Northfield Hospital + Clinics

Fall

2026



Jefferson Road Clinic
is here
PAGE 2

Becky McNamara
got back to her best life
PAGE 4

Bellyache?
New GI services
led by renowned doctor
PAGE 6

Mike Sirek
got a leg up on work
PAGE 8

ENT expands
with Dr. David Montag
PAGE 10

Kathy Gerdes
tripped up
PAGE 12

Craig Smith
comes for care...via plane
PAGE 13

Cancer Care
poised for continued excellence
PAGE 16

Foundation
donors play ball
PAGE 18

Jefferson Road Clinic is here

Zander Abbott, CEO of Northfield Hospital + Clinics

There's a whole new energy in healthcare for Northfield.

Northfield Hospital + Clinics is proud to add Jefferson Road Clinic to our network of services, expanding and improving care close to home.

We purchased the clinic from Allina Health, and are committed to continuing the primary and community-based care that patients have come to expect from the excellent providers and staff there.

It's exciting! Patients now have access to expanded primary care through NH+C, and more options for community-based care: screenings, procedures and treatments that may have been referred in the past to another hospital out of town. Now, Jefferson Road Clinic referrals will go to NH+C. This keeps as much of our patients' care local as possible.

And when patients need a higher level of care, such as cardiac procedures, our partnerships with specialty care centers including Allina Health enable us to transition care as needed, then have the patient return to the community for continued care.



Zander Abbott

This make healthcare stronger for our community, and helps NH+C grow as a robust community hospital at a time of challenges and change in healthcare.

Northfield Hospital + Clinics remains independent. We are firmly committed to being an independent healthcare system so we can be responsive to the community. We want to serve our full community with high-quality healthcare for the entire lifespan.

I'm from Northfield, and returned home with my family because this region is like no other: We take care of one another here. I'm proud of the full NH+C team that's committed to caring for our neighbors and keeping local care strong in the hometowns we serve.

Thank you for trusting us with your care.

URGENT CARE NORTHFIELD IS NOW IN JEFFERSON ROAD CLINIC

Urgent Care has moved into the clinic at 1400 Jefferson Road from its location on Highway 3.

It's the same great care and same hours:

- Mon - Fri: 8:30 am-7:30 pm
- Sat - Sun: 8:30 am-3:30 pm

Urgent Care is now in a bigger space, with convenient referrals for follow up care.

Because Jefferson Road Clinic is on the Northfield Hiawathaland bus route, Urgent Care is now accessible via bus.





– User's guide to Jefferson Road Clinic –

We're committed to excellent continuity of care.

> **Appointments:** 507-663-9000

> **Primary care** continues in Family Medicine, Pediatrics, Mental Health and Sports Medicine

> **Specialists** continuing care in the clinic, as part of NH+C:

- Acupuncture
- Pharmacology (medication management)
- Podiatry
- Sleep medicine

Please contact Allina Health for information on other specialties.

> **Cardiology care** continues with Minneapolis Heart Institute providing care through NH+C:

- Clinic appointments move to Jefferson Road Clinic. Schedule: 507-663-9000
- Imaging, including echocardiogram and vascular ultrasound, moves to Northfield Hospital. Call Diagnostic Imaging to schedule: 507-646-1143

Becky McNamara's team got her back to living her best life

Becky had dealt with migraines, motion sickness, and sinus problems since middle school.

When she got long COVID in 2023, "my symptoms had become unmanageable," Becky says. "Extreme fatigue, brain fog, worsening sinus issues and eventually vertigo made the smallest task seem overwhelming. I needed help."

Until then, Becky had embraced a full and often challenging life. "My husband and I were approaching retirement and what we assumed would be some of our best years. We raised two children, rode our motorcycles throughout the U.S. and Canada, ran a few marathons, built a house, operated a small farm, and I spent more than 30 years working as a business consultant.

"Then everything came off the rails."

Becky started with Dr. David McIntyre, her primary care provider. "Ever the pragmatist, he asked, 'What are the top two things you need to address?' That simple question helped me prioritize. A situation with too many disconnected pieces started to feel manageable. I could concentrate on what mattered most and begin to see progress."

Then over the next year, Becky experienced episodes of vertigo with increased frequency and severity. She was back to struggling with day-to-day life. Dr. McIntyre listened, "asked tons of great questions," and recommended Becky see Malorie VanWinkle, PA-C who specializes in balance and dizziness.

"Malorie and the ENT team at NH+C were game-changing for me," Becky says. "I knew there was no easy test to determine the cause of vertigo or the solution, but something had to be triggering this. Malorie asked hundreds of questions and really listened to help find the threads that wove it all together." A CT scan and hearing test helped Malorie see the big picture of Becky's symptoms, too.



Malorie VanWinkle, PA-C

The CT scan showed a deviated septum and oversized turbinates, small structures behind the nose through which air flows. (Swollen turbinates can block air flow and cause chronic nasal congestion and even migraines.) Malorie referred Becky to ENT surgeon Dr. Gerard O'Halloran, who straightened her septum (the cartilage wall between the nostrils) and trimmed her turbinates. After surgery, "I realized that it was the first time since grade school that I didn't experience constant sinus pressure and drainage, and was no longer plagued with a nagging cough and headache," Becky says. "It felt like I was either ten years younger or had gotten the best night of sleep in my life."

Malorie also suspected there could be a correlation between how Becky's eyes were focusing and her worsening motion sickness, eye strain and vertigo.

EAR, NOSE & THROAT FALL 2026

Malorie referred Becky to an ophthalmology specialist for a neuro-optometric evaluation of how the brain and eyes work together, which could be contributing to her symptoms.

Tests revealed significant binocular vision dysfunction with esophoria where the eyes tend to drift inward, straining the eye muscles as they fight to realign the eyes to focus. "It was described as eye muscles doing push-ups all day," Becky says. "Turns out that my vision problems were contributing to my blurred vision, trouble reading computer screens, light sensitivity, headaches, motion sickness and vertigo." Two new prescriptions for glasses – a pair for regular vision, and one for close up – and another list of symptoms melted away.

"Each provider took the time to really listen," Becky says. "I never left a provider's office without being asked, 'Is there anything else you wanted to ask?' What a gift to hear those words and feel like I had a team putting their heads together to get me back to living my best life again."

Each provider "played to their strengths while being open to refer and collaborate when needed," Becky says. "This is what advocating for your health should look – and feel – like.

"I couldn't be more grateful to each provider and their teams for their dedication to great outcomes."

> "Each provider took the time to really listen. I never left a provider's office without being asked, 'Is there anything else you wanted to ask?'"
>
> ***Becky McNamara, Northfield***



NH+C adds gastroenterology care with renowned specialist

How's your stomach feeling?

Digestive issues can be uncomfortable, frustrating and sometimes difficult to diagnose.

NH+C welcomes gastroenterologist Jake Matlock, MD who leads NH+C's new gastroenterology (GI) practice, providing in-clinic evaluation and expert care for a wide range of digestive and liver conditions.



Jake Matlock, MD

While NH+C has provided colonoscopies and endoscopies for years, this new GI service adds an important piece: seeing patients in clinic to understand their symptoms, uncover what's causing them, and develop a plan to help the patient feel better.

"I believe that lasting improvements in health occur when patients understand their conditions, feel empowered to make informed decisions, and are supported in making changes at a pace that is realistic and meaningful for them," Dr. Matlock says.

"My role is not simply to recommend treatments, but to help patients understand their options and work collaboratively to develop a plan that fits their individual circumstances."

Dr. Matlock joins NH+C from Hennepin Healthcare, where he was the director of Gastroenterology and an assistant professor of medicine at the University of Minnestoa medical school.

He can help evaluate symptoms including:

- persistent heartburn or reflux
- abdominal pain
- diarrhea
- constipation
- indigestion

Dr. Matlock also can diagnose and treat conditions including:

- IBS (irritable bowel syndrome)
- Celiac disease
- Crohn's disease
- ulcerative colitis
- ulcers
- liver disease

Dr. Matlock has a special interest in colon cancer screening and prevention, as well as metabolic liver disease, where "early identification and thoughtful intervention can make a profound difference in long-term health," he explains.

The best part of his work? "I get to meet new people every day and help them to improve their health. Even when helping someone face a difficult diagnosis, I am reminded of what a privilege it is to share in such an important inflection point in someone's life."

Dr. Matlock enjoys staying active through exercise, and time outdoors – especially with his family. These interests "continually remind me of the importance of helping people maintain the health and quality of life needed to enjoy the things that matter most to them."

Dr. Matlock holds a degree in Cognitive Neuroscience from Harvard University; he completed a fellowship in Gastroenterology at the University of Minnesota, plus internship and residency in Internal Medicine at Hennepin County Medical Center. He is board-certified in Gastroenterology by the American Board of Internal Medicine.

Dr. Matlock sees patients in the Northfield Clinic on the hospital campus. No referral needed.

Learn more:

Appointments: (507) 646-1494



GASTROENTEROLOGY FALL 2026

Mike Sirek got back to work pretty quick

Mike is a construction contractor. That hard physical work has taken its toll on his knees.

"They've been going bad for 12 years – bone-on-bone all that time," Mike says. He needed both knees replaced, but kept putting it off. "I didn't want to take time away from work to get it done. But the last two, three years they hurt so ungodly I finally did it."

Mike wanted a winter surgery so that by Spring he'd be able to work, "at least mow my own lawn," he says.

He wanted both knees replaced . . . at the same time.



Greg Erickson, MD

Mike chose orthopedic surgeon Greg Erickson, MD. "I liked his attitude," Mike says. "When I said I want to replace both at the same time, he said, 'Are you sure?'"

The standard waiting period between surgeries is about 3 months, to let the first knee heal so it's strong and mobile enough to support body weight during the second recovery.

Mike was sure. "I wanted to keep my recovery time as short as possible."

So Mike got to work prepping for surgery. He did some "pre-hab" exercises and stationary cycling to strengthen his quadriceps.



Dean Anderson, APRN, CRNA

Pain management expert Dean Anderson, APRN, CRNA gave Mike iovera injections, which use extreme cold to temporarily stop nerves from sending pain signals. Mike says the injections decreased his pain 50% to 60% and helped his post-operative recovery.

Surgery went great. "The staff was second to none," Mike says. He stayed in the hospital one night, focused on pain management and physical therapy. Once home, Mike used ice packs and medication to manage pain that was "pretty intense" for two days. On day three, Mike pushed himself to give his walker a workout. "The more I got moving around, the better it got," he recalls.

"The first two weeks were pretty rough, but mental preparedness and attitude is about 75% of the recovery," Mike says.

Physical therapy was crucial to his recovery. Therapist Joel Beithon, PT "was amazing," Mike says. "His attitude and demeanor were great. Joel told me that when he first saw my age and bilateral knee surgery, he thought it would be challenging." Mike proved otherwise by pushing past each exercise: "He'd tell me do 15 reps and I'd do 20. Finally Joel said, 'I'll just wait until you're done and put the number of reps in the file.'"



Joel Beithon, PT

After two weeks of PT, Mike ditched his walker. "I was going to use a cane but both legs were bad, so which side would I use a cane on? I just ditched the cane and kept walking."

After seven weeks of PT with Joel, Mike had surpassed his goal for range of motion in both knees: "I was straightening my legs a lot more than I could before surgery." He can get up and down ladders much better now, too.

Mike's hard work paid off. "It was a miraculous recovery. I was nervous, but it ended up being a piece of cake," he says. "My only regret is that I didn't do it 12 years ago."

Mike's advice for others with ongoing joint pain: "Don't be afraid of surgery, and don't concentrate on the pain. They hurt like hell already; how bad can it be?"

Mike focused on the end result of recovery: "The harder I worked, the sooner I'd get there." At his four-week post-surgical follow up with Dr. Erickson, "I asked him, 'How will I know how much I can do while working?' Dr. Erickson said, 'If it hurts, stop.' That's the guideline I've been using."

Mike leans on NH+C for most of his medical care, from his primary care provider Dr. Greg Randall to pain management and spine care through NH+C and its partners.

"Anytime I've dealt with NH+C's system, everything was like clockwork," he says.

And Mike knows what it's like being on the clock.



ENT expands, welcomes Dr. David Montag

Ears, nose, throat . . . it can get complicated.

They're vital to everyday functions – from breathing and swallowing, to balance and sleeping. When something goes wrong, it can disrupt quality of life.

NH+C expands ENT services with a new provider, additional access for clinic appointments, and a full spectrum of care for ENT conditions.

NH+C welcomes ENT specialist David Montag, MD, MS who specializes in middle-ear conditions. Dr. Montag cares for adults and children, and brings experience caring for patients in rural and urban communities. He led the ENT department in a large academic hospital and taught ENT residents there, while also providing outreach to a rural hospital where specialist care can be hard to find. "No matter the setting, my approach is always to listen and treat each patient with the kindness and respect that they deserve," Dr. Montag says.

"The best part of my work is when I help a patient get to the bottom of a problem, and work with them to resolve that problem."

Dr. Montag treats a wide range of conditions, including:

- Hearing loss and other ear disorders
- Recurrent tonsil and ear infections in children
- Repair of injured eardrums
- Voice disorders



David Montag, MD

- Nosebleeds and chronic or recurrent sinus infections
- Salivary gland disease

Dr. Montag graduated from University of Pittsburgh medical school, and holds a Master's degree in bioengineering. His residency at University of Minnesota specialized in Otolaryngology-Head and Neck Surgery. He is board-certified by the American Board of Otolaryngology.

EAR, NOSE & THROAT FALL 2026

Team provides a full spectrum of care

Dr. Montag joins ENT specialists Gerard O'Halloran, MD and Malorie Van Winkle, PA-C.

Dr. O'Halloran cares for adults and kids . . . and their parents. (He's renowned for giving all his surgical patients his direct cell phone number.) "I believe in caring for patients the way I would like my family to be treated," he says.

Dr. O'Halloran's expertise includes:

- Sleep studies
- Nose and sinus problems
- Sinus headaches, migraine headaches
- Adult and pediatric sleep-related breathing problems
- Pediatric ear nose and throat problems
- Sinusitis (recurring or chronic sinus infections)
- Skin cancer on the head, face, ears and neck

Malorie specializes in vestibular conditions that affect balance and dizziness. She also treats:

- Vertigo
- Migraines
- Sinus problems
- Sleep disorders

"My priority is to help improve my patients' quality of life" with a holistic and nurturing approach, Malorie says. "I'm passionate about providing patient education – it's a crucial part of recovery and overall wellness."

All three providers see patients in the Northfield, Faribault and Lakeville clinics.



Gerard O'Halloran, MD



Malorie VanWinkle, PA-C

Learn more:

Appointments: (952) 469-0500

WHEN TO GET CARE (ADULTS AND CHILDREN)

- Chronic headaches
- Facial pressure
- Migraine headaches
- Chronic or recurrent sinus infections
- Nasal breathing problems
- Snoring
- Obstructive sleep apnea
- Recurrent ear infections
- Fluid in ears
- Dizzy and balance problems

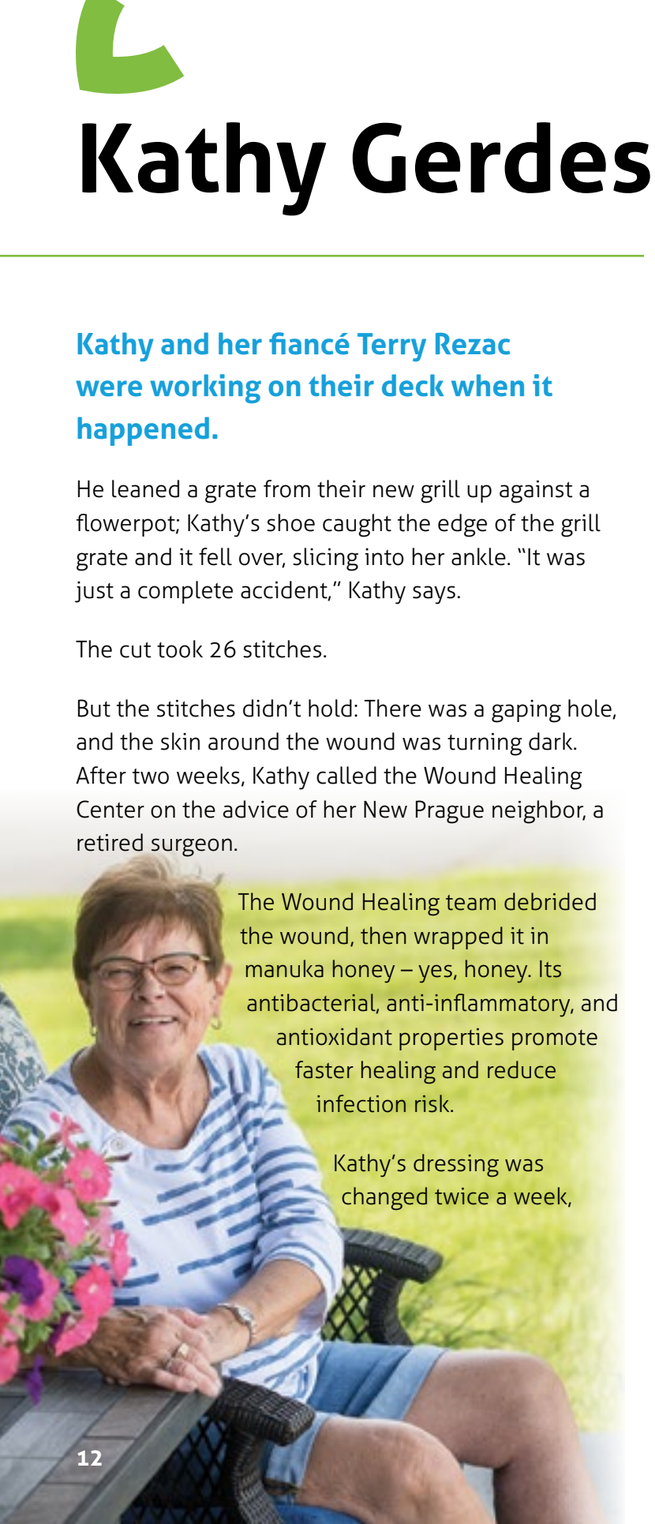
Kathy Gerdes tripped up

Kathy and her fiancé Terry Rezac were working on their deck when it happened.

He leaned a grate from their new grill up against a flowerpot; Kathy's shoe caught the edge of the grill grate and it fell over, slicing into her ankle. "It was just a complete accident," Kathy says.

The cut took 26 stitches.

But the stitches didn't hold: There was a gaping hole, and the skin around the wound was turning dark. After two weeks, Kathy called the Wound Healing Center on the advice of her New Prague neighbor, a retired surgeon.



The Wound Healing team debrided the wound, then wrapped it in manuka honey – yes, honey. Its antibacterial, anti-inflammatory, and antioxidant properties promote faster healing and reduce infection risk.

Kathy's dressing was changed twice a week, once at home and once at the Wound Healing Center to check her progress. As the wound healed, treatment shifted from honey to a collagen powder.

The wound healed in 13 weeks. "I never did get an infection," Kathy says.

What she did get was high-quality care over a long period of time. "They were all very good. Anytime I called with a question, they called right back," Kathy says. Christina Richardson, FNP, CWON and Sydney Nerg, BSN, RN, PHN "explained things very well."

And it's convenient from her home in New Prague.

"I enjoyed driving to Northfield every week," Kathy says. "I didn't have to drive to the Cities, which I appreciated. I just drove through beautiful farm country."

These days, when Kathy wears shorts, "people always say, 'Wow that's a large scar, what happened?' I always tell them I had excellent care at the Wound Healing Center in Northfield," Kathy smiles. "I'm so grateful to all the staff at the clinic."

Her advice to others who get hurt: "Go to the Wound Healing Center right away. I wish I had gone sooner. I wasted two weeks having it stitched. If I had gone to the Wound Healing Center first it might have helped."

It's worth the trip.

Appointments: (507) 646-6900

Craig Smith relies on an airplane for his health

Craig has chosen NH+C's Cancer Care & Infusion Center for monthly infusions to treat his autoimmune disease.

Half the year, Craig flies to Northfield from his winter home in Arizona for this care. The rest of the year, he drives down from his home in the Twin Cities.

He's been doing it for 11 years.

In all that time, Craig strives for balance: Enough energy between treatments for his work as a nursing home administration consultant. The right location between his two homes, for continuity of care all year long – and for a well-rounded care team that understands his complicated health challenges well, and has the resources to respond in emergencies.

Craig has chosen NH+C over infusion centers closer to home . . . and over Mayo Clinic in Rochester.

Craig's first experience with NH+C was in the Long Term Care Center. While on vacation in Florida, Craig got so sick he went to an Emergency Department. Tests there diagnosed polymyositis, a rare autoimmune disease where the immune system attacks muscle tissue. Symptoms include chronic inflammation, progressive weakness, and muscle pain mostly in the shoulders, hips, thighs and neck.

"It was affecting all the muscles in the trunk of my body," Craig says. "The ED doctor worried it would attack my heart, which is a muscle. He said we should start treatment right way. He kind of scared me."

Craig opted for a heavy dose of steroids so he could

continued >



Smith: "I believe in this team."

< continued

drive his new RV home. Thanks to his two sons who flew down to help him with the 30-hour trip, Craig made it to Mayo Clinic in Rochester; a reaction to the steroids left Craig paralyzed in his trunk, unable to move his legs, arms or head.

His Mayo team began weekly intravenous immunoglobulin (IVIG) infusions, using healthy donor white blood cells to flush out and replace the cells attacking his immune system. Progress was minimal.

Craig needed nursing home care. "Being a nursing home administrator, I knew my choices," he says. He chose NH+C's Long Term Care Center because of its excellent reputation.

"I was totally dependent on the nursing home staff to rotate me, bathe me, feed me, take me to the bathroom. And they were awesome," he recalls.

Doctors gave Craig a 50-50 chance of leaving the nursing home. He was 62 years old.

"I was pretty depressed at that point," he says. His care team continued weekly IVIG infusions through NH+C's Cancer Care & Infusion Center. On the third or fourth treatment, "I woke up in the middle of the night and I could actually move my arm for the first time. I thought, 'I have a future.'"

Craig stayed in the Long Term Care Center for six weeks, then went home with outpatient physical and occupational therapy. After 10 months, he was able to go back to work.

Infusions became his lifeline . . . and his schedule.

Craig started with four-day monthly treatments.

"It had to be four consecutive business days," he explains. (He's progressed to one-day treatment since then.) So he'd block his calendar and buy his plane tickets.

"Thanks to the team here in Northfield, we've been able to coordinate that every month," Craig says. "My doctor is at Mayo, but driving down to Rochester every time was just that much more inconvenience."

Craig checked out many infusion facilities. "This is the only facility that has private rooms," he says. "I need privacy to be on my computer, on my phone, to work continuously during treatment," which lasts six hours each day.

"So for 28 days of a month, I have a normal life, thanks to these folks here," Craig says. "As the four weeks go by, I get weaker until the next treatment."

The infusions "are my godsend. And I know they're going to be done the right way here," he says. "The CCIC staff is terrific. So is the Pharmacy team, and Lab. They all know what they're doing. They coordinate my needs on every visit."

The one time Craig had an allergic reaction to his infusion, an ED doctor was at his side within minutes. "To be able to have infusions in a hospital setting so if I need emergency care – that's really valuable," Craig says. "I know that I will be attended to quickly. That reassurance is what keeps me flying back here."

The CCIC team "is meticulous. They know me, they know what care I need, they know what to watch for, and they take nothing for granted," Craig explains.

Appointments: (507) 646-6979

"They make sure they communicate with each other. And they listen to me when I'm communicating to them. They know my full profile as a patient. It just helps my confidence.

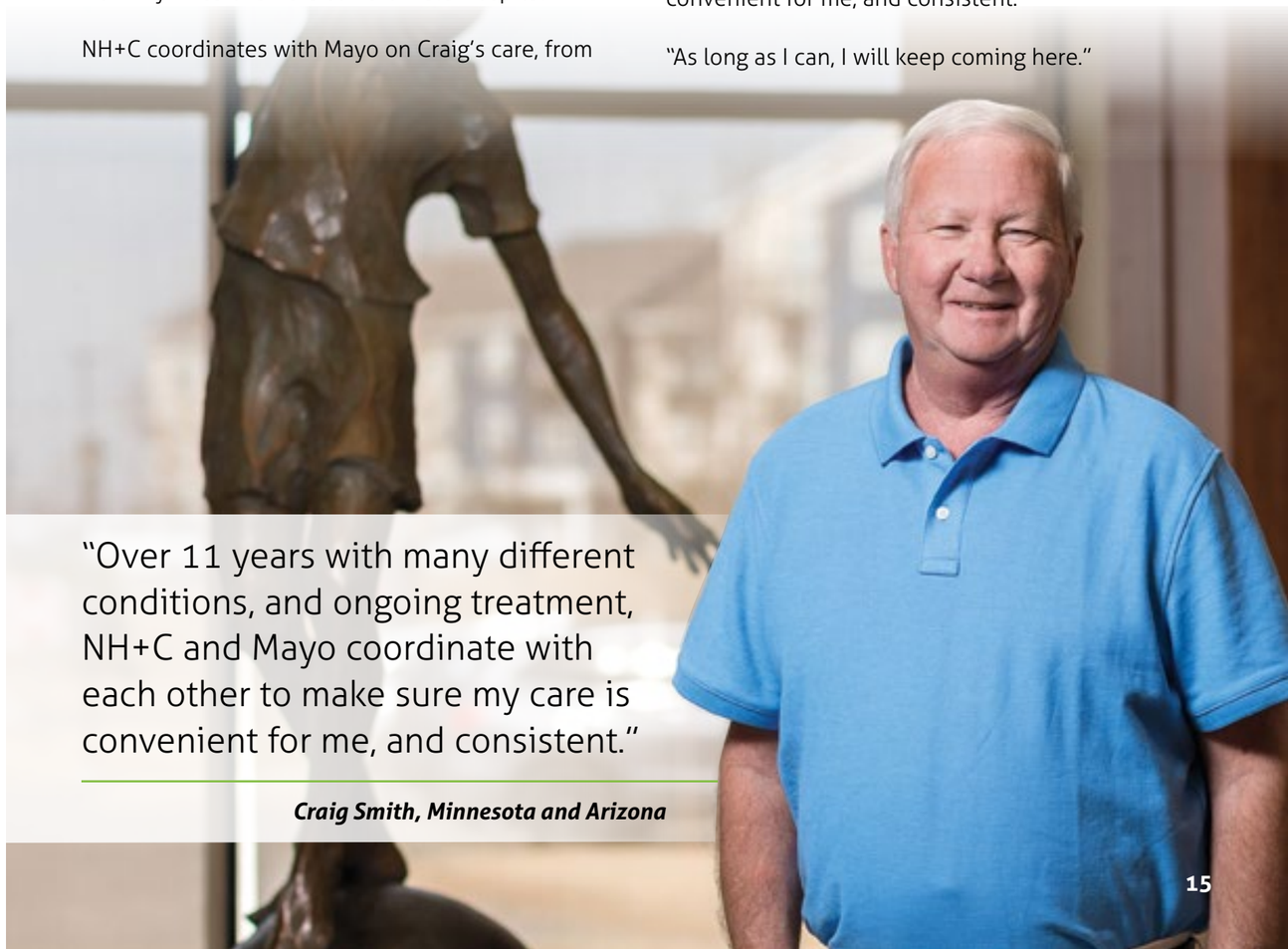
"I believe in this team. I wouldn't trade it."

When Craig started infusion therapy, "Mayo gave me a life expectancy of six to nine years. I'm on Year 11. So I'm pretty blessed. It's been a tough road, and I've had to make adjustments, but I've never deviated from my infusions here at Northfield Hospital."

NH+C coordinates with Mayo on Craig's care, from his regularly scheduled labs to his many specialists including cardiology, rheumatology, and pulmonary physicians. They coordinate through various complications over the years, from rheumatoid arthritis to a car accident a few years ago that broke Craig's back.

"It's a testament to continuity of care," Craig concludes. "Over 11 years with many different conditions, and ongoing treatment, NH+C and Mayo coordinate with each other to make sure my care is convenient for me, and consistent."

"As long as I can, I will keep coming here."



"Over 11 years with many different conditions, and ongoing treatment, NH+C and Mayo coordinate with each other to make sure my care is convenient for me, and consistent."

Craig Smith, Minnesota and Arizona

Cancer care poised for continued excellence

Dr. Jasmine Kamboj has a mantra: Treat every patient like one would treat one's family or friend.

As the new Medical Director of the Cancer Care & Infusion Center, Dr. Kamboj shares that spirit with the care team that delivers NH+C's acclaimed cancer care, every day.

Dr. Kamboj stepped into the Medical Director role in July, solidifying leadership of the Center and ensuring continuity of care for patients.

Dr. Kamboj collaborates with CCIC Director Jodi Wieczorek, APRN CNS, AGCNS-BC, ACHPN, OCN to lead the Center. Jodi supervises CCIC's well-respected nurses and staff; Dr. Kamboj and Jodi leverage external partnerships and collaborations for continued excellence in patient care.

NH+C continues working with Mayo Clinic to coordinate care for patients who receive care at Mayo facilities, including radiation at Mayo's Radiation Oncology clinic across the street from the hospital.

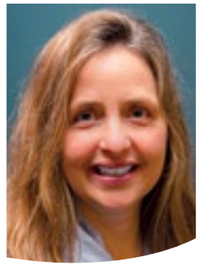
Dr Kamboj has worked consistently with the Cancer Care & Infusion Center for more than seven years, through transitions in partnerships with Mayo Clinic and Allina Health.

"Dr. Kamboj is very committed to the Northfield community, and to providing continuity of care for her patients," says NH+C's Chief Nurse Executive Lisa Bauer, DNP, MBA, RN. "We are delighted that she continues caring for patients here, now through her own independent practice as a partner of NH+C."



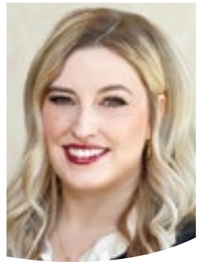
Jasmine Kamboj, MD

"Every patient is a human being first before becoming a cancer patient," says Dr. Kamboj, who works with each patient to individualize their care plan with attention to physical, emotional and mental health and social well-being.



Jodi Wieczorek, APRN

NH+C also welcomes oncology nurse practitioner Chelsi Carlson, APRN, CNP, DNP to continue caring for patients. Chelsi joined NH+C from Mayo Clinic Health Systems; she had been caring for CCIC patients as a Mayo provider, and shifted to NH+C in July.



Chelsi Carlson, APRN

Chelsi approaches cancer care holistically, recognizing the physical, emotional, psychosocial and spiritual dimensions of illness: "I believe that excellence in oncology care requires not only clinical expertise but also deep respect for each patient's values, goals and lived experience."

CANCER CARE FALL 2026

> "Every patient is a human being first before becoming a cancer patient."
>
> ***Dr. Jasmine Kamboj***

As CCIC Director, Jodi is steadfast in her commitment to CCIC and the Northfield community. Under her leadership, NH+C's cancer program earned accreditation from the American College of Surgeons' Commission on Cancer, a rigorous accreditation process that distinguishes elite cancer care in the U.S.

Learn more:

Jodi and Dr. Kamboj credit CCIC's excellent nurses and staff, along with colleagues across NH+C whose work contributes to cancer care.

"I am honored to work with this brilliant team of nurses and staff, who allow us to provide quality cancer care, close to home," says Dr Kamboj.

Because that's the best way to treat every patient like family or friend.

NH+C's cancer care is accredited by the American College of Surgeons' Commission on Cancer, a rigorous accreditation process that distinguishes elite cancer care in the U.S.

PATIENTS SHARE GRATITUDE FOR CANCER CARE TEAM

"Northfield Hospital infusion nurses truly are the best in the world. I feel incredibly fortunate to be in such capable and caring hands."

"I was having an emotional day and feeling particularly fatigued and sorry for myself. My nurse took the time truly listen, offer comfort, and provide reassurance in a way that meant more than I can fully express."

"Dr. Kamboj's empathy, clarity, and confidence in me made wonderful impacts. She treated me like an adult who can understand my options, along with the research and thinking behind them."

"The nurses make a difference in patients' lives by how they treat us, talk to us, and take care of us."

"I really appreciate the staff's positive outlook and personal care."

"Thanks for taking care of me while I navigate a new normal."

Dr. Kamboj is a strong advocate for cancer-related issues. She was awarded the distinction of Fellow of the American Society of Clinical Oncology for her exceptional dedication, engagement and commitment. Dr. Kamboj is on the Minnesota Society of Clinical Oncology (MSCO) Board and has received the Jeffrey C. Ward Affiliate Advocacy Award on behalf of MSCO. She is also the recipient of the Yvonne Award for Community Oncology by Oncodaily, an international media platform covering cancer news and research.

Inspired to give:
Community members strengthen local healthcare

As more people learn about the impact of the Northfield Hospital Foundation, they are finding meaningful ways to support the care, compassion, and services that touch so many lives.

From students and young athletes to families honoring loved ones, community members are stepping forward with ideas, energy, and generosity that strengthen healthcare close to home.

Gifts to the Foundation often begin with a personal connection. People recognize the value of having exceptional healthcare in their own community, and want to ensure others receive the same care when they need it most.

This past spring, the Northfield High School boys' tennis team demonstrated this spirit through its "Serve It Up for Cancer" fundraiser. Players organized the event to support local cancer patients receiving care at NH+C's Cancer Care & Infusion Center, raising funds while bringing together teammates, families, and supporters around a shared purpose.

Their leadership showed that community service can be as important as competition, and their example has inspired others, including the Northfield High School girls' tennis team, which plans to hold its own fundraiser.

The Foundation's growing visibility also inspires some of its youngest supporters. Ten-year-old Eli Rich organized a pickleball tournament that drew dozens of participants and raised funds for the Foundation.

His motivation was simple: Eli wanted to create a fun activity for community members while helping an organization that helps others every day. Eli and all his siblings were born at Northfield Hospital.

For others, giving grows from deeply personal experiences. After the heartbreaking loss of their daughter, Hadley Joan Peterson, Sammy and Matt Peterson experienced extraordinary compassion from the Birth Center nurses and caregivers who supported them through their grief.

Sammy and Matt want other families facing unimaginable loss to receive the same level of care. So they partnered with the Foundation to raise funds for specialized bereavement training for nurses. Their gift is helping caregivers better support families experiencing perinatal loss, extending Hadley's legacy through acts of compassion and healing.

While each story is unique, together they reveal something powerful about our community: People want to invest in the health and well-being of their neighbors. The Foundation creates opportunities to do that.

From a tennis team supporting cancer patients to a young athlete organizing a tournament to a family transforming grief into hope, these acts of generosity demonstrate what happens when people understand the impact they can make.

As awareness of the Foundation grows, so does the community's willingness to engage. Every gift, fundraiser, and act of support helps strengthen local healthcare and ensures that compassionate, high-quality care remains available for generations to come.

Your ideas and generosity are welcome, too.







DONATE TODAY

100% of your tax-deductible gift goes directly to help patients and their families.

Donate online:
northfieldhospital.org/foundation
or scan the QR code.

Donate by check: Checks made out to Northfield Hospital Foundation can be mailed to:
Northfield Hospital Foundation
2000 North Ave., Northfield MN 55057

For information or to learn about the current list of needs, call 507-646-1999 or visit northfieldhospital.org/foundation.

Northfield Hospital + Clinics
northfieldhospital.org

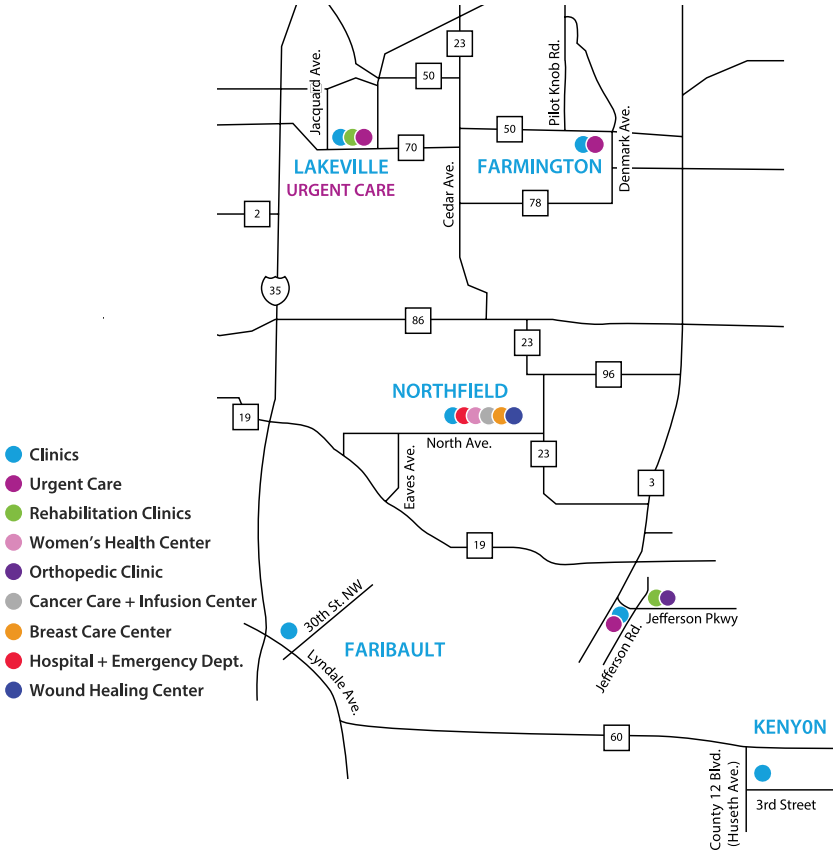
PRSRT STD
US POSTAGE
PAID
PERMIT #4639
TWIN CITIES, MN

2000 North Avenue
Northfield, MN 55057

*********ECRWSSEDDM****

RESIDENTIAL CUSTOMER

Clinics, Hospital + Specialty Care close to you



Hospital + Emergency

Northfield Hospital + Emergency
2000 North Avenue, Tel: 507-646-1000

Clinics + Urgent Care

Faribault Clinic
1980 30th St. NW (at Lyndale Ave.), Tel: 507-334-1601

Farmington Clinic + MORNING URGENT CARE
4645 Knutsen Drive, Tel: 651-460-2300

Kenyon Clinic
225 Huseth Street, Tel: 507-623-0123

Lakeville Clinic + URGENT CARE
9974 214th Street W., Tel: 952-469-0500

Northfield Clinic
2000 North Avenue, Tel: 507-646-1494

Jefferson Road Clinic + URGENT CARE
1400 Jefferson Road, Tel: 507-663-9000
U/C: 507-646-6700

Specialty care available at multiple clinic locations

Schedule appointments online!
Family Medicine, Internal Medicine, Pediatrics,
Screening Mammograms, Colonoscopy
- Start at northfieldhospital.org or scan this QR code:
- Choose a time that fits your schedule
- Receive instant confirmation and reminders
- Your information is secure and private

Specialty Care

Breast Care Center – Northfield
2000 North Avenue, Tel: 507-646-1143

Cancer Care & Infusion Center – Northfield
2000 North Avenue, Tel: 507-646-6979

Endoscopy – Northfield
2000 North Avenue, Tel: 507-646-1201

Orthopedics Clinic – Northfield
1381 Jefferson Road, Tel: 507-646-8900

Rehabilitation Clinics
Northfield: 1381 Jefferson Road
Tel: 507-646-8800
Lakeville: 9913 – 214th Street West
Tel: 952-985-2020

Sleep Center – Northfield
2000 North Avenue, Tel: 507-646-1099

Women's Health Center – Northfield
2000 North Avenue, Tel: 507-646-1478

Wound Healing Center – Northfield
2000 North Avenue, Tel: 507-646-6900

This magazine is published as a community service for households served by Northfield Hospital + Clinics. Additional copies are available by calling Community Relations, **507-646-1034**. Information comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your health care provider. Contents copyrighted.
All rights reserved.

Zander Abbott - President and CEO
Michael Hemesath - Chair, Board of Trustees
Jeff Meland, MD - Chief Medical Director
Betsy Spethmann - Editor

WE'RE ONLINE