

The big news is just before Christmas, Jean and Don, together with some friends, bought a house/cabin in Hackensack MN, about 3 hours west of here. It sits on three quarters of an acre, has the Boy River in the back yard and is one block from Birch Lake. They are in the process of cleaning and furnishing the new “hack shack” as she calls it.

Jean spends her free time (now that the kids are older) reading and antiquing. She also enjoys volunteering for her church by visiting the elderly at a nearby Nursing Home. These women in their 80’s like to tell stories and Jean loves to listen to them. Together they have built a real bond. For which I’m sure the women love Jean!

One piece of Trivia about Jean: One year for Mother’s Day, she asked Don for a lawn mower. She loves to get outside and mow the lawn. It’s a great practical gift she said. I’m sure Don enjoyed buying it for her!

Peggy Roen

Lead Billing Specialist Peggy Roen of the Orthopedics Department on the Riverside Campus is settling into a new home! After 8 years of living on the 40th floor of Galtier Plaza in downtown St. Paul, she and her husband moved “down south” to Hastings at the end of January. She will miss walking and biking along the Mississippi, but will surely find new trails to explore. Her husband Gailon of 43 years recently retired from Boynton Health Services as their Chief Operating Officer. Together they love watching their 2 grandsons ride in horse shows and visiting their 3 grown children who live in the metro area. Peggy has a love for cooking just about anything! She has a new challenge in the kitchen to whip up wheat and gluten-free meals. Reading, jigsaw puzzles and traveling are her other favorite past-times. Last September, a trip to Las Vegas was in the cards... Peggy didn’t win a sufficient amount to join her husband in early retirement, but won enough to make it fun!



Section IV: Employee Spotlight on:

by Kathy Schroeder

Sheryl Toop: Account Follow Up/ Medica Team



First things first, Toop is pronounced TAUPE, like the color. According to Sheryl’s husband Eric, the color is spelled wrong. I agree Eric!!

With that out of the way, lets get to know Sheryl. Sheryl was born and raised a cheese-head in New Richmond, Wisconsin. After spending 19 years there, she ventured (along with her identical sister Sheleen) to Wilmar, MN. Sheleen’s a red head too.

Both Sheryl and her twin went to Wilmer Technical Institute in 1987-88 for clerical/receptionist training. From there the twins moved

to St.Cloud where Fingerhut hired them both as Data Entry operators.

Sheryl stayed at Fingerhut for 9 years and during that time met her first husband. They were married in 1995 and moved on to Sartel, MN. Sheryl's beautiful daughter Maria was born 3 years later.

Sheryl and Maria continued to live in Sartel until Maria turned 2 years old. Then she met her current husband Eric (a very wonderful man) in 1999 and they were married one year later, May 6, 2000.

After her honeymoon, she came to work for UMP in May 2000, Wow, a lot happening for her in 2000.

For 1-½ years, Sheryl worked as a payment poster for the Medica/PPO/HMO department. Working her way up, she accepted a position in Account Follow up for the same team. She loves her position here and finds it fulfilling helping and resolving insurance issues for our patients.

In 2003, Sheryl, Eric and Maria were blessed with a spunky little boy named Hayden. Hayden has already hit the terrible twos, but makes up for it with his bubbly personality and is a wonderful addition to their family. Hayden battles asthma and the family is currently working with

specialists to educate themselves on how to minimize his symptoms so that he can be the active little boy he wants to be.

Maria is now 6 ½ and a first grader at Ramsey Elementary School. She LOVES school, especially reading and is currently reading at a 2nd grade level. Way to go Maria!!

In Maria's spare time, she loves playing school with her Mom. Maria is the teacher and Sheryl is the student.

Her husband Eric is a computer geek (geeks are the BEST Eric says) who has been employed by Valspar for almost 3 years as an Applix System Administrator and currently is a Support Analyst. Sheryl and her family built a brand new home in Ramsey, MN. in the spring 2004 and moved there in the Fall 2004. They love their new home and the area and are very happy.

In Sheryl's spare time, (which is rare) she loves to do scrap booking. She has ongoing projects for her children and also creates books for family as gifts. "I feel like I'm leaving behind history and memories for my children and their children."

Thank you for sharing your story Sheryl.

Section V: Fit Facts:

by Sherri Rands

Challenge yourself with these small steps to weight loss:

1. Drink an extra glass of water each day.
2. Take the stairs instead of the elevator.
3. Eat breakfast every day.
4. Increase your daily exercise by five minutes.
5. Replace soda with diet soda.
6. Park as far away from your destination as possible.
7. Switch from 2% milk to 1% milk.
8. Use cooking spray rather than oil.
9. Put mustard or vinegar instead of butter and mayonnaise on sandwiches.
10. Avoid fried foods.
11. Down size instead of super size.
12. Cut back on sugar.
13. Cut 100 calories from your diet every day.



GOOD LUCK!!!!!!