

THE

BEAT

Quarterly Newsletter of **W** WINDOM AREA HEALTH



Pictured: Francis Lamote thanking staff members during his patient send-off walk.

A Second Chance at Life

When a medical crisis struck without warning, Francis Lamote’s journey became a powerful testament to the life-saving impact of coordinated care and community support.

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Sharing the Love

Updates from the Foundation

By Katie Greener

Director of Foundation & Auxiliary

- Foundation raised over \$4,000 to help expand the Be Well Path! In spring 2026, the project will expand the pavement to Highway 71 and loop it around the new pond for safer access.
- We awarded five “Ask For Anything” grants to hospital departments: two hip-height chairs in the Wound Center, a patient ergonomic wheelchair, a Sed Rate analyzer and blood culture collector in Lab, and a Galileo vibration platform in Rehab.
- We were proud to partner with the community to support the Women’s Health Fund. Shannon Lynn’s and LaCanne Family Celebration of Life Center hosted a Bromeliad plant fundraiser, Cottonwood County Vet Clinic hosted a Pink Pet Walk, and Runnings donated proceeds from their Ladies Night Out.
- Our Mental Health Fund has approved over \$24,000 in awards since it began. These recipients are making a huge impact in improving responsiveness to mental health challenges locally. The February 21st gala will benefit this Fund!
- Save the date for June 19, 2026 at the Windom Country Club for our golf tournament!

The Foundation is the charitable arm of Windom Area Health, supporting projects and programs that provide exceptional quality care to our community of southwest Minnesota. You can give securely online, via check, or by working with your financial advisor for a planned gift. Give in honor of or in memory of a loved one, knowing that 100% of your donation goes to the Foundation and is eligible for tax deductibility. Contact Katie Greener at 507-831-0633 or Kathryn.Greener@windomareahealth.org for more information.



Pictured: Rehabilitation department and their new Galileo vibration platform.



Pictured: Accepting a check from Shannon Lynn's Floral & Boutique.



Pictured: Wound Center patient and staff on new hip-height chair.



Pictured: Lab department staff with new blood culture collection devices.

A New Year, A New Beginning

Celebrating the year's first newborn at Windom Area Health

Little Garver made his grand entrance on January 5th at 10:49 p.m., weighing 8 lbs. 5 oz., and earning the title of Windom Area Health's first baby of 2026! Proud parents Mackenzie and Zach were thrilled to welcome their newest addition and introduce him to his big sister, Alex (1.5).

Mackenzie, an elementary art teacher in Jackson, and Zach, a farmer in Bergen, chose the name Garver for its deep family roots. The "Gar" sound has been passed down through their family for eight



Pictured: The family with gifts from the community and year supply of diapers.

generations, making his name a meaningful tribute to family tradition. Delivered by Dr. James Hinshaw of Windom Area Health Specialty Clinics OB/GYN, Garver's arrival was the latest chapter in what the family describes as another unforgettable birth journey.

Back in 2024, Alex their first child was born during the 2024 floods, and Garver's arrival came with an unexpected delay when Alex needed to be airlifted to Sioux Falls the day before Mackenzie's scheduled induction. The family shared that Alex is improving every day and is expected to make a full recovery from her illness.



Pictured: First Windom Area Health newborn of 2026, Baby Garver.

The family would like to extend a heartfelt thank you to the staff, nurses, and doctors who supported them throughout Garver's birth. Windom Area Health would also like to sincerely thank the generous local businesses who donated this year, including A&W of Mountain Lake, Frank's Shoe Repair, and Culligan Water. Mackenzie and Zach get to bring home not only their new little one, but also a year's supply of diapers and other goodies!

Be the Light



WINDOM AREA HEALTH

Foundation

FEBRUARY 21ST 5:00 – 9:00 P.M.

Windom Community Center

Chance at winning a TK Hawkinson signed helmet!

Featured Speaker
LINDSEY YOUNG

HI-LO-CLUB
SUPPER CLUB

Scan the QR code to get your tickets today!

Ticket sales close Feb. 5th

Family Friendly!

\$80 Adult | \$40 Student
\$400 six-person table

For questions, contact Katie at 507-831-0633 or Kathryn.Greener@windomareahealth.org



Second Chance at Life

Francis Lamote's Story of Strength and Survival

An Ordinary Day, Forever Changed

What began as an ordinary day at home quickly became a life-threatening medical emergency for Francis Lamote, known to many as Fran. While in his basement, Fran experienced sudden dizziness and collapsed in the hallway. He called out for his wife, Shelly, who immediately contacted 911. Emergency medical services arrived promptly and transported him to the emergency department at Windom Area Health for evaluation.

“As a family, we were told, ‘Dad’s not going to make it,’” Shelly recalled.

Fighting for Life

Fran’s last memory before losing consciousness was undergoing a CT scan. Once returning to the patient room, Fran’s condition became critical. He experienced cardiac arrest, and Shelly was present when resuscitation efforts began. When reflecting on the thought of losing her husband, Shelly said, “It’s totally overwhelming.” Nursing and medical staff in Windom initiated extensive life-saving measures, including prolonged chest compressions lasting nearly two hours and the use of a mechanical compression device. Needing higher level care, Francis was then transferred to Sanford Sioux Falls for further treatment.

Strength Through Uncertainty

In Sioux Falls, physicians communicated openly with Shelly and the family regarding the seriousness

of Fran’s condition and his limited likelihood of survival, while also preparing them for the possibility of significant neurological injury and damage. One of Fran and Shelly’s granddaughters, a registered nurse, assisted the family in understanding the medical information and treatment options being presented.

Despite the gravity of the situation, the care team continued intervention based on an unusual clinical observation: Fran’s heart showed no evidence of blockage and appeared structurally healthy.

Gradually, encouraging signs of neurological responsiveness emerged. Francis began to squeeze hands and demonstrate purposeful movement, indicating preserved brain function.

A Heart Restored to Rhythm

To stabilize his heart rhythm, physicians initially placed a temporary pacemaker. When it was briefly removed after appearing effective, Fran experienced another cardiac collapse, requiring a second temporary device. A permanent pacemaker was implanted the following day.



Pictured: Lacy Krueger, left, directing Fran through one of his Cardiac Rehab sessions.



Pictured: Fran’s first reaction to the patient send-off.

After eight days of intensive care in Sioux Falls, Fran’s condition stabilized enough to allow for transfer back to Windom. Upon his return, Fran continued his recovery back at Windom Area Health, utilizing swing bed services and participating in physical and occupational therapy. Fran had significant fluid retention and generalized weakness following his hospitalization. Yet, his progress was steady and strong. Within five days, Fran was walking independently.

A Celebration of Compassion

In recognition of his remarkable recovery, the care team coordinated a patient’s send-off at the time of Fran’s discharge. The main hospital hallway was packed with staff lining the walls. Fran and Shelly walked together cheered on by staff applause, smiles, and some emotional tears.

Continuing the Journey to Wellness

Notably, Fran had experienced no warning signs prior to his cardiac event. Just days earlier, he had been active and attending a family wedding. His medical history includes a diagnosis of atrial fibrillation nine years ago.

Fran has since enrolled in cardiac rehabilitation,

attending sessions two to three times per week, and plans to continue strengthening through services at the Windom Area Health Wellness Center. His ongoing cardiac care is overseen by Dr. Richard Clark, with cardiac rehabilitation led by Lacy Krueger.

Grateful Hearts and Exceptional Care

When reflecting on his care experience, Fran emphasizes the professionalism and responsiveness of the nursing staff, the quality of services provided, and the importance of being able to have Shelly remain at his bedside throughout his hospitalization. “Everyone was wonderful while I was in swing bed. The nurses, physical therapy, housekeeping, even the food was great”, Fran detailed while reflecting on his stay in the hospital.

“They saved my life.”

The Sioux Falls care team also commended the quality and continuity of care he received in the Windom ER. “When he arrived in Sioux Falls, they really commended that everything was done perfect,” Shelly said. When asked whether he would recommend Windom Area Health to others, Fran responds simply, “Why wouldn’t I, they saved my life.”

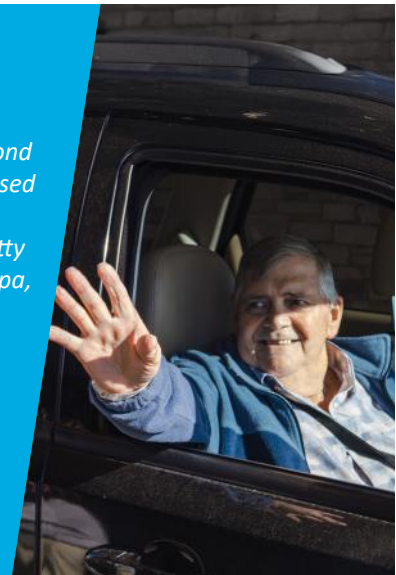
A longtime community member, Fran spent 40 years working at Hy-Vee as a butcher and manager. Today, he is focused on recovery and returning to the activities that matter most to him, including traveling to attend his grandson’s basketball games and graduation in Wisconsin, and visiting his granddaughter in Fargo.

A Letter from the Family

To all staff who helped save our dad, Fran Lamote:

We could never possibly express in words how grateful we are for the above-and-beyond care that you gave our dad on Tuesday, October 7th. The Sioux Falls team was impressed and said you did everything right. While he was likely just ONE of many patients you treated that day, he is our ONE AND ONLY dad. He is an amazing girl dad of 5 - so pretty darn special! In addition to dad, he’s a brother, uncle, husband, grandpa, great-grandpa, and friend. We all still need him here with us. We love him infinity. You will be in our thoughts and prayers for years to come as we get to enjoy life with our dad - more birthdays, holidays, special moments. Thank you for bringing not only your medical knowledge to work with you last Tuesday, but your heart as well. Thank you for your calm, compassion, patience, and kindness. Thank you for honoring the raw human emotion and the preciousness of life itself that day. You are our heroes.

With love; Kristi, Dawn, Shannon, Melissa & Shelly Lamote



Welcome to the Team!

Meet our Community Health & Wellness Manager

We're excited to welcome Devin Homer into his new role as Community Health & Wellness Manager at WAH! After spending the past 1.5 years as a Fitness Specialist, Devin is transitioning into this leadership position, bringing with him hands-on experience, strong relationships, and a deep understanding of our members and community.

In his new role, Devin oversees all Wellness Center operations and leads community health programs and activities. His background as a Fitness Specialist allows him to connect naturally with members. Whether he's working with student-athletes in surrounding communities, supporting members between classes and personal training sessions, or simply taking time to check in. "I'm a social butterfly," Devin says, "so getting to know our members and building relationships is the best part of what I do."

Devin earned his Bachelor of Science in Exercise Science from Minnesota State University—Moorhead, along with minors in Coaching and Strength & Conditioning. His education and experience have shaped his passion for encouraging healthier habits and creating welcoming, supportive wellness spaces.



For Devin, making a positive impact starts with being a familiar, encouraging face. He believes small conversations and consistent support can go a long way in helping people feel confident on their wellness journey.

According to Devin, what sets WAH apart is both the staff and the facility. "We have an amazing team that's always ready to help members reach their goals. Whether that's learning new equipment, finding a workout routine, or joining a class," he shares. Our new facility is clean, safe, and spacious, allowing the Wellness Center to serve all members better.

One thing Devin wants patients and members to know? Don't hesitate to try a class. "If you're not sure which class is right for you, that's totally fine," he says. "Your first class is free, come see if it's a good fit." Please join us in congratulating and welcoming Devin Homer in his new role. We're excited to see the impact he'll continue to make at WAH!



TRAIN SMARTER. MOVE BETTER. LIVE HEALTHIER.

COACHING AND WELLNESS SUPPORT FOR EVERY FITNESS LEVEL

BUILD & BURN
TUES./THURS. - 7 A.M.
SAT. - 8 A.M.

**PILATES/BARRE
& IRON + OAR**
MON./WED./FRI. - 12 P.M.
TUES./THURS. - 12 P.M.

HIIT
TUES./THURS. - 6 P.M.

YOGA SCULPT
TUES./THURS. - 5 P.M.

NEW!

Find a list of all classes at windomareahealth.org/windom-area-health-wellness

WINDOM AREA HEALTH
Wellness Center

Stay up-to-date! Scan the code to follow our Facebook page:



Auxiliary Happenings

By Mary Klosterbuer

Windom Area Health Auxiliary president

Chamber Bucks Raffle

Congratulations to our winners of \$50 in Windom Chamber Bucks from our August raffle:

- Cheryl Hochstein
- Theresa Matthews
- Nancy Meyer

Halloween Bake Sale

Jackie Turner and Marge Paschke chaired our Halloween Bake sale. Our faithful members donated more baked goods than ever, and we set a new record for sales.

Fresh Pecans for Sale

The Auxiliary has 29 one-pound bags of fresh pecans for sale at \$15 a bag. They are available in the Gift Center by the Main Lobby. Contact fundraiser chairs Marlene Smith (507-830-1393) and Connie McCarthy (507-823-8017) for more.

Bake Sale & Vendor Craft Fair

On December 1, Windom Area Health Auxiliary hosted a Bake Sale & Vendor Craft Fair in the Large Conference Room and surrounding hallways. The day was a success, so look forward to this event again next year. Jenny Quade and Rhonda Wahl did a fantastic job chairing this event.



Pictured: A sample of products at the Bake Sale & Vendor Craft Fair.



Pictured: Sale staff XXX, Pat Lenz, and Karen Skarphol.

December Decorating

Auxiliary members decorate the hospital each December.

With every expansion of the hospital, we need more trees, more decorations, and most of all, more volunteers! If you love to decorate for the holidays, consider joining the Auxiliary to help us with this project next December.



Pictured: Charlene Satter, Rozanne Gronseth, and decorated holiday tree.

How Does our Fundraising Work?

In June of each year, the Auxiliary asks the hospital management team for a list of budgeted equipment.

Auxiliary members vote on which item they want to work towards purchasing. Considerations include buying equipment for different departments, how many people will benefit, degree of need by the hospital, etc. For several years, the Auxiliary has committed to raising a minimum of \$5,000 each year to purchase equipment. The Auxiliary donates 100% of our profit from all our fundraisers back to the hospital towards the chosen project.

- Our current project is raising money to purchase an Arm Ergometer for the Cardiac Rehab department.

Become a Member & Make a Difference!

- New members are always welcome.
- Meetings are on the second Monday of the month at 6:00 p.m. in the Large Conference Room at the Hospital.
- Dues are \$20 per year.
- Active members receive a monthly newsletter of the Volunteer Times Review.
- If you want to belong to a volunteer organization that is making a difference, the Auxiliary is the organization to join!
- Call Mary Klosterbuer (831-3142) for more information about joining.

 Like us on Facebook

Check Out Our Star!

Windom Area Health recognizes employees through the Caught you Caring program for their superior care and above and beyond efforts. Quarterly, a panel meets to determine which employee has stood out over the past three months. We want to celebrate Tabitha Bosire, our employee of the quarter!

Tabitha Bosire Employee of the 4th Quarter 2025



Tabitha joined Windom Area Health in 2024 as a Nurse Practitioner and in a short time has already made a huge impact on the patients and families she serves. Her compassion, kindness, and ability to build trust have left lasting impressions across our community.

One coworker shared, “I caught Tabitha caring by overhearing a young patient in the waiting room telling his mom that he ‘couldn’t wait to see Tabitha!’ When she came to get him, he threw his arms around her. She must be making a very positive impression on our youth.” Another patient expressed, “Tabitha is the best. She is so kind and I would recommend her to everyone.”

Not only does Tabitha bring warmth and understanding to her patients, her bubbly personality makes her a joy to work with. She brings positive energy to the workplace and makes those around her feel welcome, supported, and appreciated.

Thanks for all you do, Tabitha!

Want to submit an employee for going above and beyond? Scan the QR code.



FEBRUARY IS NATIONAL HEART HEALTH MONTH

**HEART & VASCULAR SCREENINGS
EVERY THURSDAY IN FEBRUARY!**

Do you smoke, have high cholesterol, high blood pressure or are overweight? Do you suffer from leg cramps, varicose veins, or leg pain?

These factors—or a family history of heart disease, vascular disease, aortic aneurysm, or stroke—put you at risk for heart or vascular disease.

Early detection is the best prevention. We'll help you stay a few steps ahead through a pay-for-service, onsite screening. Screenings are recommended for those ages 40–75 and those with family history of heart or vascular disease. The appointment takes one hour, and results are given directly to you.

Screening Cost: \$75.00

For more information or to make an appointment, call 507-831-0670.

WINDOM AREA HEALTH
Imaging

**WANT TO SAY
Thank You
TO YOUR NURSE?**

The DAISY Award recognizes extraordinary nurses, and we want to hear from YOU! Go to windomareahealth.org/daisy-award-nomination-form/ and share your story of how a nurse at WAH made a difference in your care or for someone you know.

Scan to nominate a nurse!

The DAISY Award
FOR EXTRAORDINARY NURSES
HONORING NURSES INTERNATIONALLY
IN MEMORY OF J. PATRICK BARNES