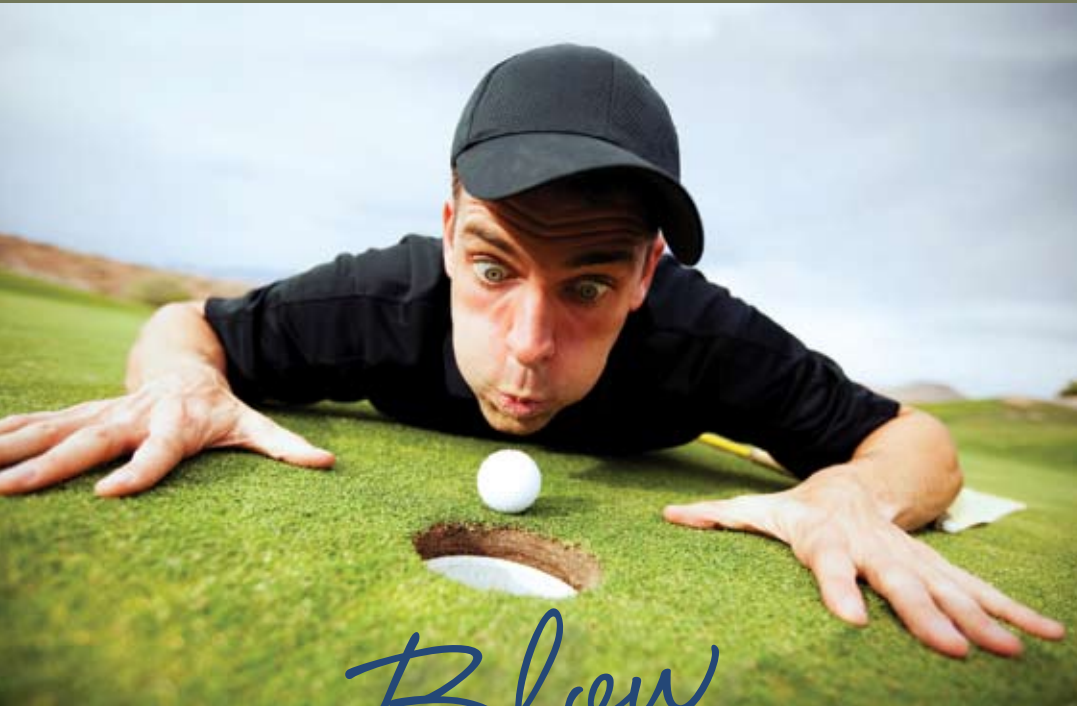




Amery Regional
Medical Center

volume 9 • number 3
summer 2009

Health HAPPENINGS



Blow

DON'T YOUR CHANCE!

SIGN UP AT THE...
21ST ANNUAL ARMC
FOUNDATION GOLF
CLASSIC FUNDRAISER
TUESDAY, AUGUST 11, 2009
AMERY GOLF CLUB

The Amery Regional Medical Center Foundation is hosting its 21st Annual Golf Classic Fundraiser on Tuesday, August 11th at the Amery Golf Club.

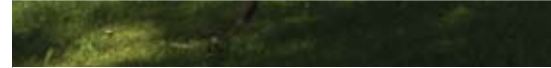
Since the Golf Classic is the Foundation's only fundraiser, your sponsorship and support are critical. This annual fundraising effort enables the Medical Center to pay for community health programs, patient-focused projects, and technology that were unable to be included in the annual budget. The proceeds from this year's tournament will fund a van, which will be used to safely transport Behavioral Health Center patients.

All sponsors will receive signage along the cart path the day of the tournament, signage posted at the golf club during the tournament and a special promotional thank you advertised in the newspaper. This is our way of saying thank you for your support and generosity.

- GOLD SPONSOR –\$500 DONATION**
- SILVER SPONSOR –\$300 DONATION**
- BRONZE SPONSOR –\$200 DONATION**

The scramble is a shotgun start and scheduled for 1:00 PM. A contribution of \$80 includes lunch starting at 11:30AM, 18-holes of golf, ½ golf cart, and dinner as well as team and individual awards and prizes. If you are unable to golf, please join us for dinner at a cost of \$15.00 per person.

If you would like to participate in the 21st Annual Golf Classic Fundraiser or would like to become a sponsor, simply call (715) 268-0317 or (715) 268-0318.



what's INSIDE

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- SWEET, SUITE BABIES

CEO LETTER TO THE COMMUNITY



—Mike Karuschak,
ARMC Chief
Executive Officer

Most recently, Frank Whitesell, M.D. and Fred Whitlark, M.D. passed away. They were our friends and colleagues. We deeply miss these two extraordinary individuals and want to celebrate their lives, the joy they gave and the impact they made on us – their friends, their family, their patients, and their communities. A special tribute in memory of Dr. Whitesell and Dr. Whitlark ran in the Amery Free Press on Tuesday, June 9, and we would like to share it with you in this newsletter.

“What we do for
ourselves dies
with us. What we
do for others and
the world remains
and is immortal.”

—Albert Pine,
American author,
1861-1937

IN LOVING MEMORY ~ A SPECIAL TRIBUTE TO OUR FRIENDS

Dr. Frank Whitesell and Dr. Fred Whitlark have touched many lives, not just here at Amery Regional Medical Center or in Amery for that matter, but around the world. Their passion for medicine and the exemplary care they provided reached many borders, even beyond the United States. What's really astonishing is not that they were exceptional physicians, but that they were exceptional people - people who positively impacted countless lives and whose passing has affected many more communities than just ours.

Both were unique and special, but they shared a common interest – the love for life and all it had to offer. Their great sense of humor, their adventurous spirit, their sincerity and veracity, their devotion, their kindness, their warmth, their hearts – this is what they gave us; this is what they taught us. We will always remember you – the love you gave and life you lived – we will not forget.



FRANK B. WHITESELL, III, M.D.
(APRIL 16, 1952 – JUNE 1, 2009)

Dr. Whitesell was a board certified general surgeon and joined the Medical Center in August 1992. Before moving to Amery, he owned a private practice in Arlington, Virginia for 10 years and practiced abroad in Cambridge, England at Addenbrooks Hospital.

In March 2005, Dr. Whitesell and his family temporarily relocated to Wanganui, New Zealand. There was a critical shortage of medical practitioners in rural New Zealand and he was able to lend a hand in helping alleviate this shortage. Dr. Whitesell along with his wife, Jean, and their three children resided in Wanganui on the hospital campus. He always wanted to work in a governmentally funded healthcare system and he was given the opportunity. In fact, Dr. Whitesell stated before leaving Amery in 2005, “The chance to provide care in a critical shortage area, learn from and about a different healthcare system while experiencing a new culture with my family was an opportunity I could not turn down.” He then added, “Amery is my home. I love this community and we look forward to coming home.”

Dr. Whitesell and his family came home in February of 2006, but in August, he was diagnosed with Astrocytoma, a form of brain cancer. They relocated to Falls Church, Virginia, where he received medical care and where he could be close to family. His journey was one of courage, faith, and love. His life was a true inspiration to all.



FREDERICK L. WHITLARK, M.D.
(APRIL 9, 1923 – MAY 24, 2009)

Dr. Whitlark began his practice in Amery in August of 1949 with the Cornwall Clinic, which became The Family Medical Clinic in 1983. He was one of the original physicians, along with Dr. Blahnik, Dr. Dasler, and Dr. Marra, who provided care at the Apple River Valley Memorial Hospital in November 1956. Dr. Whitlark was also a staunch supporter of the merging of the hospital and clinic, which we now know as Amery Regional Medical Center.

Dr. Whitlark retired from his family medical practice in April 1988, after almost 40 years of serving patients in the Amery area. He was one of ARMC's biggest advocates and instrumental in many of its successes.

Dr. Whitlark continued to show his pride for the community and the Medical Center through his involvement. Even though he was retired, he was active. He attended many local functions and was constantly supportive. Dr. Whitlark made “his rounds” throughout the town and many of us are missing those visits, wishing we could have just one last moment with Doc. He had a heart of gold with a delightful personality and he always left you smiling – something we will never forget.



QI

The Quality Improvement Corner

YOUR OPINION MATTERS Patient Satisfaction Results

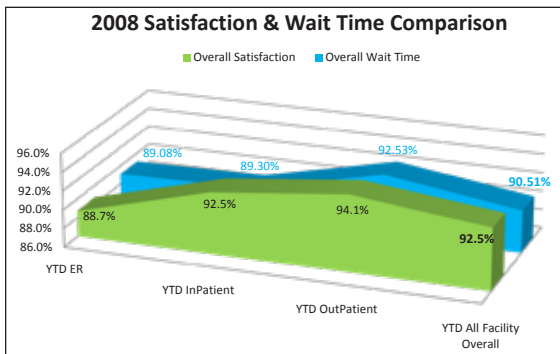
Amery Regional Medical Center is changing the way we gather your opinions. We are seeking out a new way of tracking how satisfied you are with the care and service you received at ARMC or one of the clinics.

In the past, ARMC has mailed patient satisfaction surveys. You may have received one of these surveys in the mail after a visit to ARMC. As of August 1, we will move to a phone based survey, meaning; you will receive a phone call asking about your satisfaction rather than receiving a paper copy in the mail. We hope to capture more of your important input on how we are doing and your level of satisfaction with the care you received.

ARMC will continue to utilize a third-party service, HealthStream, to reach out to our patients for their outlook on services in four specific areas – clinic office visit, inpatient stay, outpatient procedure, and emergency room. We truly value your opinions and encourage you to share them with us. Your opinion matters, as we use this information to determine trends, seek new ideas, and to address concerns. The following reflects the results from 1st quarter 2009:

- Overall satisfaction - 93%**
- Overall waiting time satisfaction - 90%**
- Return rate - 13%**

Year to Date 2008 are reflected in graph for the Satisfaction and Wait time totals: (GRAPH)



We encourage you to take a few moments to share your thoughts with us upon receiving the phone call survey. We also have comment cards and boxes in waiting areas. If you prefer to share your ideas by phone, please call Joyce Schaefer (715-268-0302), Joanne Jackson (715-268-0303), or Sandi Reed (715-268-0304).

IDENTITY THEFT RULES:

How they will impact you at ARMC



Every year as many as nine million Americans have their identities stolen-this crime takes many forms. Most persons do not think about their identity being stolen and where they go for healthcare as being related, but, they can be. Medical identity theft can happen when a person seeks healthcare using someone else's name or insurance information.

In response to this concern, the Federal Trade Commission will begin to enforce the "Red Flags Rule," which is a law that requires not just healthcare providers, but various businesses and organizations to develop a written program to "spot" the warning signs or "red flags" of identity theft. Thus, as of August 1, we will put into place our Identity Theft Prevention Program.

What does this mean for you?

- First of all, it means that after August 1, the next time that you come to register for an appointment at the Medical Center, you will be asked for a photo ID, which can be your drivers license or passport if you have one and would prefer using it. We will scan that document into our system so that we have a photo of you which we can then bring up in our system the next time that you come to the Medical Center. This is a good way for us to ensure that no one will try to steal your identity.
- It is not new for us to ask that you produce your insurance card at your appointment, but many times people do not bring that with them to the Medical Center. We will be requiring that, if you forget it one or two times that is okay, but the third time if you come for an appointment and don't have it, we will have to reschedule your appointment for you to bring the card.
- It also means some changes within our billing department. When you call, you will be asked to provide some additional information for us to ensure that you are indeed the patient.

In addition, there are many other "behind the scene" procedures that we will have in place to ensure that no breeches occur with your identity. Protecting you, the customer, is our goal and we are constantly updating and refining our processes to ensure that this happens.

FAST *facts...* ABOUT AGING



- 64% of older Americans between the ages of 65 and 74 are married and live with a spouse.
- *Older adults experience mild to moderate hearing impairment, 37% of women and 48% of men over age 75 experience hearing difficulties.*
- Social Security benefits are the primary source of income for those over age 65.
- *13% of older adults live in poverty, as compared to 15% of Americans under age 65.*
- Life expectancy for men is now 73 years and 80 years for women.
- *The top 5 causes of death in older adults is heart disease, cancer, cerebrovascular disease, pneumonia and flu, and chronic obstructive pulmonary disease.*
- Personality remains relatively consistent throughout the lifespan.
- *Sleep problems increase with age and about 1/2 of those over age 80 complain of sleep difficulty.*
- The incidence of sexual dysfunction increases with age for both men and women.
- *For most older adults, there is a decline in some intellectual abilities such as a decrease in reaction time, and some forgetfulness. These declines are not severe enough to cause problems in daily living, as most older adults successfully adjust to the challenges of aging.*
- Dementia, the irreversible deterioration of intellectual ability accompanied by emotional disturbance, afflicts between 5-7% of adults over age 65 and 30% of those over age 85. Dementia may lead to impairment in social functioning and people with dementia often suffer with depression, anxiety, and paranoia.
- *Alzheimer's disease is a progressive disease that leaves a person unable to form new memories and is marked by the loss of other mental functions. The onset of Alzheimer's is often gradual, occurring over a period of 8-20 years. A person may first suffer memory loss and often get lost—even in their homes. Eventually, they may fail to recognize others—even family and lose the ability to dress and care for themselves.*

If you have any questions or want more information, please contact the Assessment/Outreach Coordinator at the Behavioral Health Center at 715-268-0069.

Source: Based on the APA publication
"What Practitioners Should Know About Working With The Older Adult"

IT'S TICK SEASON



HELPFUL GUIDELINES WHEN CARING FOR TICK BITES

Lyme disease is very prevalent in the northwest Wisconsin geographical area and is spread by Lyme-carrying ticks commonly known as deer or bear ticks. Deer/Bear ticks spread Lyme disease while the wood tick does not. Deer ticks are darker in color and lack the wood tick's characteristic white markings.

Individuals who are high risk for exposure to deer ticks are hunters, campers, gardeners, and outdoor workers. High exposure means high risk for contracting Lyme disease. However, even individuals who are exposed can reduce the risk of tick bites. Nancy Magnine, Physician Assistant at Luck Medical Clinic, offered these five simple guidelines:

- 1 Wear clothing that covers the skin (tuck in long pants, wear long sleeves)
- 2 Use chemical repellents such as DEET (not for young children) or picardin
- 3 Frequently inspect for ticks after being outside (one has several hours to find and remove a tick before it attaches and begins to feed)
- 4 Treat pets with tick repellents
- 5 Avoid grassy/brushy areas – these areas have the highest tick population

In the event that an attached deer tick is found, grasp the tick body as close to the skin as possible with tweezers or protected fingers and pull it off. Thorough cleansing of the area with soap and water after removal is important.

Tick bodies do not embed completely. It is usually the mouth parts that are retained under the skin. If left alone, the normal human skin function will wall off and expel it over a few days. Health professionals will not usually attempt to remove any retained tick parts.

Tick removal within 2-3 days is important to prevent transmission of Lyme disease. If one believes that a tick has been attached for greater than 36 hours or appears engorged, one should seek medical consultation for treatment.

Lyme disease usually manifests within 4-6 weeks following a bite. Initial symptoms vary, but may include fever, chills, headache, muscle or joint pain and a bull's-eye rash. Magnine stated, "If you develop any of these symptoms, contact your healthcare provider as soon as possible, as it is important to begin appropriate treatment if necessary."

Very few people die from Lyme disease, but early detection is key to treating Lyme disease and preventing further complications. If you have symptoms, don't delay; call your healthcare professional right away.



The Fitness Center
Open to the Public

the summer resolution

Warmer weather means barbecues, sporting events, and never ending yard work, to name a few activities. Many people enjoy spending as much time outside as possible before the cold weather returns. However, summer is not the time to stop exercising, but to revitalize your exercise program. Make it compatible with outdoor summer activities or you may reduce the fitness progress you've worked hard to attain since your New Year's resolution. Your fitness goals will be much harder to achieve if summer is deemed too busy for exercise, pushing your goals farther away. Beginning your resolution to lose weight and get in better shape now can increase summer enjoyment and make January's goal more attainable.

Your summer workout routine may need added flexibility so you don't miss any time enjoying the outdoors. The Fitness Center in downtown Amery is now offering 24/7 service to its clients, making the early morning or late night workout possible to accommodate the needs of a busy schedule. In addition to 24/7 access, your center offers you a fully equipped gym, staffed (during the normal business hours of 5am-7pm) by knowledgeable fitness instructors offering many enjoyable exercise classes for people of all ages and fitness levels. You may also be eligible for insurance

plan reimbursements with participating health plans.

During the summer, you may want to condense your workout into a shorter time period, or change your exercises to make your muscles adjust to new stressors. Since your muscles adapt to exercise, sticking with the same routine week after week will not maximize your potential. Trying out an exercise class is a good way to meet new people, stay motivated, and keep your muscles working in new ways. Some of the classes offered include Boot Camp, ARMC Fitness, SilverSneakers®, Circuit Training, and Ab/Core Express. Consult the Fitness Center desk for class times.

A method to reduce the time you spend in the gym is by focusing on exercises that use big muscle groups such as the legs, back, chest, and shoulders. Working these muscles will burn more calories than working smaller muscles. Exercises that work the largest muscle groups include the squat and lunge, and chest, back and shoulder exercises. Performing these exercises in pairs with a one minute rest between sets is termed "super-setting" reducing your workout time and burning additional calories, leaving more time for outdoor activities.

Even with maintaining an exercise program, controlling summer urges to overeat even after being full can be a

challenge, so try the 10 minute wait rule before heading to the dessert table for a second time. When tempted to overeat, simply look at your watch and note the time. Tell yourself that if you are still hungry after 10 minutes then you can go back and eat more. The majority of the time the urge to eat will have passed 10 minutes after eating your meal, and you will save on a lot of empty dessert calories.

Stop by the Fitness Center today and let us help you make this a healthy summer.

FITNESS Tips



by Aaron Johnson of
the Fitness Center

Aaron Johnson is a Certified Personal Trainer & Fitness Assistant at the Fitness Center. He is also a Certified Strength and Conditioning Specialist. He graduated from the University of Wisconsin-Stout Cum Laud with a Early Childhood major and General Business Administration minor. Aaron is a 4-year letterman in football at Stout and was voted most valuable freshman, most valuable offensive back, team MVP, and awarded for outstanding strength and conditioning performance.

HEALTHY & FIT

FITNESS CLASSES AVAILABLE AT AMERY LOCATION

- AB/CORE EXPRESS
- ARMC ACTIVE RECREATIONAL MOTIVATING CLASS
- CIRCUIT TRAINING
- SILVERSNEAKERS® CARDIO CIRCUIT
- SILVERSNEAKERS® MSROM
- SILVERSNEAKERS® YOGA STRETCH

STAFFED HOURS

MONDAY – THURSDAY:
5:00AM – 7:00PM
FRIDAY:
5:00AM – 6:00PM
SATURDAY & SUNDAY:
8:00AM – 12:00PM

NOW OPEN
24/7

GOT A WOUND? *healing is our business!*

Amery resident, Roy Pogue, had the convenience of having the new Wound Healing Center within walking distance of his home. The staff was caring, knowledgeable and very helpful, an additional bonus thought Roy. But the fact that his wound of five years healed and remains healed is an incredible relief and the ultimate bonus.



Wound Healing Center patient, Roy Pogue

Amery Regional Medical Center opened the Wound Healing Center (WHC) in partnership with National Healing Corporation to help people in the community with non-healing, chronic wounds. Persons who cope with chronic wounds change their lives in order to accommodate the pain. Infection, frequent medical appointments and the cost of medical supplies become an everyday battle.

The Wound Healing Center was established to help make a difference through healing and allow people to resume living their lives. In the short time since opening, the Wound Healing Center has already become a leader in wound care. In fact, WHC received the prestigious "New Center of the Year" award by National Healing Corporation (NHC), a leader in disease management. As a part of the National Healing Corporation, the Wound Healing Center reports wound outcomes, patient healing times and other information to NHC which was once again awarded the Joint Commission's Certificate of Distinction for wound care.

The Wound Healing Center, located inside the former Amery Regional Medical Center, now called the West Campus, opened one year ago on June 25th, 2008. Since that day the Wound Healing Center has helped heal patients with over 171 chronic wounds referred by over 65 regional physicians. Mike Melby, MD, general surgeon at the New Richmond Clinic, is also one of the Medical Staff practicing at the Wound Healing Center each week. Dr. Melby attended the specialized training required of the Wound Healing Center medical staff at the National Healing Institute and went on to become a Fellow of the American Professional Wound Care Association. Dr. Melby says, "As a

surgeon, I have always seen a lot of wounds. The Wound Healing Center brings a concentrated focus and skill set to address the multiple issues involved with chronic wounds. We are a resource for patients and providers in the community." He added, "For me, the Wound Healing Center has brought new treatment options, such as Hyperbaric Oxygen Therapy, to offer people who are unable to heal by other means in a timely fashion."

In its first year, the Wound Healing Center has seen over 160% of the expected number of patient visits and 124% in HBO visits. Over 46% of the patients, who come to the Wound Healing Center, have never been to the Amery Regional Medical Center. They come to the Wound Healing Center to get their wounds healed, but continue their ongoing management of their overall health with their own doctors in their own communities. Shaima Sulemankhil, MD, is a physician at Baldwin Area Medical Center who refers her patients to the Wound Healing Center. She admitted, "I thought it was all hokey, but decided to give it a try. I was pleased to find my patient started healing!"

James Winderl of River Falls says this, "The staff at the Wound Healing Center has, by far, gone the extra mile. Beth Jackson (Clinical Nurse Manager) was fantastic. She did some research, calling around to find out things. She followed up and got back to me." He adds, "Dr. (Craig) Johnson really listened to me. I felt like things were not cut and dried, that everyone was really interested in trying to help me. I have had a lot of experiences with medical care and the Wound Healing Center is at the top."

Consistently, patient surveys of their experiences at the WHC score a rating of 5, on a 5 point scale with 5 being the highest for overall satisfaction. Mike Grosskeutz wrote "WHC provided a more relaxed atmosphere where I actually had some time to talk to the staff and ask questions concerning my wound!" When we asked, "What can we do to improve?" Mike, who had a history of chronic wounds before his wound of two years brought him to WHC, responded, "Had it built two years earlier!"



Chris Boardman, Eleanor Duncan, Karen Fossum, Boyd Duncan, and Sherry Strand standing proud while displaying the "New Center of the Year" award

WHAT PEOPLE ARE SAYING ABOUT THE WOUND HEALING CENTER...

Q What did you like the best about the Wound Healing Center?

A "The staff and doctors made you feel comfortable with treatments and answered questions I had. Now that I am healed, I miss the staff and doctors!"

– Carole Larson

A "I liked the amount of attention. The physician and nurse cared about me."

– Ronald Sollman

If you're suffering from a chronic wound, like Roy, please call the Wound Healing Center today at (715) 268-0175. **Start Healing...Start Living...just like Roy.**

Sweet Suite Babies

APRIL
MAY
JUNE

7

Check us out online at ARMC Birth Day Suites Nursery: www.amerymedicalcenter.org



LANCE WILLIAM PICKARD
APRIL 1, 2009



AVA MARIE MULLER OPITZ
APRIL 10, 2009



HAILEY ZOE ANDERSON
APRIL 14, 2009



CULLEN STEVEN SCHREIBER
APRIL 20, 2009



RILEY LOUIS SCHULTZ
APRIL 20, 2009



ISABELLE VERONICA SCHAFFER
APRIL 23, 2009



AMARA LAREE OSTENSON
APRIL 25, 2009



ALLEN ODEN BOE
APRIL 29, 2009



PEYTON SURI LYONS
APRIL 30, 2009



REBECCA JOY ANDERSON
MAY 3, 2009



ALLISON ANN BUTLER
MAY 6, 2009



BRAYDON STEVEN OLSON
MAY 7, 2009



JAMESON DANIEL GOLDSTEIN
MAY 11, 2009



COLTON ANDREW WATERMAN
MAY 14, 2009



COLTEN DAVID WALLBERG
MAY 16, 2009



AYLA RAE MONSON
MAY 18, 2009



MAEANN VIOLET HUTTON
MAY 20, 2009



BRUNO XAVIER MEYERS
MAY 20, 2009



CHARLES NEIL SCHACHTNER
MAY 22, 2009



IAN CHRISTOPHER ROBERTS
MAY 25, 2009



ELIZABETH MARIE GULLICKSON
MAY 28, 2009



WYATT ARLYN HANSON
MAY 31, 2009



KATE KRISTI MOSKAL
MAY 31, 2009



BRODY JAMES TARMAN
JUNE 2, 2009



LEXI MICHELLE TARMAN
JUNE 2, 2009



AVA KAYE BALOG
JUNE 3, 2009



MYKA MAE MCCARTY
JUNE 4, 2009



SOPHIE ROY TIMM
JUNE 4, 2009



HAILEE NICOLE JUNGSMANN
JUNE 6, 2009



MADISYN ROSE HEACOCK
JUNE 12, 2009



KYLEIGH MARIE LUOMA
JUNE 12, 2009



AMELIA MAY MILLER
JUNE 12, 2009



BRENNA GALE
JUNE 19, 2009



MORGAN LIA MARTELL
JUNE 20, 2009



KAYLEI ANN VANCE
JUNE 20, 2009



GRACELYN LARAE FINLEY
JUNE 22, 2009



GABRIEL JAMES ARCAND-DANIELSON
JUNE 23, 2009



LYLLA MAE RONKAINEN
JUNE 24, 2009

Please note: Every effort has been made to assure the accuracy of all babies information on this page. We deeply apologize if a mistake has been made.

EDITORS:
Ronda Knutson
Joanne Jackson

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Health HAPPENINGS



Health Happenings is published quarterly for the patients and friends of Amery Regional Medical Center. Information in this publication is not meant to replace the advice of your personal healthcare provider.

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MIDWIFERY NEWS...



ANNOUNCING A NEW FAMILY PLANNING OPTION

Implanon has come to our area. It is a fairly new birth control option that uses a low dose progestin in a small implant. The implant is placed in the upper inner arm. It is highly effective, equivalent to having a tubal ligation, and is completely reversible. Side effects are minimal, and can include irregular bleeding. It takes a clinic visit consult to determine if it is appropriate for you, and if so, it may be able to be placed that day. An internet search will answer many questions about Implanon. For questions or to schedule an appointment, contact Brenda Johnson, CNM at either the Amery or Luck clinics.

LACTATION CONSULTANT SERVICES

Also new to the nurse-midwifery practice is lactation consultant services. Brenda Johnson received training and became a certified lactation consultant at the end of 2008. Appointments can be scheduled in the clinic for a consult prenatally and/or postpartum. Prenatal visits can help get breastfeeding off to a good start by preventing some common early problems. Inpatient consults may be done when requested by your medical provider. Brenda can also be reached by phone through the Birth-Day Suites staff or clinic voice mail.

Both of these new services are exciting and enhance Brenda's practice at ARMC and LMC. The practice is now 10 years old and continuing to grow. Midwifery services encompass well woman and adolescent exams, family planning services, menopausal healthcare and, of course, prenatal care and birth.



CARING FOR THE CAREGIVER Building Your Caregiver Toolbox

October 23, 2009 8:00 AM to 2:30 PM
WITC-New Richmond

The Wound Healing Center and the Behavioral Health Center are proud sponsors of the upcoming conference hosted by "Caring For the Caregiver" on October 23 from 8:00 AM to 2:30 PM at WITC in New Richmond. This regional conference is intended for caregivers of individuals of all ages. Whether you care for disabled children or for seniors with dementia, this conference is for you.

Caregivers will have the opportunity to enhance caregiving skills, to network with other caregivers, to access support and learn about services and agency resources. The event will include keynote speaker Mary Pierce presenting "Building Your Caregiver Toolbox," followed by breakout sessions discussing IRIS, changing relationships, spousal impoverishment, transitioning, trusts, disability and LTC ombudsman. A caregiver panel discussion, exhibits, and resource displays will also be a part of the event. Area resource information will include companies offering services to aid the caregiver or the recipient including home services, specialized equipment, mental health services from the Behavioral Health Center and wound healing options from the Wound Healing Center.

For more information, please call 1-800-372-2333. Registration fee is \$15, but grants are available if needed.

To make an appointment with your healthcare provider call
715-268-8000



Congratulations to the 2009 ARMC Scholarship Winners!

Every year ARMC donates a total of seven \$500 healthcare scholarships to local area high schools. Students who are continuing their education in the healthcare field qualify and apply for the scholarship through their high school. Applicants are chosen based on various criteria and recommendations given by faculty for academic achievement.

- Amery - Tracey Lamusga
- Clayton - Sadie Schradle
- Clear Lake - Ashley Glover
- Luck - Grace Jenson
- Frederic - Chelsey Chute
- Turtle Lake - Brooke Ranallo
- Unity - Erin Owens