Zumbro Valley Medical Society Alliance News
Physicians’ Spouses Dedicated to the Health of their Community

Spotlight on Bear Creek Services
Brian Hale & Pam Alberts

Rochester has so many organizations it’s hard to keep track of them. You’ve probably heard the name, Bear Creek Services, but may not know anything about the organization. What is Bear Creek Services? What does it do? How does the organization impact the community? Bear Creek Services, a nonprofit organization, was founded in 1976 by parents of children with developmental disabilities. The organization’s mission is straightforward—to provide personalized experiences for individuals who have developmental disabilities or brain injuries. In short, Bear Creek Services works to improve their quality of life.

We’re honored to have two representatives from Bear Creek Services come and speak to us, Brian Hale and Pam Alberts. They will give us the inside scoop on the organization’s history, its programs, partnership with the City of Rochester, the newest program, and challenges the organization faces. ZVMSA members and guests will also learn how they can help. Brian Hale has been with Bear Creek Services for a dozen years, and served as the Marketing Director and Development Director. Hale works to foster community relationships that benefit BCS individuals. Pam Alberts has been with Bear Creek Services for 18 years. She has served as Events Coordinator, Facilities Director, Purchasing Director, and has been the Volunteer Coordinator for the last decade. Bear Creek Services is all about quality of life, a phrase that refers to the health, comfort, and happiness of an individual or group. BCS embodies the phrase and lives it every day.

October Community Outreach
ZVMSA is excited to support Bear Creek Services with this month’s Community Outreach! Bear Creek Services has operated in Rochester since 1974, growing and changing through the years but always with the purpose of supporting independence in individuals with disabilities. Continued on page 3
Dear ZVMSA Members and Friends,

Your ZVMSA Co-Presidents and board members have worked hard to arrange an exciting year for you. Co-Presidents quarterly terms are: Sandra Weissler, June – October; Harriet Hodgson, October – December; Doris Folger, December – February; and Lynne Hemann, March – May.

Our forthcoming brunch meetings are highlighted in the newsletter. During our planning sessions we continued to strive for balance. Two meetings focus on key health issues, and two meetings are educational and entertaining.

You have received your membership letter and brochure. Please renew now! ZVMSA needs to raise $1,400 to support our nursing scholarship and the science fairs. Some members donate funds to help us reach this goal. There is a donation line on the membership form if you would like to contribute a little extra.

The Minnesota Medical Association (MMA) is meeting in Rochester this year. Co-Presidents of the MMA Alliance, Colleen Maddox and Lyn Smith, have been working with the state organization. On Saturday, September 23, there will be an MMA Alliance luncheon and art tour sponsored by the MMA. Remember, you are automatically a member of the MMA Alliance if you belong to ZVMSA.

Social chairs Betsy Katzelnick and Deb Alutchler have planned a Woolen Mill tour, and already reserved volunteer dates at Channel One. You may sign up for social events at brunches or via email. Thanks to Lyn Smith’s leadership, our longest running health project, Start Smart: Read to Your Child, is still going strong. To learn more about this health project, read the article in the newsletter.

Your membership and participation will ensure a banner year for ZVMSA. So grab your 2017-2018 calendar and note the meetings on it. The stage is set, the menus are planned, and the speakers are ready. Now all we need is you. I hope to see you at all the brunches!

Sincerely,

Sandra L. Weissler,  
Co-President

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2017-2018—— ZVMSA BOARD

Co-Presidents: Doris Folger, Lynne Hemann, Harriet Hodgson, Sandra Weissler  
Secretary: Betsy Katzelnick  
Treasurer: Jean Schultz  
Membership: Lucy Bahn  
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Community Outreach: Kristin Sorenson, Jane Callahan  
Social: Deb Alutchler, Betsy Katzelnick  
Historian: Aileen Williams  
Valentine Baskets: Amy Steinkraus  
Science Fairs/Nursing Scholarship: Colleen Maddox  
Members at Large: Sandy Silber  
Start Smart: Lyn Smith  
MMAA Co-Presidents: Colleen Maddox, Lyn Smith  
RGCC Liaisons: Lesley Scott, Kris Swanson  
Brunch Invitations: Harriet Hodgson  
IT Communications: Patrick Buss  
ZVMS Liaison: Lucy Bahn
Community Outreach — continued from Page 1

Today, Bear Creek Services supports 14 homes and over 70 individuals with development disabilities or brain injury, targeting independence and community engagement with support from the Bear Creek staff. We will collect donations to support Bear Creek Services at our October meeting. The wish list includes everything from a deck replacement to motion faucets to ipads. Your financial support will help them achieve some of these needed updates and improvements to their facilities!

In addition, Bear Creek Services is starting a new, upcoming fundraiser -- Walk and Roll!

Walk and Roll is for all ages—a chance to walk, roll, stroll, or simply sponsor a team, on Sunday, October 15, 9-11 am, at Apache Mall. Come enjoy a variety of crafts and entertainment geared for all ages, but especially for those with younger children/grandchildren. The money raised will help BCS purchase accessible vehicles.

Pre-registration is required. The registration fee entitles you to the following fantastic benefits:
· A continental breakfast
· Event t-shirt
· Professional face painting
· Craft tables supervised by Girl Scouts
· Special music
· Music DJ
· Star Wars Characters
· Dancers, Jugglers, and More!

Registration Fee:
13 years and up: $25
6-12 years: $20
5 and under (with t-shirt): $10
5 and under (no t-shirt): Free
Late registration (after October 1): Add $5

Round up the kids or grandkids and join this family event! While you’re walking or rolling in a wheelchair, catch up on news, do some window shopping, and learn more about Bear Creek Services. To register or get more information, visit bcs.ezevetsolutions.com/WalkAndRoll/page/Home See you there!
2017 Social Events

Social Committee Update

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

Tour the Faribault Woolen Mill — October 11th

We will travel to Faribault to tour “the historic mill nestled along the Cannon River in Minnesota, where a nearly 150-year-old story is still being woven. The Faribault Woolen Mill endures as one of the last vertical woolen mills in America. Here, fifth generation craftspeople take raw wool and create blankets, throws, scarves and accessories of remarkable comfort and quality. Irreplaceable century-old machinery stands side by side with modern technology in our ‘new’ mill, which was built in 1892”. The tour will be followed by a visit to the gift shop, and then lunch at El Tequilla, a well reviewed restaurant in Faribault

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

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.

- Wednesday, November 8
- 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. We will have sign up sheets at the brunch for those interested in being on our email list.
**DECEMBER BRUNCH WILL BE A COLLECTIBLES ROAD SHOW**

Grandma’s bowl. It’s been sitting on the sideboard for years, and you’re afraid to use it. What if it’s a valuable antique? The bowl may turn out to be valuable, or something mass produced for the tourist trade. At the December 10th brunch, John Kruesel, owner of John Kruesel’s General Merchandise & Auction Company on historic Third Street SW, will tell us how to sort valuables from junk.

He will also update us on collecting trends. What’s in these days? What’s out? You’ll also have a chance to bring a small collectible with you, and he’ll give you a quick, on-the-spot evaluation. The bowl you inherited may turn out to be ordinary, and you start using it every day—a precious link to the grandma you loved so much.

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**Tango in Rochester? You betcha!**

Did you know that Tango is particularly beneficial to the mind as well as the body? Come hear and see more about The Tango Society of Rochester at our February 9th brunch. We will have guest dancers demonstrate several styles of tango and invite a bit of audience participation. Get ready!

This will tie in nicely with our Valentine baskets lucky dip (to benefit nursing scholarships and the science fairs). There will even be a tango themed basket. Make a note of this on your calendar as a not to be missed morning!

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**ZVMSA 2017 Scholarship Recipient — Sunshine Norby**

The Rochester Community and Technical College Zumbro Valley Medical Society Alliance Scholarship for 2017 was awarded to Sunshine Norby, nursing student. She is a non-traditional student who is pursuing an Associates Degree in Nursing and plans on seeking a Bachelors Degree at Augsburg College. Her career plans are to work in a Neonatal Intensive Care Unit or Pediatrics. Sunshine also plans to use her nursing knowledge for greater good as she continues to go on mission trips with her church. Sunshine was accompanied by her three daughters to the ceremony on May 2nd.

Congratulations!
Start Smart! Read to Your Child!

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

Since 1999 ZVMSA volunteers have provided story times each week to the young clients at the Olmsted County Public Health Department. It doesn’t matter how many times Little Blue Truck or Brown Bear Brown Bear has been read, it is still wonderful to see a young child captivated by the stories or delight in recognizing animal sounds or favorite colors. There are currently three story times each week; two on Tuesday afternoons and one on Thursday. A volunteer calendar is sent out quarterly via e-mail to all those interested. An online sign up is available through the SignUp Genius website. Volunteers simply choose the dates/times that work for them. This is a volunteer activity that will easily fit into your schedule. Volunteers do read in pairs so you can volunteer with a friend or meet a new friend. MMAA and ZVMSA has provided funding for a large collection of Big Books used for story times and for a wide variety of books to take home which are given out to public health clients during story time. There are opportunities to read this Fall! If you are interested in knowing more or observing a story time let Lyn Smith know, lyn.d.smith@gmail.com or 358-2807.

Fifteen volunteers, March through July, have provided 51 story times and donated over 75 volunteer hours. Thank you to Josephine Camilleri, Nancy Currier, Daly Feldman-Chicoma and daughter Alma Feldman-Chicoma, Meellee Fish, Dorothy Kaese, Vangy Lundstrom, Ann Peterson, Mary Sciallis, Jean Schutz and daughter, Sadie Johnston, Sandy Silber, Robin Taylor and Lyn Smith.

MMAA News

ZVMSA members, Colleen Landherr-Maddox and Lyn Smith, are serving as the Minnesota Medical Association Alliance Co-Presidents for 2017 – 2018. If you are a member of the ZVMSA you are a member of our state alliance. A Welcome Letter and the new MMAA brochure was mailed to all members in late August. ZVMSA member, Lucy Bahn designed the new MMAA logo and with input from the ZVMSA board wrote and designed the brochure. Thank you to Lucy and all who assisted her. Currently, MMAA has approximately 165 members between Lake Superior Medical Society Alliance and Zumbro Valley Medical Society Alliance along with state-wide members-at-large.

The MMAA is excited to announce that we will be hosting a luncheon and an art tour at the Rochester Art Center for spouses and partners of attendees at the Minnesota Medical Association’s annual meeting in Rochester. Please join us Saturday, September 23rd , from 12-3 p.m. for the luncheon, provided by MMA, followed by the tour of the Rochester Art Center. MMA will cover the admittance fees. For planning purposes, we request that you register for the luncheon and tour by going to the MMA website: www.mnmed.org. Under the education and events tab, click on conference which will direct you to a registration page where you click on MMA Alliance on the top bar. Or you can copy and paste the following: http://www.event.com/events/2017-mma-annual-conference/custom-21-290ab0be11824bd1851253a002212d5e.aspx. Please note, you may register for the luncheon and art tour even if your spouse is unable to attend the annual meeting.

If you have any questions please contact Colleen (507- 287-0318) or Lyn (507-252-9625) or email mnmedicalassociationalliance@gmail.com
ZVMSA History

On January 11, 1964, Luther L. Terry, M.D., Surgeon General of the U.S. Public Health Service, released the first report of the Surgeon General’s Advisory Committee on Smoking and Health. On the basis of more than 7,000 articles related to smoking and disease already available at that time in the biomedical literature, the Advisory Committee concluded that cigarette smoking is—

- A cause of lung cancer and laryngeal cancer in men
- A probable cause of lung cancer in women
- The most important cause of chronic bronchitis

Zumbro Valley Medical Auxiliary took on a major responsibility in 1985, to sponsor an event at the Mayo Civic Center, Thursday, November 21, named The Great American Smokeout or D-Day in cooperation with the American Cancer Association and the American Lung Association of Minnesota. For the event, ZVMSA members committed themselves to the target of attracting about 3000 people for the event, and securing Garrison Keilor as the headliner. The Turkey River All Stars were also engaged to perform. Ticket prices were $5. or $6.

Keilor, writer and radio entertainer, came and donated his time with the proceeds from the night’s event were distributed to the non-smoking programs and education in Olmsted County. Mayor Chuck Hazama and mayors from other area towns joined Dr. David Houglum, Olmsted County Health Officer, in signing a proclamation to declare their towns to be smoke-free for D-Day.

Garrison Keilor had been a smoker for twenty-five years, but quit in 1984, so that evening, he told of his experience with smoking in his always entertaining monologue. He said that he didn’t think he would be able to continue writing without his coffee and cigarettes, but a few months after he quit smoking, he finished writing one of his many books.

At the event, 2600 people attended and it was such a success that another D-Day observance was held the following November with ZVMSA being one of the sponsors.

Since the 1960’s, close cooperation with voluntary health organizations such as ZVMSA, the Public Health Service has—

- Supported successful state and community programs to reduce tobacco use
- Disseminated research findings related to tobacco use
- Ensured the continued public visibility of antismoking messages

Within this evolving social milieu, the population has given up smoking in increasing numbers. Nearly half of all living adults who ever smoked have quit.

The antismoking campaign is a major public health success with few parallels in the history of public health. It is being accomplished despite the addictive nature of tobacco and the powerful economic forces promoting its use. (from the United States Center for Disease Control).

Aileen Williams
MEMBERSHIP —

You should have received the new ZVMSA brochure and President's letter. We hope you've had a chance to look over the information and think about the activities you would like to be part of for the coming year. Renewing your membership is an opportunity to join old friends and connect with new members. Please take a moment to complete and mail in your membership renewal. We look forward to seeing you at our meetings, social and volunteer events in the coming year. For membership, contact Lucy Bahn at 507-272-7744 or email at lucy@lucybahn.com

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: $_______________________________________________

Enclosed:$_______________________________________________________________________________

Send this form, dues and donations to:

ZVMSA
P.O. Box 6841,
Rochester, MN 55903-6841

Calendar 2017

September
23 — MMAA Luncheon and Rochester Art Center Tour, 12-3:00 p.m.—See article on page 6

October
6 — October Brunch, Rochester Country Club, 9:30 a.m.
11 — Faribault Woolen Mill tour, page 4
15 — Bear Creek Services Walk and Roll Fundraiser, 9-11 a.m., pages 1 and 3

November
8 — Channel One volunteer opportunity, 1-3 p.m., page 4

December
7 — Channel One volunteer opportunity, 1-3 p.m., page 4
10 — December Brunch, Rochester Country Club, 9:30 a.m.