**Zumbro Valley Medical Society Alliance News**

Physicians’ Spouses Dedicated to the Health of their Community

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**CREATING WOW CONTAINER GARDENS**

**SCOTT MOON**

It’s never too early to think spring, especially in Minnesota! February 7th’s Brunch speaker, Scott Moon, Manager of Sargent’s on 2nd Nursery and Garden Store, will be bringing us a touch of spring to get our creative juices flowing.

Scott poses the following question: Each year do you find your outdoor containers lacking that special something? He will inspire you to take your containers from the ordinary to the extraordinary. No matter what size, location, or light, Scott will share planting techniques and dazzling plant combinations that will add elegance and color to your outdoor living spaces that will have you hearing “WOW” all season.

Scott joined Sargent’s Gardens in 1984 after graduating from the University of Minnesota Waseca and attending the University of Minnesota Twin Cities in Horticulture and Landscape Design. Scott’s primary focus at Sargent’s on 2nd is retail management, focusing on service, top quality plant material, and gardening related items for Rochester and Southeastern Minnesota.

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**February Brunch**

Tuesday, February 7, 2016
9:30 am
Rochester Golf & Country Club
3100 W. Country Club Rd. SW
Rochester, Minnesota

**Menu**

- Cranberry/Orange Juice
- Tea Sandwiches with Dill Cream Cheese, Cucumbers, and Tomatoes
- Cream of Tomato Basil Soup
- Cherry Crisp

**RSVP**

Harriet Hodgson by Tuesday, January 31st at 12:00 Noon
Harriet Hodgson, 252-5939
harriethodgson@charter.net

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**Did You Know?**

**Q.** How many people does it take to run ZVMSA?

**A.** That is an excellent question. There are currently twenty members serving on the ZVMSA Board in a variety of positions. Believe it or not, it takes a “village” to run ZVMSA. With all the various functions we have and activities we do, it really does require the efforts of a myriad of members to keep us thriving. You may not be aware that many of the Board positions are shared. What that does is lighten the load of a particular job while benefitting from the energy and creativity of more than one person. Some individuals serve in multiple capacities, lending a remarkable strength to the organization.

In filling each Board position we find members who are committed to the ongoing success of ZVMSA and are willing to do their share, and often more than their fair share, to ensure a robust alliance.

As the Nominating Committee begins its task of filling the Board for 2017-2018, won’t you please consider offering your time and talent to our great organization?
Dear ZVMSA Members and Friends,

We are celebrating the New Year with many exciting activities and projects. ZVMS Annual Meeting is January 12th where Lucy Bahn will be recognized as ZVMS Outstanding Alliance member. This will be followed by our Brunch, February 7th, with speaker Scott Moon from Sargent’s and our famous “Valentine's Baskets” fundraiser! The lucky dip for these beautiful baskets will help support our Nursing Scholarship and awards for the Science Fair. Please participate in this effort to fund the outreach programs of ZVSMA. Deb and Betsy have several enjoyable social activities planned for you. Be sure to check out the details. A very special thank you to our members who donated the generous amount of $1,250 to the Elder Network's Transportation Program at the December Brunch.

It is that time of year to plan for ZVSMA’s future leadership as the Nominating Committee begins its work on filling positions on the Board for 2017-2018. Please consider being a member on the Board, and let us hear from you.

Congratulations to the membership as we work to fulfill our mission of improving the health of our community.

Sandra Weissler
weisslersl@charter.net
507-280-9292

Helen Walser
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507-289-6710

Doris Folger
djfolger@aol.com
507-285-4883

2016-2017 — ZVMSA BOARD

Co-Presidents: Doris Folger, Helen Walser, Sandra Weissler
Secretary: Sandy Silber
Treasurer: Shirley Edmonson
Assistant Treasurer: Jean Schultz
Membership: Lucy Bahn
Newsletter: Jill Wylam
Parliamentarian: Meelee Fish
Past Co-Presidents: Lucy Bahn, Doris Folger, Lyn Smith, Helen Walser

Community Outreach: Kristin Sorenson
Social: Deb Altchuler, Betsy Katzelnick
Historian: Aileen Williams
Valentine Baskets: Amy Steinkraus
Science Fair/Nursing Scholarship: Jean Schultz
Members at Large: Jane Callahan, Colleen Maddox
Medical Student Liaison: TBD
Start Smart: Lyn Smith
RGCC Liaisons: Lesley Scott, Kris Swanson
Brunch Invitations: Harriet Hodgson
IT Communications: Lucy Bahn
ZVMS Liaison: Lucy Bahn

ZVMSA Board congratulating Lucy Bahn, ZVMS Outstanding Alliance Member Award winner for 2017.
VALENTINE BASKETS!

The six Valentine's gift baskets are finished! They are:

#1: **Bon Voyage** (travel helpers such as luggage lock and strap, car seat organizer, mesh pouches, foldable tote);
#2: **Wine and Chocolate** (bottle of Pinot Noir, crystal wine glasses, various delicious chocolates);
#3: **Winter Staycation** (jigsaw puzzle, adult coloring book and markers, favorite movie, mug with cocoa mix);
#4: **Coffee, Tea, or Me?** (Bone china mug, Italian roast coffee, whole leaf tea and infuser, Belgian chocolate cookies);
#5: **Pasta Perfect** (imported fancy pastas, gourmet marinara sauce, balsamic vinegar, Spanish olive oil, spice mix, roasted peppers, olives salad);
#6: **Be My Valentine** (deluxe chocolates, raspberry Linzer cookies, assorted pralines, silk roses in ceramic vase).

I will be bringing a sample basket and raffle tickets for sale to Mayo spouses' bowling two weeks before the February ZVMSA brunch, and all baskets will be on display at the brunch, with another chance to purchase raffle tickets at that time.

Again this year, the lucky dip drawing allows you to choose the basket you would like it to win. All proceeds go to much appreciated nursing scholarship. Help us achieve this worthy goal and take home a beautiful basket brimming with delights!

Amy Steinkrauss, 507-208-4054, lwsteinkraus@yahoo.com
Elder Network Donations Top Expectations

ZVMSA tries to match its Community Outreach efforts to the brunch speaker’s topic. At the December brunch Dr. Edward Creagan spoke about “Creative Successful Aging.” With this topic in mind, the board selected Elder Network’s Transportation Program as its community outreach project.

Elder Network has a variety of free programs for seniors: caregiver support groups, workshops, Senior Advocates (licensed social workers), a lending library, transportation to and from the doctor. People who use the Transportation Program are asked to donate $12 for round trip service. In the past, most people did this, but donations had dropped markedly in recent months, putting the Transportation Program at risk. ZVMSA members responded to this need and donated a whopping $1,250 to the program. When I delivered the money to Laurie Marreel, Director of Elder Network, she was astonished. In fact, I think I saw tears in her eyes. Laurie sent me this email thank-you.

Elder Network continues to provide programs and services for seniors and their families on a voluntary contribution/sliding fee basis because of the generous donations and compassionate individuals like ZVMSA members. I often hear from clients who are struggling that “they don’t know what they would do without Elder Network and its volunteers.” We hope to be able to serve those in need, and continue the Transportation Program for many years to come.

The mission of ZVMSA is to improve community health. I can’t think of a better fit for our mission than getting patients to their doctors—a simple, life-changing concept. Alliance members responded to Elder Network’s need with generosity and caring. Our donations saved the Transportation Program, at least for a while, and made a difference in the community. Thank you!

Harriet Hodgson

Minnesota Medical Association Alliance Update

ZVMSA is once again applying for a MMAA grant to purchase books and supplies for the Start Smart! Read to Your Child!, ZVMSA’s ongoing project. The grant renewals will be announced in March. As of January 5, 2017, the 2016/2017 grant of $2000 has purchased 837 books to be given away during story time. By buying bargains and books packaged together there is still money to purchase a few more books, new carpet pads and nametags before the end of February. We are very grateful to MMAA for providing us with a grant for ZVMSA’s outreach project since 2010.

If you have any questions about MMAA or AMAA please contact Lyn lyn.d.smith@gmail.com or Colleen landherrmaddox@gmail.com
### Social Committee Update

#### January Gourmet Cooking and Dining Event

On January 17, ZVMSA members will have the opportunity to join with Executive Chef Christopher Hodapp as he demonstrates (and we prepare) two delicious dishes. First we will make homemade pizza dough to create Stromboli or Calzones. Then we will be preparing and baking Mascarpone vanilla bean panna cotta with raspberry coulis and pistachio biscotti. And for the finale we will enjoy eating our creations together! The class will be held at the Rochester Event Center, 7333 Airport View Dr. The cost will be $45 per person.

If you would like to join us, please contact Betsy Katzelnick at 4bdlek@charter.net or Deb Altchuler at deb@altchuler.net by January 12th so that we can give Chef Christopher the number of participants.

#### Lunch and a Movie—January 24th

We plan to see Hidden Figures this month. Here is a brief description for those unfamiliar with the movie:

... the incredible untold story of Katherine G. Johnson (Taraji P. Henson), Dorothy Vaughan (Octavia Spencer) and Mary Jackson (Janelle Monáe)—brilliant African-American women working at NASA, who served as the brains behind one of the greatest operations in history: the launch of astronaut John Glenn ...

We will get together for lunch at India Garden, 1107 N. Broadway, before the movie. The exact times will be determined when the movie schedule in Rochester is published. Please contact Betsy Katzelnick at 4bdlek@charter.net or Deb Altchuler at deb@altchuler.net if you would like to join us.

#### Channel One Volunteering—February 8th

ZVMSA will be volunteering at Channel One on Wednesday, February 8th from 1-3pm. This is always a fun experience while doing something to help our community. There will also be a lunch bunch that day at Newts South 11:30am. You are welcome to come to either or both these events. Please RSVP to sandysilber@charter.net
Start Smart! Read to Your Child!

Start Smart! Read to Your Child! Needs Volunteers

It is hard to believe that ZVMSA volunteers began providing story times for the Olmsted County Public Health Department in January 1999 and that story time continues on in 2017! January 2017 marks the start of the 19th year of this community service project. The focus of the project remains the same; to reinforce the public health nurses’ emphasis on early stimulation and the importance of reading to the very young. Thank you to everyone in the ZVMSA family who has made story time a success for the past 18 years – volunteer readers, members who donated books and money to buy books for participants, the 18 ZVMSA boards who have supported the program and the MMAA who has provided grants since 2010 to purchase books to give to the young participants.

From January through November 2016 twelve dedicated ZVMSA volunteers provided 96 story times, read to or interacted with 739 young clients, gave away 737 book and donated over 144 volunteer hours. Thank you to the 2016 volunteers: Jane Callahan, Josephine Camilleri, Nancy Currier, Meellee Fish, Dorothy Kaese, Vangy Lundstrom, Jean Schulz, Sandy Silber, Kristen Sorenson, Elizabeth Sorenson, Robin Taylor and Lyn Smith.

Start your new year right! It is easy to volunteer, and volunteers are needed to provide story times in 2017. There are three scheduled story times each week and volunteers may choose the story time dates they wish to read. Volunteers read in pairs and all newcomers will initially read with an experienced volunteer. If you are interested in learning more about ZVMSA’s story time or observing please contact Lyn Smith, lyn.d.smith@gmail.com or call 358-2807.

Social Events This Spring —

Create Your Own Hanging Basket at Sargent’s

We will gather in late April or early May at Sargent’s to select and plant our own hanging baskets. Sargent’s will nurture them in their greenhouse until we pick up our beautiful creations in late May! Details to follow in the next newsletter.

Tour Seed Savers Exchange in Decorah, Iowa

We will tour this fascinating facility in late May or early June. “The best place to start any visit to Heritage Farm is at the Lillian Goldman Visitors Center. We’ll give you an introduction to the history of Seed Savers Exchange and Heritage Farm and serve as your home base as you wander our display gardens and trails.” We hope to have lunch in Decorah before or after the tour.

Regional Science Fair

The Rochester Regional Science & Engineering Fair will be held on February 28th. The theme of this year's fair with be “Power Up.” Last year’s fair had 381 students from all eight public middle and high schools as well as private, charter, and home schools participate in paper and project presentations. We have provided a $200 donation to be used for student awards, these include medals/trophies, monetary awards, and prizes for students. This donation makes a big impact on the lives of students and helps to promote science and math. Thanks for supporting this important outreach program.
Our Annie

Many health measures, taken for granted today, took much time and effort to be accepted. Resuscitation practices for patients in the 18th century were quite varied as different methods were tried. One was tickling the throat of the victim! It was not until the 20th century in the United States when James Elam and Peter Safar discovered and presented their research at the annual Maryland Medical Society meeting on September 16, 1960, that the combination of actions that comprise CPR was shared. The moderator of the meeting in his opening remarks said, "Our purpose today is to bring to you, then, this new idea." It was so new that it was still without a name. The moderator stated that the two techniques "cannot be considered any longer as separate units, but as parts of a whole and complete approach to resuscitation". In his remarks Safar stressed the importance of combining ventilation and circulation. He presented convincing data that chest compression alone did not provide effective ventilation; mouth-to-mouth respiration had to be part of the equation.

Cardiopulmonary resuscitation, known by the acronym CPR is an emergency procedure performed in an effort to manually preserve intact brain function until further measures are taken to restore spontaneous blood circulation and breathing in a person who is in cardiac arrest. It is a basic, but proven first aid skill. It is an effective method of keeping a victim of cardiac arrest alive long enough for definitive treatment to be delivered.

In the early 1980’s, ZVMSA member, Dr. Vivita Leonard was helping train Mayo medical students in CPR through the Anesthesia Department. She volunteered to train members of ZVMSA and held five or six sessions in a room at Methodist Hospital with an “Annie” which was part of Mayo Clinic’s equipment. This effort to train citizens in CPR was happening throughout the United States and other countries as it had shown what a life-saving action it could be. The Post Bulletin reported on June 1, 1981, that 229 persons had learned CPR at an event at Mayo High School. Zumbro Valley Medical Association was one of the sponsors.

This need prompted our Auxiliary to raise $1200. to donate an “Annie” to the Rochester Public Schools for CPR training to students. The money for the manikin was raised by our members through sponsoring a benefit dance.

According to Wikipedia, CPR has continued to advance, with recent developments including an emphasis on constant, rapid heart stimulation, without respiration. Studies have shown that people who had rapid, constant hands-only chest compression 22% more likely to survive than those receiving conventional CPR that included breathing. What's more, because people tend to be reluctant to do mouth-to-mouth, chest-only CPR nearly doubles the chances of survival overall, by increasing the odds of receiving CPR in the first place.

Aileen Williams
Calendar 2017

January
17 - Cooking Class, 11:00 a.m.-1:00 p.m., rsvp January 12th
24 — Lunch and Movie, Indian Gardens

February
7 - February Brunch and Valentine Lucky Dip, 9:30 a.m. at Rochester Golf & Country Club, rsvp January 31st
8 — Lunch at Newt’s South at 11:30 a.m.
8 — Channel 11:00-3:00 p.m.
28 — Regional Science Fair

Spring 2017
TBD — Create Your Own Hanging Basket
TBD — Tour Seed Savers Exchange
## 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

Thank you all for your membership renewals and a special thank you to our new members! If you do not find your name on the list, please consider joining so you may receive the quarterly newsletter and mailings to our events. For membership, contact Lucy Bahn at 507-272-7744 or email at lucy@lucybahn.com


thank you