

# HFM Health Savvy

Inspiring you to a healthier life



**Holy Family Memorial**

*Sponsored by the Franciscan Sisters of Christian Charity*

When a Birth Plan  
Comes Together

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# A Life-Changing Experience

**How HFM's Espresso Connection Café served as the launching pad for one volunteer's journey of self-discovery**

Four years. More than 2,000 volunteer hours. What started out as a reluctant gesture to please her grandmother turned into the catalyst for a physical, social and emotional metamorphosis for Autumn Krizizke.

Krizizke, now 23, recalls her initial reaction to the thought of volunteering at HFM—hesitation and doubt.

And her reaction was well-founded—Krizizke was no stranger to hospitals. Standing at just three feet, 10 inches, she suffers from a medical condition known as Arnold Chiari Malformation, where her brain tissue extends out of its normal place inside her skull and compresses into parts of her spinal cord. She's undergone 23 brain surgeries since being diagnosed with the condition at the age of nine, and even after all the surgeries, the condition still leaves

with those of all ages. But getting Krizizke to buy into the idea of volunteering would take some ingenuity and persistence.

"At first, I told my grandmother that I didn't want to volunteer," recalled Krizizke. "I'm embarrassed to admit this, but I thought volunteering at the hospital was only for old people. In addition, my headaches and height were other reasons for my reluctance."

So Lutz, who lives in Appleton, came up with a plan. On one of her trips to visit Krizizke, she decided to surprise her granddaughter by taking her out to lunch and one other destination—HFM Medical Center.

And Lutz did her homework. She knew that volunteers worked in the Espresso Connection Café, so she—with Krizizke reluctantly in tow—made a beeline to a



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her with frequent, severe headaches. When Krizizke was 15, she also had a stroke—severe enough where she had to relearn how to talk, walk and eat.

With all she experienced, Krizizke spent most of her time at home—often bored. Enter Barb Lutz.

Lutz, Krizizke's grandmother, was determined to get her granddaughter out of the house and active. She thought volunteering at HFM would be a perfect fit, as she describes her granddaughter as a great people person who interacts well

volunteer working that day and asked who they could meet with to find out more information about volunteering. As luck would have it, Director of Volunteer Services Susan Senglaub happened to be there that morning for a meeting and gladly offered to speak with the pair.

"I really didn't want to, but after speaking with Susan, I finally agreed to volunteer to make my grandmother happy," chuckled Krizizke. "But let me tell you, volunteering at HFM in the Espresso Connection Café has been one of the best things I've ever done!"

Krizizke started working in the café for two hours a week with another volunteer. Her height wasn't an issue. Senglaub worked with Krizizke's needs and provided a stool to help her reach supplies. Krizizke eventually got the hang of making different drinks and started to get to know the regular customers. After a few months, her obligation turned into her passion—so much so that she would leave home early to get to the café so she could start working earlier than her scheduled shift.

"I really enjoyed meeting new people," noted Krizizke. "Volunteering in the Espresso Connection Café gives me a feeling of fulfillment and gratitude knowing that I can be of service to others."

And Senglaub took note of Krizizke's transformation—offering her the opportunity to increase her volunteer hours and work a shift by herself—a proposition that Krizizke happily agreed to. You'll now find her working two afternoons per week at the café.

"Volunteering at Holy Family Memorial has not only provided me with the opportunity to help others, but it also taught me something about myself," explained Krizizke. "I've been through a lot with my health—the surgeries and stroke. But through volunteering, I've learned that you can conquer anything and do anything if you put your mind to it. And to top it off, my headaches are occurring less often now, which I credit to my time spent volunteering at HFM."

**For more information on all the volunteer opportunities at HFM and how you can get involved, contact Susan Senglaub, director of volunteer services, at (920) 320-2396.**

# Achieving the Impossible Dream

**From refugee camp to Holy Family Memorial, Dr. Xa Xiong shares his story**



Forty years ago, seven-year-old Xa Xiong made a promise to his dying brother. A promise to heal. A promise that would shape the course of his life.

At that time, Xiong and his family lived in a refugee camp in Thailand. Conditions were less than ideal. The entire camp was fenced in, and no one was allowed to leave. To make matters worse, there was no access to healthcare within the camp—no clinic, no doctor, no medicine.

After living in the camp for some time, Xiong's older brother came down with pneumonia. As his condition worsened, Xiong's parents sprung into action.

They completed hours of paperwork, and were finally allowed to leave the camp to seek care at a local Thai hospital. But that care never came.

When they arrived at the hospital, no one checked them in—or even checked on them. Hours later, as Xiong's brother was struggling to breathe, and after pleading with anyone who would listen, a nurse told them to go to a stretcher at the end of the hallway and wait.

"At that moment, I grasped my brother's trembling hands," recalled Xiong. "And I silently made a promise to him that if God ever gave me an opportunity, I would become a physician so that I could heal others and return them home."

On that stretcher at the end of hallway, his brother's eyes closed for the last time.

Xiong and his family were grief-stricken. And it was time to make a change.

After a few years of planning, Xiong and his family left all of their belongings and everything they knew to immigrate to the U.S., settling in California. Over time—and with a lot of hard work—they planted roots and adjusted to their new life. A life that would afford Xiong a bright future.

"Growing up in a refugee camp, I thought I had no future, and only dreamt about becoming a doctor," noted Xiong. "But even back in the camp, my parents always told us that education is the key to success. And I knew education was what I needed to make good on the promise I made to my brother."

After high school, Xiong remained in California to attend Christ College Irvine, now known as Concordia University Irvine. While attending college, he met the love of his life—Choua Yang. She, too, had dreams, and was pursuing a degree in accounting at another school.

During his third year of college, they got married. And the following year, he started searching for medical schools.

After graduation, the happy couple welcomed their first child. But their new blessing put a speedbump in Xiong's plans for medical school. With the arrival of their new baby, he missed the opportunity to take the medical college admissions test. Undeterred, Xiong kept working toward his goal.

While attending a local career fair, a booth for a chiropractic college caught his eye. He learned about the program, and ended up enrolling—and excelling. Xiong officially became a doctor when he completed the program and received his Doctor of Chiropractic degree.

After practicing as a chiropractor for a few years, Xiong knew his journey wasn't over, and that his promise wasn't completely fulfilled until he reached his dream of becoming a medical doctor.

And through determination, hard work and faith, along with support of family, Dr. Xiong achieved his dream, earning his Doctor of Medicine (MD) degree from Spartan Health Sciences University School of Medicine.

Now a respected family medicine provider at Holy Family Memorial, Dr. Xiong recently

published his inspirational autobiography, "The Impossible Dream: Memoirs of a Refugee Boy."

"The world is filled with dreamers, and each dreamer has their own impossible dream," reflected Dr. Xiong. "I wrote the book in hopes of inspiring dreamers that nothing is impossible no matter what the circumstances are or where you come from. Education is a collection of knowledge that makes up a master key to open many doors in life. Through education, the seemingly impossible dream becomes possible."

Dr. Xiong is also a motivational speaker and the founder of A Quest for Education, a foundation created to inspire and empower people to achieve the highest vision in the

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context of life. Proceeds from the sale of his book go back into the foundation and allow Dr. Xiong to continue his work of inspiring others to further their education and achieve their dreams.

Four decades removed from life in the refugee camp, Dr. Xiong has not only achieved an impossible dream—but also continues to fulfill it every day. Each time he helps a patient, he's making good on the promise he made to his brother.

**Promise kept.**



# When a Birth Plan Comes Together

**Certified Nurse Midwife Leslie Bolander provides patients a personal, natural approach to childbirth**

## Delivery Dilemma

When Kristy Stark welcomed her first child into the world, her experience in the delivery room wasn't quite what she'd envisioned.

Upon finding out she was pregnant, Kristy—like most first-time moms-to-be—dove headfirst into learning everything she could about what to expect throughout her pregnancy. As weeks passed, Kristy came to a conclusion. She decided to go the route of a natural birth plan.



But her natural birth plan didn't go as naturally as planned when delivery time came. After 36 hours of labor, she yielded to her healthcare provider's recommendation and received an epidural. And for Kristy, although the pain faded away moments after the injection and her first-born son, Gabriel, arrived healthy and happy shortly thereafter, she couldn't help but feel a sense of defeat.

"I hated the feeling of the epidural," recalled Kristy. "Then and there, I knew with my next child I wanted to do everything in my power to make it to the end as naturally as I possibly could."

## A Second Pregnancy— a Second Chance

A few years later, Kristy received some great news—she was pregnant with her second child. And with the perspective she gained from her first delivery, she immediately set out to find a more natural childbirth option. Kristy knew she didn't want to have to worry about drugs during delivery and was determined to find a

healthcare provider who would respect her wishes. After some initial research, she began to think perhaps a midwife could provide the birth experience she wanted.

A quick Google search revealed Holy Family Memorial's Leslie Bolander as the only certified nurse midwife (CNM) in Manitowoc and Sheboygan County. With another quick search, Kristy found out what makes CNMs so unique. Unlike traditional midwives, CNMs are defined as primary care providers under federal law with prescriptive authority in all 50 states, and are required to hold a master's degree in nursing along with at least one year of specialized training in labor, delivery and well-woman care. In short, Leslie was a midwife who—as a CNM—could admit and deliver in a hospital.

"I wanted care and delivery with a midwife, but the thought of a homebirth was too overwhelming for me," explained Kristy. "The option to have a midwife birth in a hospital setting with a CNM seemed to be the perfect solution for what I was after."



## Meet and Greet Magic

Kristy took advantage of the free, 10-minute "Meet and Greet" session HFM offers for all of our providers. And within a few minutes of meeting Leslie, she was sure she found the right fit for her birth plan. "I called my husband as soon I as I got in the car and told him this is who I'm going with and you're going to love her, too!" recalled Kristy. Through a little research and one quick meeting, the Starks had found a provider who would take the time to listen to their concerns and respect their decisions. With their son Gabriel already seeing HFM pediatricians, it was a natural transition to shift Kristy's care to HFM's Women's Clinic.

With each appointment leading up to her due date, Kristy reaffirmed her decision to choose Leslie to provide a personal, natural experience. The appointments never felt rushed and Leslie always took the time to answer questions and go over the next steps in her care plan. Kristy and Leslie were in sync.

Next came time to select the due date. As luck would have it, the date landed on Black Friday. For Kristy—who works in retail—she took it as a sign that her busiest workday of the year was going to be the day her labor would begin.

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## A Black Friday to Remember

Like clockwork, at midnight on November 27, Kristy went into labor. The pain and contractions weren't bad at first, so she decided to tough out her 12-hour Black Friday shift as planned. By the end of her shift, her contractions became stronger and more frequent. Still, she pressed on and even went home to clean her house and check in on Gabriel one

last time as a parent of a single child. Around 9:30 p.m. that night, Kristy and her husband headed to the HFM Medical Center to check in.

The staff at HFM's Women's & Children's Center welcomed Kristy and her husband and encouraged them to walk around and take advantage of the amenities offered in the state-of-the-art birthing suites. Kristy's birth plan had already been shared with the staff, who all respected her wishes for a natural childbirth. At Kristy's direction, the staff never offered medication. As her contractions grew stronger, she was able to help manage the pain by relaxing in her birthing suite's whirlpool bath.

Nearly 24 hours after her labor started, Kristy was wearing down. She turned to Leslie and told her she needed something to ease the pain. Leslie took that moment to remind Kristy how determined she was to have a medication-free delivery. And during their heart-to-heart, Baby Stark decided the wait was over—within minutes, a healthy baby entered the world—medication-free.

## Payoff to Last a Lifetime

The personal attention Leslie was able to devote to Kristy throughout her pregnancy paid off. She was able to experience her ideal, natural delivery

and was grateful that Leslie stuck to the birth plan—even when she almost broke down. "Leslie felt bad for holding off on medication, but in the end I thanked her so much," shared Kristy. "I knew I didn't want anything and Leslie knew I didn't want anything. I would've been beyond upset had I gotten something."

Holding back tears, Kristy remembers the moment that Leslie made the



delivery extra-special. The Starks had decided to wait to find out the sex of their baby. Rather than announce it to the couple, Leslie took a different approach to create a moment for mom and dad to experience together—and never forget. She wrapped the new bundle of joy in a towel and set the baby on Kristy. After a few minutes, the couple lifted the towel to reveal they had a baby girl—Gracelynn. "I loved that she wasn't the one who told us," concluded Kristy. "It was amazing for us to be able to lift the towel together and see we had a baby girl—it was incredible."

**At HFM, we're proud to offer Manitowoc and Sheboygan Counties' only certified nurse midwife. If you're considering a midwife for your pregnancy, or just want to learn more about Leslie and all the services she offers, visit [www.hfmhealth.org/midwife](http://www.hfmhealth.org/midwife).**



# A Garden for All

Once it fed the sick and homeless, today it nourishes the spirit

"I think the beauty of the Heritage Gardens at Holy Family Memorial today would please the Sisters who worked in the gardens on Manitowoc's 'Hospital Hill' from 1901 to 1961," noted Mary Maurer as she spoke with Molly Wildenberg of HFM Fund Development who oversees the gardens today. Mary is Vice President, Community Engagement/Chief Innovation Officer at HFM. Molly's background includes a bachelor's degree in horticulture and a master's of crop science ... a perfect fit to care for a landscape that has graced this hill in Manitowoc for the last ten years.

When the Franciscan Sisters of Franciscan Charity purchased the land for the hospital, after the community asked them to build one, it was called Gerpheide's Hill. "It had been used as a park and picnic ground. Part of the area had been cleared for a dancing stage and path to a well on the hill. The rest of the ground was hills and



holes, trees and stumps ... a wild place," according to Sister Clarence who was a cook at the original Holy Family Hospital for 40 years and left us a written history of those years.

The garden, which was so dearly tended by the Sisters, produced food for patients, nursing students, employees and the unemployed who came to the Sisters asking for food during the Depression. It was given up in 1961 when it became less

expensive to buy canned goods and the Sisters were preparing to build a new addition to the hospital on the land where the garden grew.

In the early 2000s Janet Garrett, HFM Annual Giving Coordinator at that time, and a passionate gardener, proposed the idea for a healing garden for patients and visitors. Mary Maurer loved the idea and recommended that the gardens honor the Sisters who had cared for the gardens on the hill for

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more than half the history of the hospital. So through the efforts of Mary and Janet, the Heritage Garden began.

After the initial spark for the idea, it truly was a community effort—just as the hospital was—to bring the new gardens to life. A committee, made up of local gardeners, was formed to give input on each step of the process ... including the landscape architecture, the plant and tree selection, special features and the many details that enhance the spaces.

The community came forward to fund the gardens including a \$50,000 grant from the West Foundation after HFM Fund Development raised \$150,000 from local businesses and individuals such as Jerry & Jeanne Censky who donated \$50,000 to fund the Censky Haven of Hope next to the HFM Cancer Center.

The three distinct gardens areas—St. Francis Passage, Labyrinth Retreat and Censky Haven of Hope have grown into beautiful retreats for patients, visitors and employees providing respite from today's hectic world. Added to the original garden area is the space outside of the atrium on the first floor of the Medical Center which is dedicated to the Holy Family and includes a beautiful Italian statue that is lit nightly.

Commitment to the Heritage Garden continues through the dedication of the HFM Perennial Club volunteers who work diligently to keep the garden in shape. The spring, summer and fall seasons all present a different array of colors to enjoy; and everyone is welcome to spend time in this beautiful setting. The Sisters would indeed be pleased!

**If you are interested in volunteering to help care for the gardens or learning more about naming items in the garden through a donation, please call Molly Wildenberg at 320-4284.**

# Garden Party

Celebrating  
**10**  
Blooming  
Years



**The public is invited to experience Holy Family Memorial's Heritage Garden**

**Thursday, August 4, 2016**

**11 a.m. to 1 p.m.**

**Tours | Demonstrations | Picnic Lunch**

**RSVPs appreciated**  
**[www.hfmhealth.org/gardenparty](http://www.hfmhealth.org/gardenparty)**

## Our Generous Partners



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## Upcoming Events

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- Sunday, June 12      **HFM Maritime Marathon** – Join runners from 35 states and several countries for a marathon along the beautiful shore of Lake Michigan. Grab your running shoes and register at [maritimemarathon.org](http://maritimemarathon.org)
- Monday, June 13      **Samaritan Day Golf Benefit** – Join community leaders and business professionals for a day of golf with a good cause. This annual event supports the HFM Samaritan Endowment Fund. Grab a foursome and register at [hfmhealth.org/samaritan-day](http://hfmhealth.org/samaritan-day)
- Wednesday, July 13      **Athletic Night of Excellence** – Join Manitowoc County high school athletes, coaches and teams in an award ceremony to honor and recognize their accomplishments. Call 320-4565 for reservations.
- Tuesday, July 19      **HFM Babysitting Class** – Intended for students 11 years and older. Students will learn basic caregiving skills including effective babysitter responsibilities, diapering skills, feeding tips, and appropriate play options. Class is \$38. Pre-registration is required. Register at [hfmhealth.org/babysitting-clinic-2016](http://hfmhealth.org/babysitting-clinic-2016)
- Saturday, August 13      **Carol Rose Wester Memorial Race** – Join runners for a two or five mile run or walk, with a half mile youth run. Activities begin at Red Arrow Park in Manitowoc with proceeds going to the CRW Fun at the Holy Family Memorial Cancer Center. To register, visit [runsignup.com/Race/WI/Manitowoc/CRWMemorialRace](http://runsignup.com/Race/WI/Manitowoc/CRWMemorialRace)