

Katie Johnson: Good morning. Welcome to Apple a Day, Lake Region Healthcare's health and wellness segment. This is Katie Johnson. As my guests today, in honor of Father's Day this coming weekend, I have a father and son team who have worked together the past 6 years, since Dr. Jason Glynn, orthopedic surgeon, joined the Lake Region Healthcare team in 2010 and also joined his father, who has been working in the anesthesiology department of Lake Region Healthcare for over 41 years and just retired last month.

Pat Glynn, nurse anesthetist, let's start with you. Pat, what got you started on this career path?

Pat Glynn: Once I headed off to college, I met with a medical careers counselor, who certainly asked me a lot of questions on things that I liked and didn't like and things that I was interested in.

I started on that path. It really did spark my interest. I researched it. I looked into the possibilities of the jobs and found it very interesting. Once I started on that path, there was no turning back. I loved what I was doing. I loved the schooling. I loved the residency program. I loved everything about it.

Luckily, when I was finished with my training, there was a job opened here. I took the job. After the very first interview, graduated on a Thursday and started here the following Monday. It's been one incredible ride that just recently has ended with my retirement in the first part of May after 41 years here at Lake Region Hospital.

Katie Johnson: In 41 years, I'm sure it's hard to pick out highlights. What are the things that really come to the top of your mind as the best parts over the last 41 years?

Pat Glynn: There are so many of them. It starts out, of course, with the partners that I have been blessed to work with. They are incredible. Each and every one of them has added to my experience here at Lake Region.

First and foremost is the patients and their families. I have loved the pediatric anesthesia. I've loved doing it. For the kids and their moms and dads, it's a very stressful time. Moms and dads find it difficult to entrust the care of their children to someone. I took a great deal of pride in earning that respect. Probably, my favorite part of anesthesia.

I also enjoyed labor and delivery. I truly believe that if you keep mom happy, you keep the whole family happy.

Last and certainly not least, probably, the highlight of my career was being able to work with my son. It was something that I waited many, many years for, as he left from high school, and could hardly wait for the possibility to be able to work with him, and was blessed to have 6+ years working with him here at Lake Region.

Katie Johnson: That is pretty cool. Dr. Glynn, thinking back to when you made the decision to enter the medical field, what inspired you to pursue medicine and ultimately, orthopedics?

Dr. Jason Glynn: It's something that as far back as I can remember, I've wanted to be a doctor. I guess going to work with my dad, going to see patients on a weekend when I was a little kid, you'd get that sense of what people are doing in a hospital and taking care of people.

For the longest time, I always said I was going to be a doctor in the off-season and play baseball in the summer. As it turns out, I'm not that great at baseball. I kind of stuck with my off-season career and made that my full career.

As far as choosing orthopedics, as you go through college and medical school and that time in medical school where you're trying to decide, you end up doing a lot of rotations in different specialties. Orthopedics was the one that just fit best for me. I liked the kind of patients that an orthopedic surgeon got to take care of. I liked the things that they did.

I come from a long line, at least, father and grandfather of woodworkers, cabinet makers, people that use hammers, chisels, saws, screwdrivers, and things like that. It's a large part of what I do. It's just similar tools but a little different medium.

Katie Johnson: Did you ever foresee, when he was young, that this was a career path he might choose?

Pat Glynn: Very much so. We spent a lot of time in the woodworking shop together. I saw at a very young age a creative side to him and a very picky side and that everything had to be perfect, whether it was building a birdhouse or putting together Legos. He was meticulous at getting it right. That has carried over into his medical career in a very, really noble way. I've enjoyed watching that strive for excellence, whether it be Legos, whether it be building blocks, whether it be his education. He had always worked to be the best at that. I'm very proud that he has accomplished that in his medical career also.

Katie Johnson: You mentioned your early memories of your dad as a medical professional. If you have anything to add to that and/or whether or not that had any influence on your decision to come back to Fergus Falls or what drew you back to Fergus Falls to practice medicine?

Dr. Jason Glynn: I think it would be silly to think that it didn't have something to do with it. I remember coming in on a weekend sometimes to see patients with dad. A couple of times, in high school, when I was trying to decide, was this something that I actually wanted to do, I had the opportunity ... A couple of great orthopedic surgeons that worked here before me and with me, as I started my career, I got a chance to observe some of the things that they did. That's the initial spark in hey, maybe this orthopedics thing is something I could do.

Having grown up here, having seen the kind of place that Lake Region Hospital is, having seen obviously and known the area quite well over the course of my youth, having graduated from high school here, and having been born at Lake Region Hospital, it makes it an attractive thing to think about coming back to. Certainly, having the opportunity to work with your dad, doing things that you both have spent a long time learning how to do, and hopefully doing pretty well is the icing on the cake.

Katie Johnson: What was it like working together?

Pat Glynn: It was exciting. It was fun. When Jason started here, we just added an incredible history of great orthopedic surgeons here at Lake Region. The likes of Dr. Mathison and Dr. Williams, and then to see Jason moving to that role was very exciting for me.

I can remember clearly. I made it very clear to my partners, when Jason started here 6 years ago, that when that first surgical procedure came around, that was mine. I wanted to be there for it. When that eventful day came, I can remember being excited about it and a little bit nervous. A different kind of nervous. It was nervousness over the excitement of him now starting. He was going to be the one doing the surgery. It was very exciting.

Just as exciting for me was 6 years later, having him be there for my last case here at Lake Region Hospital. There was no way I was going to do that last case without it being him. We've come full circle with that. That was really an exciting day.

It was after years and years of waiting through college, medical school, residency, and fellowship. That was a very long time. When it finally happened, there wasn't a prouder father on this earth. I can't tell you how incredible it was to walk into that room and watch all those skills we put to work. It was wonderful.

Dr. Jason Glynn: I felt like you finally got your monies worth from all those student loan payments, I suppose.

Pat Glynn: One of the things I'm most proud of with Jason's career is ... We learned a long time ago. My father taught me, be honest, be fair, and treat people like you'd like to be treated. That's a lesson that served me well. That's a lesson that served my son and daughter well and the successes in their careers and the successes in their families. I've loved the fact that we've been able to share that. I think Jason, my daughter, Heather, and I look forward to keeping that lesson from my father going with my incredible 6 grandchildren.

We are very proud of where we are. We are very proud of ... I can't say how proud I am of my kids and their successes. Every father's dream is to have happy kids.

Katie Johnson: You followed in your dad's footsteps. Have you thought about what it would be like or if you think your kids might follow in yours?

Dr. Jason Glynn: I have. I think any father ... You think about that at various points. My kids are still pretty young. I have no idea what they're going to become when they grow up. I hope that they're happy and successful at whatever they choose.

I'd be lying if I didn't say I hope one of them might do something similar, where I get the chance to be on the other side of the father-son duo at some point and maybe 30 years from now, we'll have the same conversation. I'll be sitting in the recently retired chair, and one of the Glynn boys or Glynn girls will be sitting in this chair talking about what it's like to work with dad.

Katie Johnson: Anything else, either one of you, wants to share about your relationships working together and your time here at Lake Region Healthcare?

Dr. Jason Glynn: I think the full circle thing that we've touched on before, it's a very unique situation where you get to work with your dad. Let alone have him be the first one to give anesthesia for you in your very first case to come all the way full circle and to be able to be the person to do the last case that he gave an anesthetic for is that full circle that it just made sense.

Katie Johnson: Pat?

Pat Glynn: I'm pretty proud of some of the things that I've given Lake Region. Jason is certainly one of them. He's very good for this organization.

This organization has been incredible to me from top to bottom. It has been incredible to me. I know they've been good to Jason also.

I loved every minute that I was here. I am going to miss it a great deal. It has been just one great ride. Time for the next chapter.

Katie Johnson: Time for the next chapter indeed. Pat Glynn, Dr. Jason Glynn, thank you for sharing your father-son story with us and for all that you've done for our organization, for the patients of Lake Region Healthcare, and for our communities. I wish you both a Happy Father's Day. Happy Father's Day to all of our listeners as well.

Jason Glynn, Pat Glynn, and Katie Johnson, this morning, on Apple a Day, reminding you there is so much to do here. Stay healthy for it. Have a great day.