

HFM Health Savvy

Inspiring you to a healthier life

Compassionate care
across the board turns an
unfortunate accident into a
“positive adventure”

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Out with the old

MedSafe kiosk provides an easy and safe way to dispose of unwanted and expired medications

Whether you've finished up—or like many, have yet to start—your yearly spring cleaning, there's no better time than right now to take a few minutes to round up any unwanted or expired medications you have in your home, vehicle, office or other storage spots.

When it comes to what to do with these medications once you've got them together, the recent addition of a free-to-use medication disposal kiosk at our Harbor Town Campus HFM Pharmacy makes it quick and convenient to safely dispose of almost any unwanted or expired medications you have. It's as easy as mailing a letter.

HFM's MedSafe kiosk is open to the general public, and available anytime our pharmacy is open—Monday through Friday from 7:30 a.m. to 7:30 p.m., and Saturday from 8:30 a.m. to 3:30 p.m.

Unlike perishable foods, outdated clothes and other more obvious and apparent items, medications don't always come top-of-mind on the list of things to keep uncluttered and current. But routinely inventorying and properly disposing of your unwanted or expired medications—both over-the-counter and prescription—is a simple, yet extremely important task to help keep yourself and our community safe.

“Leftover, expired prescriptions and other over-the-counter medications can pose a serious risk in any home,” Holly Dewane, HFM Pharmacy managing pharmacist,

noted. “With the addition of the conveniently located MedSafe kiosk within our HFM Pharmacy, our community members can safely and properly dispose of their unwanted or expired medications, which is proven to help decrease the risk of accidental exposure, overdose, environmental contamination or intentional misuse.”

And with more than 12,000 visits to our Harbor Town Campus each month, the MedSafe kiosk has already been well utilized by both patients and community members. A positive trend making a positive impact; 186 pounds have been collected since the kiosk opened.

“Get in the habit of collecting your unwanted or expired medications regularly at a frequency that makes sense for you,” recommended Holly. “Perhaps add it—along with a quick stop to the MedSafe kiosk in our HFM Pharmacy—into your annual spring cleaning routine!”

Remember, you don't need to be an HFM patient and you never need an appointment to dispose of your unwanted or expired medications in the MedSafe kiosk—anyone is welcome to stop in during open HFM Pharmacy hours. For more information about the MedSafe kiosk, call our HFM Pharmacy at (920) 320-4400.

The MedSafe kiosk is conveniently located inside the HFM Pharmacy at our Harbor Town Campus—1650 S. 41st Street, Manitowoc, WI 54220

Accepted prescription and over-the-counter items

- Capsules
- Creams
- Inhalers
- Legally held controlled substances
- Liquid medications
- Nebulizer solutions
- Ointments
- Powders
- Tablets

Restricted items

- Aerosol spray cans
- Illegal drugs
- Needles
- Sharps containers
- Syringes

Important points to note when disposing of medications

- All personal identification on medication packaging should be removed
- Creams, liquids, ointments and powders can stay in their original container with the cap tightened
 - Liquids must be 4 ounces or less, in their original containers and placed in a leak-proof plastic bag
 - Loose capsules, pills and tablets can be mixed and placed in a quart-size Ziploc® style bag



Be proactive. Make prevention your priority.

Visiting HFM for preventive care plays a critical role in staying healthy

Make no mistake about it—preventive care is critical to your overall health. From your annual wellness exam to routine immunizations and screenings, preventive care helps identify potential health problems and preventable issues early on so you can take action to keep them from becoming serious or chronic conditions.

Receiving preventive care is quick and painless. And most often, it's covered at 100% by your health plan—meaning you don't have to pay a deductible, coinsurance, copayment or have an annual limit. Yet, many people ignore preventive care altogether, and only visit their healthcare provider when they experience an injury or an illness.

If you fall into that category, we're here to help you focus on making your preventive care a top priority. Because at HFM, we want you to be your healthiest self and live your best life. That's why we do everything

possible to make your preventive care as quick and convenient as possible—from scheduling appointments online to receiving test and screening results directly in your My HFM Record.

If you're still on the fence about how important preventive care is, think of it this way—would you drive your vehicle without ever changing the oil or performing routine maintenance like replacing tires, brakes and fluids? Or what if your check engine light came on? More often than not, that means there's an issue that needs to be attended to. You may be able to ignore it for a while, but eventually, it'll catch up with you, usually at the most inconvenient time and place. And, it'll typically cost you a lot more than if you'd dealt with it upfront.

The same goes for your healthcare.

So instead of playing the “what if” game, make the commitment to be proactive and visit HFM for all of your preventive care needs. Our team of

experts is dedicated to providing you with the right care, and we're only a click or a call away to get started. And don't worry—if you don't know what preventive care you might need, we can provide recommendations based on your age, gender and family history.

Make the time for preventive care. It's worth your while, good for your health—and could end up saving your life. Start by scheduling your annual wellness exam. Call us at (920) 320-2436 today to get it on your calendar.

Common preventive care services:

- Annual wellness exam
- Breast cancer screening (breast exams and mammograms)
- Cervical cancer screening (pap tests)
- Colorectal cancer screening (colonoscopies)
- Depression screening
- High blood pressure and cholesterol tests
- Immunization vaccines
- Obesity screening and counseling
- Type 2 diabetes screening



Taking life hands-on

From the Emergency Department to Lakeshore Orthopaedics and HFM Rehab Plus, compassionate care across the board turns an unfortunate accident into a “positive adventure” for Jeff Bronson

Man. Machinist. Marksman. And much more.

Manitowoc transplant Jeff Bronson takes a hands-on approach to life—literally and figuratively. Whether getting his hands dirty in his garden, playing with his three dogs, crafting a new woodworking project or making his livelihood as a machinist, he depends on his ability to skillfully work—and play—with his hands.

Also an avid sportsman, Jeff hunts, fishes and participates in shooting

“I grew up hunting and sport shooting and I learned from an early age on how to safely and responsibly handle firearms.”

sports. All things he’s enjoyed since his childhood growing up in the rural Arkansas Delta.

“I grew up hunting and sport shooting,” he recalled. “And I learned from an early age on how to safely and responsibly handle firearms. It’s a skill I don’t take lightly and one that I’ve carried with me from my youth to today.”

Journey from the Deep South to the Middle East—to Manitowoc

After high school, Jeff decided to enlist in the military. He’d always had an interest in medicine and helping others—in fact, he’d contemplated going to school to be a nurse practitioner—so he pursued the path of a combat medic as a Navy hospital corpsman, and before long, saw himself deployed for his first of three tours to Iraq.

After 10 years of active duty, Jeff was ready for a change and to focus on the

next chapter of his life. At the time, jobs were scarce in and around his hometown, so he got in touch with his brother, who’d relocated to Manitowoc years earlier. At his brother’s encouragement, he packed up and made the move north.

“I’m proud to call Manitowoc home,” Jeff remarked. “I met my wife here. I discovered a career I love here. And I couldn’t imagine living anywhere else. I’ve even come to enjoy Wisconsin winters—at this point in my life, I fare

better in the cold weather than in the endless Arkansas heat.”

A malfunction and misfire

In early November of last year, Jeff was enjoying a day off at home and inspecting one of his handguns. He removed it from the holster, and in a split-second, the unthinkable happened. The gun malfunctioned and misfired, shooting straight through his left hand.

But with Jeff’s background and experience, he was able to display a level of calm and clear-headedness that not many could match. While his wife called 911, he made his way to the kitchen sink, removed his wedding band and ran his hand under water while applying pressure to the wound.

From practitioner to patient

When the paramedics arrived, Jeff found himself on the other end of a familiar situation. Instead of providing care as he had for so many years in the

military, he was now on the receiving end. He did his best to keep his composure and was immediately taken to HFM’s Emergency Department.

“From the moment I arrived, the doctor, nurse and all of the other staff in the ER were great,” Jeff recalled. “The nurse was actually a former Navy hospital corpsman as well, and did a phenomenal job keeping me calm and providing expert care.”

After being stabilized, Jeff was directly admitted from the Emergency Department to the HFM Medical Center.

A plan of attack with surgical precision

Early the next morning, Jeff received a visit from Dr. David K. Mikolyzk of Lakeshore Orthopaedics. Dr. Mikolyzk, a fellowship-trained orthopaedic hand surgeon, wasted no time formulating the best plan of attack for treating Jeff’s injury.

“From my first meeting with Dr. Mikolyzk, I was extremely confident in him and his abilities,” Jeff commented. “He was a straight shooter who obviously takes pride and is an expert in what he does. He clearly laid out my options, what he recommended and what to expect moving forward. He didn’t sugarcoat anything, which I really appreciated. I felt comfortable putting my hand in his hands.”

Per Dr. Mikolyzk’s plan, the first of two surgeries was scheduled for the following week, to allow the time needed for the trauma and swelling to subside. In the meantime, Jeff was discharged and headed home to rest and prepare for the surgeries to come.



After days that felt like weeks, he returned to the hospital for the first complex hand surgery, which included placing two internal pins and bone-grafting material, as well as an external fixator. The surgery was a success, and he was sent home in a splint the same day to begin recovery and prepare for the second surgery—scheduled for three months later.

In between the two surgeries, Jeff had routine follow-ups with Dr. Mikolyzk to monitor x-rays and check bone growth progress and his overall recovery. And while he appreciated his doctor's care and personal attention, he couldn't help but be surprised by the extra care and compassion he received from other members of the HFM team.

"One of Dr. Mikolyzk's nurses, Sara, would call me regularly just to check in and make sure things were going well," Jeff recalled. "I've been treated in other hospitals in the past, and I've never had a nurse call me at home just to check up on me. That meant a lot and I still appreciate her genuine care and compassion to this day."

Three months later, Jeff returned for his second surgery, this time, to remove the internal pins and external fixator. Again, the surgery was a success, and he headed home to begin occupational therapy the following week.

Slight pain, big gains

"The transition from Lakeshore Orthopaedics to HFM Rehab Plus was pretty seamless," Jeff noted. "Being a veteran and having to go through the VA for approvals took a bit of back and forth, but all of the teams at HFM made sure that everything was handled on their end in a very timely manner."

Jeff began occupational therapy three times a week and quickly got to know

his therapy team of Occupational Therapist Michelle Obbink and Sue Dezeuw very well. Michelle and Sue created special splints and exercises to help him regain hand strength and the use of his fingers.

"Being left handed, and using my hands for a living, they recognized this was extremely important to me," Jeff explained. "They're caring, sweet ladies who go the extra mile to see their patients succeed. But make no mistake about it—they'll push you and make you work, which can sometimes be painful, but is absolutely worthwhile. I owe them both a lot."

“From my first meeting with Dr. Mikolyzk, I was extremely confident in him and his abilities.”

Jeff has made a remarkable recovery to date, and is still attending therapy sessions twice a week. He's regained strength in his hand, is able to move his thumb, index, middle and pinky fingers very well and is still working on improving the use of his ring finger.

"At the start, simple things like writing, eating and even getting dressed were a big deal," Jeff recalled. "Now, I'm able to work and get back to gardening, woodworking and all of my other hobbies. I recognize therapy will be an ongoing process, and I can't do everything exactly like I used to, but I'm willing and able to learn how to adjust, adapt and move forward."

Returning to matters at hand

But despite his positive outlook, Jeff is the first to admit that his accident had a huge—and sometimes challenging—impact on his life.

"When I was off of work for four months and splinted up all winter, I suffered some bouts of depression," he explained. "I wasn't able to go outside and do the things I enjoyed. I wasn't even able to contribute by doing small things like shovel snow. But with the constant support of my amazing wife and family, my dogs and the compassionate

providers at HFM, I was able to see the light at the end of the tunnel and focus on my recovery."

And now, Jeff's happy to live in his new "normal."

He's back to work, enjoying time with his family—both of the human and dog variety—and still very active in all of his hobbies.

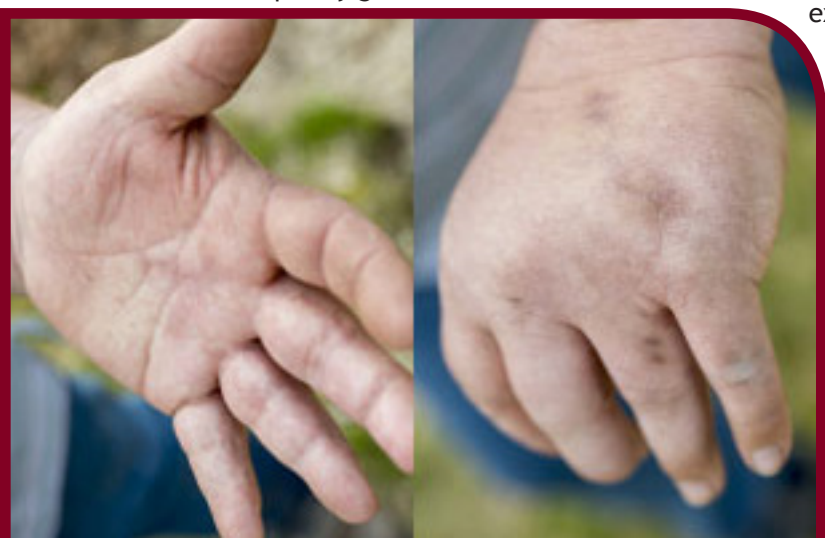
"Believe it or not, my accident didn't make me gun-shy," Jeff noted. "The gun was returned to the manufacturer because it was faulty, plain and simple. But even so, this definitely reminded

me to be cautious and always make sure I'm handling my firearms in the safest way possible."

And while his scar continues to fade, it still serves as a reminder to keep a healthy perspective on his whole experience.

"Before the accident, my biggest connection to HFM was that my autistic stepdaughter volunteers at the Espresso Connection Cafe twice each week. She loves her time spent volunteering and my wife and I love the confidence and independence it gives her. But after going through lots of different areas within HFM as a patient, and receiving such great care, compassion and communication from the get-go—from the CNAs to the RNs to the LPNs and everyone in between—I feel like I'm uniquely qualified to recommend HFM and let people know they go above and beyond to do all the little things make a big difference. It's been a positive adventure, regardless of the situation that caused it. And to look back at how far I've come since last November, I'm extremely grateful to everyone at HFM—I don't think I'll ever be able to thank them enough."

Whether illness, injury or anything in between, we're here to treat you with unparalleled compassion and expert care. Discover our award-winning team and comprehensive services at hfmhealth.org.



A match made in medicine

Husband-and-wife providers Matthew and Veronica McFarlane flourish at HFM through family, fellowship and a passion for the right care

Growing up just minutes north of Manitowoc, Matthew McFarlane always took a special interest in his science classes. Through high school and college, that interest blossomed and led him to the Medical College of Wisconsin. And although he wasn't exactly sure which spectrum of the

Upon completing medical school, Dr. McFarlane moved to Des Moines, Iowa to complete his general surgery residency at Iowa Methodist Medical Center. He began his residency journey working nights in their critical care unit. It was during those long shifts he befriended Veronica, a

for medicine and professional aspirations. They both loved cooking, fine dining and attending concerts, just to name a few.

Before long, their close friendship blossomed into a romantic relationship. And their hard work and perseverance paid off, with Dr. McFarlane successfully completing his residency and becoming a general surgeon, and Veronica achieving her Master's degree and becoming a nurse practitioner. They were excited to branch out and begin their new careers together. The only question was where.

“ We both immediately clicked with the family atmosphere that HFM provides, as well as the fellowship and Christian background. ”

medical field he wanted to focus on upon entering medical school, all it took was one visit to an operating room for the lightbulb to go off. He knew what he wanted to do for the rest of his life—be a surgeon.

registered nurse pursuing a dream of her own.

After eight years of working as a critical care nurse at Iowa Methodist Medical Center, Veronica decided it was time to go back to school to pursue her Master's to become a nurse practitioner—an ambitious plan for any nurse—especially one who was still working full-time in the always demanding critical care unit.

“After attending medical school and completing my residency, to be honest, I was a bit homesick,” Dr. McFarlane recalled. “I knew I wanted to return closer to home, and after discussing it with Veronica, she was totally onboard. That made our search much more targeted. And then we found HFM, which not only allowed me to get closer to home, but also gave us both the opportunity to practice in the same healthcare network.”

Dr. McFarlane became a general surgeon with HFM General & Vascular Surgery, while Veronica became a nurse practitioner with HFM Primary Care. Dr. McFarlane made the most of the chance to hone his surgical expertise, and Veronica seized the opportunity to connect with patients in a family setting, along with focusing on another one of her passions, hospice care. And although they weren't working directly together, it didn't take long for both to come to the same conclusion—they

As weeks turned to months, the pair bonded over their shared challenges and helped support and push each other to remain focused on the hard work and dedication required to achieve their dreams. Along the way, they discovered they shared many other similarities beyond their passion



made the right choice coming to HFM to grow their careers and their life together.

“We both immediately clicked with the family atmosphere that HFM provides, as well as the fellowship and Christian background,” Veronica explained. “Everyone at HFM works collaboratively as a team to take care of the whole patient and takes great pride in practicing from a place of integrity, compassion and excellence.”

One year into their budding careers at HFM, the pair made it official and got married. And since then, they’ve remained busy making the most of both their personal and professional lives together.

With the nature of their work and schedules, the couple rarely have off at the same time. But when they do, they enjoy the simplicity of spending uninterrupted moments together, along with cooking, dining out and going to concerts. Dr. McFarlane is also an avid Wisconsin sports fan, while Veronica prefers birdwatching over watching sports. And Veronica also enlists the help of the couple’s 100-plus pound rescue dog, Cora, to help her bring joy to patients—even on her days off.

The nurse practitioner and canine duo visit patients in nursing homes, assisted living facilities and private residences. Their mission of spreading compassion and cheer started out based on a conversation Veronica had with HFM Hospice Volunteer Core Specialist Cindee Vogel during one of her rounds with hospice patients.

Cindee informed Veronica that they needed more pet therapy volunteers and casually asked if she knew anyone who’d be interested. Veronica immediately thought of their dog, Cora—because although she weighs



in at more than 100 pounds, she’s a gentle giant who loves other animals and people. Veronica and Cora enrolled in a canine good citizen class to become certified, and the rest is history.

“No two patients are the same. Everybody has their own story—their own background. That makes each experience with each patient unique and special, and motivates us to do our best job because they’ve chosen

“After attending medical school and completing my residency, to be honest, I was a bit homesick. I knew I wanted to return closer to home, and after discussing it with Veronica, she was totally onboard.”

“Watching Cora brighten someone’s day gives me a huge amount of joy—especially when it involves one of the clinical areas that I’m so passionate about,” Veronica commented. “Volunteering with Cora is just another way to take a holistic approach to care. The mind, body and spirit are all interconnected, and I’m proud that the care I provide, whether at work or while volunteering, is focused on the interaction between all three.”

And although he doesn’t have the chance to participate in volunteering with Cora directly, Dr. McFarlane echoes his wife’s philosophy on providing compassionate care.

us in what could be their biggest moment of need. It’s a privilege and an honor to be part of that. And seeing our patients get better—there’s no other feeling like it.”

Whether you need preventive healthcare or a major surgery, HFM and the McFarlanes have you covered. Learn more about Dr. McFarlane and the rest of the leading-edge surgical team at hfmhealth.org/surgery, and discover Veronica McFarlane, APNP and the comprehensive primary care medicine team at hfmhealth.org/primary.

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

Take charge of your health.

Childbirth Class Saturday, July 7

Learning what to expect before and during labor and childbirth is essential to your pregnancy. Classes are led by our certified nurse midwives and cover a wide range of topics. Learn more at hfmhealth.org/childbirth

Night of Excellence Wednesday, July 11

This event honors and recognizes the hard work and dedication Manitowoc County athletes, coaches, and teams put forth each year. Learn more at lakeshoreorthopaedics.com/night-excellence

Widows Workshop Saturday, August 11

Embark on a journey of reflection, healing and connection facilitated by Holy Family Memorial Hospice and a group of local widows.

Sip, Savor and Support Gala Saturday, September 22

Join us for an elegant evening of amazing culinary creations presented by local chefs, plus a special opportunity to support community programs. Learn more at hfmhealth.org/gala

Childbirth Class Saturday, October 6

Learning what to expect before and during labor and childbirth is essential to your pregnancy. Classes are led by our certified nurse midwives and cover a wide range of topics. Learn more at hfmhealth.org/childbirth