At our December brunch John Kruesel will update us on collecting trends, what is “in” and what is “out,” as well as emerging trends. If you are wondering about the value of a small antique or collectible, you may bring it to the brunch. He will evaluate as many items as time allows.

You don’t have to be a collector to know John Kruesel. Dedicated to preserving the area’s historic sites, Kruesel often speaks at government meetings, is on television, and cited in the Post-Bulletin.

In 1977 he opened his shop on historic Third Street SW, John Kruesel’s General Merchandise & Auction Co., a Rochester landmark. Peek in the shop windows and you’ll see many unique chandeliers and lamps. Ever since an auctioneer gave him a kerosene lamp when he was eight years old, lighting has fascinated Kruesel. His bi-annual auction is as much a community event as it is an auction. A Certified Appraiser, he is a popular auctioneer, informed and entertaining at the same time.

Kruesel graduated from John Marshall High School, earned a degree in business from the University of Minnesota, Duluth, and was also trained as an Army medic. He is married to Judy and has two daughters. At least twice a year, Kruesel goes on a canoe trip in Minnesota, Utah, or Canada. Although he has no plans to retire, he is thinking about reducing work hours.

Circle Tuesday, December 12th, on your calendar now. Come and meet Rochester resident John Kruesel—business owner, appraiser, auctioneer, preservationist, outdoorsman, and church volunteer—a true Renaissance man.
Letter from our Co-President —

Dear ZVMSA Members and Friends,

Words fascinate me. What words do I associate with ZVMSA members? As I perused the articles in this newsletter, many words came to mind, with “generous” at the top of the list. Our donation to Bear Creek Services was impactful and will be put to good use. At the October brunch, we learned about Bear Creek Services, and Bear Creek Services learned about us.

“Curious” is another word that describes members. Whether it’s collecting trends, or seeing how Channel One works, or visiting the Faribault Woolen Mills (two recent social activities), ZVMSA members are curious and eager to learn. This eagerness, when applied to health care, helps us to carry out our mission of improving community health.

“Caring” is the third word that comes to mind. Because we care about children, members have read at public health story hours for years. Lyn Smith’s caring keeps volunteer readers on time and on track. We continue to donate books to story hour participants. Newspaper articles show caring members out and about in the community.

“Friendly” is the fourth word that comes to mind. My ZVMSA membership has led to lasting friendships—people who understand a medical/research lifestyle. I’m grateful for the support and kindness you have shared with me personally. Add up the words—friendly, caring, curious, generous—and you have a vital organization.

Do you know a lapsed member? Tell them we miss them and invite them to become a member again. Do you know someone who would benefit from ZVMSA? Bring them to a brunch and let them “test drive” our organization. I send heartfelt holiday greetings to all members, and wish you a happy New Year. Horray for ZVMSA!

Harriet Hodgson
Co-President
Social Committee Winter Update

We hope you will join other ZVMSA members for social and volunteer opportunities this year

Volunteer at Channel One

We have several opportunities to volunteer at the Channel One Food Bank as a ZVMSA group this year. It is always fun, and much appreciated. We will provide sign up sheets at each brunch for the upcoming Channel One dates, but they are listed below for your convenience.

Thursday, December 7
Wednesday, January 10
Wednesday, February 14
Thursday, March 22

Those who are interested will gather for lunch beforehand at a local restaurant.

Lunch and a Movie

We again hope to gather for an occasional movie, with lunch beforehand. With Oscar season upon us, we hope for some great movie opportunities. And we welcome your suggestions! We will have sign up sheets at the December brunch for those who would like to be added to our email list.

Sign up for all activities will be available at our December Brunch. Please contact Betsy Katzelnick at 4bdlek@charter.net or Deb Altchuler at deb@altchuler.net with questions.

February Brunch —

Gift baskets galore! We will have many wonderful ones to choose from if you come to the February 9th ZVMSA brunch. Themes will include Gourmet Treats, Tango, Book Lovers, Men’s, Italian, and of course, Valentine’s Day.

Once again, we will do the “lucky dip” style raffle, where you can pick the basket(s) you would like to take a chance on…odds are high that you’ll go home with something fantastic! And remember, this raffle helps support nursing scholarships and the science fair; it’s win-win for everyone.
Community Outreach — Salvation Army Toy & Joy Shop Drive

The ZVMSA Board selected The Salvation Army Toy and Joy Shop as the December brunch Community Outreach project. While it is fun to buy toys for little kids, The Salvation Army needs toys for kids ages 8-12 and 12-15. Donations for both age groups fall short each year. This is where ZVMSA members can help.

Suggested donations are:
- Girls 8-12: purses, bath and body lotions, soaps, craft kits, jewelry
- Boys 8-12: Lego sets, footballs, basketballs, scooters, TV club-in video games
- Either Boys or Girls 8-12: games, skateboards, helmets, watches, digital cameras
- Either Boys or Girls 12-15: gift cards to pizza places, bowling, etc., board games, puzzles, Family reading books

All items must be new and unwrapped. No stuffed animals, toy guns, knives, bows and arrows will be accepted.

Of course, a check is always welcome. Checks should be made out to The Salvation Army with Salvation Army Toy & Joy Shop on the memo line. The Salvation Army accepts last minute donations, too. “We’ve even accepted donations on Christmas Day and afterwards,” declares Mrs. Major Paulette Frye. No child should be disappointed on Christmas Day. Please help with ZVMSA’s December brunch Community Outreach.

MMAA News

This past September, Minnesota Medical Association Alliance Co-Presidents, Colleen Landherr-Maddox and Lyn Smith hosted a luncheon and tour of the Rochester Art Center for the spouses and partners of attendees at the Minnesota Medical Association’s annual meeting which was held in Rochester. We had a diverse group made up of local ZVMSA members, a new Member-at-Large from the Twin Cities and members of LSMSA. Lunch was sponsored by the MMA and the art tour by the MMAA. The group was treated to a very special art tour since it was the afternoon before RAC’s Art Bash.

Every year the MMAA provides financial support for Health Promotion Projects. County Alliances or Members-at-Large are eligible to apply. Projects must promote the MMAA and its mission to build healthier communities and are encouraged to support the involvement of spouses/partners of resident physicians and medical students. The deadline for submitting requests this year is January 5th. For full details and more information please contact Lyn lyn.d.smith@gmail.com or Colleen landherrmaddox@gmail.com or use mnmedicalssociation-alliance@gmail.com.

Planning will be starting for the 2018 North Central Conference to be held in Minneapolis. Would you like to be involved? Do you have any suggestions? If so please let Colleen or Lyn know!
Bear Creek Services Donation

Community Outreach projects are carefully selected by the ZVMSA Board. Each project must match our mission to improve community health. Just as important, outreach projects must be meaningful for ZVMSA members. Bear Creek Services was our October project. Alliance members rallied to help the organization, which is dedicated to improving life for people with developmental disabilities and brain injuries.

At our October brunch, members donated a total of $1,005 to Bear Creek Services. Marketing Director Brian Hale sent an email thank-you to the co-presidents. “Your members have been very generous to the mission of Bear Creek Services,” Hale wrote. “Thank you very much.” ZVMSA thanks all the generous members who reached out to help those in need. Your funds will be used to help purchase a vehicle for Bear Creek clients.

---

Calendar 2017-2018

December
7 — Channel One volunteer opportunity, 1-3 p.m., page 3
12 — December Brunch, Rochester Country Club, 9:30 a.m.

January
10 — Channel One volunteer opportunity, 1-3 p.m., page 3

February
9—February Brunch, Rochester Country Club, 9:30 a.m.
14 — Channel One volunteer opportunity, 1-3 p.m., page 3

March
22— Channel One volunteer opportunity, 1-3 p.m., page 3

May
8— May Brunch, Rochester Country Club, 9:30 a.m.
North Central States Alliance Leadership Development Conference

The North Central States Alliance Leadership Development Conference was held Sept 15-17 in Novi, MI. As a first-time attendee, I was excited to meet with 35 Alliance members from across the country, including four members of the National AMA Alliance Board and MMAA President-elect, Ann Sanford.

Our keynote speaker Saturday morning was Tim Wessel from Thrive Coaching who presented “The 9 Disciplines of Enduring Leadership”. The three that stuck with me were Mission, Relationships and Generosity. The AMA Alliance’s mission is “Uniting and Empowering Physician Families.” Relationships with our members are based on trust. We need to lead by example, communicate clearly and get to know each other. He talked about the benefits of being generous, the importance of recognizing the contributions of others and encouraged us to empower others to be generous.

Social media is one way to connect with membership. AMA Alliance Secretary, Suzanne Manning shared some tips for “Building your Facebook Page.” We learned the difference between a public Facebook page and a private Facebook Group. It is important to monitor posts, “share” content from reputable websites and have a social media policy.

Jacqueline Nguyen-Lee, AMAA Board Member Council Director presented “Growing Membership…..Growing Leaders”. Communication is key and it should be easy for people to get involved. Alliance Boards should be diverse and mentor and develop new board members. AMAA has online resources to help with leadership training, membership applications and dues payments.

Stacy and Lana Chalfoun, a mother and daughter from Grand Rapids, MI, shared a personal story of how Lana fought against being a victim of bullying. This talented 12 year old singer-songwriter and her band performed her song “Just Be You,” encouraging pre-teens and teens to take a stand against bullying and realize their self-worth.

AMAA President, Kim Moser’s presentation, “An Epidemic of Addiction: Opioid Misuse” showed the alarming statistics of the growing prescription opioid drug abuse epidemic. In 2016, almost 55,000 people in the US died from drug overdose. At an average of 150 people/day, it is the equivalent of a plane crash daily. Her state of Kentucky has many community projects, tools and collaborations including a helpline, drug free after school clubs for high school students, community engagement and education campaigns and new legislation. The AMAA has developed a free downloadable white paper as well as a DVD, brochure and postcards which are available for purchase and can be co-branded with a state or county medical alliance logo. More information can be found on the AMAA website http://www.amaalliance.org/opioid-misuse-awareness. I am grateful for the opportunity to attend this conference. Minnesota will be the host for the North Central States Alliance Leadership Development Conference in 2018.

Lynne Hemann
ZVMSA Co-President

Enjoying new friendships at North Central Leadership Conference.
Start Smart! Read to Your Child!

If you enjoy children and love reading please consider becoming a reading volunteer!

Share your love of reading with the young clients of Olmsted County Public Health Department. We need volunteers to continue this community health project. Have you ever wondered how story time impacts public health? Simplifying all of the research, it has been shown that reading to a young child improves reading readiness and reading skills in school. Being able to read contributes greatly to success in education. Education is a major factor in getting out of poverty. Poverty is a threat to public health. Story time is a time to model reading aloud to the parents, the caregivers and even to the expecting parents in the children’s waiting area. If you enjoy children and love to read, our story time needs you!

Sign up is easy. You can use e-mail or the web site Sign Up Genius. Sign up is ongoing, and you only sign up for story times that work into your schedule. New volunteers will be paired with more experienced volunteers. Volunteer with a friend, an older child or make new friends! If you are interested in more information please contact Lyn Smith, 358-2807 or lyn.d.smith@gmail.com

Thank you to the volunteers who have made 21 story times possible in August and September: Jane Callahan, Josephine Camilleri, Nancy Currier, Daly Feldman-Chicoma and daughter Alma, Meellee Fish, Dorothy Kaese, Vangy Lundstrom, Mary Sciallis, Jean Schulz and daughter, Maddie Johnson, Sandy Silber and Lyn Smith.

Rotary Club of Rochester Honors Lyn Smith

The Rotary Club of Rochester presents a quarterly award—Rotary Reading Heroes—to a member of the community who promotes reading. Lyn Smith just received this award for her work with the Olmsted County Public Health Department. In 1998 the department founded Start Smart: Read to Your Child, a program to promote brain development and literacy. Lyn has been involved in the program from the start.

She recruited ZVMSA volunteers to read to children in the WIC (Woman, Infants, and Children) program. In addition to story hours, children received books to take home. At first, nurses provided books for the children. When this waned, ZVMSA members came to the rescue and donated books. The free, take-home books are the star of the program.

To pay for additional books, Lyn wrote and submitted grant applications to the Minnesota Medical Association Alliance. The grant requests were approved. MMA Alliance provided money to buy large, oversized books for story hours. Lyn recruits and coordinates the volunteer readers, no small task. ZVMSA volunteers have read at 2,126 story hours, served more than 12,103 children, and given away 6,178 books.

We congratulate Lyn Smith on the Rotary Reading Heroes award and thank her for her unfailing leadership.
ABC AND ZVMSA

In 1956, at the recommendation of the Minnesota Governor’s Advisory Commission of the Handicapped and a small group of citizens from Rochester, a committee was formed to identify the needs of people with disabilities in the area. They found the need for employment in a safe supportive environment to be a top priority.

In those days, many people with disabilities typically didn’t work or had not worked for a considerable amount of time. After several months of planning, Ability Building Center (ABC) Incorporated, a nonprofit organization opened its doors in the basement of the Samaritan Bethany Nursing Home. On January 4, 1957, with three employees, ABC began assembling 50,000 souvenir tom-tom drums for the LeRoy Shane Company. (From ABC newsletter.) In January 1957, the meeting of ZVMSA had guest speakers Dr. Frank Krusen and Mr. David Griggs who spoke about the progress being made at the Ability Building Center and the auxiliary voted to contribute $50. It is important to note that in 1957, membership dues to ZVMSA were $2.50.

The interest in supporting this new organization in Rochester grew, and the first meeting of 1959 was held at the Ability Building Center and thirty members heard a panel discussion about ABC and toured the workshop and plant. By that year, between 45 to 50 persons were employed. Mr. Griggs, the manager, explained that the Center was an Easter Seal affiliate but additional funds were always needed and thanked the auxiliary for their financial contributions.

Organizing annual Christmas parties for the employees was one of the important projects of ZVMSA during these early years of ABC. Special entertainment such as folk singing, dancing and comedy routines were offered one year by the Willow Glen Four of Rochester. A dinner was served before the program with 100 in attendance. The event was held at the First Methodist Church. In addition to the parties, ZVMSA provided a variety of needed items to support the workers over a ten year period in these early years of ABC. In 2016, ABC celebrated sixty years of service.

Aileen Williams
Historian
ZVMSA Membership Form

| Name:________________________________________________________ |
| Address:_________________________________________________________________________________ |
| Email Address:________________________________________________________________________________ |
| Phone:_______________________________________________________________________________________ |
| Spouse’s Name and Specialty____________________________________________________________________ |

Contact me for Volunteering: Yes____ No____

Membership Dues (Circle the amount that applies)
- Staff: _______________________________________________________$35 (county & state) + $50 (opt Nat’l)
- Emeritus (72 & up)____________________________________________$35 (county & state) + $50 (opt Nat’l)
- Resident/Fellow/Medical Students_______________________________ $10 (county & state) + $10 (opt Nat’l)
- Tax-deductible donations support ZVMSA projects: $________________________

Thank you all for your membership renewals and a special thank you to our new members! If you did not yet send in your renewal, please remember to do so using the form above.

For membership, contact Lucy Bahn at 507-272-7744 or email at lucy@lucybahn.com

Marianne Aksamit, Patty Allen, Deb Alitchuler, Bari Amadio, Lucy Bahn, Donna Bell, Emily Bond, Bonnie Palmen, Becky Britton, Patrick Buss, Jane Callahan, Nola Christiana, Nancy Currier, Joanne DiMagno, Janet Ebersold, Shirley Edmonson, Pat Facer, Daly Feldman-Chicoma, Doris Folger, Patty Geier, Lynne Heman, Charmaine Hepper, Harriet Hodgson, Isabelle Housmans, Mary Jo Johnson, Dottie Kaese, Kathy Engen, Kathy Tremaine, Betsy Katzenlick, Lois Kennel, Kristin Sorenson, Margary Kurland, Laura Martin, Lesley Scott, Margie Loprinzi, Louise Bastron, Colleen Maddox, Margaret, Carpenter, Mary Harper, Meelee Fish, Suzy Mueller, Rebecca Nesse, Diane Nippoldt, Eileen Nobrega, Diane Peterson, Patricia Peyla, Sarah Larson, Jean Schultz, Mary Sciallis, Lyn Smith, Sandy Silber, Amy Steinkraus, Kristine Swanson, Deborah Thauwald, Edith Thurber, Lynn Torsher, Anne Viswanatha, Helen Walser, Sandra Weissler, Aileen Williams, Kim Wiseman, Janine Yanisch