

### **September 2019 – Patty, LPN**

Patty was nominated by a patient who was helping her teenaged son cope with anxiety and depression. "Patty doted over my son, laughed at his oddball jokes and made him comfortable and at ease while he was there," the nomination read. "This is such a vital part of teens in mental health crisis! Patty helped Dr. Grimes to get my son to open up and try medication as an option." Later in the nomination, the mother wrote: "She also made me (as a nervous mom in the waiting room) at ease with the fact that my son was getting excellent, thorough care. Her competence, confidence, cheerfulness and empathy make her the best nurse I have ever had! Thanks for having her on staff!"

### **October 2020 - Sonia, RN**

Sonia's nomination: "Sonia was amazing to have as a nurse when I was in recovery after having my first baby. She was so sweet, and it was evident she was intent on providing the best care for both my baby and I. Sonia was so helpful with teaching us and helping us navigate the first day with a newborn. She was a big help with breastfeeding, diaper changes and everything in between! She always made sure baby, dad and I were comfortable. It was clear that Sonia was passionate about her job and providing the best patient care possible!"

### **March 2022 - Sarah, RN**

Sarah's nomination: "I got COVID in September and by early October I couldn't take it anymore and drove myself to Tri-County Hospital in Wadena. My oxygen was very low, as I also got pneumonia. They wanted me to go to St. Cloud and get put on a ventilator and I refused.

Sarah watched me faithfully and helped me breathe, adjusted my oxygen and helped me relax. She saved my life and definitely my sanity. I didn't ask her last name, but Sarah with blonde hair – loves peanut butter.

I can truly say as sick as I was that I met an angel when I went to Tri-County. Sarah is an amazing, talented woman! Thank you for letting me be blessed to have her!"

### **October 2022 – Melissa, LPN**

Melissa's nomination: "Melissa was the one who helped me during one of the hardest times in my life. In January, I had a miscarriage of twins. We had waited and prayed for so long to have a baby that to hear that news of losing them was the hardest thing in the world. Melissa went above and beyond for all my appointments. She and Julie (Meyer, MD) were SO busy one day; they were seeing OB patients from another few doctors because they were all out with COVID. Even though they were so swamped, Melissa took the time to cry with me, hold my hand and give me a hug. She shared her own experiences and gave me so much comfort. She actually went above and beyond

to message me the next day to make sure I was okay. She told me she had been thinking about me all night. She has walked me through every step of this journey. I absolutely would not be where I am today if it wasn't for her. Someone who loves and cares for her patient this much should be recognized. When we finally get another positive pregnancy test, I can't wait to finally call her up and tell her our news. There is no one I would rather have to help me through this journey than her. Please consider recognizing Melissa. She is the best!"

### **June 2023 – April, RN**

April's nomination: "Some nurses are skillfully proficient, other nurses are efficiently precise, but once compassion is added to that, a nurse's connection with the patient becomes more deeply appreciated.

Such was my experience when I found myself in the emergency room. After the procedure, my care team included April, an outstanding, skillful nurse who guided me through bouts of pain and what to expect aftereffects would be. We conversed at length about our families and grandchildren, helping me to focus on comforting thoughts as an important part of my care.

April assisted me through an unfamiliar situation, she performed her duties so smoothly while we talked, it was more like a friend whom I knew forever. Her compassion never felt like something required, it was part of April's personality. I was extremely blessed to have her care for me."

### **November 2023 – Karen, RN**

Karen's nomination: "Karen was working during the night I went into labor. She was not the primary OB nurse that shift, but she was working the med/surg floor at the time. My husband, Brandon, and I were scheduled for an induction on the morning of April 12, 2023, but our daughter decided to make her arrival all on her own, and we ended up coming in a little after midnight. As an employee of Astera Health and having worked with all the nursing staff for the past three years, I had no doubt we would be in excellent care. What Karen provided for us was exceptional! This was my first baby, so I was feeling all the emotions one should when they are about to give birth and become a parent for the first time. My husband, who is not a big fan of hospitals or the idea of anything that goes on in one, was probably more nervous than I was at the time. How Karen fits into our birth story goes something like this. My labor and delivery nurse had finished getting me admitted and had been monitoring my progress for a couple hours. She stepped back into our room and asked me if it was alright if Karen popped in to see how things were going. The answer was easy, it was "absolutely she can!" From then on, she was heaven-sent. Her calming personality and constant assurance were just what both my husband and I needed. Even though I was a patient at the time, I could not set my own nursing habits aside as I kept checking in on my husband to make sure he was doing okay. Karen really stepped in and helped him as well. Coaching both of us, reassuring us everything was going as it should and we would very soon meet our baby. Or what we thought would be soon. Soon, as in, by

the end of the night shift. Shift change came, and we still had no baby, but we were close. Karen asked if we would mind if she stayed for the birth. Once again, another easy answer, of course. Yet again, thinking it would not be long before the baby arrived. Fast forward three hours and approaching the 10 o'clock hour, we finally met our baby, a little girl. Karen stayed the entire time. Even though her shift ended, and she clocked out at seven, she stood at my side, next to Brandon, making the entire room calm and inviting as we welcomed new life into the world. Only those who have worked twelve-hour night shifts would understand the exhaustion they can bring. For Karen, she not only worked an entire 12-hour shift the night we came into labor and delivery, but she also had to go home and find some time to sleep, only to come back the same night and do it all over again. There is no way I could have gone through the birthing process without her. My husband would agree with me, for his sake as well. Karen knew exactly what to say and when to say it. She is a profound nurse, and Astera Health is the luckiest organization to have her on their team. We had an outstanding group of nurses and our provider present, but I cannot think of my daughter's birthday without thinking of Karen. With my husband Brandon, my daughter Korbyn, and I would like to nominate Karen Helcl for a Daisy Award! I cannot think of anyone more deserving."

#### **April 2024 – Emily, RN**

Emily's nomination: "My 3-year-old daughter was having a very high fever, so I took her to the ER. While there, we were greeted by an incredibly kind nurse named Emily. She was so gentle with my daughter and after she did a couple of nose swabs, my daughter asked for a balloon. She took a glove and tried to blow it up. She was struggling and said she'd come back with one. After about 10 minutes, she came back with one for my excited daughter! She took the time to be kind and gentle with my daughter when she was feeling so sick, and I'm so thankful for that."

#### **September 2024 – Missi, RN**

Missi's nomination: "On July 3, I had a routine cholecystectomy. The next six weeks were anything but routine and resulted in multiple hospital stays. I need to add that I have been a registered nurse for over 27 years and a nurse educator for 19 years. So as a patient, I am observing those who care for me as a co-worker and an educator. Because of my multiple hospital stays in multiple facilities, I have experienced a great deal of nurses. Some good, some not so good, and one that was exceptional. The nursing care that Missi provided me was the epitome of what I try to teach my students. She was compassionate and empathetic. She took the time to visit with me, educate me, and provide holistic care during her shift. She did the small, memorable, and meaningful things. Missi was never in a hurry to leave my room despite me being in contact precaution. She exuded genuine care for me and my health. Missi sets the standard for nursing care provided that all other nurses should follow. I cannot thank her enough for the exceptional care."

### **February 2025 – Samantha, LPN**

Samantha's nomination: "I am a mother of four children, and oftentimes, take my children to their appointments by myself. I was at the main campus with three of my children, while the fourth was in therapy. I was attempting to take my three to the restroom while we waited. Samantha was on her way to the cafeteria and one of my sons was running around. My son hit the corner of the table outside of the cafeteria and he hit the ground. Without a second time, Samantha came over immediately and helped me get him off the floor. She helped me clean up his face and put gauze and tape on his face to secure his cut. She touched my arm and said it's okay mama I got you, and helped me get myself with my injured son and two young daughters to the ER. She didn't even hesitate to jump in and help, she made everything feel so safe and secure. I was able to remain calm because Samantha was an outstanding person. She didn't act like a nurse at that moment but as a support person for me as well as my kids. She helped keep my daughters calm so I could get my son down there. She had a positive attitude, reassuring and validating how my son was feeling. She wasn't his nurse and she was on her own time but yet jumped in and helped me without me even needing to ask. She was by my son's side as soon as he hit the ground and I highly appreciate and respect her for going above and beyond."

### **August 2025 – Sierra, RN**

Sierra's nomination: "During the process of having a section of my colon removed, your staff was amazing. However, one of your nurses really shines, Sierra. Her level of skill/professionalism was eclipsed only by her empathy and compassion. She made these complicated events so much easier to understand and accept. Her input was far more than just going through the motions of the job, she had a tangible, vested interest in ensuring my comfort and healing. She also provided very detailed explanations and demonstrations of the daily caring for and emptying and changing of my ostomy. She made this terrifying new thing much more approachable and comfortable. If these are attributes you are looking for with this award, Sierra is a clear winner. God bless."