

HFM Health Savvy

Inspiring you to a healthier life

Early action, expert care
and a positive attitude help
St. Norbert student get
back to her goals at hand

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Holy Family Memorial

Sponsored by the Franciscan Sisters of Christian Charity

Success through Sustainability

HFM recognized by Focus on Energy for our commitment to energy conservation

For HFM, 'going green' means more than saving energy—we're committed to creating a safer and healthier environment for our patients, employees and community today and for years to come.

As part of this commitment, we're constantly identifying opportunities to improve our facilities while making a positive environmental impact. In 2015, we undertook a major initiative to upgrade our medical center's boiler system. The project was a large one, and included lighting conversion and controls, steam trap upgrades, high-efficiency chiller replacements and a complete boiler system renovation.

In recognition of our efforts, Focus on Energy recently presented us with an energy grant. And while we appreciate the recognition, in the end, it's all about investing where it matters. By completing the project, we're expected to reduce our carbon footprint in a big way. Along with saving more than 207,000 therms



Above from left to right: Jeff Henkelmann (WPS), Jerry Miller (HFM), Eric Braun (HFM), HFM President & CEO Mark Herzog, Dean Matzke (MPU), Dan Salm (MPU), Richard Feustel (Focus on Energy)

“ But what does that actually mean? To put it simply, the savings equates to 231 passenger vehicles being removed from the road or 100 homes not using energy for one year. And that's for just this project alone. ”

of natural gas annually, our efforts will prevent more than 1,211 tons of carbon dioxide equivalents from being released into the atmosphere.

But what does that actually mean? To put it simply, the savings equates to 231 passenger vehicles being removed from the road or 100 homes not using energy for one year. And that's for just this project alone.

From 2009 to 2015, HFM saved 2,000,000 kilowatt hours of electricity and 280,000 therms

of natural gas, as recorded by Focus on Energy. That's equal to 7.5 million miles not driven by the average car. If you're wondering just how far that is—think 80 trips around the world.

“We're proud of our numerous green initiatives and accomplishments,” noted Mark Herzog, president and CEO of HFM. “We've not only updated our facilities and reduced our carbon footprint, but also reduced costs for our entire network. The grant we received from Focus on Energy allows us to continue our sustainability efforts and to further reduce our energy use and carbon output.”



Helping Our Patients & Our Community

HFM volunteer hospital escort program provides an opportunity to serve patients and stay active

Visiting the hospital—whether for a routine appointment or something more—can be a nerve-wracking experience. But when you're greeted by the smiling face of HFM concierge volunteer Laverne Braun or an HFM volunteer hospital escort like Mike Brunet, Wally Grapentine, Mark Hill and Jim Luther, the experience instantly becomes a little less daunting.

"It's all about making a great first impression," noted Brunet. "We're the face of Holy Family Memorial and one of the first people patients and visitors see when they enter our doors."

Nearly every Thursday, you'll find this group of dedicated volunteer escorts at the ready to assist or guide patients and visitors exactly where they need to go within our facility. And whether it's offering a friendly smile and a warm hello or having a brief chat while walking to the patient's destination, sometimes it's those simple things that can have the greatest impact.

Over 10 years of volunteering at HFM, Grapentine has seen just how far a simple gesture can go

And although serving patients and visitors is priority one for our volunteers, they're quick to call out the two-way street of benefits from their time and efforts.

"We're all retired," said Luther, who's been volunteering since 2004. "Being a volunteer for HFM allows me the opportunity to get out of the house, socialize and give back to my community."

Retirement also prompted Braun to volunteer at HFM—something she's been proudly doing for 17 years. "I enjoy helping people out," she commented. "Volunteering at the concierge desk allows me to fulfill that purpose and at the same time socialize with other fellow volunteers."

And after volunteering together for the last few years, the group of five has forged close friendships. More often than not, you'll find them enjoying lunch together in our cafeteria after their Thursday morning shift.

In addition to the comradery shared within the group, the escorts attest



Above from left to right: Jim Luther, Mike Brunet, Mark Hills and Wally Grapentine (Laverne Braun not pictured)



helping patients to their destination. It sure beats sitting at a desk and shuffling papers," joked Hill.

Jokes aside, Hill and the rest of the team take their role seriously and encourage anyone looking to volunteer to seize the opportunity. They also offered one final reminder—be sure to say hi if you happen to visit us on a Thursday.

For more information on all the volunteer opportunities at HFM, contact Susan Senglaub, Director of Volunteer Services at (920) 320-2396.

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in helping alleviate the stress that comes with being in a hospital. That's why, during every volunteer shift, he makes it his goal to put a smile on each patient or visitor he encounters.

to the boost in exercise they get while on the job. Every Thursday, each of them clock in a couple of miles—or more—by the end of their shift. “I didn't realize how much walking I could get in for just

Giving Back

Investors Community Bank provides support beyond finances

Tim Schneider
CEO Investors Community Bank



Since opening our doors in 1997, Investors Community Bank has been dedicated to helping the communities we serve in ways that go beyond loans and deposits. It's not about giving out—it's about giving back.

And giving back is a part of our culture that comes alive through our Community Impact Program, employee volunteerism, fundraising events and a variety of

other efforts. We're committed to donating our time, providing financial support and making an impact in the communities in which we live and work. Because at the end of the day, building strong, healthy communities is what matters most.

Making a community stronger and healthier begins with clearly understanding its unique needs. And

when it comes to Manitowoc County and the Lakeshore area, we recognize just how important it is to have access to quality healthcare close to home. Holy Family Memorial fulfills that need and serves our communities with an unwavering commitment to providing top-quality, cost-effective healthcare. That's why we're proud to support HFM as a vested philanthropic partner.

Through the generosity and philanthropic support from community partners and friends like Investors Community Bank, HFM can continue providing the highest quality, compassionate care for decades to come.

Holy Family Memorial's touch reaches everyone—our employees, friends, neighbors and fellow



Holy Family Memorial's touch reaches everyone — our employees, friends, neighbors and fellow community members.



For Investors Community Bank, being a part of the community and supporting organizations such as Holy Family Memorial that make the community a better place is part of our focus. We recognize the valuable role HFM provides in keeping our communities healthy as well as their mission to provide care to all, and that aligns with our values.

community members. We're proud to support an organization that has such a strong footprint in our community and is able to positively impact so many people.

To learn how you can support Holy Family Memorial, visit hfmhealth.org/donate or call (920) 320-4284.

Our Generous Partners



Canine Comfort

Man's best friend brings unconditional love to hospice patients

It might come as a bit of a surprise to find out that some of our caregivers at HFM get around on four legs. But the explanation is as simple as it is powerful.

Holy Family Memorial Hospice offers a unique pet therapy program. We're proud to have a team of canine caregivers committed to going beyond being man's best friend to help bring unconditional love and comfort to our hospice patients. Through the program, hospice volunteers and their furry, four-legged companions visit our patients in nursing homes, assisted living facilities and private residences.

"Most of our patients who request pet therapy services have always loved animals or owned a pet at one point in their life," noted Cindee Vogel, HFM Hospice core specialist. "Our therapy dog visits are a gift of comfort to hospice patients and their family members. Pet therapy offers a welcome distraction from their illness."

But pet therapy is more than just a welcome distraction. Studies have shown that interaction with a therapy dog can reduce pain, anxiety, stress, depression and fatigue in patients. Even simply cuddling or petting an

animal can lower blood pressure and heart rate.

Hospice volunteer Patti Quinn, and her miniature fox terrier Skipper, have been volunteering for our HFM Hospice pet therapy program since 2011. And she can attest to seeing first-hand the impact Skipper has on the patients he visits.

A pet therapy visit usually lasts one to two hours. During the visit, Skipper remains on a leash and follows Quinn's commands. He's been trained to not react to sudden noise or movements and how to be comfortable around people.

“Skipper has this incredible love for humans and this innate understanding of his role as a therapy dog.”

Quinn recalls one of her favorite visits that involved a patient who had Skipper lay down on his lap and eventually both the patient and dog took a nap together.



Above: HFM therapy dog Skipper visits James Broeckert at Felician Village.

*Photo by SaraKloepping/
USA TODAY NETWORK-Wisconsin*

"Skipper has this incredible love for humans and this innate understanding of his role as a therapy dog," said Quinn. "When Skipper hears and sees me getting my keys and his red collar, he knows it's time to go to work."

In order to become a therapy dog, handlers and their dogs must go through a Canine Good Citizen class or a certified pet therapy dog program and meet certain criteria. Dogs are evaluated on temperament, basic obedience, environmental challenges and their willingness to be touched

and interact with people.

"We're very thankful for our volunteers and their pets," added Vogel. "The therapy dogs make a significant difference and play such an important role in the quality of life of hospice patients."

Would you and your canine companion like to bring joy to someone in need? Join our pet therapy program as a hospice volunteer. We're always looking for committed and caring volunteers to add to our team! For more information, call (920) 320-4232 or email cvogel@hfmhealth.org.

Conquering College & Cancer

Early action, expert care and a positive attitude help St. Norbert student get back to her goals at hand

Just Like Any Other Student

Mary McConnaha—who friends and family know as Maggie—was excited to embark on a new stage of life. It was fall of 2014 and just like so many other college freshmen, she was eager to head away from home and start her journey. For Mary, her journey began at St. Norbert College.

Maggie's first semester went by in a flash. Between adjusting to her classes, campus and college life, it seemed there was barely time to rest.

A few weeks in to her second semester, Maggie noticed a mysterious lump

on her neck. At first, she shrugged it off. Earlier in the winter, two of her friends had come down with mononucleosis—commonly known as mono. She figured she'd shared some food or a drink with one of them and caught the virus. When she asked her friends about their symptoms, both told her their lymph nodes were swollen and felt like large goose eggs. And that's exactly how the lump on her neck felt. Maggie decided she just had mono and would wait for more symptoms to appear before heading to the doctor.



More than Mono

Days went by, and aside from the lump on her neck, Maggie experienced no mono symptoms. Over the next several weeks, she visited her college's health and wellness center on three separate occasions. At each appointment, Maggie took a mono test—and each time, the test came back negative. Without any symptoms or a diagnosis, she went back to her normal routine.

Back at home over Easter break, Maggie told her mom about the lump on her neck. They decided to stop at HFM's walk-in clinic before she headed back to school. Since Maggie displayed no other symptoms other than the lump on her neck, the doctor on duty asked that she return in three weeks for a biopsy to be tested for lymphoma.

"This whole time I thought maybe I had mono," explained Maggie. "But

At left:

Maggie (top row, center) with some of the HFM Cancer Center staff.

Top row (left to right): Birgit Kelly, Mary Matthias, Maggie McConnaha, Mary Lindsay Froelich, Kimberly Debauche

Bottom row (left to right): Pattie Wellner, Angie Popp



now the doctor was telling me he wanted to check for cancer. Like any other typical person, I jumped online and started doing research on lymphoma.”

A Life-Changing Diagnosis— a Time for Action

In June, nearly four months after the mysterious lump on her neck first appeared, Maggie received her biopsy result and a life-changing diagnosis—that of nodular sclerosis Hodgkin’s lymphoma—a type of cancer common in young adults, especially women.

“My worst fear came true and my world was forever transformed,” recalled Maggie.

Following a PET scan, Maggie learned she had a mass on both the left and right side of her neck, as well as on the central part of her chest. Her lymphoma was classified as stage 2A, meaning she didn’t have cancer below the diaphragm and no “B” symptoms—like sudden weight loss, night sweats or chills. However, she was still considered a high-risk case due to the fact that her tumors were located in three different sites.

“I consider myself very lucky since I was able to catch the cancer early

cancer treatment into the mix makes things even more challenging. But that’s exactly what Maggie did.

Starting in July, and for the following four months, Maggie went through four cycles of chemotherapy treatment sessions at HFM’s Cancer Center. After those initial sessions, her next PET scan came back clean in mid-October. After the clean scan, and with the guidance and support of our dedicated cancer experts, Maggie opted to complete 12 additional sessions of radiation therapy instead of two more cycles of chemotherapy to officially complete her cancer treatment.

“Cancer has a way of putting your life on hold and making you prioritize your health, treatments and your best attempts to not feel sick through the process,” commented Maggie. “The chemo was really taxing on my body. I would always need someone to come with me because the chemo made me really tired and I couldn’t drive. And different days and times would correspond with different symptoms. Some days I was tired or nauseous and other days I would have muscle aches.”

But through it all, Maggie persevered and is proud to say she now lives cancer-free.

A Future Worth Fighting For

Maggie is back to living life like any other college student. She’s currently in her sophomore year at St. Norbert College pursuing an English Education major with a double minor in Spanish and Peace and Justice Studies. After



Above: Maggie with her mom Colleen McConnaha during a chemotherapy session.

graduating, she hopes to teach for a few years and then find a career that combines both education, writing and advocacy work. When she thinks back to everything she’s been through over the past year, Maggie can’t stress enough the power her positive attitude had in helping her through the difficult times.

“You have to be positive,” said Maggie. “If you give up on what your dreams are and your aspirations, you really just give up on living and let the cancer beat you. I’m thankful for my family’s support—we’ve grown a lot closer in the last year. Now, I’m taking it one day at a time and pushing hard to achieve all the goals and things I wanted to do before I was diagnosed.”

For Maggie, the future is bright. And we’re happy to have played a part in making sure she’ll have the chance to experience everything to come.

“ If you give up on what your dreams are and your aspirations, you really just give up on living and let the cancer beat you. ”

on,” noted Maggie. “I don’t know how persistent I would’ve been in seeing a healthcare provider if my friends hadn’t had mono. Once the initial shock wore off and reality set in, my perspective and optimism made all the difference in how I wanted to fight this disease.”

And for Maggie, the choice was simple. She chose to take immediate action and fight her cancer head-on.

Top-Notch Treatment

Going to college away from home can be difficult for anyone, and adding

Pride in Partnership

Cancer collaborative provides access to leading-edge specialists and advanced treatment options

At HFM, we're proud to be a member of the HSHS St. Vincent Cancer Collaborative—a unique partnership that provides our patients with a direct connection to expert cancer specialists offering advanced treatment options, specialty surgery and much more.

Based in Green Bay, the HSHS St. Vincent Hospital Regional Cancer Center is home to a nationally recognized cancer program that's built a regional collaborative with community hospitals throughout northeast Wisconsin. The collaborative allows our patients to receive expert treatment for cancer close

The collaborative also provides our patients with another exciting opportunity—to take part in national clinical trials without leaving home. As a major cancer research center with a direct connection to the National Cancer Institute, HSHS St. Vincent links HFM patients to leading-edge clinical trials designed to find the best possible treatments and therapies for cancer. These trials also help doctors evaluate new treatments to see if they're as effective as, or better than, the current standard of cancer care. Carefully conducted clinical trials are the fastest

“ The collaborative also provides our patients with another exciting opportunity—to take part in national clinical trials without leaving home. ”

to home at our HFM Cancer Center, and when needed, offers a seamless link to state-of-the-art, specialized services directly at HSHS St. Vincent.

Through the collaborative, Lakeshore-area patients who need specialty procedures or surgery at HSHS St. Vincent can continue their cancer treatment at our HFM Cancer Center, knowing that their cancer care providers—both at HSHS St. Vincent Hospital and HFM—are working together to provide a seamless transition and the highest quality of care.

And if radiation therapy is required, our patients receive cutting-edge care through our innovative radiation system, called TomoTherapy. Our HFM Cancer Center is the only facility in all of Manitowoc, Brown, Sheboygan and Calumet counties to offer this type of revolutionary radiation treatment.

and safest way to find better treatments and improve the health of cancer patients.

Enrolling in a clinical trial is completely voluntary, and through our collaborative, patients who don't wish to enroll still receive the best cancer care available.

If you're a cancer patient at our HFM Cancer Center or another cancer care facility and are interested in participating in a clinical trial, be sure to ask your doctor if you might qualify. For more information on clinical trials and what you need to know, visit cancertrialshelp.org.

And if you're a patient at another area cancer center interested in learning more about our collaborative with HSHS St. Vincent, contact Patti Wellner, Patient Navigator, at (920) 320-3070.

NEW Cancer Clinical Trials

We offer over 50 different cancer clinical trials here at the HFM Cancer Center for the cancer types shown here.

- Brain
- Breast (Advanced / Metastatic/Triple Negative)
- Chronic Lymphocytic Leukemia
- Colon/Rectal
- Endometrial/Uterine
- Kidney
- Lung
- Melanoma
- Multiple Myeloma
- Myelodysplastic Syndrome
- Non Hodgkin's Lymphoma
- Ovarian
- Pancreas
- Prostate

Most of our trials involve cancer treatments evaluating new drugs or new drug combinations. Some studies investigate diagnostic tests, or benefits of life-style changes. Cancer patients at the HFM Cancer Center or other cancer facilities may participate in our studies.

Our Clinical Research Department can help patients find out if participation in a trial would be of benefit and if they would qualify for a particular trial.

To learn more, call our clinical trial experts Daniel Freemyer, MA, CCRP at (920) 320-3193 or Birgit Kelly, RN at (920) 320-3067.



Dr. Jeremy Anclam enjoys mountain biking as part of his active lifestyle.

I just turned 50 years old. Should I schedule a colorectal cancer screening?

As a gastroenterologist, one of my most important roles is the prevention of colorectal cancer (colon cancer). If you are 50 and older, I definitely recommend you to make an appointment for a colorectal cancer screening



*Jeremy Anclam, DO
HFM Gastroenterology*

March is National Colorectal Cancer Awareness Month, and this is a great time to learn more about your risks and how to recognize and prevent this disease. Let me explain the importance

of getting a colorectal cancer screening.

Colorectal cancer starts in the colon or rectum and is the second leading cause of cancer death. According to the Centers for Disease Control and Prevention, 1 in 20 people are at risk for the disease; causing an estimated of 50,000 deaths annually.

Scientists don't yet know what causes colorectal cancer, but the older you are, the greater your chances of having colorectal cancer. In addition, certain lifestyle factors, such as lack of exercise, smoking, excess weight, or having three or more alcoholic drinks per day also increase your risk.

So what's the good news? You have the power to stop colorectal cancer before it starts. Colorectal cancer is curable 90 percent of the time when detected and treated early. A colorectal screening is the best way to catch and treat the disease and is recommended for adults over age 50. Additionally, if there is a history of colorectal cancer in your family, you should check with your healthcare provider to discuss if you need to get tested before age 50 and how often.

There are several colorectal cancer screening test options, such as a colonoscopy, high-sensitivity fecal occult blood test and sigmoidoscopy. A colonoscopy is considered the "gold standard" screening for colorectal cancer.

Preparation for a colonoscopy starts the day prior. There are a variety of new preparations available ranging from high volume liquid preps to low volume preps and pills to make the screening

process easier and provide better screening results. Before the exam, you will be given a sedative to reduce the discomfort. During the colonoscopy, your doctor will insert a long, flexible thin scope (small camera) into your rectum and through the entire colon. The doctor will check for polyps, or growths, which can be cancerous or turn into cancer. If any suspicious polyps are found, your doctor will remove them.

Early diagnosis of colorectal cancer can often lead to a complete cure. So no matter how busy you feel, if you're age 50 or older—or even younger if you're at high risk—make time to talk with your doctor about getting screened for colorectal cancer. As part of the Affordable Care Act, colorectal cancer screening tests are covered by most insurance plans. Check with your health insurance provider to find out about your colorectal cancer screening benefits coverage.

Jeremy Anclam, DO, is gastroenterologist at HFM Gastroenterology. To schedule an appointment, call HFM Gastroenterology at (902) 320-6212.

Authentic Solutions to Inspire Employee Health

TRANSCEND

HFM Transcend Employer Services boost your business' bottom line while improving your employees' lives

At Holy Family Memorial, our focus is clear. We're committed to providing innovative, patient-centered care with nationally recognized quality to help our community achieve healthier lives. Along with individual patient care, we specialize in customized health and wellness solutions for businesses through our Transcend Employer Services. Although the Transcend name may be new—make no mistake—we've been providing businesses leading-edge, individually tailored services that surpass typical health and wellness programs for years.

"Our new Transcend name and visual identity serve to better describe how we provide our employer services," noted David Yeghiaian, administrative director of corporate development and strategic growth at HFM. "The Transcend brand image complements the HFM brand and reflects our commitment to being the friendly face employers know they can trust and turn to in a time of need because

“ Transcend is agile and responsive to fit the needs of any size business and helps employers generate long term health savings. ”

we truly care about them and their employees' health and well-being."

But Transcend is more than just a name. At the core, all of our services are based on our "Right Care" approach. Transcend goes beyond simple employer health and wellness solutions. Our model, standard and quality of care are all rooted in expertise garnered from a long-term commitment to delivering innovative, effective services.

Available in both Manitowoc and Sheboygan counties, Transcend provides employers with a range of occupational health services including health and wellness centers, onsite nursing, drug and alcohol testing, worksite wellness programs, health risk assessments and biometric screenings, Employee Assistance

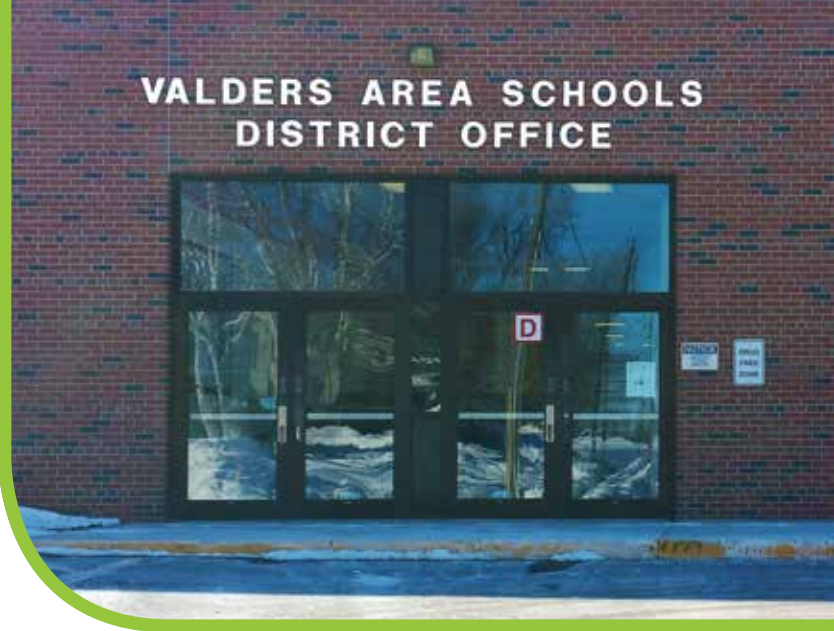
Programs, physical examinations and a variety of other services.

"Transcend is agile and responsive to fit the needs of any size business and helps employers generate long-term health savings and engage their employees in meaningful ways to change behavior and improve overall health," added Yeghiaian.

Whatever the health and wellness needs are for your business, Holy Family Memorial and Transcend deliver the right outcomes and results sure to exceed your expectations. Get world-class health and wellness services from your dedicated hometown team at HFM. We're here and ready to learn about your unique needs so we can tailor a plan that makes the most sense for you.

Onsite. On Target.

Valders Area School District partners with HFM to open onsite health and wellness center



HFM's Transcend Employer Services aim to provide employers with the tools they need to experience a healthier workforce, increased productivity and lower healthcare expenses. And for Valders Area School District, Transcend is right on target.

The district recently partnered with us to open an onsite health and wellness center, conveniently located within their district office. The goal was simple—help keep employees healthy while saving them money by offering access

to the center at no charge for district employees and their families.

"We'd like to thank the Wisconsin Counties Group Health Trust for giving

conditions like cold and flu to the treatment and management of chronic conditions like diabetes and high blood pressure.



“Employees can save money and they'll have convenient, timely access to a healthcare provider.”

our employees and their families the opportunity to be their healthiest, and we're excited about this partnership with Holy Family Memorial to bring employee health services to our district," commented Valders Area School District Superintendent Debra Hunt. "The onsite health and wellness center will be a huge benefit for our employees. Employees can save money and they'll have convenient, timely access to a healthcare provider."

Through our partnership, one of our dedicated nurse practitioners staffs the center, and provides care for everything from acute medical

"We're excited to be partnering with Valders Area School District and providing our Transcend services to improve the health and well-being of their employees," said David Yeghiaian, administrative director of corporate development and strategic growth at HFM. "The onsite clinic makes quality healthcare more easily accessible to school district employees and their families when they need it. Not only will the health and wellness center provide employees the opportunity to take an active role in their own health, but it will also help lower overall healthcare costs for the school district."

Our Transcend Employer Services include health and wellness centers and so much more. Discover how Transcend can work for your business. Call (920) 320-4282 or visit hfmhealth.org/transcend.

Upcoming Events

- Wednesday, April 6 **2016 HFM Running Clinic.** The HFM Running Clinic can help you run right so you can run strong! Learn from local experts in all areas of training including nutrition, speed, strengthening and injury prevention. Details at hfmhealth.org/run
- May 18 and 25,
June 15 and 22 **Varicose Vein Leg Screenings.** Varicose veins can be a sign of serious vein disease. If you think you have varicose veins, take advantage of one of the Varicose Vein Screenings to be held at HFM General & Vascular Surgery to help determine if treatment may help. You'll meet with experienced vascular surgeon Dr. Milan Jordan and have a screening ultrasound for just \$10.00. Visit hfmhealth.org/legs or call HFM General Surgery at 320-3165 for times.
- Tuesday, April 26 **Diabetes Medication Health Talk.** HFM Pharmacy on Calumet Avenue. Talk begins at 3 p.m., no cost to attend and no registration needed. Door prizes will be given. Learn more at hfmhealth.org/diabetes-medication
- Sunday, June 12 **5th Annual HFM Maritime Marathon.** Lake Michigan's premier west coast marathon is open for registration. The course is flat, fast and a Boston Qualifier. Learn more at maritimemarathon.org
- Monday, June 13 **21st Annual Samaritan Day Golf Benefit.** The Bull at Pinehurst Farms. Enjoy a great day of golf while supporting a good cause. Funds raised directly impact our communities and assist HFM in providing services to help individuals and families achieve healthier lives. Learn more at hfmhealth.org/donate
- Wednesday, July 13 **Night of Excellence Awards Banquet.** Knox's Silver Valley, Manitowoc. At this event the hard work and dedication Manitowoc County athletes, coaches, and teams put forth each year is honored and recognized. More info at lakeshoreorthopaedics.com/night-excellence.