation to The Howard Young Foundation, Inc., P.O. Box 470, Woodruff, WI 54568. Or go to [howardyoungfoundation.org](http://howardyoungfoundation.org) to donate online.*

## THE NEED FOR AUTISM SERVICES CONTINUES TO GROW.

As we work toward our goals of earlier identification and intervention, we’ve identified numerous occupational and speech items that will be helpful. Here are just a few ways your financial support could help with health and wellness needs for Lakeland STAR students and staff

Your financial support will allow us to provide:

<div>\$50</div> <div>Meaningful Conversations</div> <div>Purchase of a workbook filled with functional conversational activities for teens and adults with autism spectrum disorder.</div>	<div>\$55</div> <div>Higher Self-esteem</div> <div>Buy the <i>Better Me Game</i>: Self Improvement, Relationship &amp; Teen Therapy Games, Social Emotional Counseling Activity. Using principles of positive psychology, this cooperative game challenges players to take real world action to improve themselves and their lives.</div>	<div>\$152</div> <div>Better Health &amp; Wellness</div> <div>Purchase four large and extra-large yoga balance pads for physical therapy. These versatile foam pads provide cushion for students during fitness, rehab, standing, kneeling and meditation activities.</div>	<div>\$175</div> <div>Invaluable Knowledge</div> <div>Purchase the Gilliam Autism Rating Scale, 3rd edition. It is one of the most widely used instruments for the assessment of autism spectrum disorder and helps teachers, parents and clinicians identify autism in individuals and estimate its severity.</div>	<div>\$1500</div> <div>Essential Life Skills</div> <div>Allows us to continue providing cooking lessons. Due to the pandemic, we are working with students individually, rather than in groups, to teach them how to plan, shop and cook, all very important life and transition skills.</div>
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# RESTORING HEALTH

## kyle's story



Kyle Howard was an active 33-year-old. He owns a plumbing and excavating business in the Northwoods, is president of the Lakeland Wrestling Club in Minocqua and helps coach youth wrestling. He, his wife and their two children enjoyed camping, skiing and many other outdoor activities.

You could say Kyle was the picture of health, until early summer of 2020.

“When I got out of bed on Monday, June 1, it felt like someone was driving nails into my heels and my feet were swollen,” he said. “I thought it was just because I had been on my feet too much.”

His pain and discomfort grew. By midweek, swelling had climbed to his ankles, knees, hips and back, and was moving to his arms and shoulders. He was understandably concerned and went to urgent care. The staff ran tests, but the results came back normal.

By Friday of that same week, Kyle was running fevers of 102 degrees and soon needed crutches to walk.

“I was scared. Then I remembered a presentation that Jeff Waite had given at one of our safety meetings about tick-borne illnesses. He had talked about how hard they can be to identify and about how the Tick-Borne Illness Center of Excellence in Minocqua would be doing research, diagnostics and treatment for tick diseases. I knew where I had to go.”





The following Monday, June 8, Kyle had an appointment at the Center. He spoke with Dr. Shor, based in Virginia, via televisits. Dr. Shor and the staff on-site asked Kyle questions, listened carefully to the answers and ran tests. Based on Dr. Shor's extensive experience with Lyme and other tick-borne diseases and Kyle's clinical symptoms, the team decided to start him on an antibiotic treatment even though he again tested negative for a tick-borne illness.

Current tests for tick-borne illnesses look for the presence of specific antibodies to produce a positive result. However, patients with tick-borne diseases are often immune-compromised and their bodies may not be producing the antibodies necessary for conventional medicine to conclusively identify the existence of a tick-borne disease. This is one of the reasons why it's so important to have one place, the Center, where tick-borne illness diagnosis, treatment and research all work together, and why it is so generously supported by our donors.

"As soon as I told Dr. Shor what my symptoms were, how I felt, how I felt just two weeks before that, he said, 'you sound exactly like you have a tick-borne illness and here's what we're going to do.' We immediately had a plan."

By the second week of July, Kyle was feeling nearly 100 percent again and no longer needed crutches.

He shared that, when he looked back, he realized that in early June he was having trouble concentrating and multitasking. Now his pain is gone, his mind is clear and he is back to managing projects efficiently and successfully.

"I have so much respect and gratitude for the Tick Center for what they did and how quickly they acted to improve my quality of life. It was easy to work with them. And I am grateful for the Foundation and the donors. It is wonderful that they were able to provide an avenue to get the Tick Center here, facilitate it and keep it up and running."

## DRUM ROLL, PLEASE!

Thanks to you, we have successfully met our campaign funding goals for the Tick-Borne Illness Center of Excellence!

The Center has been diagnosing and treating patients as well as conducting research on tick-borne illnesses for over a year now. Word continues to spread, and the region continues to benefit from having this unique set of services here, in the Northwoods.

You can look forward to reading about more success stories in the future. And please always remember that your generosity in funding the Center has made a lasting difference for those suffering with tick-borne illnesses here, and throughout the Midwest.

To learn more about what the next phase for the Center, be sure to read the article on page 15.

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*To make an appointment, call the Tick-Borne Illness Center of Excellence today at 715-203-1616*

# state-of-the-art HOSPITALS

As the pandemic continues and COVID-19 cases rise, patients and the medical staff of the Howard Young Medical Center and Ascension Eagle River Hospital are grateful for the preparations they made early on to address this complex issue.

“Hospital leadership works with Ascension Wisconsin leadership, healthcare providers, state and local health officials and other community partners to develop and implement preparedness plans to meet the ongoing challenges due to the COVID-19 pandemic,” said Judy Smolarek, Ascension North Hospitals’ Board of Directors’ Chairperson. “The Hospitals’ Board of Directors is briefed weekly by the Chief Administrative Officer on the status of state, regional and local COVID activity so the board remains informed of the actions taken in the ongoing preparation and response efforts of our hospital teams.”

These plans were put into place to safeguard the patients and front line medical workers.

“We knew that personal protective equipment like masks, face shields, gowns and more complicated equipment like ventilators would be essential,” Dr. Heong Png, Regional Medical Director of Emergency Services Ascension



*Thanks to your generous contributions, Howard Young Foundation was able to purchase washable laundry bags and extra hand sanitizer to help keep our local healthcare heroes safe.*

## THIS YEAR, YOUR GENEROUS CONTRIBUTIONS MADE IT POSSIBLE TO bring important equipment, programs and projects to our hospitals, including:

**PATIENT SIMULATION MANNEQUINS -** installed and ready to be used in trainings

**3D MAMMOGRAPHY -** installed in Eagle River completing our project to bring this technology to patients across the Northwoods

**COVID-19: HELPING OUR HOSPITALS AND HEROES GIFT -** purchased and distributed washable laundry bags for each of our front line medical staff and associates

### YOU CAN STILL HELP

**WE CONTINUE TO RAISE FUNDS FOR OUR COVID-19:** Helping Our Hospitals and Heroes appeal of \$359,176 to upgrade emergency department **Cardiac Patient Monitors**. We welcome your support, and you can read more about the monitors on Page 5.

“Improved monitoring will lead to improved healthcare for all patients, minimized liability risk, and improved patient experience.”

Becky Mader, RN, Howard Young Medical Center Patient Care Supervisor

North Region and Emergency Department Medical Director, Howard Young Medical Center, Ascension Eagle River Hospital, Ascension Good Samaritan Hospital. “Ascension, being a large system, was able to secure a lot of equipment even early on which helped us a great deal. We are also able to move some of this equipment and staffing within the system to help each other out, and transfer patients if necessary. It’s a huge advantage to be able to function as a system.”

The new cardiac patient monitors that the Howard Young Foundation is fundraising for will also be a huge benefit to the Howard Young Medical Center emergency department staff, especially during the pandemic. They will make it possible to monitor patient’s vitals from a central location and minimize the number of times staff need to enter and leave a patient room which in turn reduces the risk of spreading infection.

“The Foundation has been so generous,” Dr. Png commented. “Their work and their donors make it possible to do our jobs better and that only benefits the patients.”

Judy, who gives annually to the Foundation, agrees.

“Our community can be very grateful for the strong relationship between Howard Young Medical Center, Ascension Eagle River Hospital and the Howard Young Foundation. This vital partnership is an extraordinary example of community members pulling together for the greater good to contribute to the provision of quality healthcare in the Northwoods not just for today, but for tomorrow and generations to come.”

While medical staff do everything they can to keep themselves and patients safe, Dr. Png recommends that everyone continue to practice social distancing, wear masks, limit gatherings to less than 10 people, frequent hand washing, and get a flu shot.

You can read more about the life saving cardiac patient monitors on page 5. To make a gift toward the cost of the monitors and support our state-of-the-art hospitals, go to [howardyoungfoundation.org](http://howardyoungfoundation.org) or mail a check to the Howard Young Foundation, PO Box 470, Woodruff, WI 54568.



# A TRUE CENTER OF AID & COMFORT



*Mary Hathaway and Bill Olmsted, Lakeland Pantry Volunteers*

## COMFORT

## LAKELAND PANTRY HELPING DURING COVID-19 PANDEMIC

When COVID-19 hit and stay-at-home orders were issued for Wisconsin, people were scared. Many lost their jobs or were furloughed and faced a decreased income. Yet, the number of visitors to Lakeland Pantry dipped dramatically below their 2019 weekly average of 344 because people feared exposure to the virus.

Lorna Springate, director of Lakeland Pantry, and her dedicated volunteers rallied. They revamped their processes to minimize points of direct contact and increase their clients' safety - and their own - while continuing to provide food and essentials to those in need.

Mary Hathaway and her husband, Bill Olmsted, began volunteering every other Thursday at the pantry in 2017 through their church. Now they volunteer every Tuesday and every other Thursday.

"Bill, Mary and all our volunteers are heroes for helping keep our doors open for those in need," Lorna said. "We couldn't do it without them."

With the arrival of COVID, clients could no longer come into the building. Always the type of person who looks around for things that need to be done, Bill became integral in helping devise the new distribution system.

"Previously, people would come in and choose from a variety of items... cereal, juices, things of that nature," Bill said. "Now we deliver the food to their vehicles. We need to organize and pre-package as much as possible so we can get the food to them as quickly as possible. I help in that process."

Other dedicated volunteers, including Mary, bag the groceries at different stations based on a menu that Lorna creates. The goal is to send each client with a mix of nutritious packaged and fresh foods to sustain them until the next pick-up date.

"I'm very proud of Bill and what he was able to do," Mary stated. "We joke about him being the taskmaster there, but he's done a very good job of keeping us organized in a way that makes sense to all the volunteers. We've honed this thing and it works quite well."

To say that the Pantry is important to the community is an understatement.

"For a lot of people, it is a touchstone. I know I miss interacting with the clients and I'm sure that the clients miss coming in and talking to the volunteers," Bill shared. "The Pantry is vital not only for food and nutrition, but also for the social aspect. It has a tremendous impact."

That impact is due, at least in part, to the Howard Young Foundation and the many donors throughout the community.

*"The Foundation is a very valuable center of aid and comfort to the community," Bill said. "Donating to the Lakeland Pantry through the Howard Young Foundation allows your good works to help a wide range of cultural, societal and community needs."*

With the additional safety measures in place, the number of clients utilizing the Pantry is on the rise again. Mary, Bill and the others who help keep the Pantry going are happy about this, and happy to make their community a better place by volunteering. In times like these, helping one another is more important than ever.

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*You can help support the work of the Lakeland Pantry by donating to the Lakeland Pantry Greatest Needs Fund through the Howard Young Foundation. Simply go to [howardyoungfoundation.org](http://howardyoungfoundation.org) or mail a check to Lakeland Pantry, P.O. Box 470, Woodruff, WI 54568.*



# ANNUAL community events



## PADDLES UP, LET IT RIDE.

### 2020 Virtual Minocqua Dragon Boat Festival

Thanks to all of our teams, volunteers and sponsors who made the 2020 Virtual Minocqua Dragon Boat Festival a success. We raised \$10,263 to support our COVID-19: Helping our Hospitals and Heroes appeal to purchase new patient monitors for the emergency room.

### CONGRATULATIONS TO OUR WINNERS!

Fundraising Race - First Place: Mushroom Hill Gang  
 Runner Up: Island City Dragon Boat Club  
 Spirit Race - Heat 1: Off the Edge  
 Heat 2: Island City Dragon Boat Club



*We're looking forward to seeing you at our events in 2021. Whether you're looking for a fun but competitive golf outing or something to entertain the entire family, we've got you covered. Participating in these events is a great way to have a good time and support the work of the Foundation. Please check our Community Events page, under News and Events at [howardyoungfoundation.org](http://howardyoungfoundation.org) for the most current information. As always, we wish you health and happiness.*

For more information about our events, volunteer opportunities or how to donate, go to [www.howardyoungfoundation.org](http://www.howardyoungfoundation.org).



# transition toward EXCELLENCE

## TICK-BORNE ILLNESS TREATMENT

What began as a dream of providing world-class care to patients suffering from the effects of tick-borne illnesses is now a reality. Thanks to the commitment of our community, donors and healthcare providers, so far more than 200 patients from across the Midwest region found help through the Tick-Borne Illness Center of Excellence. Now, after its first full year of operation, the Center has transitioned to its next phase, with Ascension Medical Group.

During phase one, the Center partnered with Open Medicine Institute, one of the leading tick-borne illness treatment and research centers in the country. Their expertise and guidance allowed the Center to set a high standard of patient care that has already had an immense impact on not just our Northwoods community, but the entire region.

“Ascension and the Howard Young Foundation have been long time partners,” remarked Aldo Madrigano, Vice Chairman, Howard Young Foundation. “I am thrilled that the Foundation, Ascension and the whole Northwoods area is able to work collaboratively on the next phase of the Tick Center.”

“Ascension Medical Group is very excited about this opportunity to work with the Center and the Howard Young Foundation,” said Stewart Watson, MD, Vice President, Clinical, Ascension Medical Group North Region.

The Center is located in the Howard Young Medical Center to allow patients to leverage other services under one roof. This transition will make it even easier for patients to get a referral to specialists, greatly improving their treatment plans.

“We have a high level of integration with the Center through Ascension providers across the North, as well

as other healthcare organizations in the North,” shared Andrea Allard, Vice President, Operations, Ascension Medical Group North Region. “I believe we really have the ability to make this into the service that the Howard Young Foundation and others envisioned.”

Being a part of Ascension Medical Group brings a plethora of additional resources to the Center.

“This goes beyond referrals,” commented Dr. Watson. “We have laboratory resources, imaging and hospital resources, spiritual services and the whole holistic approach to healthcare that many other organizations don’t have.”

A seamless transition and continuity of care for patients was of critical importance.

“Ascension Medical Group has been wonderful in facilitating the transition of the three of us who are Center staff, and have done everything to make sure that continuity of care is maintained and that our ability to manage our complex patients is sustained,” said Samuel Shor, MD, Clinical Associate Professor George Washington University School of Medicine and the physician at the Center. Dr. Shor has provided care to tick-borne illness patients for over 30 years and is Past President of the International Lyme and Associated Diseases Society (ILADS).

The Center’s advisory board of tick-borne illness medical experts will remain the same. Dr. Andreas Kogelnik, former head of the Center, will take on a lead role on the board, keeping the original vision of the Center intact.

As for the Center’s research on tick-borne illness in the future, Ascension has a research arm in Wisconsin. After the transition is complete the Center and Ascension Medical Group will begin conversations about what approaches may work best in developing research capabilities with the Center.

“The stability and size of Ascension and the open arms through which this transition has occurred, leads me to believe that it is a relationship that has every likelihood of succeeding,” stated Dr. Shor.

For more information about the Tick-Borne Illness Center of Excellence or to schedule an appointment, call 715.203.1616.



Howard Young  
Foundation

Howard Young Foundation, Inc.  
P.O. Box 470, Woodruff, WI 54568  
[howardyoungfoundation.org](http://howardyoungfoundation.org)

## SHARING OUR MISSION

The Howard Young Foundation is dedicated to advancing the health and wellness of all people in the communities we serve. We do this by actively seeking and investing charitable support for Howard Young Medical Center and Ascension Eagle River Hospital. Through the effective stewardship of the generous charitable gifts we receive, the Foundation is able to ensure the delivery of superior healthcare to patients and their families in the Northwoods.

Inside these pages you will learn more about some of the projects, equipment, programs and initiatives that were made possible thanks to our many generous donors. We invite you to share these articles with others who share your interest in strengthening healthcare in northern Wisconsin.

**There are several ways to donate and show your support:**



**ONLINE**  
[howardyoung  
foundation.org](http://howardyoungfoundation.org)



**MAIL**  
a check to:  
Howard Young  
Foundation  
PO Box 470  
Woodruff, WI  
54568



**CALL**  
715.439.4005  
to donate



**STOCK**  
Donating stock  
is one of  
the most tax  
smart ways  
to give

EVERY GIFT TO THE HOWARD YOUNG FOUNDATION IS USED LOCALLY  
AND MAKES A POSITIVE IMPACT ON THE HEALTHCARE AND LIVES OF  
OUR PATIENTS, THEIR FAMILIES AND OUR COMMUNITY.