

HFM Health Savvy

Inspiring you to a healthier life



Rebecca Wilkinson
puts her faith in
God during her
battle with cancer.
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Holy Family Memorial

Sponsored by the Franciscan Sisters of Christian Charity



Coping with COVID-19

The advent of COVID-19 this year has brought many challenges—for healthcare, businesses and the community. Adapting to the changing environment created by this disease has changed healthcare as HFM and other organizations became creative to provide care for our patients.

Adjustments included the creation of the HFM Respiratory Clinic at our Harbor Town Campus on the west side of Manitowoc. The Respiratory Clinic is our primary testing location for COVID-19 and other respiratory conditions such as influenza and RSV, which are difficult to distinguish from COVID-19. Negative pressure rooms were quickly added to the campus to allow respiratory patients to be seen, while drive through testing was added to allow for fast, efficient COVID-19 testing.

Telemedicine took a large step forward with the pandemic. As HFM and other healthcare facilities reduced clinic appointments to allow

for managing potential surges of hospitalized patients, telemedicine became the answer to some patient care.

Telemedicine is a virtual visit where a patient sees their provider using a computer, tablet or phone. The patient and provider can see one another and converse. Many follow-up appointments and care that does not require an in-person visit can safely be managed in this way. And many health insurance products are now covering virtual care.

Antibody testing was added to our services this fall. This testing does not tell with a certainty if you have had COVID-19. It does, however, indicate if you have antibodies to it. This is important because the blood plasma of someone who has COVID-19 antibodies can be used to treat people suffering from COVID-19. Antibody testing is available through HFM Direct Access Lab for \$100. Direct Access tests are self-pay and a physician's order is not required.

During these months we have been extremely grateful to our community and businesses who showed their support for healthcare workers by making masks for patients to wear, providing meals and treats for healthcare workers, taking prayer walks around our campus and doing so much more. Thank you to all who reached out to show they care.

We know COVID-19 is not gone. But we also know everyone is experiencing COVID fatigue after months grappling with the disease and its implications for our lives. While we look forward to the time that vaccines help us control it, we encourage everyone to fight COVID-19 the best way that we can: by maintaining at least a 6-foot distance between yourself and others in public, wearing a mask when with anyone outside of your immediate household, practicing hand hygiene and avoiding large social gatherings.

Together, we can do this!

HFM Expands ENT and Orthopaedic Services

Getting patients convenient access to the care they need is an integral part of Holy Family Memorial's mission. Over the last several months, HFM Lakeshore Orthopaedics and HFM Ear, Nose and Throat expanded services to better serve patients living in northern Manitowoc and Sheboygan Counties.

HFM ENT

HFM ENT announced the return of Otolaryngologist Dr. Edward Smith, DO, FACS, FAOCO and the addition of Physician Assistant Scott Bradshaw. The practice expansion for HFM ENT includes two new clinic locations—opening at HFM Lakefront Campus in Two Rivers, 800 Lakefront Way, and in Sheboygan at 1414 North Taylor Drive.

Dr. Smith is highly skilled in the surgical and medical treatment of head and neck conditions. He

provides comprehensive head and neck care, including pediatric and adult allergy diagnosis and treatment, thyroid and parathyroid disease, voice and swallowing disorders, head and neck cancer, sleep apnea and snoring, ear disorders and hearing loss. Dr. Smith sees patients in Manitowoc and Two Rivers.

Scott Bradshaw, PA-C, sees adult and pediatric ENT patients in Manitowoc and Sheboygan. He has over 20 years of experience, specializing in otolaryngology and primary care. Scott has experience in performing a wide variety of surgical and endoscopic procedures including nasal endoscopy and laryngoscopy.

To schedule an appointment with Dr. Smith or Scott Bradshaw, call (920) 320-4780 or learn more at hfmhealth.org/ent.



*Edward Smith, DO and Scott Bradshaw, PA-C,
HFM Ear, Nose and Throat*

HFM Orthopaedics

HFM Lakeshore Orthopaedics expanded services at their clinics in Manitowoc and Sheboygan—adding Dr. Richard Manos and Dr. John Trotter—to provide a wider variety of orthopaedic services to meet the growing demands of the community.



Richard Manos, MD

Dr. Manos is a fellowship-trained spine surgeon with over 25 years of experience and expertise in spinal deformity and both minimally invasive and complex spinal revision surgery. Dr. Manos believes in a comprehensive approach to spine care that involves primary care, physiatry, physical therapy, chiropractic and other alternative forms of medicine to treat patients.



John Trotter, MD

Dr. Trotter is a board-certified, fellowship-trained orthopaedic foot and ankle surgeon with more than 30 years of experience. He offers specialized care for foot and ankle conditions, including bunions and hammertoes, foot and ankle arthritis, sports-related foot and ankle injuries, including tendon injuries, ankle instability, fractures and dislocations.

To schedule an appointment with Dr. Manos or Dr. Trotter, call (920) 320-5241 or learn more at hfmhealth.org/lakeshore-orthopaedics.



Meet Rebecca Wilkinson

For many people, Christmas is one of the happiest times of the year. But for Rebecca Wilkinson, the 2019 Christmas season brought news that her metastatic breast cancer had spread to her brain, which put her on a fast-paced path of cancer procedures and treatments. It was a time for her to do what she has always done—she drew upon her faith and put her trust in God.

Rebecca was diagnosed with metastatic breast cancer in 2015. She was 35 years old, living in the Upper Peninsula of Michigan with her husband and two daughters. “I was 35, so I was not within the mammography screening guidelines. A series of diagnostic tests detected a spot on her liver and on the pelvis behind her liver in addition to the tumor in her breast and malignant lymph nodes. “I had five months of chemotherapy and biotherapy and after completing the chemotherapy I

continued with biotherapy, which I was told would be permanent.”

In the summer of 2017, the Wilkinsons moved to Manitowoc. “Prior to our move, I researched oncologists and biotherapy providers in the Manitowoc area,” said Rebecca. She read numerous physician bios, watched physician videos, and chose Lynn Baatz, MD, Oncology, Hematology at HFM Cancer Center. “I liked what she said and how she talked about her patients. I got such a

grateful that Dr. Baatz was there to spearhead everything,” said Rebecca. After brain surgery, Rebecca was put under the care of Kiernan Minehan, MD, Radiation Oncologist at HFM Cancer Center, for her radiation therapy treatments. “Everyone was amazing. I feel so blessed to have this level of care so close to home,” said Rebecca.

Many people facing a diagnosis and treatment plan like Rebecca’s might become discouraged and give up hope.

“Everyone was amazing. I feel so blessed to have this level of care so close to home.”

sense of peace from her; there was no doubt she was the doctor for me.”

Less than two years later, an MRI detected a tumor on her brain. “Despite my concern, I was super

Not Rebecca. “Rebecca is always upbeat. She attends the Pink Heals Support Group and is always willing to talk to people,” said Pattie Wellner, RN, OCN, Nurse Navigator, HFM Cancer Center.

When people ask Rebecca, what gets her through it, she responds, “My faith. I don’t know how people can

diagnosis and treatments, and introducing them to their doctors, I connect them to services they may

“My life has been amazing and moving to this community—city, church, neighborhood, doctors and hospital—was the right decision. I believe we are where God truly wants us to be.”

comprehend it or wrap their head around it without faith,” said Rebecca.

According to Wellner, “It takes a lot of courage for a woman with a diagnosis like Rebecca’s to move to a new community and entrust her care to a new team of health care providers, but she did and with tremendous faith and confidence.”

As a Nurse Navigator, Wellner acts as a patient’s guide and support person. “Each patient is unique so, in addition to explaining their

need—social services, support groups and complementary therapies,” said Wellner.

When Rebecca needed to have her port replaced, Wellner was there to help her through it. “Rebecca had some anxiety about her port surgery so, I went with her to meet her surgeon and accompanied her to surgery. I also provided Reiki therapy to help ease some stress,” said Wellner.

Nurse Navigators are also the communication bridge between a

patient’s current and former providers. “The Nurse Navigator in Michigan, where Rebecca had been cared for prior to coming here, was excellent to work with, which is so important in understanding not just the care and treatment plans that were administered but also in obtaining a little more insight to her as a person,” said Wellner.

Rebecca has had to learn how to be more attentive to her own self-care. “I am not as active as I used to be, but I know how to live so I can do as much as possible,” she said.

The family been through difficult times, yet they are thankful. “My life has been amazing and moving to this community—city, church, neighborhood, doctors and hospital—was the right decision. I believe we are where God truly wants us to be.”

HFM and Felician Village Receive Collaboration Award

Holy Family Memorial and Felician Village received The Chamber of Manitowoc County’s 2019 Collaboration Award for the Lakeshore Memory Clinic. The Collaboration Award recognizes a Manitowoc County project, activity or event for its progress, success, innovation and contribution to the community. Holy Family Memorial and Felician Village were recognized for their joint efforts in opening the clinic to care for individuals living with Alzheimer’s disease and dementia.

Located on the Felician Village campus, the Lakeshore Memory Clinic utilizes employees from both organizations and provides evaluation, diagnosis, education and management to help ease the challenges of day-to-day care and keeping someone with memory loss safe.

The Lakeshore Memory Clinic is affiliated with the Wisconsin Alzheimer’s Institute Dementia Diagnostic Clinic Network which has a statewide network of memory clinics. This network provides service and education beyond the boundaries of the University of Wisconsin-Madison and can directly and locally influence the health of individuals and families.

If you have a loved one struggling with memory loss, it may be time to schedule a memory evaluation. Call (920) 320-8600 to schedule an appointment or learn more at hfmhealth.org/memoryclinic.



Frank Soltys, President & CEO, Felician Village and Brett Norell, President & CEO, HFM

CORE TREATMENT SERVICES INCORPORATED



CORE Treatment Services Opens on HFM Campus

With the current COVID-19 pandemic, concern about drug and alcohol dependency has increased, not only in our community, but across the state and across the country. As a result, we are especially grateful to have supported the opening of CORE Treatment Services on the HFM campus.

CORE opened in spring 2020, bringing much-needed services to Manitowoc County. CORE is a nonprofit, 16-bed residential and day-treatment AODA (alcohol and

other drugs of abuse) facility. It is housed in the former Franciscan Sisters of Christian Charity convent building at 3 Riverside Court next to Holy Family Memorial. CORE is a licensed Community Based Residential Facility (CBRF) and Comprehensive Community Services (CCS) organization. As such it is only the state's fifth CCS-certified ADOA residential treatment center.

Pastor Chris Gilbert of Connection Church, and behavioral health supervisor Carmen Persaud are

CORE's co-founders and co-executive directors. HFM CEO Brett Norell serves on the Board of Directors. HFM also provides food service and other support to help this very important service take root in our community.

If you are interested in supporting CORE—for your family, friends, coworkers and others who struggle with addiction, contact HFM Fund Development at (920) 320-4283.

New Brand for HFM Employer Health Services

In July, Holy Family Memorial unveiled an updated brand identity for Transcend, our employer health service program—HFM Work Health Options.

The rebrand reinforces HFM's commitment to the community to

provide area employers with a suite of occupational and employer health services to create a culture of well-being and provide solutions to lower healthcare expenses. In addition, the new name and logo is consistent with HFM's overall brand identity.

HFM Work Health Options services include employer health and wellness services, health and wellness clinics, preventive care, occupational health services, employee assistance program and workers' compensation management. **Learn more at hfmhealth.org/workhealthoptions**

Get Fast, Affordable Care with HFM FastCare®

HFM FastCare® clinic is now open in the Meijer store located at 1818 S. Rapids Road in Manitowoc. HFM FastCare provides treatment for minor illness and injuries for adults and children. Services include treatment for bladder infections, rashes, insect bites and more.

An HFM FastCare visit is only \$69. Patients may pay in cash or have their insurance billed. The service is open to everyone, regardless of whether they are an HFM patient.

HFM FastCare® hours are:
 Monday-Friday: 8 a.m.-8 p.m.
 Saturday: 10 a.m.-6 p.m.
 Sunday: 11 a.m.-3 p.m.

For more information, visit hfmhealth.org/hfmfastcare.

The chart below shows the difference between HFM FastCare®, HFM Primary Care Same-Day Appointments, HFM Walk-In Care and HFM Emergency Department.

Service	HFM FastCare®	HFM Primary Care Same-Day Appointment	HFM Walk-In Care	HFM Emergency Department
Use When	Your provider's office is closed or you can't wait for an appointment	You need to see a provider today, but prefer to wait at home	Your provider's office is closed and you can't wait for an appointment	You are experiencing a potentially life-threatening condition
For these conditions:	Cold, flu, sinus infection, pink eye, sore throat*	Cold, flu, sinus infection, pink eye, sore throat*	Cold, flu, sinus infection, pink eye, sore throat*	Difficulty breathing
	Minor cuts	Cuts requiring stitches	Cuts requiring stitches	Open wounds and profuse bleeding
	Allergies*	Allergies*	Allergies*	Severe allergic reaction
	Minor burns and sunburn	Moderate burns	Moderate burns	Severe burns
	Minor skin rash	Moderate skin rash	Moderate skin rash	Severe skin condition
		Sprains or strains	Sprains or strains	Broken bone(s)
	Urinary tract infections	Urinary tract infections	Urinary tract infections	
		Headache*	Headache*	Severe headache*
	Minor stomach upset	Minor stomach upset	Vomiting	Severe stomach pain
	Ear pain	Ear pain	Ear pain	
		Sport or camp physical		
				Chest pain
				Stroke symptoms such as slurred speech, facial droop or sudden numbness or weakness
				Known or suspected overdose
				Poisoning
				Coughing/vomiting blood
				Sudden confusion or disorientation

*Due to COVID-19, if you have any of these symptoms, please call our Infectious Disease Hotline at (920) 320-3333.



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34th Annual
HFM LOVE LIGHT TREE
V I R T U A L
Celebration

Wednesday, December 9, 2020 at 5 p.m.
facebook.com/HolyFamilyMemorial
To purchase a love light, visit hfmhealth.org/lovelight.