

HFM Health Savvy

Inspiring you to a healthier life



Marietta Johnson shares her cancer journey to make her peers aware and encourage parents to keep their kids safe with the HPV vaccine.

Page 4

A letter from Brett.

Dear Manitowoc Community,

I'm Brett Norell, the new President and CEO of Holy Family Memorial. While I'm new to this role, I'm not new to HFM or Manitowoc County, I joined Holy Family Memorial in 2015 as the Chief Financial Officer and then accepted the Chief Financial Officer position for HFM's sponsor, the Franciscan Sisters of Christian Charity Sponsored Ministries, in late 2017.

What led me to HFM initially was the desire to make a greater impact on the healthcare of a community—especially through a Catholic healthcare network. I had spent almost 16 years working in healthcare in the Milwaukee metro area. I grew up in Marinette, Wisconsin and was longing to raise my family in an environment where I could make a real, positive impact. I began searching for a mission-based organization with a real commitment to the community. I was drawn to Holy Family Memorial because of its 120-year-old mission of serving the needs of this community through faith-based healthcare.

I think of HFM as a family, and like any family, we are not perfect. Over the past few years, we have had some struggles and setbacks. We are committed to this community and know we cannot improve and meet your needs without listening. I invite you to share your feedback and opportunities for improvement directly with me at hfmhealth.org/CEO. Yes, it is an online form; although this ensures that every piece of feedback is captured and sent directly to me. I promise to respond and address each item as it comes in. Some may require research and investigation; however, your feedback is a valuable tool needed to help us map out our future.

The backbone of this health network is the great people who make up HFM—they are your neighbors, your family, your friends. All have the same passion—caring for this community. So, I ask that you also consider sharing your positive experiences with us, your friends, and your families. A lot of great things happen throughout any organization which sometimes get overshadowed by the areas needing improvement.

Finally, I'd like to thank this community for opening their hearts to me and my family. Over the last three years my wife and four children have settled in and formed wonderful relationships within this community. You may have seen us attending church at St. Francis of Assisi, attending school functions at Roncalli or St. Francis, or on the field where I enjoy coaching my sons' teams. We are thankful for the way this community has welcomed us and truly made Manitowoc County home.

Sincerely,



Brett W. Norell, MHA/MPH, FACHE
President & CEO
Holy Family Memorial



*Brett Norell, MHA/MPH, FACHE
President & CEO*

I invite you to share your feedback and opportunities for improvement directly with me at hfmhealth.org/CEO.

HFM Healthy Life Screens.

For Joe Matthias, the screening he received became a true life saver.

A little over a year ago, Carol Matthias was chatting with a good friend and neighbor, who also happens to be a physician, on their property lines just outside of Manitowoc. They got on the topic of heart health, and he suggested that she and her husband, Joe, go to Holy Family Memorial to take advantage of unique, preventive tests called HFM Healthy Life Screens. He explained they're affordable screenings you can take at any time to help monitor your heart health and find out if you're at risk of a heart attack or other types of heart disease.

“Without HFM Healthy Life Screens, I wouldn't be here today.”

“My neighbor's suggestion didn't just come out of the blue,” Joe explained. “He knows I come from a family with a history of heart disease. My mother and two of my brothers died from heart attacks, and another brother had a heart attack as well, but was lucky enough to get to HFM's Cardiac Cath Lab to be successfully treated.”

After doing some research on the types of HFM Healthy Life Screens available, Carol and Joe decided to go ahead with the screen called Cardiac Calcium Scoring. This screening analyzes the calcium deposits in the arteries of your heart which correlates with your future risk of heart disease. Like all HFM Healthy Life Screens, it's offered onsite right at HFM Medical Center, and only costs \$35.

“We didn't need a doctor's order and my wife and I were able to schedule our appointments on the same day so that we could go together,” Joe noted. “The screen was done with a CT scanner and was quick and painless. We were in and out in no time.”

The next day, Joe received an urgent phone call from HFM regarding his results—a score of 540—well above the average range.

“I was instructed to contact my primary care physician immediately, which I did,” Joe recalled. “From there, my physician recommended I see a cardiologist. That led to more testing, and ultimately, open heart surgery. My surgeon told me I would've had less

than six months to live had my issue not been caught. I had no symptoms prior to the screen, so this was really a miracle-type thing for me—the HFM Healthy Life Screen truly saved my life!”

Now fully recovered, both Joe and Carol are reaping the benefits of a renewed lease on life.

“I feel ten years younger and have so much more energy,” Joe emphasized. “Plus, we're eating better and walking more. I'm so appreciative to be able to continue to enjoy living on the homestead where I was born and raised, being active in my son's transport business and spending time with family and friends.”

And with his refreshed, positive attitude, Joe has also become a passionate advocate for HFM Healthy Life Screens.

“I recommend the screens to everyone—especially if your family has a history of heart disease,” Joe explained. “My son and his wife had the screening and even recommend it to their friends who are in the 40s. \$35 is a small price to pay for something that could end up saving your life, like it did mine.”

Learn more about the five different HFM Healthy Life Screens offered at hfmhealth.org/healthy-life-screens, then call (920) 320-6777 to schedule your screening today.



Joe, Carol, and their grandchildren. Photo courtesy of Joe Matthias

A proponent for prevention.

Marietta Johnson shares her cancer journey to make her peers aware and encourage parents to keep their kids safe with the HPV vaccine.

The diagnosis came out of the blue and left Marietta Johnson in complete shock. How could her annual, three-month snowbird trip to Panama City Beach, Florida be cut short by a cancer diagnosis? And how could the cancer—oral cancer at the base of her tongue to be exact—be caused by the HPV virus?

thought I was just dealing with sinusitis triggered by a cold and my seasonal allergies. But thank God, the ER staff decided to do a CT scan. Although the cancer was visible on the scan, they chose not to drop the bomb on me in the ER on a Friday night. Instead, they urged me to see an ENT locally in

scan, explained the results and clearly laid out the facts at hand,” Marietta recalled. “He recommended I return to Wisconsin as soon as possible, get a biopsy done and get into treatment.”

As her diagnosis set in, Marietta shifted from shock to a “make a list and get it done” mode—a frame of mind familiar throughout her career in the STEM fields.

“I was always very diligent about my preventive health, and the ads you see about HPV typically focus on cervical cancer.”

Marietta’s cancer journey started out in late February with what should’ve been a relatively uneventful trip to the ER in Panama City Beach. “I went to the ER because I had a lymph gland that ballooned up and I was having pain when I swallowed,” she explained. “I

Florida prior to my planned return to Wisconsin in April.”

A few days after her ER visit, she had an appointment with a local ENT that would change her life forever. “He showed my husband and me the CT

For 32 years, she taught math and biology in the Mishicot school district. But even with her background and being familiar with the HPV virus, she still had a hard time wrapping her head around the thought of it being the cause of her cancer.

“I was always very diligent about my preventive health,” she noted. “And the ads you see about HPV typically focus on cervical cancer. The reality, as I learned at my biopsy appointment in early March with Dr. Edward Smith at HFM Ear, Nose & Throat, is that it can cause oral and other types of cancer in both men and women, and it can also be dormant for many years before presenting any issues. I was also surprised to learn that most women who get this type of cancer have had six or fewer sexual partners in their lives.”

The good news—her form of cancer has a significantly better cure rate than the same type of cancer caused by smoking or drinking, and treatment requires lesser dosages.



Marietta and her husband Terry love to travel. Here they are in Sydney, Australia. Photo courtesy of Marietta Johnson.

Marietta wasted no time continuing to check items off her list.

Shortly after her biopsy with Dr. Smith, she met with radiation oncologist Dr. Kiernan Minehan at the HFM Cancer Center to map out her treatment plan.

“The incidence of HPV-related head and neck cancers has increased significantly in the past few years,” explained Dr. Minehan. “And these types of cancer can be tough to treat—primarily because of side effects to the delicate areas receiving radiation and chemotherapy. That’s why it’s so important that parents protect their children with the HPV vaccine. It’s something that wasn’t around for Marietta, but it’s available now and plays a critical role in preventing these types of HPV-related cancers, in both boys and girls.”

They decided to proceed with a combination of radiation and chemotherapy. By the end of March, Marietta underwent her first radiation treatment.

Throughout the spring and into the summer, she endured the recurring mix of treatments, dealing with a number of side effects along the way. From dry mouth and throat discomfort, to having a feeding tube to mitigate weight loss, Marietta stayed positive and persevered.

“My faith, family and friends helped carry me through the process with their love and support,” Marietta explained. “And my experience with the HFM Cancer Center has been amazing—from the front desk staff to the nurses and everyone in between, everyone is so supportive and they guide you through everything so your experience is as positive as it can be.”

In early August, Marietta received some amazing news from Dr. Smith at a follow-up appointment—he saw no visible sign of cancer. But although she



Marietta and her husband Terry.

was overjoyed with the news, she also knew recovery would be an ongoing process, and that she’d have to remain vigilant to ensure no further HPV-related cancers catch her by surprise. She does have a post-cancer scan scheduled during October.

Now cancer-free, Marietta is focused on getting back to “normal” life—and sharing her story.

“I’m sharing my cancer journey because I’m a grandma and I wouldn’t wish my experience on anyone,” she emphasized. “The fact that there’s a vaccine that can prevent this from happening is critical for parents to know. I urge them to learn the facts and get their kids vaccinated. It’s also important for people in my age bracket to be aware that cancers caused by HPV can pop up at any time—for me, it was likely dormant for 40 years.”

Don’t let you or someone you love become a victim of an HPV-related cancer. Learn more about HPV and the HPV vaccine at cdc.gov/hpv.

Quick facts: HPV & cancer

- Each year in the U.S., nearly 17,500 women and 9,300 men are affected by HPV-related cancers.
- Along with cervical cancer, HPV can cause anal, mouth/throat, penis, vagina and vulva cancer.
- HPV is most common in people in their late teens and early 20s, and almost all sexually active people will get HPV at some time in their lives.
- For the best immune response, the HPV vaccine is recommended for preteen boys and girls at 11 or 12 years old—the vaccine is proven effective to protect from HPV infections that can cause cancer and other health issues.
- Young women can get the HPV vaccine until they’re 26 years old, and men until they’re 21.
- The HPV vaccine has been studied very carefully by the CDC and the FDA—no serious safety concerns have been linked to the vaccine.

Healthcare with heart.

Jenna Rathsack, APNP joins the HFM Heart & Vascular Center team.

Jenna Rathsack exemplifies the term, “hometown provider.” Born and raised in Manitowoc, she’s deeply connected to the community. And she’s extremely passionate about providing world-class cardiac care as HFM Heart & Vascular Center’s new nurse practitioner.

“I want my patients to understand their health and what they can do to improve it.”

To Jenna, this was the role she was meant for.

“Growing up, I idolized my grandma, who was a wound care nurse at HFM,” she explained. “She was passionate and driven, and I wanted to be just like her. I felt lucky to know early on exactly what I wanted to do with my life, and getting the chance to improve the health of those in our community makes all the hard work and long nights of nursing and graduate school worth it.”

While in nursing school, Jenna started her career at HFM as a nurse intern in the cardiac cath lab. She immediately fell in love with cardiology, and upon graduating as a registered nurse, soon found her way back to HFM to continue working in the cardiac cath lab.

She continued on her path to becoming a nurse practitioner, entering graduate school while working full-time—including the on-call shifts that come

with being part of the cardiac cath lab team. “I knew that once I became a nurse practitioner, I wanted to stay in cardiology,” Jenna noted. “I’m really excited about my new nursing role in the heart center, and focusing on providing care for everything from heart disease and heart failure, to high blood pressure and high cholesterol.”

Jenna’s approach to providing care as a nurse practitioner aligns perfectly with a need identified in the ever-demanding environment of the Heart & Vascular Center.

“What’s great about working as a nurse practitioner in the Heart & Vascular Center is that while still working closely with the cardiologists to collaborate on care, I’m able to see patients for longer appointment times, so I can really get to know them and provide critical education specific to their life,” noted Jenna. “I want my patients to understand their health and what they can do to improve it. I believe that accountability is very important in healthcare, and that the more patients know and understand their health, the more invested they are to make positive changes—whether it’s eating healthier, losing weight, quitting smoking or making other lifestyle changes. I do my best to



personalize the care for every patient, and I’m 100% invested in them and their health, and will always be their advocate.”

Learn more about Jenna and the rest of the leading-edge cardiac care team at hfmhealth.org/heart-care or call (920) 320-3000 to schedule an appointment.



*Jenna and her grandmother, Merrily Zimmer, RN.
Photo courtesy of Jenna Rathsack*

A Growing Team

HFM Behavioral Health welcomes Callie Schroeder, PsyD, LPC, and Amanda Taylor, MS, LPC.

Callie and Amanda work with individuals for a wide variety of care including substance abuse, mood and anxiety disorders, and individual, couples or family therapy.

“I love that my profession allows me to impact a person’s life in such powerful way.”

As a child, Callie often tagged along with her mom to various volunteer work. Through these volunteer experiences that Callie shared with her mom, she saw some of the difficulties that people faced, and since middle school she always knew that she wanted to become a psychologist to help others.

“I love that my profession allows me to impact a person’s life in such powerful way. I try to build strong relationships with my patients, so I can help them overcome obstacles” said Callie. Callie earned her doctorate of clinical psychology, and master of clinical

psychology from the Wisconsin School of Professional Psychology in Milwaukee, Wisconsin.

As a third generation of doctors in her family to work for Holy Family Memorial, Callie is thrilled to join HFM.

“My grandfather, Dr. “Buzz” Schroeder and my father, Dr. Todd Schroeder spent their entire careers at HFM,” said Callie. “This community has been wonderful to my family over the years and I am so privileged and honored to become a part of it myself.”



Amanda Taylor, MS, LPC
HFM Behavioral Health

Amanda Taylor joins HFM Behavioral Health with nearly 10 years of experience working in the mental health field. She knows from first-hand experience how beneficial counseling is. In high school she worked with a counselor to get through a family member’s death.

“The guidance and support that I received from my counselor helped me

move forward and grow as a person,” said Amanda. “And I hope to do the same with my patients.”

Amanda graduated with a master’s degree in counseling from the University of Wisconsin-Whitewater and received her bachelor’s degree in psychology from the University of Wisconsin-Madison.

“The guidance and support that I received from my counselor helped me move forward and grow as a person, and I hope to do the same with my patients.”

Her treatment approach is based on a biopsychosocial model which takes into consideration not only psychological symptoms but also how biology and social-cultural factors impact a person’s mental health and wellness.

When not caring for patients, Amanda can be found outdoors biking, hiking, and she also enjoys traveling with family.

Callie Schroeder and Amanda Taylor are both seeing patients at HFM Behavioral Health, 339 Reed Avenue, Manitowoc. To schedule an appointment with either provider, call (920) 320-8600.



Callie Schroeder, PsyD, LPC
HFM Behavioral Health

The address on this newsletter was obtained through a mail service and not through the health records of Holy Family Memorial. To be removed from our future mailings, please e-mail marketing@hfmhealth.org

Orthopaedic excellence. On demand.

Lakeshore Orthopaedics walk-in care opening November 1.

No referral or appointment required—simply walk in to get the care you need for your unexpected muscle, bone or joint injuries and issues. Learn more and reserve your walk-in time online at lakeshoreorthopaedics.com/walk-in.

Monday – Friday, 8 a.m. – 5 p.m.

(920) 320-5241
1650 South 41st Street, Manitowoc



Lakeshore Orthopaedics
Holy Family Memorial

Sponsored by the Franciscan Sisters of Christian Charity