

HFM Health Savvy

Inspiring you to a healthier life

Passion for the theater—
pain in the knees

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A Message from Mark

The holiday season is a wonderful time to appreciate our blessings and reflect on the accomplishments of the past year. At Holy Family Memorial, we are fortunate to have dedicated staff that work hard every day to provide this community with patient-focused, value-driven care. And our efforts are being recognized!

The achievements and accolades HFM received in 2016 are a testament to all the physicians, employees and volunteers committed to innovation and doing right for those we serve. HFM's achievements include: Becker's Top 100 Community Hospitals, Leapfrog Group A score for patient safety, American Hospital Association's "Most Wired" organization, American Heart Association's Gold Medal for amazing heart care, American College of Healthcare Executives Recognition Award, cover story in the national Health Leaders journal in April, Becker's 150 Top Places to Work in Healthcare, keynote speech at the New York State Hospital Association and featured presentation this fall at HealthTrust University's national meeting in San Antonio, Texas.

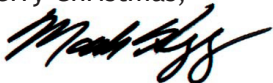
What does this mean to you? Only that the care, services and community support Holy Family Memorial provides each and every day are truly the best in the nation. We compare ourselves against the best of the best in nearly everything we do and constantly strive to get even better. In many ways, HFM is setting a national standard for reforming the healthcare system and adding value to improving health and healthcare.

Healthcare in 2017 will continue to be front and center news. National shortages of family medicine and internal medicine physicians will have to be met through innovation and teamwork. HFM will continue delivering RightCare to our community and reducing the costs of healthcare. When HFM Lakefront opens in the spring, over \$200,000 in costs will be reduced by consolidating dated facilities into the new clinic.

Our community will need strong leadership and collaboration to meet our challenges together and fulfill our potential. Thank you for reading this publication and becoming a more informed consumer of healthcare.

And finally, as we rejoice in the magic of the holiday season, I wish you and yours great health, happiness and prosperity ahead.

Merry Christmas,



Mark P. Herzog, FACHE
President & CEO



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President & CEO

Award-winning care. Right in our community.

2016 Women's Choice Award
America's Best Hospitals -
Emergency Care

Top 100 Rural and
Community Hospitals

5-Star Home Health Patient
Experience of Care rating
from Centers for Medicare
& Medicaid Services' (CMS)

American College of
Cardiology's NCDR ACTION
Registry-GWTG Platinum
Performance Achievement
Award

Most Wired Hospital

Community Value
Five-Star Hospital

Caring is always the reason

Volunteer committee devotes money earned to patient comfort and community enrichment.

When you enjoy coffee at HFM's Espresso Connection Cafe or find just the right gift in the HFM Gift Shoppe, you might not realize your purchase helps brighten the experience of HFM patients and their families.

HFM's volunteer leadership committee oversees the money raised through the cafe and gift shoppe as well as through special sales events at HFM Medical Center and HFM Harbor Town. Meetings are held monthly to determine how the money will be used.

Committee member Bob Rudolph said that they look at the need for the items being considered and how they will benefit patients. The group wants to enhance patient and visitor comfort.

Thirty-nine people currently volunteer in the gift shoppe and Espresso Connection. Over the years, money earned has always been dedicated to the comfort and interests of patients and the community.

Reclining chairs were purchased for patient rooms on the medical and surgical unit so family members have

a comfortable place to spend the night with a loved one.

An iPad, used to take newborn pictures, was purchased for the HFM Women's and Children's Center. The pictures are then shared with family on social media and even to the community through a digital billboard.

Last year the funds purchased a large, illuminated Holy Family display that is housed near the main entrance to the HFM Medical Center (shown in the picture above). As the days near Christmas grow dark early, it warms and welcomes visitors to the medical center and helps light the night for those driving past.

This year, the HFM Wellness Center benefited from the generosity of the committee when water bottle fillers were added to the water fountains. The new feature allows members to easily fill bottles to stay hydrated during their workouts.

The committee is made up of seven



people serving on two-year rotations. Currently serving are: Sandy Brost, Jim Brost, Patricia Cavanaugh, Wally Grapentine, Bob Rudolph, Barb Rugowski and Liz Schlei.

Visitors are invited to stop in the HFM Medical Center at 2300 Western Avenue, for gifts and refreshments to benefit our patients & families.

Gift Shoppe
Monday-Friday, 8:30 a.m. - 7 p.m.

Espresso Connection Cafe
Monday-Friday, 7:30 a.m. - 4:30 p.m.

2300 Western Ave., Manitowoc

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Stepping up to orthopaedic excellence

Campbellsport resident John Brandl chooses HFM's Lakeshore Orthopaedics to help him live again.

Passion for the theater—pain in the knees

John Brandl has a passion for the theater. From stage production to directing, he's an active member of his local theater group. But for John, his passion came with pain. Pain from bad knees. And they were only getting worse.

With each year that passed, his ability to remain active became harder to keep up. John's knees were impacting his ability to be involved—even simple tasks like climbing ladders and moving equipment became excruciating endeavors.

A decade (plus) in the making

By the time John hit his 50s, the pain was becoming harder and harder to bear. "As much as I hated to admit it, my knees were really affecting what I could do," commented John.

A longtime resident of Campbellsport, he consulted with a highly recommended orthopaedic specialist in Fond du Lac. The diagnosis? He'd need both knees replaced in the not-so-distant future.

John persevered through the pain for a decade. But at 65, he'd had enough. He returned to his local specialist, only to find he was approaching retirement—and no longer performing surgeries. So John asked for a recommendation. He was

directed to Holy Family Memorial's Lakeshore Orthopaedics, and Dr. Kirk Dimitris. "When the specialist told me that if it was him getting the surgery, he'd go to Manitowoc, I knew I had to take note," recalled John.

Healthcare worth the drive

So John got busy and did his research. And he was happy with what he found. Both Lakeshore Orthopaedics and Dr. Dimitris came highly recommended by peers as well as patients. In fact, a family

friend who lives in Manitowoc had a knee replacement performed by Dr. Dimitris. Her recommendation was so positive, John's sister—who lives in Kenosha—decided to make the drive to have Dr. Dimitris do her knee replacement. It seemed like John had found the answers he was looking for. There was one downside he came across in his research, though. John—a diehard Badger fan—had to decide if he could set aside the fact that Dr. Dimitris' alma mater is Ohio State.





Luckily, he was able to look past the collegiate rivalry and meet with Dr. Dimitris. And after their meeting, John decided excellence in his orthopaedic care was well worth the 45-minute drive to Manitowoc.

An outstanding experience

John underwent bilateral knee replacement this past spring. He describes his experience and results with one simple word—outstanding.

From his pre-op appointments and the surgery itself, to his physical and occupational therapy sessions post-surgery, the care John received was focused on excellence and the best outcome possible.

“The improvements came almost immediately, and only four short months out, I could go up and down steps without pain,” proudly explained John. “This surgery dramatically improved my quality of life. I don’t know why I put it off. It gives you an opportunity to change how you approach life—to live again.”

The power of possibilities

John’s not wasting any time with his new-found, pain-free mobility. He’s back to active status with his theater group. And he’s not stopping there.

Like most kids, John grew up on two wheels and loved riding a bike. Now he’s back to pedaling around town. “A year ago, I never thought I’d ever ride a bike again,” reflected John. “I may also be getting back into golfing after 20 years away from the game. Prior to my surgery, it was a pipedream. Now it’s reality.”

John’s message—be prepared, don’t delay and stack the deck in your favor

Looking back at his own experience, John can provide a unique insight to those also facing orthopaedic issues. And he sums his message up in three parts.

“The first part of my advice focuses on the importance of physical preparation,” noted John. “No matter how good or bad of shape you’re in, there are things you can do

to help you get through the surgery with a positive outcome. The bottom line when it comes to your physical health is this—if you can start at a better point pre-surgery, you can end at a better point post-surgery.”

“The second part of my advice is this—mentally prepare that the experience is going to be work. The surgeons aren’t working magic, and you can’t leave the next day at 100%. You have to put in the work and make your recovery your full-time job.”

“My final piece of advice concerns the provider you choose for your procedure. And it goes beyond just skill and knowledge. With a good surgeon, you’ll get a good outcome. But with a great surgeon, you’ll have a great outcome. Don’t settle for less than the best. Dr. Dimitris is a fighter who refuses to accept failure. That’s who I wanted to perform my surgery, and it should be who you want, too.”

“This surgery dramatically improved my quality of life. I don’t know why I put it off. It gives you an opportunity to change how you approach life—to live again.”

Helping you live again

At Lakeshore Orthopaedics, just like we did for John, we’re here to help get you back to doing what you love. Our dedicated team of orthopaedic experts delivers orthopaedic excellence to each of our patients. We have the experience you can trust and the expertise you need to get back to enjoying life to the fullest.

Don’t just live. Live to your fullest.
Contact Lakeshore Orthopaedics today at 320-5241 or visit lakeshoreorthopaedics.com.

The history of community support continues.

As Holy Family Memorial completes its 117th year of service to our friends and neighbors, we turn another page in our history book which began way back in 1898. Manitowoc was a bustling and booming maritime city which boasted an active port, vibrant trade and growing population. However, the city lacked a hospital! Community and clergy leaders realized how critical a hospital was for the city. They formed a coalition of concerned citizens and approached the Franciscan Sisters of Christian Charity requesting they build and run a hospital.

History records show that Mother Alexia Fullmer, Superior General at the time, was indeed understanding and supportive of taking on the project. She felt that building a hospital would be a wonderful way for the Sisters to help the community by ministering to the sick in Jesus' name. However, there was one problem - the Sisters had no money. As Mother Alexia wrote in her journal,

"Under such trying circumstances, it was evident that human means were not to be the foundation of the edifice in question. No-it was to rest upon a foundation more solid and more secure than earthly goods, trust in Divine Providence."

And she was right. A community-wide fundraising initiative ensued, raising support from local citizens.

“ My message to you is to tell you how grateful I am for the considerate personal care, spiritual and medical, given to me by multiple staff members. ”

*Mother Alexia Fullmer
Superior General*



Proceeds of \$3,887.09 were raised - the first official dollars that started Holy Family Hospital. It seemed like a miracle! There was not enough money to fund the hospital, but Mother Alexia made the bold decision to forge ahead with the project. The doors of Holy Family Hospital opened for all on September 28, 1899.

Little did those first donors realize what their gifts were starting. As the hospital grew to meet the changing healthcare needs of the community, financial support from generous donors remained constant. Every year, many community members donate to the HFM Cares Campaign because they know it makes a real and sustaining difference in the lives of others.

The annual HFM Cares Campaign has supported life-saving equipment in the HFM Heart & Vascular Center, clinical advances in our cancer

center and assistance for those most vulnerable in our community who otherwise could not receive essential care.

We invite you to be a part of the HFM Cares Campaign this year. Your gift can make an immediate impact on urgently needed healthcare services and programs which improve the health of our community and make it a better place to live, learn, work and play.

HFM is deeply grateful for the privilege of serving the community for generations and we look forward to creating healthier lives in the generations to come.

To donate to HFM Cares Campaign, go to hfmhealth.org/donate or call us at 320-4283.

Shining a light on a 30 year tradition.

In 1986, the Memorial Hospital Women's Auxiliary set out to create an event to honor local veterans. The event would be held on National Pearl Harbor Remembrance Day and serve a dual purpose of raising funds for local causes. With this idea, Love Light, was born.

Veterans were also involved in many aspects of the ceremony, from assisting the Manitowoc Fire Department with hanging the lights, to giving a 21-gun salute.

"To this day, the veterans groups are still a large part of our event," said Mary Manis, who has served as event chairperson since the beginning. "They are a close-knit community and we love having them participate. This year, our official tree lighters are a husband and wife who both served in the armed forces."

Thirty years has brought some major changes. In 1991, Memorial Hospital and Holy Family Hospital merged to form Holy Family Memorial, but the commitment to the event continued. When the Reed Avenue location closed its doors, the HFM Harbor Town campus brought new

opportunities to expand the HFM Love Light program. The new location allowed for additional light features and the ability to synchronize the light display to music.

Each year, Mary and the HFM Fund Development team look at building on the traditions of the past and expanding the program. This year's event features new LED lights and new lighting effects.

"Some of our old decorations were starting to show their wear, so we've added some new features to our display this year," said Manis. "The new parts are outstanding, but we like to keep parts of our original display too, like the American flag which has been used since the beginning."

Symbolic lights and strings of lights are not only purchased in memory or honor of veterans, but anyone, living or deceased, who loved ones wish to remember during the holiday season. The funds raised go to a variety of local causes, which this year include community health initiatives, veterans health, and the HFM Providence Fund.



Though the event has evolved throughout the last three decades, one thing has remained the same. Mary Manis is still an instrumental part of coordinating the event. "My hope is that this event has made an impression on young people, and that a new generation is able to carry it well into the future," said Manis. "But most importantly, I hope it continues to be a way in which we can remember veterans, especially those who are now gone. Thank you to everyone who has supported this program over the years."

The display will remain lit each evening through early January.

Thank you to our generous sponsors for their support through the year.



The Herzog Family

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Take charge of your health.

Lung screening

Catching lung cancer early can make a difference. HFM now offers a self-referred, low-dose CT screening for anyone at high-risk of developing lung cancer. High-risk patients are defined as: age 50 or older and have smoked 20 or more “pack-years” in any of the following ways: two packs per day for ten years, one pack per day for 20 years or one-half a pack per day for 40 years.

Former smokers who meet the criteria and have quit within the past 15 years are also eligible. If you are not eligible, but still concerned, please speak with your primary care provider. Details at hfmhealth.org/lungs.

Heart & vascular healthy life screenings

Heart disease is still the leading cause of death in the United States. HFM offers screenings for heart and vascular disease that could save your life. These screenings are done every weekday and can be scheduled at your convenience. Cost is only \$35 each and you can choose any or all of the screenings. Complete details at hfmhealth.org/hfm-healthy-life-screens.

Order your own lab tests

HFM’s Direct Access Lab allows you to order your own lab tests without a doctor’s orders. You can walk in or schedule an appointment and results are mailed to you the next workday. This service is available at: HFM Medical Center, HFM Harbor Town Campus and HFM Woodland Campus. For pricing and a list of tests visit: hfmhealth.org/lab-tests. Or call 320-2243 to have the information mailed to you.

Schedule a screening or lab test at (920) 320-6777.