

HOT JOBS COOL COMPANIES

Health and Human Services Career Outlook for Winona Area.



MEASURABLE RESULTS
YESTERDAY, TODAY AND TOMORROW



Saint Mary's
University
OF MINNESOTA

TURNING TODAY'S STUDENTS INTO THE SCIENCE AND HEALTHCARE LEADERS OF TOMORROW.



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OF MINNESOTA

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Winona State University, Saint Mary's University of Minnesota, Minnesota State College Southeast, and the Winona Area Chamber of Commerce have many shared interests – the vibrant economic development of the area, the significant enhancement of the local workforce, the meaningful community engagement of the thousands of students who come to Winona from around the state and the world and the continued growth of a community of learners, innovators, and entrepreneurs. That is why we are pleased to present this publication which provides comprehensive, and occasionally intriguing, information on many of the outstanding companies that make Winona a thriving community.

For the students who come to Winona to study, and for those already here, it is our hope that they will find in this resource enough reason to consider a career with one of the area companies thereby enriching the human capital that is so vital to our continued growth. And to those businesses already in Winona, we hope this publication will spur further contacts and engagement with their fellow Winona businesses and area institutions. And as you read through this publication, we also hope that you will have fun learning interesting things about Winona companies.

We want to thank the generous sponsors who helped make this publication possible. It is with pride in our community and with high hopes for the future that we present to you "Hot Jobs, Cool Companies."

Della Schmidt
PRESIDENT, WINONA AREA CHAMBER OF COMMERCE



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THINKING OF *Winona*?

There are many reasons why that would be a good choice.

Winona is a unique community. We have amenities and options that many cities our size often don't.

We are one of the oldest communities in Minnesota, with some of the newest innovations occurring daily.

We have **three institutions of higher learning**, which brings great energy throughout the year. This allows students from around the world to be educated in some highly acclaimed fields, and it gives year-round residents many cultural, educational and sporting options to attend.

The people and lifestyles here run the gamut from simple to elegant, from pro-business to pro-environment, from conservative to liberal religion and other ways of life. The churches themselves are a huge source of activities, both religious and cultural.

We have a fiercely **entrepreneurial spirit** in Winona, with companies that serve customers on an **international scale**. We have businesses that have been here for more than 150 years and businesses that are starting up every day. And our businesses are as varied as our people. The types of manufacturers that are located here range from small traditional businesses to incredibly high-tech and innovative. We have locally owned coffee shops, microbreweries, and a winery. We have restaurants here and in the surrounding small towns that are second to none.

Winona is a safe and healthy place to raise a family. It's the kind of town where kids can be kids – playing, learning, enjoying their lives. Families can find things to do every day, evening and weekend. And there are many options of schools – public, charter, Catholic, Lutheran. For every child's learning style, there is a place for that child to learn.

You can't beat living here when it comes to your family's healthcare needs. Winona Health is an excellent primary care health system which has been part of the community since 1894. For more complex medical care, Gunderson Health System is a mere 30 minutes away in La Crosse, Wisconsin, and Mayo Health System is about an hour from Winona, in Rochester, Minnesota. This corner of southeast Minnesota is richly blessed with healthcare options.

We are home to an amazing array of arts activities, from talent shows at the senior high school, all the way up to world-renowned music and theater festivals and a one-of-a-kind art museum, the unique **Minnesota Marine Art Museum**, considered one of the finest art museums in the upper Midwest. Winona is home to the **Great River Shakespeare Festival, Theatre du Mississippi, Midwest Music Fest, Beethoven Festival, Frozen River Film Festival and the Boats & Bluegrass Festival**.

Like the outdoors? Winona is your place, all four seasons. The bluffs, our lakes, and – oh, did we mention we are an island city IN the Mississippi River? Skiing, running, boating, walking, biking and more...all are available any day of the year. Winona, with its bluffs, is one of the most stunning places in the country and in the state.

If you enjoy spending the day in a rural atmosphere, that's just a short drive away. If you yearn for the "big city," we are within just a few driving hours of some of the most cosmopolitan areas of the country. If you want something in the middle, there's no need to leave town.

Sophistication? We have that. **Quirky?** We have that. **Fun?** Ditto. **Serious?** Ditto. **Traditional or innovative?** We have them both. There is a little bit of everything for everyone here in Winona, and that makes for a rich diversity of people, activities, thoughts and ideas.

Think about staying. We would love to have you join our community.

An Abundance Of Career Opportunities

From a Student's View

Written by:
MCKENZIE KOEPP

As a college student, it was in my best interest to take part in an internship. Looking back at my time as an intern for the Winona Area Chamber of Commerce, I learned more than I ever imagined I could.

The number one thing I learned was how much of a workforce problem there is in both the Health and Human Services career fields and in other industries. Due to many factors, it is incredibly hard for employers to find qualified employees. That is why attracting young talent to look at career opportunities in the Winona area has become a priority for the local business community.

Through this internship, I was enlightened to all of the opportunities available to me based on the workforce issue. There are industries in Winona and the surrounding area who are in desperate need of young talent to fill open positions. According to the Bureau of Labor Statistics, as of 2011 there were more people aged 55 and older employed in the workforce than ever in the past 30 years. **What does this mean for our generation who is just starting to enter the workforce? Job Openings. What is concerning, however, is that there are not enough of us to fill those openings.** That is why the right higher education or training program is becoming increasingly important. Young workers need to line up their educational path with where the in-demand jobs are and will be in the future.

As a high school student, I would have advised myself to consider all of my options and not just the 4-year degree paths. This career guide booklet is a fantastic tool for you to use when making your own decision about career paths. Keep in mind that there are an abundance of opportunities in Winona and the surrounding area. I invite you to take a hard look at yourself and take the next steps into aligning your education with your future career goals.



CAREER PROFILE TOOL

<http://mn.gov/deed/>

New data tool will help students and job seekers research occupations

Career Profile, a new data tool that helps students and job seekers learn about wages, educational requirements, job opening projections and other details related to hundreds of occupations, is a new tool offered by the Minnesota Department of Employment and Economic Development (DEED).

The free tool, available on the DEED website, combines data from DEED's Labor Market Information Office, the U.S. Census Bureau, the Bureau of Labor Statistics, and other federal and state agencies.

"Career Profile will be the go-to resource for young people who are trying to decide on a career path or for experienced work-

ers who are thinking about switching careers," said Oriane Casale, assistant director of the Labor Market Information Office at DEED. "With this tool, they can research occupations by region to discover current demand, projected future openings, typical wages paid and much more."

"Often kids and parents lack the information on emerging and existing careers to make informed decisions regarding high school course taking and postsecondary options," said Brenda Cassellius, commissioner of the Minnesota Department of Education. "This tool will provide not only educators with the opportunity to share rich information on jobs, earning potential and market, but will also open many possibilities to new careers they may not have known."

EMPLOYERS ALSO CAN USE CAREER PROFILE TO QUICKLY AND EASILY FIND A BROAD RANGE OF INFORMATION ON SPECIFIC OCCUPATIONS. CAREER PROFILE WILL HELP USERS ANSWER MANY QUESTIONS, INCLUDING:

How much does a particular occupation pay?

Does the degree or award that I'm seeking meet minimum requirements for this occupation?

Is the pay enough to meet the basic cost of living in my region?

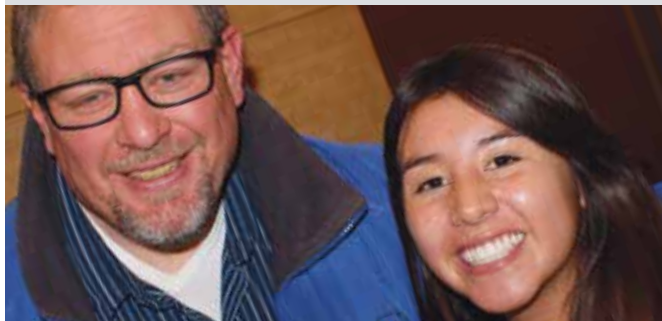
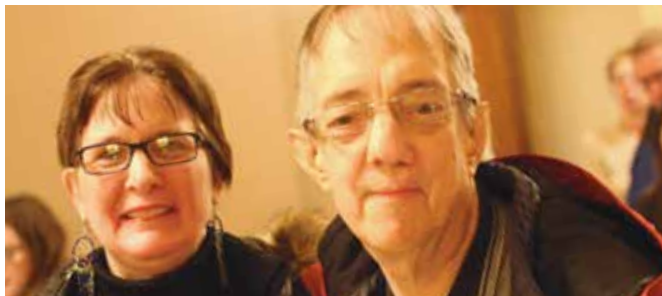
Is there a demand for this occupation, and how many openings are expected in coming years?

What other similar occupations could I consider?

Career Profile users can conduct occupational searches for any one of Minnesota's 13 Economic Development Regions from a drop-down list, a clickable map or by entering a ZIP code. Once a user selects a region and occupation, an overview page will provide a description of the occupation, typical job titles, typical wages, current demand, expected 10-year openings, education requirements and top industries for the selected occupation. A menu at the top of the page links to details on wages, demand, education and more.

As an example of what the tool shows for a specific occupation, a student interested in becoming an application software developer in the Twin Cities would find that demand is high in that field in the metro area, with 2,450 openings expected in the next 10 years.

DEED is the state's principal economic development agency, promoting business recruitment, expansion and retention, workforce development, international trade and community development. Visit <http://mn.gov/deed/>.



Let's grow together.

"The biggest thing about why I love working for HCO is seeing how much I actually help people. I know that if we didn't work here that their lives would definitely not be what they are. I'm doing something more with my life than just hanging out."

- Haley G.

"Apply if you love people because if a smile is going to make your day better, then this job is going to be the most rewarding thing ever."

- Haylee V.

"It will change your life. Whether you are going to be a teacher, marketing major, whatever you're going to be it's going to change your life in some way. Seeing the joy on someone else's face for the littlest things will literally make you feel like a different person."

- Matt V.

HOME & COMMUNITY OPTIONS

66 East 3rd Street
Winona, MN 55987
www.hco.org

Do You Have What It Takes To Work In HEALTHCARE?

Written by: Jeff Rogness

DIRECTOR OF HUMAN RESOURCES
SAINT ANNE OF WINONA



Working in healthcare requires a variety of technical skills. Many of these skills are developed during education or working in the healthcare profession. These skills range from bed-making with perfect “hospital corners” to advanced life support procedures. Too often, when we think about what it takes to work in healthcare, we only focus on the technical skills. Most of the training in classes or on-the-job training spend a great deal of time developing technical skills, and while mastering these skills is necessary for a successful career in healthcare, there are a set of skills that are also important:

SOFT SKILLS.

First, let’s answer the question, what is a “soft” skill? Soft skills are referred to as “People Skills.” They are personality characteristics that aide us at home, at work, and all other social situations. In healthcare, the ability to connect with patients, family members, coworkers, and others is essential, and not just for day-to-day interactions, but for many challenging situations that involve someone’s health and wellbeing. While there are several soft skills that we could mention, there are a few core skills that, experts agree, are vital for anyone who wants to work in healthcare.

COMMUNICATION: Communication is a key part of your relationship with a patient. The way you communicate information is just as important as the information itself. Excellent communication skills are also necessary while interacting with coworkers. Effective communication leads to stronger decision making and problem solving in the workplace.

EMPATHY: Not to be confused with sympathy, empathy is the ability to understand and share the feelings of another person. A person’s health, whether good or bad, affects that person’s feelings. A care giver must be able to recognize and respond to the way a patient is feeling emotionally as well as physically.

ABILITY TO COPE WITH PRESSURE: High-pressure situations can happen at a moment’s notice in healthcare. In an emergency situation, the wellbeing of a patient is dependent on each person’s ability to handle a stressful situation.

PROFESSIONALISM: Patients place a great deal of trust in their care giver. That trust can either be grown, or it can break down, depending on the care giver’s level of professionalism. A high level of professionalism also contributes the work environment by promoting dependability and team morale.

Again, there are many other soft skills we could discuss that are important for anyone working in healthcare, and I don’t want to downplay the importance of good technical skills, but it’s important to recognize that in healthcare, it takes more than just learning how to do the job to be successful. You need to have the right personal qualities. *So...do you have what it takes to work in healthcare?*

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STATE UNIVERSITY

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Offering programs in:

- Health, Exercise & Rehabilitative Sciences
- Healthcare Leadership & Administration
- Nursing
- Recreational Tourism & Therapeutic Recreation
- Social Work

winona.edu/nursingandhs



People Employed and Educated in Winona.

Jeremy Smith

MINNESOTA STATE SOUTHEAST COLLEGE

Major/Year Graduated:

Associates Degree Nursing Program - May 2017

I currently work at **Winona Health**, primarily in the Behavioral Medicine unit and on the Medical/Surgical unit.

Why Did You Chose This Career Path?

I come from a 20+ year background in health and wellness. I have been in the natural foods industry for most of my working life, as well as being a Massage Therapist. Because I am so passionate about health and wellness, becoming an RN was the next step for me, without a doubt.

What Kind Of Education Or Training Did You Have To Do?

General education classes, as well as, the core associates degree nursing curriculum. I took several adult and pediatric simulations sessions, some with MNSC and at the Winona State University sim labs. The clinical requirements were working bedside with patients under the supervision and guidance of experience RN staff and faculty.

What Is Most Rewarding About Your Job?

Having the opportunity to connect with patients at bedside. I assess the patient and determine the best way to communicate and care for them, individually. The point is to help them on their path to wellness. If I can be a part of that process and make another human's day brighter then I have done my job well. It's also rewarding when you've taken care of a patient for several days and then you get to discharge them to their family and home. It really confirms and completes the job satisfaction. Lastly, the reward of being a RN is the never ending education. If you think the learning ends at graduation, then you've got it all wrong because it's only just begun. I learn new things every day I work in health care. RNs are life-long learners.



Pairing Degrees in Business and Biology

Katie (Leisen) Spring

SAINT MARY'S UNIVERSITY OF MINNESOTA

As a biology student, Spring applied for a summer undergraduate research opportunity, which enabled her to work at **Mayo Clinic** in Rochester.

That foot in the door led to another. She inquired with a doctor at Mayo Clinic about volunteering in a lab in the Anesthesia Department where Alzheimer's research was being done. This inquiry developed into an internship her senior year.

Now working for Mayo Clinic full-time, Spring has returned to Saint Mary's to earn a master's in Business Administration because she knows it will give her an edge as her career advances.

Finding Saint Mary's fully online M.B.A. program was a perfect fit for her hectic schedule. "I liked the community feeling I got from Saint Mary's," Spring said, "which is why I chose to do my master's there, too."

"There is such a demand, from my perspective, for students to have the combination of business and science," she said. "The combination is so rare. I think it would definitely set students apart."

Spring hopes to continue working in the science community, but is planning for a future that could someday include an administrative role such as an operations manager of a research department.

Spring said it's been an adjustment for her; she's had to change her way of thinking because science and business are often complete opposites. Yet, she knows that they are frequently connected.

"At my current job at Mayo Clinic," she said, "we are targeting genes to make them resistant to HIV. I am a research technologist, so I am responsible for many experiments but I also order supplies and do inventory management. I manage finances, making sure we aren't over-spending. That's what got me interested in business."

"At Saint Mary's, with the uncommon emphasis on laboratory work, I fell in love with research. And now I really enjoy the fact that no two days are ever the same. I love the dynamic atmosphere and the collaboration."

Spring still hopes her efforts are part of a collaboration that can one day find a cure and save lives.

"That's everybody's hope," she said. "Everything we do is contributing in some way."



INTERVIEWING TIPS

Interview Preparation:

Do your homework on:

- ❖ The company (*details*)
- ❖ The position (*details*)
- ❖ Yourself (*work history, education, skills—know specific examples*)

Interviewing To Secure Your Success:

- ✓ Arrive 5-10 minutes early— no earlier, no later
- ✓ Fill out applications neatly & completely – write "negotiable" in the salary section
- ✓ Mirror the interviewer's demeanor
- ✓ Do not answer "yes" or "no". – Sell yourself by using example
- ✓ Stress achievements, records and accomplishments
- ✓ Answer questions to the point; do not ramble on
- ✓ NO derogatory remarks about previous or present employers/co-workers
- ✓ Avoid asking salary, commission, bonuses or vacation questions
- ✓ Explain what you are going to do for the company
- ✓ Always be honest

20 Ways To Strike Out When Interviewing:

1. Not appreciating the interviewer's time
2. Not asking enough detailed questions about position
3. Not giving enough detail when answering questions
4. Overbearing, overaggressive, conceited "know-it-all" complex
5. Inability to express oneself clearly/professionally
6. Not having a purpose, goals or career path in mind
7. Not taking criticism well/not open to being mentored
8. Poor personal appearance
9. Lack of interest and enthusiasm
10. Over-emphasis on money
11. Cynical/Critical of past employers
12. Bad eye contact
13. Limp "dead fish" handshake
14. Late for the interview
15. Lack of confidence
16. Lack of manners, courtesy
17. Lack of maturity
18. Lack of vitality
19. Indecisive
20. Lacks a strong work ethic

For situational questions think:

EAR

E – EXAMPLE
A – ACTION
R – RESULT

STEPS TO PREPARE FOR YOUR FUTURE → Start early.

PREPARING



MINNESOTA PRIVATE COLLEGE COUNCIL

MIDDLE SCHOOL STEPS

As early as middle school, students can take some steps to prepare for college:

- ✓ Start thinking about interests and talents and how they might translate into a college major or a career.
- ✓ Taking challenging classes in middle school can be a prerequisite for getting into honors, AP (Advanced Placement) or IB (International Baccalaureate) classes in high school.
- ✓ If a student needs help in any academic subjects or just with general study skills and organization, middle school is the time to get on track.
- ✓ Starting early gives families more time to research college options and start saving, resulting in less of a scramble in high school.

To help middle school families think about college preparation, the Minnesota Private College Council has put some resources together at www.mnprivatecolleges.org/middleschool. Studies show that students already know what is expected of them by the time they start middle school — and if they're told that college is expected of them often and early, they are more likely to make it there.

HIGH SCHOOL RECOMMENDATIONS

A student interested in attending one of Minnesota's Private Colleges will have taken challenging high school classes, including:

- ✓ **Four years of English (with an emphasis on writing)**
Reading nurtures an appreciation of people and ideas, expands vocabulary and enhances understanding. Clear and persuasive writing shows that you can think critically, interpret text and put it into context, solve problems and express information and ideas to others.
- ✓ **Three years or more years of math**
Understanding concepts and employing mathematical reasoning is applied in courses like biology, economics and psychology. Proficiency in algebra, geometry, data analysis and probability is necessary for college-level work, regardless of your intended major.
- ✓ **Three or more years of science (including at least one year of laboratory science)**
Familiarity with chemistry, physics and biology is the base for advanced scientific knowledge and important for understanding the relationship among science, technology and society.
- ✓ **Three or more years of social science**
The social sciences — economics, psychology, political science and others — increase understanding of the forces in our world that produce changes over time.
- ✓ **Two or more years of a world language**
Studying another language provides practical skills for living and working in a diverse world. It enhances understanding of your first language, facilitates acceptance of cultures and aids in brain development.
- ✓ **Several courses in the arts**
Music, theater, dance and studio art facilitate deeper insights into our world and stimulate creativity and imagination.

Also, Postsecondary Enrollment Options (PSEO), Advanced Placement (AP) and International Baccalaureate (IB) programs can help prepare students for college-level work. These options not only demonstrate initiative and drive, but also can earn students college credit in high school. For details, see www.mnprivatecolleges.org/earn-college-credit.

In addition to coursework, involvement in extracurricular activities including athletics, theater, clubs, debate and community service can help demonstrate a student's broad range of interests and the ability to manage time and balance priorities.

This is an excerpt from "College Guide: 2015-16," a resource for counselors and students. It is prepared by the Minnesota Private College Council on behalf of the 17 private nonprofit colleges in its membership. For the full guide and other resources visit www.mnprivatecolleges.org.

Student Perspective

Megan Schumacher

WINONA STATE UNIVERSITY

Major/Year

Nursing Graduating in May 2018.

Why did you choose to study this career path?

I've always enjoyed caring for people, and have always been interested in the medical field. Becoming a nurse will allow for me to do something I'm extremely passionate about while helping others.

Is there anything that surprised you during this process?

I was surprised by how many different aspects there are in nursing. Not only do you learn to care for patients, but you also learn each disease process, medication, communication and critical thinking skills, and much more.

Who is your greatest mentor/resource?

All of the professors in the nursing department. They all truly want us to succeed and are so incredibly kind and caring.

What is next for you?

I plan on moving to Denver to work at a children's hospital. Eventually, I hope to graduate with my master's degree as a nurse practitioner.



How much money do you need to make it on your own each month?

ITEM	AMT.
Federal/State Income Taxes	\$407*
Social Security Taxes	\$153*
Housing (rent - 1 bdrm, unfurn.)	\$580
Utilities (gas, electric, water)	\$130
Insurance (car, renters/house, personal) ...	\$150
Car Payment (used)	\$300
Gas, Oil, etc.	\$80
Food	\$300
Clothing	\$150
Medical Expenses	\$100
Cell Phone, Cable & Internet	\$150
Entertainment	\$100
Personal Items	\$100
Miscellaneous	\$100
Savings	\$25
Total Monthly Expenses	\$2,825

AVERAGE MONTHLY EXPENSES

You would need to earn 13% more in Minneapolis to have the same standard of living as you would on a \$35,000 salary in the Winona area.

*taxes based on \$2,000 monthly income

Stories from graduates now happily working in Winona.

Jen Riska

MINNESOTA STATE SOUTHEAST COLLEGE

I am a LPN at Sugar Loaf Senior Living where I have worked for five years. I started as a CNA while pursuing my LPN and I'm currently working towards my RN through Minnesota State Southeast Technical College.



From an early age I wanted to work in health care. I always enjoyed caring for others especially the elderly.

To become a Registered Nurse (RN) the first step of my path outside of school, was seven years ago when I became a Certified Nursing Assistant (CNA). I would recommend that anyone looking at working in the health care field starts here. I learned a lot about hands on care and as my education progressed it gave me a greater respect for what everyone at all levels does in the health care setting.

While going to school clinical experiences were an important part of my requirements. I enjoyed having the opportunity to be a part of different environments. The clinical experience can make you nervous at first and it is hard work but in the end it increased my confidence and made me comfortable moving forward in the nursing field.

Once I earned my Licensed Practical Nurse (LPN) Degree, I was fortunate to be promoted from CNA to LPN within the company I worked. Being able to advance in the same setting gave me a better perspective of how we all worked together to provide quality care. There are many opportunities for educational scholarships in health care organizations; they want their employees to advance.

Many places can offer flexible schedules for those in school because there are shifts to fill at anytime of the day or night.

The best part about the health care field is helping others and making a difference, often you see the efforts of your work right away by the smiles, hugs and gratitude from those you care for.

Paola Arevalo

SAINT MARY'S UNIVERSITY OF MINNESOTA

Major/Year Graduated

Bachelor's Degree Human Services Program
Graduate of May 2017



Where are you currently employed?

I am currently employed at Project FINE.

What do you do there?

This is always a hard question to answer. My job title is Program Coordinator, but I am also a Spanish interpreter. If I am not out interpreting, I'm either at the front desk answering phones and welcoming our visitors, at my desk calling people to remind them about their appointments or programs coming up, or coming up with activities or ideas for our programs. **I do multiple things, and I love it because I am getting experience and knowledge of multiple areas from within the organization.**

Why did you chose this career path?

I've always had a passion for helping those in need and I knew Human Services was the right choice for me. It was all thanks to my advisor who pushed me into applying for the Project FINE internship and for introducing me to such a great organization I didn't know existed. With being in this career path, my end goal is to help and impact as many people as I can.

What kind of education or training did you have to do?

Training I had to do was the Minnesota Vulnerable Adult Mandated Reporter. But within my job I've had orientations to learn about the organization and also staff development trainings that have been ongoing.

What is most rewarding about your job?

The most rewarding thing about my job is getting to talk to parents and sometimes even the kids of whom we work with. Especially when it comes to talking about school and what I did to overcome all the obstacles. One thing that has really impacted me, is that one parent told me, that I am a prime example of the reason why most immigrant families come here to the United States; to have a better life for themselves and for their children to be successful, and that I should try and encourage young kids to continue their education so they could also be successful. Getting the opportunity to work in some of our Empowering Youth programs, I feel as though I can be a role model to them and help them be successful, like their parents want them to be.



What do you need to do to succeed?

- ~ Choose the recommended high school or college curriculum and earn ALL of your credits.
- ~ Take a minimum of 3-4 years of math and science. Select electives wisely.
- ~ Challenge yourself to achieve the best grades you can! In every class!
- ~ Keep good attendance and be on time
- ~ Learn word processing, spreadsheets, emailing, researching, filing and, presentations.
- ~ Meet deadlines! Don't turn in assignments late.
- ~ Remember that teachers & professors give references, be respectful - you may need them someday.
- ~ **Get involved in your school and community.**
- ~ Be part of a team.
- ~ Be respectful of diverse spiritual and cultural backgrounds.
- ~ Learn how to accept authority and constructive feedback.
- ~ Be respectful. Use your manners. They count!
- ~ Develop your social network, be mindful of your reputation, it counts!!
- ~ Stay off drugs.
- ~ Don't get a criminal record.
- ~ Be Wise with use of Social Media – employers WILL look at Facebook, Instagram and other platforms.

CREATING AN EFFECTIVE RESUME

How to get interviewed over everyone else!

RESUME PREPARATION:

- Do your homework on the company and the position. What attracts you to this employer and role?
- Review the competencies needed for the job. Do you meet the minimum requirements?
- What experience and skills can you bring to this position that set you apart?

Best Practices for Creating Your Resume

- One page is typically enough (most resumes are "read" in less than 30 seconds)
- Organize by subsection with most relevant at the top
- Use bullet points instead of sentences and don't use pronouns (i.e. "I", "they", "we", etc.)
- List experience in reverse chronological order
- For each position list title, organization/company name, location, and dates of employment
- Paper margins between .5 - 1 inch and font size between 10-12 pt.
- Use words and phrases found in the job description and provide numbers to describe skillset
- Avoid using formatted templates - they're difficult to work with when changing your resume to fit a new job
- Always have at least two other people read it to check for grammatical errors
- Be sure to tailor the resume to the position - human resource professionals know when they're receiving a generic resume!
- Never include information such as your social security number, date of birth, or picture
- When submitting your resume via email or on the web, be sure to provide it in a pdf format

Content to be included:

REQUIRED:

- Name
- Contact Information
- Education
- Work Experience (with transferable skills)

OPTIONAL:

- Objective
- Summary of Qualifications
- Related Coursework/Projects
- Volunteer Experience
- Honors/Awards
- Campus & Community Involvement
- Professional Affiliations
- Languages
- Study Abroad & International Experiences
- Professional, Technical, or Special Skills and Certifications

Can the employer picture your experience?

Which of these is stronger?

- Volunteered for group fundraiser -or-
- Participated in team planning and implementation of a donation drive that raised nearly \$400 for the Winona Area Humane Society

For more information & to see samples of resumes:
www.winona.edu/career/resume.asp



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1250 Homer Road, Winona



MINNESOTA STATE

Minnesota State College Southeast,
A member of Minnesota State



Winona's Students



Alexa Huisman
SAINT MARY'S UNIVERSITY OF MINNESOTA

Major/Year: Communications and Marketing for Human Services Graduating in May 2018

Why did you choose to study this career path? I've always had a soft place in my heart for the elderly. I realized that I want to help this vulnerable population while building relationships with clients at the same time. Looking forward to going to work is something that is important to me, and I believe this field can do that for me.

Is there anything that surprised you during this process? Learning how important communication skills are. My current internship at Saint Anne of Winona really puts the concept into perspective, and has been helping me tailor my communication skills that I will need for future job opportunities.

Who is your greatest mentor/resource? My greatest mentor is my advisor/professor Valerie Edwards Robeson. She welcomed me into this field with open arms, and has guided me with every decision and question that I have had.

What is next for you? I hope to land a job either in a nursing home or a hospital setting.



Zach Wobbe
MINNESOTA STATE COLLEGE SOUTHEAST

Major/Year: Associates Degree Nursing Program Graduating in Dec. 2017, Major- Nursing (RN)

Why did you choose to study this career path? As a freshman I was undecided, but after talking to my sister (who is also a nurse, and did the same program) I realized that nursing was something I was really interested in.

Is there anything that surprised you during this process? What really surprised me about this major was how much I liked it. I was definitely a little worried, but the more activities I did such as clinicals, simulation labs, and learning materials in class, I realized that it is something I am really interested in. It's been a great experience. You meet a lot of different people, learn a lot, and it feels great helping people who need it.

Who is your greatest mentor/resource? My biggest mentors have been my sister, all my teachers at MN State College Southeast, and my classmates in the program with me.

What is next for you? After graduation, my plan is to focus on studying and passing the boards exam. I then hope to get a job on a Medical/Surgical or ER floor as an RN in either Wabasha or the Rochester area. I also plan to go back to school next fall to complete my BSN degree.



Hannah Peterson
WINONA STATE UNIVERSITY

Major/Year: Nursing Graduating in May 2018.

Why did you chose to study this career path? I chose nursing because I have always wanted to help and take care of people. Caring is in my nature.

Is there anything that surprised you during this process? Nurses have one of the largest roles at the bedside for patients. They appreciate the care nurses give more than we realize and we have the ability to make huge impacts.

Who is your greatest mentor/resource? My greatest mentors and resources are my professors. Their doors are always open to us to come to with questions or any concerns we may have. Whether they be personal or nursing, they truly care for us students.

Is there anything else that you are involved in on campus? I am Nursing Club Vice President and a part of the Biel Patient-Centered Leadership Program.

What is next for you? I have plans to return to the Milwaukee Area, which is where I am from, to work as a Registered Nurse. I hope to work in the NICU or another Critical Care area.



Erika Hakeni
MINNESOTA STATE COLLEGE SOUTHEAST

Major/Year: Medical Laboratory Technician (MLT), 1st year in program

Why did you choose to study this career path?

I like to know why things happen and what causes issues or problems many people experience, in addition to helping people get better.

Is there anything that surprised you during this process? I was surprised at the complexity and all of the tests to just rule out many other causes of a disease or illness to get to the one the patient has.

Who is your greatest mentor/resource? My high school human biology teacher, along with all of my science teachers I've had that peaked my interest.

Is there anything else that you are involved in on campus? Student Senate treasurer/secretary, MLT Club (Med Lab Tech Club)

What is next for you? After graduation, I will hopefully get a job as an MLT, then get my bachelors as I'm working.

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by becoming a certified nursing assistant at Saint Anne of Winona.

A career is not simply a straight path that is laid out in front of you. Often, it is a journey where along the way you learn and grow both personally and professionally. Every journey starts with a beginning, and for many people who considered a career in health care, that journey began with the decision to become a nursing assistant. Here are a few people from Saint Anne of Winona who began their journey in health care as a nursing assistant.



Callie Glenna, registered nurse

I am currently a registered nurse on the Transitional Care Unit at Saint Anne Extended Healthcare. My career started when I was just 16 years old. After completing the nursing assistant class, I was hired as a part time associate here at Saint Anne. I decided to become a nursing assistant because of the job stability and benefits. Being a nursing assistant molded me into becoming a better nurse. No matter what field you want to enter in the medical profession, starting out as nursing assistant will provide you with a base to who you can and will be.



Travis Salo, nursing assistant

I have been a nursing assistant for two years now. It has been one of the most rewarding jobs I have ever had. Through this job, I have been able to learn all of basics on how to take care of a resident. On top of learning the skills, I was able to develop teamwork skills, time management, and how to best relate to residents. Becoming a nursing assistant will give you the best idea of what it is like to be in the health care field.



Heather Dionysius, Assisted Living RN supervisor

Becoming a nursing assistant provided me with essential knowledge that would advance my nursing skills individually. Being a nursing assistant has allowed me to take time and really get to know and understand what people are going through, and how those different needs/vulnerabilities affect their day to day lives. Being a nursing assistant brought so much joy, empathy, and empowerment to my career. I will forever be grateful for the residents that I was able to assist during my time as a nursing assistant.

Saint Anne of Winona offers nurse assistant training.

The minimum age to become a nursing assistant is 16 years old and all of your costs for the class are 100% reimbursable after 90 days of employment.

**Call Saint Anne of Winona today to ask
about upcoming class schedules!**

507-454-3621



SAINT ANNE OF WINONA
Benedictine Health System

Testing Medical Devices, Saving Lives.

Nick Nagel

SAINT MARY'S UNIVERSITY OF MINNESOTA



As a test engineer with Medtronic in Minneapolis, 2014 Saint Mary's University graduate **Nick Nagel** is saving lives by testing medical devices before they ever come in contact with patients.

For Nagel, every test, every data point, is crucial. "Testing helps us better

understand why something performs as it was intended to, or may fail or stop working," he said. "My job has a direct effect on patients, so the device needs to work the way it's supposed to work every time."

For example, the Andover, Minn., native is currently testing ablation catheters, which doctors use on patients to interrupt unwanted electrical pathways in the heart.

"My primary role is to design test methods on requirements for Medtronic products," he said. "Most of the tests I design are used in a laboratory setting so that requirements can be accurately measured."

Although his work now can affect therapies for patients, Nagel finds a direct correlation between his current work and the tests he originally ran as a physics-life sciences major at Saint Mary's.

"My professors would ask me to conduct a test by writing a method and showing the results," he said. "I do that now on a weekly basis in a lab at Medtronic. My undergraduate work absolutely prepared me well for my career."

Nagel minored in math and chemistry. In one of his favorite classes, analytical chemistry, his professor taught him methods of titration, which is also very useful in his current line of work. "Most of my math classes also really paid off," he said. "And the teachers were amazing; it helps when you can talk to them at any point."

"Medtronic is looking for new and bold ideas that lead to innovative solutions for patients," Nagel said. "The curriculum at Saint Mary's stimulated my thinking process."

Nagel is currently enrolled part-time in a mechanical engineering graduate program. "Soon I will have four years of professional experience and a master's degree, so that will open doors," he said. But he doesn't plan to change employers any time soon.

"I absolutely love Medtronic and plan on sticking with it for a long time. I'm confident I'm on the right path so far."



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The ideal learning environment. Abundant research opportunities. Rigorous training. Knowledgeable and approachable faculty. If you aspire to a career in the sciences, Saint Mary's University of Minnesota is ready to help you successfully begin your journey.

In fall of 2017, Saint Mary's welcomed the first group of students into our new, state-of-the-art Science and Learning Center. The 50,000-square-foot, \$19.7 million facility is home to students interested in Saint Mary's many renowned programs, including those in collaboration with Mayo Clinic, including Pre-Sonography, Pre-Cytotechnology, and Pre-Physician's Assistant Studies.

Saint Mary's has long been a place where the study of science comes alive. We offer a program that's far beyond the norm. In our small classes, students study alongside professors whose commitment to research is matched only by their dedication to teaching. Take advantage of our prestigious collaborations with nearby world-class health services (including Mayo Clinic and Gundersen Health System). Live and learn in the vast, diverse, and beautiful natural environment in which our campus is located (including the Mississippi River and the bluff habitat in our own backyard).

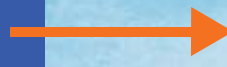


Saint Mary's
University
OF MINNESOTA

SMUMN.EDU



MINNESOTA



health care

OUTPATIENT CARE CAREERS

This industry employs **133,879** people in MN

Ambulatory Health Care Services, which focuses on businesses that provide outpatient services, is the fastest-growing industry in Minnesota. Ambulatory Health Care Services tops the list of top 50 industries in the state expected to add the most new jobs from 2014-2024.

Ambulatory Health Care Services has a projected annual job growth rate of 25.6 percent. Careers in this industry include personal care aides, registered nurses (RNs), medical assistants, receptionists and information clerks, and licensed practical nurses (LPNs).

COMPREHENSIVE CARE CAREERS

This industry employs **119,596** people in MN

Hospitals, the industry segment that provides inpatient and outpatient services, ranks #11 on the list of top 50 job-producing industries.

Companies in this industry provide medical, diagnostic, treatment, and specialized accommodation services, many of which can only be provided using the specialized facilities and equipment. Hospitals may also provide outpatient services as a secondary activity.

The Hospitals career sector has a projected annual job growth rate of 9.1 %. Careers in this industry include nursing assistants, registered nurses (RNs), medical assistants, medical secretaries, medical and health services managers, and licensed practical nurses (LPNs).

RADIOLOGY TECHNICIAN

Assist healthcare practitioners during examinations or treatments, position patients for treatment or examination, collect medical information from patients, family members or other medical professionals and inform medical professionals regarding patient conditions and care.

Training: Certificate or Associate's degree are common for entry.

Average Salary: The statewide median wage for similar careers is \$26.36/hour.

IN-HOME CARE CAREERS

This industry employs **108,436** people in MN

Nursing and Residential Care Facilities, the industry segment that provides residential care combined with nursing, supervisory or other types of care, ranks #3 on the list of top 50 job-producing industries.

The Nursing career sector has a projected annual job growth rate of 19.6%. Careers in this industry include nursing assistants, registered nurses (RNs), home health aides, personal care aides, and licensed practical nurses (LPNs).

DENTAL ASSISTANT CAREERS

This career is seeing a **11.7%** growth, above statewide average, and is currently in high demand.

Administer basic health care or medical treatments, assist practitioners to perform medical procedures, fit patients for assistive devices and interview patients to gather medical information.

Training: A college certificate and on-the-job training is common for entry. Programs and Majors available are Dental Assisting/Assistant and Dental Support Services and Allied Professions.

Average Salary: Across Minnesota, this career earns a median wage of \$23.02/hour with high earners making \$26.03/hours.

NURSING ASSISTANT

This career is in high demand with a growth rate of **12.9%**.

Adjust positions of patients on beds or tables, administer basic health care or medical treatments, administer therapy treatments to patients using hands or physical treatment aids, and apply bandages, dressings or splints and other standard procedures.

Training: A college certificate and on-the-job training is common for entry. Programs and majors available are Health Aide, Nursing and Patient Care Assistant, Practical Nursing and Vocational Nursing.

Growth Rate: The growth rate is above the statewide average at 8.2% and is currently in very high demand with about 9,180 new Nursing Assistants needed to meet market demand by 2024.



HEALTH UNIT COORDINATOR

This career is seeing a 13.3% growth, well above the state average.

Operate computers or computerized equipment, interview employees, customers or others to collect information, maintain financial or accounts records and maintain medical records.

Training: A high school diploma with moderate-term on-the-job training to become competent is common for entry.

Average Salary: Across Minnesota, this career earns a median wage of \$19.96/hour with high earners making \$23.27/ hour.

There will be a need for about 2,080 new Medical Secretaries to meet market demand by 2024.

REGISTERED NURSE (RN)

This career is in high demand with a projected need for about 20,100 new RNs by 2024.

Administer basic health care or medical treatments, administer intravenous medications, refer patients to other healthcare practitioners or health resources and treat patients using psychological therapies.

Training: This career typically requires a Bachelor's degree paired with on-the-job training to be considered competent. Programs and Majors offered are Adult Health Nursing, Nursing Administration, Nursing Science, Registered Nursing and Clinical Nursing.

Average Salary: The statewide median wage is \$36.25/ hour with high earners making \$43.87/ hour.

Growth Rate: The growth rate is high at 11.8%, and in high demand with a projected need for about 20,100 new Registered Nurses to meet market demand by 2024.

LICENSED PRACTICAL NURSE (LPN)

Projected need for about 7,200 new LPNs by 2024.

Administer basic health care or medical treatments, administer intravenous medications, apply bandages, dressings or splints and assist healthcare practitioners during examinations or treatments.

Training: This career typically requires a college certificate with on-the-job training to be considered competent.

Average Salary: The statewide median wage is \$21.34/hour with high earners making \$23.84/hour

Growth Rate: The growth rate is high at 11.3%, above the statewide average, and there is a projected need for about 7,200 Licensed Practical Nurses to meet market demand by 2024.

PHLEBOTOMY CAREERS

The growth rate is very high at 20%.

Feed patients, give medications or immunizations, teach medical procedures to healthcare personnel and monitor patients to detect health problems.

Training: A college certificate is common for entry. Majors and programs opportunities are available such as Phlebotomy and Clinical/Medical Laboratory Science/Research and Allied Professions.

Average Salary: The statewide median wage is \$17.41/hour with high earners making \$20.31/hour.

There is a projected need for about 750 Phlebotomists to meet market demand by 2024.

MEDICAL LABORATORY TECHNICIAN

This career is in high demand with a growth rate of 12.9%.

Conduct research to increase knowledge about medical issues, enter patient or treatment date into computers, determine protocols for medical procedures and analyze laboratory findings.

Training: A Bachelor's degree is common for entry with some on-the-job training to become competent. Programs and majors available include Clinical/Medical Laboratory Science and Research, Histologic Technology, Medical Technology and others.

Average Salary: Across Minnesota, this career earns a median wage of \$32.02/hour with high earners making \$36.98/ hour.

Growth Rate: This career is seeing high growth compared to others and there will be a need for about 1,280 new Medical Laboratory Technologists to meet market demand by 2024.

EMERGENCY MEDICAL SERVICES

High demand growth rate of 17.3% , well above state average.

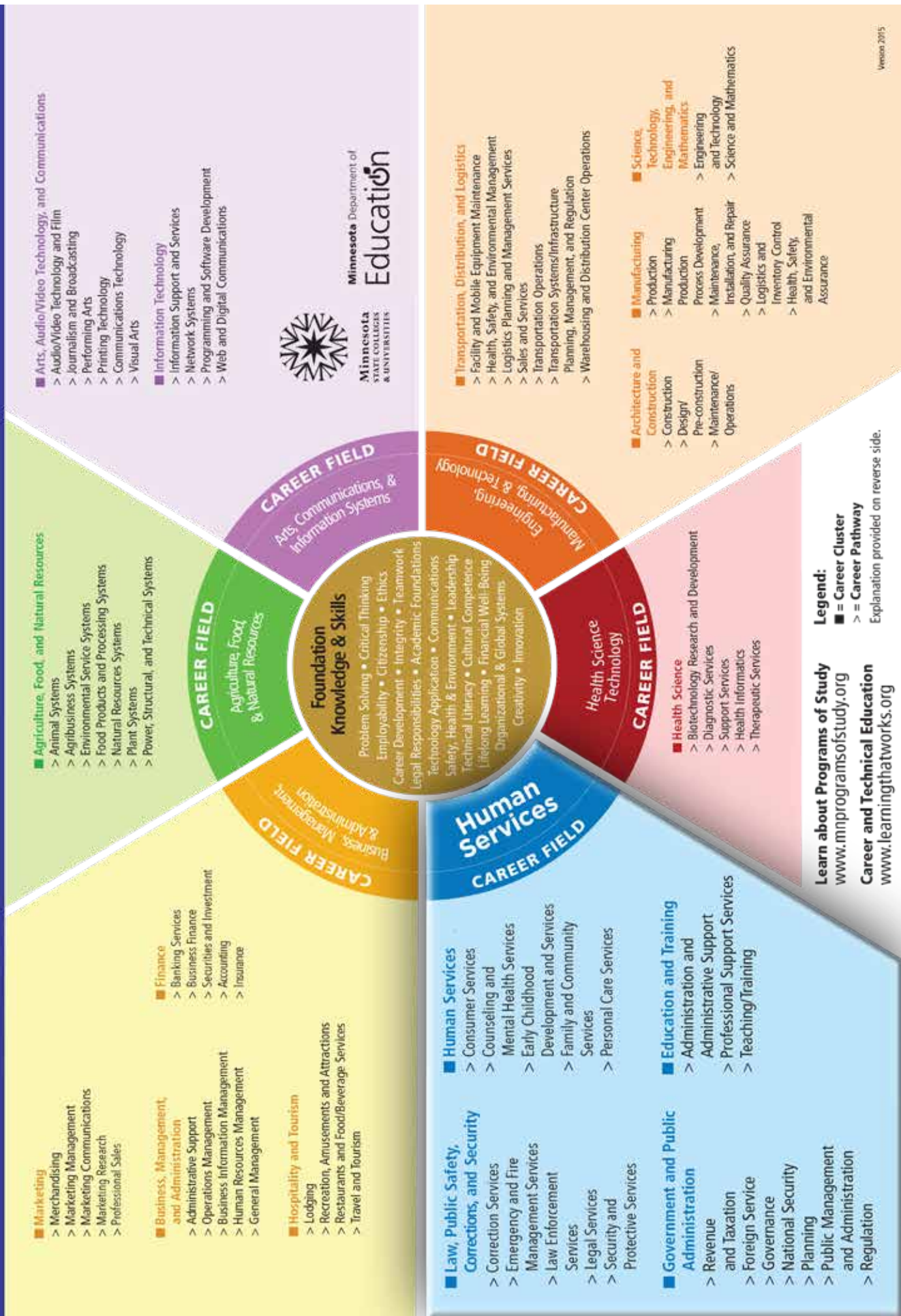
Administer intravenous medications, non-intravenous medications, non-intravenous medications, implement advanced life support techniques, position patients for treatment examination and other emergency medical procedures.

Training: A College certificate is required for entry accompanied by on-the-job training. Majors and programs available are Allied Health Diagnostic, Intervention and Treatment Professions and Allied Health and Medical Assisting Services.

Average Salary: Across Minnesota, this career earns a median wage of \$17.80/ hour with high earners making \$22.96/ hour.

Growth Rate: There will be a need for about \$1,500 new Emergency medical Technicians and Paramedics to meet market demand between 2014-2024.

Minnesota Career Fields, Clusters & Pathways



ACUPUNCTURE

What is it? Acupuncture is an effective way to relieve pain and resolve a wide range of sicknesses including physical, mental, and emotional conditions.

Hot Jobs:

HS Diploma: Receptionist
2-year/technical degree: Medical Secretary
4-year: No Information Submitted
Masters or Doctorate: Acupuncturist

JADE COMMUNITY ACUPUNCTURE

103 E. 3rd St. Winona, MN 55987
www.acupuncturewinona.com/
Jade Community Acupuncture Clinic offers affordable, gentle, and proven effective acupuncture to the Winona community, located conveniently downtown

Did you know? For thousands of years, acupuncture has been known and accepted for its beneficial curative effect, notably in relieving pain and resolving a wide range of ailments.

CHIROPRACTIC

What is it? Treatment of misaligned joints focusing primarily on the spinal column. Without treatment, nerves, muscles, and organs can be affected.

Hot Jobs:

HS Diploma: Billing & Insurance Specialist, Receptionist
2-year/technical degree: Billing & Insurance Specialist, Medical Secretary
4-year: Marketing
Masters or Doctorate: Chiropractor

BACK TO HEALTH CHIROPRACTIC & WELLNESS

619 Huff St. Winona, MN 55987
<http://b2healthwinona.com/>
Our doctors practice whole-body chiropractic and have unique training in pediatric and prenatal techniques. We enjoy assisting patients at every stage in life. We can help transform back pain or neck pain into an opportunity to discover better health!! Each patient receives individualized care to attain their specific personal goals.

Full-Time Employees: 4

Did you know? Each year more than 15 million North Americans choose chiropractic for safe, natural and effective relief from back pain, neck pain, headaches, extremity pain, poor overall health, low energy levels and much more.

CONE CHIROPRACTIC LTD

801 W. Sarnia St. Winona, MN 55987
www.conechiropractic.com
Year Established: 1967
Chiropractic care, golf fitness, DOT examinations, custom made foot orthotics, auto accidents, work comp. injuries.

Full-Time Employees: 3

Did you know? Cone Chiropractic is a second generation chiropractic clinic that started over 40 years ago in Winona.

CORON FAMILY CHIROPRACTIC P-LLC

856 W. 5th St. Winona, MN 55987
www.coronfamilychiropractic.com
Year Established: 2017
At Coron Family Chiropractic, we take great pride in providing the finest chiropractic wellness care to our patients in our Winona office. We provide advanced spinal correction utilizing "state of the art" chiropractic equipment and techniques. We specialize in Atlas Orthogonal as well as in traditional chiropractic.
Did you know? Dr. Coron is the only board certified atlas orthodontist chiropractor within a 100+ mile radius of Winona.

CROWLEY CHIROPRACTIC

111 Market St. Suite 1C Winona, MN 55987
www.crowleydc.com
Our goal is to offer the highest quality chiropractic care to everyone who seeks my care.
Did you know? At our office, we practice the Gonstead Methodology. The Gonstead technique is very specific in which we emphasize the correction of one vertebra, which creates symptoms such as pain and/or structural deficiency (posture).

FOUNDATIONS CHIROPRACTIC

W502 Spur Lane Fountain City, WI 54629
wwwFOUNDATIONSchiropracticwi.com
Year Established: 2014
At Foundations Chiropractic we strive to be the leader in quality healthcare. We go well beyond the treatment of neck and back pain by using specific strategies and technology aimed at finding and removing abnormal function within the nervous system. Once achieved, the body is better able to coordinate, regulate and adapt to its environment which leads to optimal health. We also offer guidance on healthy lifestyle choices including nutrition, exercise & mindfulness.
Full-Time Employees: 3

Did you know? As more people realize the risks involved with drugs and surgery, they're turning to alternatives that offer relief without the side effects. Thirty-eight percent of adults now use some form of alternative healthcare, with chiropractic care being the most widespread.

GREAT RIVER CHIROPRACTIC P-LLC

350 E. Sarnia St. Winona, MN 55987
www.greatriverchiropractic.com
Our mission at Great River Chiropractic is to help families get healthy and stay healthy naturally through chiropractic care. We strive to help families reach and maintain their highest potential for health so they can live life to the fullest.

Did you know? The signals coming from your brain travel down and out to your body through your spine. If your spine happens to be misaligned, those signals become affected.

INFINITY CHIROPRACTIC WELLNESS

117 W. 3rd St. Winona, MN 55987
www.infinitywinona.com
Infinity provides a wide range of services that nurture healing possibilities for everyone. The Infinity staff serves as both guides and allies to patients, connecting each person to her or his unique states of balance and health.

Full-Time Employees: 8

Did you know? The care we provide is instilled with dedication to addressing all elements of health: structural, nutritional, toxicities, and emotional blockages to healing.

MEISEL CHIROPRACTIC CENTER

856 W. 5th St. Winona, MN 55987
www.livewellwinona.org/directory/listing/meisel-chiropractic-care
Meisel Chiropractic Center of Winona is dedicated to helping you achieve your wellness objectives. Services include: Chiropractic Care, Corrective Exercises, Lifestyle Advice, Nutritional Counseling, and Spinal & Postural Screenings.

THE CONNECTION; A CHIROPRACTIC PLACE

1423 W. Service Dr Winona, MN 55987
www.theconnectionachiropracticplace.com
The first goal of Dr. Mike's patients is to get them pain-free as fast as possible, so they can continue living and enjoying their lives. Of even more importance, once the patient is pain free, the ultimate goal is to correct the underlying cause of the pain, to prevent it from returning, which will allow his patients to enjoy doing the things they love to do.
Full-Time Employees: 10

Did you know? We provide ourselves with outstanding, knowledgeable, and caring staff.

VAIL CHIROPRACTIC CLINIC P-LLC

164 E. 4th St, Suite 3 Winona, MN 55987
www.vailchiropractic.com
Helping individuals and families achieve health and wellness through chiropractic care.
Did you know? Vail Chiropractic is the first and only chiropractic and healthcare office in the area that offers spinal decompression therapy.

WOOLLEY CHIROPRACTIC CENTER

3930 W. 6th St. Winona, MN 55987
www.woolleyao.com
Year Established: 1976
We will provide quality, compassionate, Chiropractic health care to all patients using only the highest quality and state of the art Chiropractic equipment, analysis and methods to correct vertebral subluxations so the patient may return to the things they enjoy. We will promote better health and education, and be efficient and cost effective. We will use our talent all for the glory of God.

Woolley Chiropractic Center - Continued

Full-Time Employees: 2

Did you know? Woolley Chiropractic has been a one doctor office for 41 years helping the Winona Community heal and live a more pain free life by promoting health and wellness.

DENTAL & ORTHODONTICS

What is it? Treatment of diseases and conditions affecting the teeth and gums. Additionally they specialize in the repair and removal of teeth and the insertion of artificial teeth.

Hot Jobs:

HS Diploma: Receptionist

2-year/technical degree: Dental Assistant, Dental Hygienist, Dental Laboratory Technicians

4-year: No Information Submitted

Masters or Doctorate: General Dentist, Orthodontist, Periodontist, Oral and Maxillofacial Surgeon, Cosmetic Dentist

DOWNTOWN DENTAL

71 E. 2nd St. Winona, MN 55987

www.downtowndentalwinona.com

Year Established: 1999

Dr. Mounce, along with a great team of licensed and certified professional staff members provide gentle dental care for children, adults, and seniors. We specialize in restorative, preventative, and cosmetic dentistry. As well as offer implant options and orthodontic care!

Full-Time Employees: 7

Did you know? We have the latest advanced technology to enhance your smile!

FUNK DENTAL

80 W. 3rd St. Winona, MN 55987

www.winonadentists.com

Year Established: 1986

At Funk Dental, we have a gentle touch when performing general or cosmetic dental services. Whether you need a routine cleaning or complex dental work, we maintain a calm and easygoing attitude that will make you and your family feel comfortable.

Did you know? We have a reputation for providing quality dental work with friendly smiles and our mission is to ensure that all of our patients are comfortable while in our care.

GARY L. GANSETH, D.D.S.

1201 Gilmore Ave Winona, MN 55987

www.winonamall.com/dr-ganseth-dental-care/

Dr. Gary Granseth specializes in General Dentistry dental care for the whole family from seniors and adults to teens and children dentistry.

MIDWEST DENTAL

1600 Gilmore Ave, suite 200

www.midwest-dental.com

Year Established: 2012

Comprehensive dental services. Hygiene, Periodontal treatment, implants, dentures, crown and bridge, root canals, fillings, oral surgery, tooth whitening, cosmetic dentistry, laser treatment for cold sores and canker sores. New patients welcome!

Full-Time Employees: 4

Did you know? We have a no pain approach and we cater to cowards!

MORK DENTAL

1570 W. Service Dr Winona, MN 55987

www.morkdental.com

Mork Dental offers peaceful regular cleanings and delicate, intricate specialty work with the latest in materials and technology. Keeping your teeth healthy and beautiful shouldn't hurt.

Full-Time Employees: 12

Did you know? We're committed to transforming lives by perfecting smiles. That may sound ambitious, but for many of our clients, our work is life-changing. It's a self-esteem boost, and a new, younger you.

PEDIATRIC DENTAL, PA

150 E. 4th St. Winona, MN 55987

www.winonapediatricdentistry.com

Winona Pediatric Dentistry is your local source for complete pediatric dentistry services. Rely on our privately owned and operated practice to provide excellent dental care services for your children - from infancy to adolescence.

Pediatric Dental, PA - Continued

Full-Time Employees: 6

Did you know? You'll notice that we use kid-friendly language during your visit to prevent your child from being afraid of visiting the dentist.

ROHRER CENTER, LTD.

64 W. 5th St. Winona, MN 55987

www.rohrercenter.com

At the Rohrer Center Orthodontics experience matters! We know what a significant difference in health and self-esteem a beautiful smile can make, which is why we are dedicated to giving each of our patients the beautiful, straight smile they deserve.

Did you know? We've been providing the highest quality of orthodontic care to our patients in the Winona area for over 50 years!

WALNUT STREET DENTAL ASSOCIATES

120 Walnut St. Winona, MN 55987

We continually strive to deliver the highest quality and comprehensive care to meet your dental needs.

Full-Time Employees: 12

Did you know? The foundation of our practice is based on relationships. First and foremost is our relationship with you, our patient. We see our mission as an integral part of our commitment to you. We will help you keep your teeth for your lifetime in comfort and health and with a beautiful smile.

WATERFRONT FAMILY DENTISTRY

50 W. 2nd St. Winona, MN 55987

www.waterfrontfamilydentistry.com

At Waterfront Family Dentistry we provide comprehensive dental care to people of all ages. We take the time to ensure your visit is as enjoyable and comfortable as possible. We have an experienced and exceptional staff who will help you with all of your dental needs.

Full-Time Employees: 12

Did you know? We provide a complete range of dental services including restorative dentistry, cosmetic dentistry, traditional braces, Invisalign braces, dental implants, and PROMPT emergency care. We are located in downtown Winona and we have it all under one roof.

WINONA FAMILY DENTAL CARE

70 E. 4th St. Winona, MN 55987

www.winonadentist.com

Preventative dentistry is our goal for every patient. It involves daily care, good nutrition, and periodic checkups and cleanings that maintain good dental health already achieved.

Full-Time Employees: 4

Did you know? The prevailing belief behind restorative dentistry is a simple one: you keep all your teeth for all your life.

ZEHREN DENTAL

702 Mankato Ave Winona, MN 55987

www.zehrendental.com

Year Established: 1999

We proudly provide quality dental care to the community of Winona, MN and surrounding areas. Our featured services general dentistry, cosmetic dentistry, teeth whitening, dental implants, and much more.

Full-Time Employees: 10

FAMILY PLANNING CENTERS

What is it?

Services to help people determine the how many children they would like and select ways to achieve that goal. This is through education, comprehensive medical care, and social activities.

Hot Jobs:

HS Diploma: Receptionist

2-year/technical degree: Clinic Billing Specialist, Clinic Clerk, Registered Nurse

4-year: Education & Outreach Specialist, Clinic Director

SEMCAC CLINIC

76 W. 3rd St. Winona, MN 55987

www.semCAC.org/semCAC-clinic/

Year Established: 1966

The Semcac Clinic in Winona provides high quality family planning and sexual health services and education for everyone regardless of income level, insurance status, age, ethnicity, gender identity, sexual orientation or state of residency. All fees for service are based on

SEMCAC Clinic - Continued

annual household income and the number of household members are supported by that income.

Full-Time Employees: 6

Did you know? Semcac Clinic has been located in Winona since 1976, over 1,000 unduplicated patients each year.

SEMCAC OUTREACH & EMERGENCY SERVICES

76 W. 3rd St. Winona, MN 55987

www.semcac.org/outreach-services/

Year Established: 1966

Semcac Outreach & Emergency Service programs support the mission of Semcac by striving to empower families and individuals to financially stabilize their lives, prevent homelessness, provide nutritious food to those in need, provide assistance during crisis situations, offer assistance with accessing other Semcac services and community resources.

Full-Time Employees: 6

HEALTH CLINICS

What is it?

Staffed by a variety of health care professionals, these clinics provide healthcare services to people in a general area.

Hot Jobs:

HS Diploma: Receptionist

2-year/technical degree: Certified Medical Assistant

4-year: Physician Assistant

Masters & Doctorate: Medical Doctors, Nurse Practitioners

FRANCISCAN HEALTH CARE - LA CROSSE

800 West Ave S. La Crosse, WI 54601

www.mayoclinichealthsystem.org/locations/la-crosse

Year Established: 1883

Franciscan Healthcare continues to put the needs of our patients first as we deliver safe, high-quality patient care to the 7 Rivers Region.

Did you know? Today we are part of a respected network of community-focused hospitals and clinics that serve Iowa, Minnesota and Wisconsin. More than 1000 physicians and 1000 specialized care providers—nearly 16,500 staff in all—collaborating on bringing you the best care possible.

INTEGRATIVE HEALTH CARE OF WINONA

1005 W. 5th St. Winona, MN 55987

www.karenvrchota.com

Integrative Health Care of Winona is a medical clinic providing both Allopathic Care and Holistic Health Care to help people overcome Chronic Fatigue Immune Deficiency Syndrome (CFIDS), Fibromyalgia Syndrome (FMS), Multiple Chemical Sensitivity, Chronic Lyme Disease and hormonal imbalances.

Did you know? Since up to 80% of chronic illnesses are lifestyle-related, Dr. Vrchota can help modify lifestyle to reduce chronic illness.

NEIGHBORHOOD FAMILY CLINIC

619 Huff St. Winona, MN 55987

www.mynfclinics.com

Year Established: 2011

Family medicine at affordable prices. All age ranges. Specialty providers, dermatology, endocrinologist, day surgery, dietitian & women's health. We offer a wide range of providers such as MDs, PAs, NPs.

Same day appointments - open until 8pm.

Full-Time Employees: 40

Did you know? We're a close-knit clinic and our patients always come first. We see everyone that walks through our doors.

WINONA HEALTH

855 Mankato Ave Winona, MN 55987

www.winonahealth.org

Year Established: 1984

Winona Health is a nonprofit healthcare provider and a tax-exempt organization under Section 501(c)(3) of the Internal Revenue Code. Winona Health is governed by a board of community volunteers who adopts governance policies and practices to guide the organization's fulfillment of its mission: to improve the health and well-being of the community and the patients it serves.

Full-Time Employees: 1,100

Did you know? The physicians that serve in administrative positions for the medical staff and service line leaders are responsible for setting policies related to the organization's clinical practices. Along with their

Winona Health - Continued

busy practice schedules, they also are engaged in continuous system improvement to ensure the best possible care for each patient.

NATURAL MEDICINE

What is it? Healthcare through therapeutic methods that focus on prevention and treatment. These methods encourage self-healing.

Hot Jobs:

HS Diploma: Receptionist

2-year/technical degree: Medical Assistant

4-year: Physician Assistant

Masters or Doctorate: Naturopathic Medical Doctor, Integrative Physician

CENTER FOR NATURAL MEDICINE

902 E. 2nd St. Ste. 325 Winona, MN 55987

www.tcfnm.com

In his clinical practice, Dr. Peterson seeks to treat the whole person. He believes that treating the person that has a disease is an entirely different concept than treating a disease a person has to acquired.

Treatment recommendations are tailored specific to the unique biochemical, physiological, spiritual and emotional needs of the patient.

Did you know? Disease and illness are the result of lifestyle choices that we all face everyday.

SIMPLY BEE NATURAL

1658 W. King St. Winona, MN 55987

www.simplybeennatural.com

We strive to help you achieve your goals of better health with intention focused on formulations geared towards specific concerns.

Did you know? Bonnie, our clinical herbalist has been taught to connect with the plants and listen to their teachings through the Art of Herbalism.

OPTOMETRIST

What is it? Treatment of vision and health problems through the examination of eyes. The correction of refractive errors by eyeglasses and contact lenses as well.

Hot Jobs:

HS Diploma: Receptionist

2-year/technical degree: Ophthalmic Technician and Technologist

4-year: Optometrist

Masters or Doctorate: Ophthalmologist

GUNDERSEN EYE CLINIC - WINONA

106. E. Second St. Winona, MN 55987

www.gundersenhealth.org/locations/eye-clinics/winona/

Gundersen Eye Clinic Winona is staffed by board-certified optometrists who provide a full range of optometric medical services.

Did you know? Professional dispensing opticians and other staff are available to help you select from a complete line of the latest eye-wear styles at a price to fit your budget; including the latest thin lens technology!

SE MINNESOTA EYE CARE CENTER - WINONA HEALTH

859 Mankato Ave Winona, MN 55987

www.winonahealth.org/health-care-providers-and-services/specialty-care-services/eye-care-center/

The Winona Health Eye Care Center is the only eye care center in Winona providing a full spectrum of services from comprehensive exams to chronic eye disease management and surgical treatment for people of all ages.

Full-Time Employees: 3

Did you know? Ophthalmologist Laurel Quinn and optometrists Scott Pastryk and Stephanie LaLiberte, along with the Eye Care Center staff have the expertise to help you preserve or improve your vision to ensure you see as clearly as possible.

PHYSICAL THERAPY

What is it? As an alternative to drugs and surgery, they treat diseases, injuries, and deformities by physical methods. These include massage, heat treatment, and exercise.

Hot Jobs:

HS Diploma: Physical Therapist Aid

2-year/technical degree: Physical Therapy Assistant

4-year: Recreational Therapist

Masters or Doctorate: Physical Therapist

SPORT & SPINE PHYSICAL THERAPY OF WINONA

1512 Service Drive Winona, MN 55987

www.sportspine.com

Year Established: 2001

We are the area's leader in Physical Therapy services. We help patients reach their maximum potential for their individual physical needs and abilities, while eliminating pain and discomfort in order for them to be well on the way to an improved quality of life.

Full-Time Employees: 8

Did you know? Our patients often state that they feel like they are part of the family when they are treated here. Our friendly, vibrant, efficient staff not only get results, but we do it while building lasting relationships.

VETERINARIANS

What is it? Treatment, prevention, diagnosis of diseases, disorders, and injuries in animals.

Hot Jobs:

HS Diploma: Groomer, Veterinary Assistant, Trainer, Animal Control Worker

2-year/technical degree: Veterinary Technician

4-year: Biological Technician, Zoologist, Wildlife Biologist

BLUFF COUNTY EQUINE CENTER

29161 Wilson Frontage Road Winona, MN 55987

www.bluffcountyequine.com

Year Established: 1999

We are a full service hospital and ambulatory veterinary facility complete with a surgical unit, intensive care unit, and in-house laboratory.

Full-Time Employees: 9

Did you know? Bluff County Equine originated in 1988 as Town and Country Veterinary Hospital. We cared for many types of animals including dogs, cats, horses and cattle. Over the years the practice has focused more on equine.

COMPANION ANIMAL CARE CENTER, P.C.

640 Innovation Drive Winona, MN 55987

www.caccwinona.com

Year Established: 2007

Companion Animal Care Center (CACC) is a full service veterinary hospital, pet lodge/boarding facility, and rehabilitation center. CACC offers orthopedic and soft tissue surgical services, hospitalization with ICU capabilities, dental care, reproductive services, water treadmill exercise (hydrotherapy), and specialized boarding (Timber's Lodge).

Full-Time Employees: 15

Did you know? Our mission is to provide caring and consistent veterinary services to our clients and their companion animals.

LEWISTON VETERINARY CLINIC

440 Debra Drive Lewiston, MN 55952

www.lewistonvet.com

Year Established: 1947

We offer veterinary services for small and large animals. You will have access to all the nutritional supplies you need to keep your animals happy and healthy.

Full-Time Employees: 18

Did you know? The clinic continues to grow, and in 2000, the small animal addition was completed. The clinic is well-equipped to cover large and small animal care.

PET MEDICAL CENTER OF WINONA

57 E. 3rd St. Winona, MN 55987

www.pmcwinona.com

Pet Medical Center is a full-service veterinary medical facility. We are committed to promoting responsible pet ownership, preventative health care and health-related educational opportunities for our

Pet Medical Center of Winona - Continued

clients. Pet Medical Center offers excellence in veterinary care to Winona, MN and surrounding areas.

Full-Time Employees: 18

Did you know? Only 15% of veterinary clinics/hospitals in North America are accredited by the American Animal Hospital Association. Pet Medical Center has been since 2000 and is the only accredited veterinary clinic/hospital in a six county area.

WINONA VETERINARY HOSPITAL

4136 W. 6th St. Winona, MN 55987

www.winonavethospital.vetstreet.com

The mission of Winona Veterinary Hospital is to provide the community with the highest value veterinary medical care. We strive to promote the human-animal bond by providing outstanding health care to our patients and superior service to our clients so that each visit is enjoyable, educational, and beneficial to both pet and pet owner.

Full-Time Employees: 13

Did you know? From wellness exams and vaccines to advanced diagnostics and complex surgical procedures, your dog, cat, cattle, elk or deer will receive high quality care at our hospital

{human services winona area cool companies}

ASSISTED LIVING & LONG-TERM CARE FACILITIES

What is it? Housing options for adults and others who need assistance with basic daily care needs.

Hot Jobs:

HS Diploma: Home Care Assistant, Housekeeping, Dietary Aide, Cooks

2-year/technical degree: LPN

4-year: RN, Health Care Administration, Marketing & Sales, Recreation Studies, Therapeutic Recreation

ADITH MILLER AND ROGER METZ MANORS

855 Mankato Ave Winona, MN 55987

www.winonahealth.org/health-care-providers-and-services/senior-care-services/assisted-living/adith-miller-and-roger-metz-manors/

Located on the Winona Health campus, with views of Lake Winona and beautiful bluffs, Adith Miller and Roger Metz Manors are assisted living residences each accommodating up to 10 residents with early-to middle-stage Alzheimer's or other memory diseases. In addition, therapeutic recreation activities include outings to the Minnesota Marine Art Museum, pontoon boat rides and other social events designed to provide life-enriching experiences for residents.

BROOKDALE WINONA

835 E. Bellevue St. Winona, MN 55987

www.brookdale.com

For our residents, we provide comfortable lifestyles and caring environments, with opportunities to improve wellness, fulfill lifelong wishes, and stay connected with friends and loved ones. And for those seeking help and information about senior living, we offer answers to their questions and solutions for meeting the unique and individual needs of each resident and their family.

Did you know? Brookdale has nearly 82,000 associates as a whole whose passion, courage and true sense of partnership make Brookdale what it is. More than a company, it is a calling.

GOOD SHEPHERD LUTHERAN SERVICES

800 Home St., PO Box 747 Rushford, MN 55971

www.goodshep-rushford.org

Year Established: 1965

Good Shepherd Lutheran Services is a non-profit, faith-based organization providing all generations in our area with unique health, housing and personal care services. We strive to be the provider and employer of choice in our area.

Did you know? Good Shepherd uses practical and innovative ways to make life more enjoyable and fulfilling for all the people it touches.

LAKE WINONA MANOR

865 Mankato Ave Winona, MN 55987

www.winonahealth.org/health-care-providers-and-services/senior-care-services/long-term-care/

Lake Winona Manor is a beautiful, skilled nursing home providing rehabilitative care, traditional long-term care and Alzheimer's care. Overlooking Lake Winona and adjacent to the hospital and clinic, the staff cares for individuals needing short-term rehabilitation after

Lake Winona Manor - Continued

hospitalization and those who wish to make Lake Winona Manor their long-term home.

Did you know? Using a team approach, the staff develops personalized care plans to meet residents' goals and provides comprehensive therapeutic recreation activities to enrich their lives.

SAINT ANNE OF WINONA - EXTENDED HEALTHCARE

1347 W. Broadway Winona, MN 55987

www.saintanneofwinona.org/

Year Established: 1962

Saint Anne Extended Healthcare provides 24-hour skilled nursing care in an environment that enhances each individual's dignity and self-worth. Services include long-term, memory care, and short term rehab. The staff works closely with residents, their families and their doctors to provide exceptional, personalized care.

Did you know? Based on the Gospel and Chapter 36 of the Rule of St. Benedict, our Mission and Values direct our compassionate care. Hospitality, Stewardship, Respect and Justice, our Benedictine Core Values, guide us every day as we deliver senior housing & senior care.

SAINT ANNE OF WINONA - CALLISTA COURT

1455 W. Broadway Winona, MN 55987

www.saintanneofwinona.org/assisted_living

Year Established: 1998

Callista Court apartment homes are for active adults and those needing a little assistance with daily activities. Take comfort in the flexibility to choose the services you need, as you need them. Socialize and enjoy activities with friends and neighbors, or remain as private as you wish.

Did you know? Benedictine Adult Day Center is also located at Callista Court providing a quality environment for adults with healthcare, personal, and/or social needs.

SAUER HEALTH CARE

1635 W. Service Drive Winona, MN 55987

www.sauerhealthcare.org/

Year Established: 1966

For over 50 years, SHC has been a part of the community providing skilled nursing care, respite care, therapy services and hospice services.

Did you know? The building has a unique one-floor design, which allows access to all areas for its residents.

SOUTHEASTERN MN CENTER FOR INDEPENDENT LIVING

2200 2nd St. SW Rochester, MN 55902

www.semCIL.org

Year Established: 1988

SEMCIL is a community-based, cross disability, non-residential, non-profit organization offering a variety of independent living services and supports for people with disabilities, including the Disability Hub MN and Personal Care Assistance.

Did you know? SEMCIL is one of eight Centers for Independent Living in the State of Minnesota. Our service area is comprised of the eleven counties in southeastern Minnesota: Dodge, Fillmore, Freeborn, Goodhue, Houston, Mower, Olmsted, Rice, Steele, Wabasha and Winona.

SUGAR LOAF SENIOR LIVING

765 Menard Rd Winona, MN 55987

www.sugarloafseniorliving.com

Year Established: 2012

Sugar Loaf Senior Living opened in 2012 and provides Assisted Living, Memory Care and Enhanced Care services to those 55 and better.

The 79 unit state of the art facility is Winona's newest option for care with a variety of different sized apartments and care suites. Tenants and their families become our family and friends. The Winona area is important to us, as many of our tenants have been actively involved in community events and organizations throughout their lives. We continue to be actively involved with education sessions on community events and activities, providing something for everyone of all abilities and interests.

Full Time Employees: 25

Did you know? At Sugar Loaf Senior Living, you may meet someone who was at Pearl Harbor, or the architect that designed the Winona Senior High School. You never know what you may learn or who you might meet!

WATKINS MANOR

175 E. Wabasha St. Winona, MN 55987

www.winonahealth.org/health-care-providers-and-services/senior-care-services/assisted-living/watkins-manor/

Year Established: 1999

Nestled in a tree-lined, quiet, centrally located Winona neighborhood, Senior Living at Watkins is a beautiful, welcoming and comfortable assisted living community including nearly 60 apartments for adults age 55 and better who value their independence but who no longer wish to maintain their own homes.

Did you know? The historic Watkins mansion is adjacent to the assisted living apartments. Once the private home of Winona's Watkins family, the manor features additional private apartments and impressive gathering areas for residents and families—including the Great Hall where a variety of social, recreational and entertaining activities are held.

CHARITIES & VOLUNTEER ORGANIZATIONS

What is it? In a non-profit approach, these organizations come together to attain goals that benefit the community and other groups.

Hot Jobs:

HS Diploma: Cooks

2-year/technical degree: Grant Writers

4-year: Event Coordinators, Marketing Manager, and Finance Operator

Masters or Doctorate: Counselor

CATHOLIC CHARITIES OF THE DIOCESE OF WINONA

55 W Sanborn St. PO Box 588 Winona, MN 55987

www.dow.org/offices/catholic-charities/index.html

Catholic Charities is the social service arm of the Diocese of Winona, which includes the twenty southernmost counties of Minnesota spanning the territory from the Mississippi River to the South Dakota border. Its mission is to serve the poor and marginalized, advocate for social justice, and call all people to the ministry of Christ.

Full Time Employees: 36

Did you know? Catholic Charities' staff and volunteers serve over 3,700 people a year including children, families in crisis, vulnerable adults, seniors, refugees, the uninsured, the poor, and the unborn - regardless of race, age, gender, faith tradition or ability to pay.

WINONA VOLUNTEER SERVICES

402 E. 2nd St. Winona, MN 55987

www.winonavs.org

Year Established: 1973

Winona Volunteer Services is a non-profit organization helping people address life's challenges in a respectful and dignified manner. We offer the following programs: The Supplemental Food Shelf, The Food For Thought Program, Nutrition Assistance Program for Seniors NAPS, Home Delivered Meals, The Clothes Shop, Coordinated Assistance Program, Client Education, and Holiday Projects.

Full Time Employees: 5

Did you know? We rely on over 400 volunteers to carry out the mission and day to day activities of this organization.

CITY/COUNTY/STATE SERVICES

What is it? Funded by taxes, these are basic services the city and county government provide for citizens in those cities and counties.

Hot Jobs:

HS Diploma: No Information Submitted

Postsecondary Nondegree Award: EMTs, Paramedics, and Firefighters

2-year/technical degree: Accounting & Business Office Staff

4-year: Police Officers

Masters or Doctorate Degree: City Planner

WINONA AREA AMBULANCE SERVICE

370 W. 2nd St. Suite 300, P.O. Box 9 Winona, MN 55987

www.winonaambulance.com

Winona Area Ambulance Service provides advanced pre-hospital patient care to thousands of patients every year.

Full Time Employees: 28

Did you know? Sudden Cardiac Arrest (SCA) is a leading cause of death in the U.S. An estimated 325,000 people die each year or nearly 1,000 people each day. This is 1 person every 2 minutes.

WINONA COUNTY COMMUNITY HEALTH SERVICES

60 W. 3rd St. Winona, MN 55987

www.co.winona.mn.us

Providing quality health care and educational services to Winona County.

Did you know? We provide prenatal and postpartum care; infant and child development; child and teen checkups (C&TC) outreach; follow along program; child passenger safety; women, infants and children (WIC); immunizations.

HEALTHFORCE MINNESOTA

400 South Broadway, Suite 300 Rochester, MN 55904

www.healthforceminnesota.org

Year Established: 2005

The camps, career planning tools and curriculum you'll find on this site are offered through HealthForce Minnesota — made possible by an ongoing collaboration of healthcare leaders, educators and government agencies passionate about ensuring a pipeline of qualified healthcare workers today and into the future.

Did you know? An Executive Alliance, composed of Minnesota State presidents, plays a vital role in ensuring that HealthForce Minnesota is meeting the current and long-term needs of students and their prospective employers.

COUNSELING SERVICES

What is it? An outlet for individuals to seek professional help with emotional, personal, social, and psychological problems and obstacles.

Hot Jobs:

HS Diploma: Receptionist

2-year/technical degree: Addiction Counseling, Career Counseling, and Psychiatric Technician

4-year: Social Worker, Life-Skills Instructor, and Case Management Assistant

Masters or Doctorate Degree: Counselor

ACUMEN COUNSELING SERVICES, LLC

902 E. 2nd St. Suite 326 Winona, MN 55987

www.acumencs.com

Year Established: 2011

Life can be exciting, enjoyable, challenging, and very demanding. It is not unusual for individuals to experience emotional struggles. We don't need to meet those struggles alone. We strongly believe in helping people improve the quality of their lives. Therapy can help improve mood, offer support, and teach coping skills. We strive to provide a safe, supportive, and caring environment that is relaxed and comfortable. Acumen Counseling Services, LLC provides traditional outpatient counseling and Dialectical Behavioral Therapy (DBT) to adults and adolescents.

Full Time Employees: 3

Did you know? Currently serve via offices in Winona and Caledonia MN, with plans for continued growth.

HIAWATHA VALLEY MENTAL HEALTH CENTER

166 Main St. Winona, MN 55987

www.hvmhc.org

Year Established: 1965

Hiawatha Valley is a valued resource for delivering effective behavioral health support and services to consumers. At Hiawatha Valley we strive for open, honest communication that fosters teamwork and a commitment to serve all those in need. Services that our agency provides include community based and outpatient mental health, child case management and skills, adult rehabilitative mental health services, and chemical health assessment and treatment. Hiawatha Valley serves a five county area in Minnesota and La Crosse County in Wisconsin. Winona also has additional facilities including residential treatment facilities, Peer Support Network, and Supporting Community Youth.

Full Time Employees: 140

Did you know? We started with 4 employees back in 1965, and we've grown to approximately 140 today!

LEGACIES, LLC

51 W. 4th St. Winona, MN 55987

www.legaciesllc.com

Legacies provides well-trained, supported and energetic staff to build relationships and skills with adults and children with special needs. No Information Submitted We are licensed under the MN Department of Human Services under a 245D licensing. Legacies provides Independent Living Skills, In Home Family Supports, Respite, and Group Home services in Winona, Wabasha, Fillmore, Houston, Dakota and Ramsey Counties for people with mental health diagnoses and developmental disabilities.

PARTNERS IN EXCELLENCE

910 E. 2nd St. Winona, MN 55987

www.partnersmn.com

Year Established: 2001

Partners In Excellence is an autism therapy center that offers a set of effective treatment programs for children ages 1-13 years old diagnosed with an Autism Spectrum Disorder. Partners is an outpatient mental health clinic providing simulated environments that reflect real-life situations, enabling the children to work on their skills one-on-one or in small groups with trained behavior therapists. We also provide occupational and speech therapy services.

Full Time Employees: 205

Did you know? We are a fun and engaging place to work. Each day you get to work with amazing children, at an amazing place. We change lives: both of the clients and them employees! Come join the fun at Partners!

WOMEN'S RESOURCE CENTER

100 Latsch Square #201 Winona, MN 55987

www.wrcowinona.org

Year Established: 1978

The Women's Resource Center (WRC) provides assistance to survivors of domestic violence, sexual assault, and/or stalking who are seeking protection orders and other legal assistance, social services, health care or housing.

Full Time Employees: 6

Did you know? The WRC provides educational and emotional support to adult victims/survivors of domestic violence and sexual assault through various Support Groups.

DISABILITY SERVICES

What is it? Special services with the goal of aiding those affected by a wide range of physical and mental disabilities.

Hot Jobs:

HS Diploma: Photographer, Receptionist, Shuttle Driver

2-year/technical degree: Geriatric Activity Aid, Group-Home Manager, Case Worker, Production Manager

4-year: Sales Director, Geriatric Activity Consultant, HR Director, Community Based Director

HANDI VAN

1836 3rd Ave SE Rochester, MN 55904

www.handivanrides.com

Year Established: 2004

With Handi Van of Rochester, you get safe, reliable and affordable non-emergency medical and specialty transportation.

Did you know? We serve people with disabilities, special needs or medical conditions, seniors and children of all ages with ambulatory, wheelchair and stretcher ride services.

HOME AND COMMUNITY OPTIONS, INC.

66 E. 3rd St. Winona, MN 55987

www.hco.org

Year Established: 1975

Our fundamental goals are to provide quality services that maximize the independence of those we serve, to support individuals as they live happy and productive lives close to family and friends, and to promote the inclusion of people with disabilities within the local community.

Did you know? Our agency was founded as a non-profit corporation in August of 1975, originally under the name of Group Homes of Winona.

METERNALLY

9386 County 10 Houston, MN 55943

www.meternally.com

Year Established: 2014

We create reminiscence therapy products specifically for the elderly and those with dementia related illnesses such as Alzheimer's and Huntington's Diseases. We have seen progressive growth over the past 3 years and continue to develop and add products to our Favorite Things line. While we currently produce DVDs, Photo and Activity cards, and we do so with the outlook of creating a digital line of products as the baby boomer generation as our clients become more technical. Our customers are primarily caregivers, family members, and activity professionals. Our products are carried worldwide through several wholesalers, on our own ecommerce site, and in person at dementia related and senior activity trade shows and conferences.

Full Time Employees: 1

Did you know? Our company was the direct outcome of a business class project at Winona State University. We competed in several entrepreneurial contests, and while our staff are part time we do forecast growth and full time staff positions in the future.

RIVERFRONT, INC.

3000 S. Ave La Crosse, WI 54601

www.riverfrontinc.org

Every service we provide is in support of our mission, to provide a continuum of innovative support for individuals with disabilities so they may live meaningful lives.

Did you know? While all our services support each other, we serve people with very different needs. Whether you're an individual or business, you'll get personal attention tailored to your particular needs.

WINONA COUNTY DAC

1721 W. Service Drive Winona, MN 55987

www.winsonadac.org

Year Established: 1963

It is the Mission of the Winona County Developmental Achievement Center (DAC) to foster the interdependence of individuals within the community.

Did you know? Individuals work in various settings such as churches, restaurants, local retail stores, offices, and private apartments.

WINONA ORC INDUSTRIES, INC.

1053 E. Mark St. Winona, MN 55987

www.winonaorc.org

Year Established: 1983

Winona ORC is the community leader in providing job opportunities for people with disabilities, helping them realize their potential.

Full Time Employees: 43

Did you know? Winona ORC Industries has been awarded the highest CARF accreditation for its employment and community programs. Commission on Accreditation of Rehabilitation Facilities (CARF) is the national review board for rehabilitation programs.

WINONA SENIOR FRIENDSHIP CENTER ACTIVITY COUNCIL

251 Main St. Winona, MN 55987

www.cityofwinona.com/city-services/winona-senior-friendship-center/

Our mission is to support Quality of Life for older adults in the Winona area.

Full Time Employees: 8

Did you know? The Winona Friendship Center hosts many special events throughout the year. Whether it is a picnic by the lake, musical entertainment, or a party, fun can be had by all who attend!

FUNERAL SERVICES

What is it? Memorializing services meant to honor and care for the deceased.

Hot Jobs:

HS Diploma: No information Submitted

2-year/technical degree: Funeral Director, Funeral Service Managers

4-year: Arrangement Supervisor

FAWCETT-JUNKER FUNERAL HOMES, INC.

1476 W. Broadway Winona, MN 55987

www.fawett-junkerfuneralhome.com

Year Established: 1937

We are Winona's full service funeral home and would be honored to serve your family in creating a personalized, meaningful funeral that

Fawcett-Junker Funeral Homes, Inc. - Continued

honors the life of your loved one. We do this by providing superior funeral and cremation services that help serve grieving families during a most difficult time.

Did you know? We will have a licensed funeral director with you every step of the way. From the transfer of your loved one into our care, embalming, cremation, funeral/memorial service to completing all the necessary paperwork, along with insurance claims, a funeral director is helping you through the process. Not all funeral homes are providing this type of service, but we are.

HOFF CELEBRATION OF LIFE CENTER

3480 Service Dr Winona, MN 55987

www.hofffuneral.com

Year Established: 1969

At Hoff our shared purpose is to come alongside families and help create a day that honors and recognizes the uniqueness, individuality and life of their family member. Every life has a story, let us help you tell yours.

Full Time Employees: 10

Did you know? With pride, we bring generations of understanding and commitment and an unmatched reputation for price sensitivity without compromising service and quality. This is what we mean when we say, "Your loved one never leaves our care."

WATKOWSKI-MULYCK FUNERAL HOME

201 Mankato Ave PO Box 1127 Winona, MN 55987

www.watkowski-mulyck.com

Year Established: 1900

The Watkowski-Mulyck Funeral Home has a long and proud commitment of providing dignified and caring service to families in Winona and the surrounding communities.

Full Time Employees: 2

Did you know? The Watkowski-Mulyck Funeral Home has been located on Winona's East End for almost 100 years, and continues to serve Winona and its surrounding communities.

HOME HEALTH CARE

What is it? Specialized and convenient healthcare services provided in home for illnesses and injury.

Hot Jobs:

HS Diploma: Certified Nurse Assistant, Home Care Aide

2-year/technical degree: Home Care Coordinator, Team Coordinator

4-year: Director of Patient Care Services, Home Health Care Liaison

OPTIONS PLUS HOME CARE, LLC

1159 Gilmore Ave, Suite C Winona, MN 55987

www.optionsplushomecare.org

Year Established: 2008

A locally owned, Class A licensed Home Care Agency with over 45+ years of combined hands on nursing experience! Our mission is to create an atmosphere in your own home that maintains your independence, safety, and quality of life!

Full Time Employees: 50

Did you know? All our staff are properly trained, supervised by a registered nurse, and must pass a MN Criminal background study!

NON-PROFIT ORGANIZATIONS

What is it? Run by a board, these organizations are dedicated to carrying out a charitable mission. All assets are governed by law to fulfill the charitable mission.

Hot Jobs:

HS Diploma: Receptionist, Crisis Response Call Operator

2-year/technical degree: Program Coordinator, Community Liaison, Administrative Assistant

4-year: Program Development Director, Program Manager

ALZHEIMER'S ASSOCIATION

3224 6th Ave NE, Unit A Rochester, MN 55906

www.alz.org/mnnd/index.asp

Year Established: 1979

Our staff is highly trained and knowledgeable about all aspects of Alzheimer's disease or related dementias. We offer individualized assistance, problem solving and identification of resources are available to persons with memory loss and their family.

Alzheimer's Association - Continued

Did you know? We offer a variety of support groups for all individuals affected by Alzheimer's disease and related dementias. Groups are facilitated by trained volunteers. Many locations offer specialized groups for children, those with early-onset and early-stage Alzheimer's, adult caregivers and others with specific needs.

GRACE PLACE

66 E. 2nd St. Winona, MN 55987

www.graceplaceinc.org

Year Established: 1992

It is the mission of Grace Place is to provide Christian help and care for families. The vision of Grace Place is for families to live spiritually wholesome, safe, healthy, and productive lives so that they and their community, may thrive. We offer classes for children with their caregivers including Morning Music, Evening Song, Montessori Learning Center, and Godly Play. We offer a community meal every Tuesday night called Breaking Bread. We offer individual mentoring for adolescence through adults. We operate the thrift store to sustain the work and services to families in our community.

Full Time Employees: 1

Did you know? We opened our doors in 1992 as a maternity home in Winona; at that time, we provided shelter for about 50 women and their infants each year. In 2002, we developed the Mustard Seed Mission to families which provides family support in various ways. Many students fulfill internships here in social work, business, & education.

PROJECT FINE

202 W. 3rd St. Winona, MN 55987

www.projectfine.org

Year Established: 1990

Project FINE is a nonprofit organization that helps newcomers integrate into the community. We provide foreign language interpreters and translators as well as opportunities for education, information, referral, and empowerment for immigrants and refugees.

Full Time Employees: 7

Did you know? We serve over 2,600 individuals each year.

RELIGIOUS SERVICES

What is it? Guided by religious beliefs, these organizations offer services to the community.

Hot Jobs:

HS Diploma: No Information Submitted

2-year/technical degree: Lead House Staff

4-year: Site Director, Teacher

Masters or Doctorate: Counselor

HOPE HARBOR

PO Box 353 Winona, MN 55987

www.hopeharbormn.org

We are a Christian ministry full of God's hope, forgiveness, and grace, with a loving staff committed to restoring families. We are a 501 C3 non-profit organization that receives no government funding and relies on tuition and private donations, and are licensed by MN DHS as a Residential Group Home, with a residential program and non-residential counseling.

Full Time Employees: 8

Did you know? Everyday we come face to face with teens and families whose hopes and dreams have been crushed by substance abuse, sexual abuse and exploitation, pornography, eating disorders, self-harm, relational aggression, cyber bullying, and much more.

YOUTH ORGANIZATIONS

What is it? Organizations devoted to supporting, teaching, and guiding youth to a better future.

Hot Jobs:

HS Diploma: Dining Room Manager, Receptionist, Maintenance

2-year/technical degree: Youth Development

4-year: Director, Member Engagement Specialist

BIG BROTHERS BIG SISTERS OF THE 7 RIVERS REGION

432 Division St. La Crosse, WI 54601;

51 E. 4th St., Suite 401 Winona, MN 55987

www.7riversbbbs.org

Year Established: 1969

Big Brothers Big Sisters of the 7 Rivers Region - Continued

It is our mission to provide children facing adversity with strong and enduring, professionally supported one-to-one relationships that change their lives for the better, forever.

Full Time Employees: 24

Did you know? Today we serve several hundred children each year in both Wisconsin and Minnesota!

GAMEHAVEN COUNCIL BOY SCOUTS OF AMERICA

1124 11 1/2 St. SE Rochester, MN 55904

www.gamehavenbsa.org

Year Established: 1910

For over 100 years, Scouting programs have instilled in youth the values found in the Scout Oath and Scout Law. Today these values are just as relevant in helping youth grow to their full potential as they were in 1910. Scouting helps youth develop academic skills, self-confidence, ethics, leadership skills, and citizenship skills that influence their adult lives.

Full Time Employees: 3

Did you know? Gamehaven Council serves over 3,000 youth with it's over 1,100 volunteers in the counties of Dodge, Fillmore, Goodhue, Olmsted, Steele, Wabasha, and Winona in Southeastern Minnesota.

WINONA FAMILY YMCA

207 Winona St. Winona, MN 55987

www.winonaymca.org

The Winona Family YMCA is a cause-driven, charitable, nonprofit organization serving the needs of our community by making our programs, services, and facilities available to everyone, regardless of ability to pay.

Did you know? Across the United States, more than 500,000 business leaders, community advocates, parents, teens and individuals who want to give back and support their neighbors volunteer at the Y.

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At Winona Health since 2000



Winona Health has given me so many opportunities to grow personally and professionally, and I'm dedicated to helping others grow and succeed here, too.

Facilities - Chief Engineer

At Winona Health since 2008



I like the people I work with, and I love the work I do—the mechanical work. I also like how everyone hospital-wide is willing to help others when they can, and I like helping others, too.

Hospital and Family Birth Center Nurse

At Winona Health since 2016



I am proud to work at a hospital that is so patient driven. It's a small community-focused hospital and everyone helps each other. Also, I've always received wonderful care here, so it's truly my hospital.

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- Nursing and other clinical health and wellness careers
- Imaging, laboratory and biomedical technology
- Computers, medical records and information technology
- Environmental services, engineering and facilities management
- Food service including being a chef or a catering manager
- Marketing, accounting, business operations—just to name a few

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