

Pulse

Latest Updates

<https://www.marshfieldclinic.org/covid-19-employee-information#goodnews>



Marshfield Clinic Health System

Kramer named Director of Talent Acquisition & Workforce Planning

Heidi Kramer has been promoted to Director of Talent Acquisition & Workforce Planning for Marshfield Clinic Health System. This role assists with meeting strategic and operational goals for the Health System's workforce.

"I look forward to the opportunity to continue working with such great leaders, helping the System meet strategic goals and continuing community partnerships to help provide additional growth opportunities for our current workforce and community members," Kramer said.

Kramer joined the Health System in May 2015 as a recruiter and later led the recruitment team as manager of Recruitment and Retention. Prior to beginning her career with Human Resources, she was executive director of a nursing home.



"Heidi has been an integral member of the Human Resources team since she joined," said Terri Newmier, vice president, Human Resources. "I am grateful for Heidi's leadership and her commitment to making the Health System an employer of choice, and know she will continue this great work in her new role."

Kramer said her main focus at this time are the four acquisitions in progress, including Weston, DTC, Flambeau Hospital and Marshfield Medical Center-Beaver Dam – all of which are scheduled to transition to Health System employment by the end of this year. She also added that this is prime time for grant opportunities, and will work closely with Division of Education, area technical schools and Wisconsin Workforce Development for those opportunities.

HMR program goes virtual

Holiday season has typically been a great time to gather with family and friends. But this was before the COVID-19 pandemic. We also know the holidays can be difficult for some people who are dieting or looking to shed a few pounds.

Additionally, the holiday season marks “national eating season,” said Kelly Murphy, registered nurse and health coach with Marshfield Clinic Health System. From Halloween through the end of the year, people tend to gain more weight.

Now, may be a good time to consider a weight loss program like HMR.

“Research indicates that losing even five to 10 percent of initial body weight may improve health and risk factors,” Murphy said. “HMR can help with the struggles.”

Health Management Resource (HMR®) Weight Management Program is a collaborative and supportive program, which promotes rapid and lasting weight loss. This program promotes quick, healthy weight loss with HMR® shakes, entrees, cereal, soup, pudding, bars and at least five servings of fruits and vegetables each day.

When looking for a lifestyle diet plan, what to consider is a plan that you can lose weight as quickly as possible and after reaching your goal weight, transition to a long-term healthy eating plan of lean proteins, whole grains, fruits and vegetables. COVID-19 has us cooped up inside, feeling bored and lethargic, but HMR can help get you energized and shed the weight.

Virtual options available

As COVID-19 continues to surge, in-person HMR classes have been postponed. However, virtual meetings are available via WebEx during Phase 1 of HMR. A friend/family discount of 20% is being offered if you join with a family member or friend during Phase 1 and 2.

For more information on HMR, or to register, call Wausau Center at 1-715-847-3882 or Marshfield Medical Center-Minocqua at 1-715-358-1036. This program is available to all Health System employees, friends and family across the service area. Murphy advises consulting with your provider or HMR educator before starting any diet or exercise program.



Dr. Biswas receives United Way's Above and Beyond award

Swati Biswas, M.D., physical medicine and rehabilitation physician at Marshfield Clinic Health System, recently received the Above and Beyond Award from United Way of Marathon County's Women United.

The Above and Beyond Award recognizes a woman who has demonstrated a passionate desire to help others through her financial support and volunteer service to United Way of Marathon County's Women United. Any member who has devoted significant personal energies to further the goals and objectives of Women United is eligible to receive the award.

Dr. Biswas is a member of Women United's Member Relations committee, and involved with planning the large annual Diwali event. She also is a member of the United Way Board of Directors and volunteers throughout the community in various capacities.



Dr. Biswas said volunteering has been a “wonderful way to cope with all the uncertainties” that are being faced during the COVID-19 pandemic.

“When one can focus on doing kind acts or help other people less fortunate, it helps one to feel a little more in control of the situation,” Dr. Biswas said.

The individuals who nominated Dr. Biswas described her as, “The epitome of a community-minded individual, who truly puts her kind thoughts into action.”

“She shows by example, she makes everyone around her want to do more, be a better person and help in anyway that we can.”

Make a Difference Day

Dr. Biswas will be volunteering from 8:30-11 a.m., Saturday, Oct. 24, to rake yards for the elderly and disabled for United Way of Marathon County's Make a Difference Day. [Email Dr. Biswas if you are interested in joining Women United.](#) She welcomes any woman to the group and can provide more information. She also can be a resource for questions about United Way or Women United in the future.

Social media spotlight: Partridge recognized with Shining Star Award

Editor's note: This section will highlight one of our weekly social media posts from Marshfield Clinic Health System. Follow Marshfield Clinic Health System on [Facebook](#), [Twitter](#), [LinkedIn](#) and [Instagram](#) for more posts and information.

Marshfield Medical Center-Rice Lake hospice volunteer and harp player, Patty Partridge, recently received a [Shining Star Award for the difference she made for a patient.](#)

The Shining Star program gives grateful patients and families the opportunity to recognize those who make a difference in their Marshfield Clinic Health System experience. Partridge made an impact on a hospice patient and family in the patient's final hours. The patient's family requested that a harp was played, and Partridge came in a snowstorm to play harp for the patient.

"You spoke kind words to our mother," the family wrote in their nomination.

"You told her you would play harp music softly outside her room. We listened to her breathing while we listened to the harp. We told stories, we laughed and we cried. We can't express how grateful we are for you, coming at night in a storm, to play harp for our mom."



Pictured left to right, Volunteer Services Manager Tammy Koger; Patty Partridge; Amy Von Arx, registered nurse; Robbin Erickson, administrative secretary; Christine Martinson, social worker; and Andy Joseph, secretary. Seated are Registered Nurses Kim Tangwall, John Nelson and Kara Tarpinning

Non-invasive cardiologist joins team in Marshfield

Alain Rizkallah, M.D., recently joined the cardiology team at Marshfield Medical Center (medical offices) in Marshfield as a non-invasive cardiologist.

He has a special interest in echocardiography and possesses advanced training and expertise in this imaging modality, which he uses to help diagnose and guide treatment of various cardiac conditions.

"Knowledge is the enemy of fear, which is why I make sure I know my stuff," Dr. Rizkallah said. "I always take time to listen to my patients and provide them with compassionate care."

Dr. Rizkallah also is excited about the opportunity to teach others. "I appreciate working in an institution that has trainees because it keeps you on your toes when someone is learning from you," he said. "This is a big center and I enjoy the challenges that come with that."

Dr. Rizkallah attended medical school at the American University of Beirut – Faculty of Medicine in Lebanon. He completed his residency in internal medicine at Wayne State University – Detroit Medical Center and fellowship in cardiovascular disease at the University of Connecticut – Hartford Hospital.

In his spare time, he enjoys music, playing guitar, watching soccer games and cooking. He also has an obsession with the NBA and is a huge Stephen Curry and Golden State Warriors fan. He and his fiancée are expected to marry in 2021.



New OB/GYN for Wausau/Weston region

Rebecca Downs, M.D., knew from a young age that she wanted to be involved in health care. Both her parents work in the medical field, and she even shadowed her dad in the operating room for "take your daughter to work day." During rotations in medical school, Dr. Downs found her passion for obstetrics and gynecology.

"I was drawn to obstetrics and gynecology because you can care for women throughout their lives," she said. "You have a privilege to be able to take care of them and educate



them during young adulthood, then deliver their babies and continue that care all the way through menopause, while helping with other conditions and education in between."

In the surgical realm, Dr. Downs enjoys the process of surgery because you can impact a person's quality of life.

"You are able to perform a procedure that changes the rest of her life," she said.

Dr. Downs specializes in minimally invasive surgery to allow small incisions and shorter recovery time for the patient. She can perform robotic surgery, including myomectomy for the treatment of fibroids, treatments for pelvic organ prolapse, and more. She also said bringing new life into the world is quite special. "Those are the things that make my job rewarding."

Dr. Downs was recently featured in a video on the [benefits of minimally-invasive hysterectomy](#) for overall women's health and [highlights OB/GYN care](#) on the website.

Dr. Downs earned her medical degree from the University of Wisconsin School of Medicine & Public Health in 2009. She completed her internship and residency in obstetrics and gynecology at University of Wisconsin – Hospitals & Clinics. During her residency, Dr. Downs received a teaching award, which she is truly proud of because she can take those teaching skills into her role as a physician.

Outside of her practice, Dr. Downs is an active cyclist. She and her husband and daughter love outdoor activities like fishing, canoeing, camping and exploring new areas. In addition, she is a quilter. Dr. Downs can express her creativity through quilts and likes making something you can't find in stores.

Noglers retire after more than 60 years of patient care in Ladysmith

Robert Nogler, M.D., and Debbie Nogler, medical assistant, will retire Friday, Oct. 23 after more than 60 years of combined medical service to the Ladysmith community.

Dr. Nogler has cared for patients in Ladysmith for just over 29 years, and his wife Debbie has worked at Ladysmith Center for more than 30 years.

Over this time, the couple has become extremely connected to the community and will miss their regular conversations with patients and fellow colleagues in Ladysmith. They have made a great care team and always went above and beyond in ensuring their patients were cared for. One example of their efforts is after an office visit, Dr. Nogler would ask Debbie to walk the patient out of the building. Patients never left alone – always received a hug and a goodbye from Debbie before leaving for the day.



"Both Dr. Nogler and Debbie will be missed greatly by our team in Ladysmith and by our patients," said Heather Prohaska, operations manager at Marshfield Medical Center-Ladysmith. "We thank the Nogler's for their many years of dedicated service. The clinic just won't be the same without this dynamic pair."

Prohaska went on to say that Dr. Nogler formed deep relationships with his patients, and they put their trust in him as he was always very thorough in ensuring their needs were met.

She added that, "Debbie is very caring, always going above and beyond for patients and colleagues.

"Many times she would leave her colleagues surprises on their desks to brighten their day and always was the one to remember everyone's birthday," Prohaska said. "She always goes out of her way to make sure everyone feels special and recognized."

The couple plans to spend their retirement with family and outdoors. Dr. Nogler loves to fish.