

# HFM Health Savvy

Inspiring you to a healthier life

Walking the Same  
Cancer Journey

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**Holy Family Memorial**

*Sponsored by the Franciscan Sisters of Christian Charity*

# A summer well-spent

## Unique volunteer opportunity in our Emergency Department helps two students unleash their passion for medicine

Interning. Working as a temp. Helping out with the family business. Or just relaxing in the comfort of home. All common ways for college students to spend their summer.

But for Taylor Pritzl and Nick Schroeder, summer meant the chance to do something more—to give back to their community while gaining invaluable experience and a window into the future they both aspire to.

Both Taylor and Nick are pre-med students studying biochemistry—Taylor at UW-Madison and Nick at UW-Stevens Point. And both came to HFM in hopes that volunteering would give them a taste of their future careers in medicine.

Susan Senglaub, HFM director of volunteer services, recognized Taylor and Nick's common interest and was happy to oblige—immediately setting out to find them just the right volunteer fit.

“Many of our high school and college student volunteers are interested in exploring a career in healthcare,” noted Susan. “Volunteering at HFM gives them an opportunity to serve others in a meaningful way while getting an opportunity to experience and observe what it’s like to work in a real-world healthcare setting.”



Above from left to right: Taylor Pritzl and Nick Schroeder

And it's that real-world, first-hand experience Taylor and Nick were after. Because for both, healthcare is a family affair.

Taylor's dad is a pharmacist in Manitowoc, two of his grandparents were nurses, and his aunt is an internal medicine provider. And a family medical history of Alzheimer's disease serves as his driver to become a neurologist.

For Nick, volunteering at HFM meant making an impact right at “home.” He plans to follow in his grandfather and father's path of becoming a doctor. His grandfather, Dr. Norm Schroeder, was a family medicine provider at HFM. And his father, Dr. Todd Schroeder, is a radiologist.

After some searching, Susan found a unique volunteer opportunity, placing Taylor and Nick in the HFM Emergency Department. Amy John, RN, ED lead specialist, and Debbie Holschbach, RN, ED core specialist, were happy to welcome Taylor and Nick into their team.

“We want people to be excited about entering the healthcare field,” said

“We wanted Taylor and Nick to have the opportunity to be a part of our culture, see what it's like on a daily basis, and understand how the emergency room can touch multiple areas of our hospital on any given day.”

Amy. “It’s not too often that we allow volunteers to help out in the ED. But we wanted Taylor and Nick to have the opportunity to be a part of our culture, see what it’s like on a daily basis, and understand how the emergency room can touch multiple areas of our hospital on any given day.”

Together, Taylor and Nick volunteered more than 100 hours in ED over the summer. They assisted the ED staff with everything from getting a warm

blanket to a patient and stocking rooms to helping with patient lifts and escorting patients.

patients with quality care and a positive experience—no matter what the circumstance.

“Volunteering at Holy Family Memorial was a really rewarding experience for me,” reflected Taylor. “I saw how committed Holy Family Memorial and its staff are toward patients. It’s clear HFM believes that quality care is of the utmost importance, which is something that I also believe is vital for a positive hospital environment and patient experience.”

“Being a pre-med student, it was a great experience being in the hospital setting, working with patients, doctors and nurses, and seeing the different types of cases that came through the ED.”

And although they didn’t provide direct patient care, Taylor and Nick received unique insight into an area of the hospital they might not have otherwise had the opportunity to experience. They learned how fast-paced and unpredictable the ED can be, and how valuable it is to provide

blanket to a patient and stocking rooms to helping with patient lifts and escorting patients.

Nick, who aspires to become a surgeon, agrees.

“Being a pre-med student, it was a great experience being in the hospital setting, working with patients, doctors and nurses, and seeing the different types of cases that came through the ED. All with the focus of providing the best care. It’s interesting to see how everything comes together and is applied in real life.”

Whether you’re a college student, retiree or anything in between, when it comes to volunteering at HFM, our goal is a mutually beneficial placement where you have the opportunity to help to enhance the care of our patients while reaping rewards of your own—personally or professionally.

For more information on all the volunteer opportunities at HFM and how you can get involved, contact Susan Senglaub, director of volunteer services, at 320-2396.



## Did you know?

The Gift Shoppe at HFM and the Espresso Connection Café are staffed by volunteers and all proceeds are put into a special fund. Volunteers then decided how this fund is used to support HFM projects and programs.

Learn more in the winter edition of HFM Health Savvy.

**Espresso Connection Hours**  
Monday-Friday  
7:30 a.m.-4:30 p.m.

**Gift Shoppe at HFM Hours**  
Monday-Thursday  
8:30 a.m.-7 p.m.  
Friday  
8:30 a.m.-4 p.m.

# Walking the journey together

## Mother and daughter diagnosed with breast cancer months apart find strength, support and the hope of a bright future

### A daughter's story

In February of this year, Rebecca Engelbrecht awoke from a night's sleep with a sharp pain in her breast. It was the first time she'd ever experienced the sensation, and it caught her attention. The next morning, she did a breast self-exam for the first time in her life. She was only 41 and started mammograms at 40 as recommended. She didn't expect to find anything, but upon her inspection, she felt a small, hard lump. Hoping it was a cyst, she decided to wait a bit before calling her doctor.

After a few days, she made an appointment. Next came a whirlwind of tests—mammograms, an ultrasound, bloodwork—and

ultimately, a biopsy. Then the most difficult task—waiting. Because there are many different types of breast cancer, detailed tests typically take a few days for the results to be processed.

At her follow-up appointment, HFM Surgeon Dr. Matthew McFarlane delivered the news Rebecca feared. She had cancer.

But although her diagnosis shook her to her core, Rebecca kept her composure and placed her trust in Dr. McFarlane's expertise. Feeling reassured and genuinely cared for, and with the support of family and friends, she committed to taking cancer head-on.

After another few days—and tests—Rebecca got her first piece of good news. She didn't need chemo before surgery because her cancer wasn't an aggressive type. After that, Rebecca knew that no matter what, she was going to be ok.

Within eight days of her initial diagnosis, Rebecca was cleared to undergo a bilateral mastectomy with no chemo follow-up. Other options such as a lumpectomy and reconstruction surgery were



available, but after lots of research, reflection and conversations with Oncologist Dr. Mitch Winkler and Radiation Oncologist Dr. Kiernan Minihan of the HFM Cancer Center, Rebecca chose bilateral mastectomy.

After her surgery, Rebecca received the best news yet—her cancer was Stage 1. She completed follow-up physical therapy through HFM's STAR (Survivorship Training and Rehab) program and knew brighter days were ahead.

### A mother's story

After her daughter Rebecca's breast cancer diagnosis, Mary Ann LaViolette felt like skipping her annual mammogram. But she knew better and kept her appointment.

As her appointment was wrapping up, the technologist asked Mary Ann if she could come back for an ultrasound that afternoon. However uneasy, she complied and returned the same day for an ultrasound.

After the ultrasound, her radiologist let her know that the results could



potentially be cancer. Mary Ann was in shock.

A biopsy was immediately scheduled, and it was Dr. McFarlane—who delivered the initial diagnosis to Rebecca just months prior—who called Mary Ann with her results. He first checked to make sure Mary Ann was with someone and not driving. Then he delivered the difficult news mirror image to what he told Mary Ann's daughter—she too, had cancer.

Dr. McFarlane went on to comfort Mary Ann and explain everything, including surgery options, so she could fully understand her best plan to beat her cancer. He then asked that she meet with Oncologist Dr. Lynn Baatz of the HFM Cancer Center. After meeting with Dr. Baatz and exploring all of her options, Mary Ann—who describes herself as stubborn—made her final decision to follow suit with her daughter and undergo a bilateral mastectomy with the hope of not needing follow-up chemo.

Mary Ann doesn't remember her surgery, but she does remember her husband, along with her daughter, Rebecca, being there for her before and after—that and excellent nurses checking on her frequently.

"Dr. McFarlane talked to me the next day in the hospital. He took time to listen and explain everything. I never felt rushed. He really cares and

has an excellent bedside manner," recalled Mary Ann. "Everyone was so friendly at Holy Family Memorial. I've experienced hospitals in big cities with family members, so I can absolutely recommend the care at HFM."

Now cancer-free, Mary Ann—like Rebecca—is looking forward to what the future holds.

### It's all about attitude

It turns out that Rebecca and Mary Ann had exactly the same breast cancer, and both Stage 1. Rebecca went through genetic counseling, and surprisingly, learned their type of cancer isn't genetic. But although their cancer wasn't genetic, perhaps their positive attitudes are.

October is National Breast Cancer Awareness Month. HFM's Women's Imaging Department is offering extended appointments Saturday from 7 a.m. to noon.

Rebecca went through a difficult time in her life many years ago dealing with depression. But with those days behind her, and with three wonderful children, her will to live is unbreakable. And through the support of her children, husband, family and friends, she found the strength and positive attitude to beat her cancer. Her journey—although not something she chose—gave her emotional gifts she wouldn't have otherwise received.

Mary Ann also dealt with adversity early on in her life. Her first husband died when he was only 28 years old. She quickly learned you have to keep a positive attitude no matter where you are on the journey of life. When she was diagnosed with breast cancer, she didn't give in to negativity or self-pity. Her philosophy is: "Why should I make myself feel miserable when I want to go on with life—I'd rather be positive and happy!"

She's thankful, too, for her husband and daughter's positive attitudes and all the support they gave her during her battle with cancer.

### Advice to heed—straight from two strong survivors

Rebecca and Mary Ann share their story because they want women to know that finding breast cancer early can make a huge difference—often the difference between life and death.

The five-year relative survival rate for Stage 1 breast cancer is 100%. So be sure to get a yearly mammogram if you're 40 or older. And don't forget—do your monthly breast self-exams. Don't wait if you suspect something or feel anything unusual.

And if you do receive a cancer diagnosis, know that it's very treatable.

### Your cancer care team at HFM

HFM's Cancer Care Center is here to fight cancer head-on with you, offering experience, expertise and compassionate care. From our surgeons, radiologists and oncologists, to our specialized radiation oncologists and pain specialists, we provide leading-edge cancer care, minutes from home.

In October, HFM's Women's Imaging Department will offer Saturday, screening mammogram appointments from 7-11:30 a.m. Call 320-6777 to schedule. If you're uninsured, find out if you qualify for a free screening mammogram at HFM—a safe, secure and confidential environment, 320-2220.



# 2016 Sip, Savor & Support Benefit Gala

Join us for an elegant evening to support HFM's mission.

Dr. Ryan and Beth Dopirak, Sip, Savor, & Support Gala Co-Chairs

HFM's mission is to "help individuals and our communities achieve healthier lives." Achieving this mission relies on improving the health of our community- one person at a time. In 2015, we held our inaugural Sip, Savor, & Support Gala. This event was supported by 206 participants, including attendees, donors, volunteers, and guest chefs! The net proceeds, over \$23,000, are being used to launch the Health Achievers program. This program will focus on a holistic view of our patients' lives, including social and economic factors, as well as health and wellness. We are currently in the process of recruiting a Coordinator to oversee the Health Achievers program. This program will begin in the Pediatric and Women's Health clinics, and the target date for its official launch is January 2017.

Consistent with our goal of helping those community members who are most in need, proceeds from the upcoming 2016 Sip, Savor, and Support Gala will be directed to the HFM Wellness Fund. This fund will provide financial assistance to patients and families with demonstrated need, in order to help them lead healthier lives.

The fund will provide financial support for programs that are not typically covered by health insurance, such as smoking cessation counseling, formal weight loss programs, nutritional counseling, HFM Wellness Center memberships, and other health and wellness initiatives. We look forward to your support of the 2016 Sip, Savor, and Support Gala, which will be held on Saturday, September 24.



## Sip, Savor & Support Benefit Gala

Saturday, September 24  
6:30-11:30 p.m.

Franciscan Center for Music  
Education & Performance  
at Silver Lake College

Cocktails | Dinner | Dancing  
Support Opportunities

Please RSVP by September 17  
by visiting  
[hfmhealth.org/2016gala](http://hfmhealth.org/2016gala)

\$125 Donation Per Person  
Classy Cocktail Attire

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



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# Care spanning a century

## Advanced Nurse Practitioner Sarah Reveal continues her great-grandmother's legacy

Although Sarah Reveal never had the chance to meet her great-grandmother, Katherine Milton, she feels a strong connection to her shared by a common bond—an unwavering commitment to care.

In 2015, Sarah graduated as an advanced practice nurse prescriber (APNP)—commonly referred to as a nurse practitioner—more than 100 years after her great-grandmother made history, becoming the first nurse to graduate from the Holy Family School of Nursing in Manitowoc.

The Holy Family School of Nursing opened in 1909. Three women entered the first program. Only Katherine completed the program.

Katherine's commitment for nursing lasted a lifetime. She was an original member of the Holy Family School of Nursing Alumni Association and remained active until her death in 1975 at the age of 94.

She actually started her career as a teacher after graduating from the Oshkosh State Teachers College but Katherine's true passion was for nursing. She experienced a rewarding career and even met her husband, Aloysius Holsen, while working as a nurse at Holy Family Hospital.

"I wish I could talk to her about what it was like to be a nurse in 1912, to hear her stories firsthand," remarked Sarah. But she's happy to settle for secondhand accounts. Her father's strongest memory of his grandmother was her outstanding sense of humor—an important trait for any nurse.

Sarah also learned more about her great-grandmother through one of her daughters—Sarah's grandmother—Mary Holsen Holzinger. As a child, Mary spent time at the hospital while her mother was doing private duty nursing. She wanted to become a nurse, but graduated high school at the age of 17 and wasn't old enough to enter nursing school. She went to business school instead, and worked as a legal secretary. Her passion for nursing never waned, and she fulfilled it by volunteering for the Red Cross during World War II and at HFM for many years.

That passion for nursing spanned generations, worked its way into Sarah's life, and took her around the world and back to one of the highest levels in the nursing profession via an extraordinary route.

Sarah became a certified nursing assistant in high school, knowing it could be a stepping stone to nursing school. She attended UW-Oshkosh, and continued on to UW-Green Bay and UW-Manitowoc to complete her general education classes before attending Bellin School of Nursing.

A year after graduating from nursing school, her father's military service sparked Sarah's interest to enlist in the Air Force as an emergency services nurse. She was stationed in Afghanistan for seven months, saving lives at Bagram Air Base, the largest U.S. military base in the country.

Upon completing her term of service, Sarah left the Air Force to focus on starting a family with her new husband. Always wanting to help



people and ready for a challenge, she also decided to further her education and become an advanced nurse practitioner, and started school just four months after her first daughter was born.

When the time came to begin her new career as an advanced nurse practitioner, she came back to the place her grandmother and great-grandmother felt at home. The place where she was born and her family's history lives—Holy Family Memorial.

Sara, now based at our HFM Family Medicine Harbor Town Clinic, treats patients for acute and chronic medical conditions like diabetes and high blood pressure. She also provides services at the Valders Area School District health and wellness center to district employees and their families.

**Visit [hfmhealth.org/SarahReveal](https://hfmhealth.org/SarahReveal) to learn more, or call 320-4500 to schedule an appointment.**

# HFM welcomes new members to the patient-care team



**Dean Pollnow, MD**  
*Chief Medical Officer*

Dean Pollnow, MD, was recently named Chief Medical Officer at Holy Family Memorial. In this role, Dr. Pollnow will lead a group of 90 distinguished providers, and will oversee quality, medical practice management and strategic positioning.

Dr. Pollnow is board-certified in obstetrics and gynecological

“I am excited to join such a strong organization and work with the outstanding medical staff at Holy Family Memorial to provide high quality care to those in Manitowoc County and the surrounding areas.”

medicine. He received his medical degree from Medical College of Wisconsin and has been in practice for 21 years. He completed an internship at Waukesha Family Practice, Medical College of Wisconsin Affiliated Hospitals and Sinai-Samaritan Medical Center, prior to beginning his obstetrics and gynecology residency at Sinai-Samaritan Medical Center. Dr. Pollnow also has a master’s degree in business administration from the University of Tennessee.

Dr. Pollnow and his wife Margaret have three grown children. In his free time, Dr. Pollnow enjoys spending time with his family, sports, physical fitness and outdoor recreation. He is also a pilot and enjoys flying.



**Cheryl Pitre, MD**  
*Family Medicine Physician*

“I especially enjoy my geriatric patients; these are very special people who deserve excellent, coordinated care.”

Cheryl Pitre, MD is a family medicine physician who sees patients ages 18 and up at the HFM Shady Lane Clinic. In addition, Dr. Pitre makes routine visits to long-term care residents located at Shady Lane, Manitowoc Health & Rehabilitation Center, and Felician Village. All of the HFM clinics located inside these long-term care facilities are open to the public and offer another convenient option to access healthcare closer to home.

Dr. Pitre earned her medical degree from the University of Toronto in Ontario, Canada. She completed her residency at Women’s College Hospital in Ontario, Canada. Apart from helping her patients, Dr. Pitre enjoys outdoor sports and

recreation, photography, reading, gardening, and local art and music.

The HFM Shady Lane Clinic is located at 1235 S. 24th Street, Manitowoc. To make an appointment with Dr. Pitre, call the HFM Shady Lane Clinic at (920) 320-6620.

HFM offers primary care at three easy-to-access locations within long-term care facilities in Manitowoc. Our clinics offer same-day appointments for a full range of primary and preventive services—everything from treating cold and flu, to managing chronic health issues. Learn more at [hfmhealth.org/neighbor](http://hfmhealth.org/neighbor)



**Barbara Strand, MD**  
*Pediatrician*

Barbara Strand, MD will join the team at HFM Pediatrics in October, providing compassionate care to young patients and working closely with parents to meet their child’s changing healthcare needs. Her services will include treatment of common childhood illnesses, managing complicated pediatric issues and chronic diseases, immunizations and more. Dr. Strand especially enjoys baby and well child care, as they are a great way to get to know families.

“ I believe a listening ear and a caring heart are important, so that families and I can work together to share decisions on the best care for their children. ”

Barbara Strand, MD will join the team at HFM Pediatrics in October, providing compassionate care to young patients and working closely with parents to meet their child’s

changing healthcare needs. Her services will include treatment of common childhood illnesses, managing complicated pediatric issues and chronic diseases, immunizations and more. Dr. Strand especially enjoys baby and well child care, as they are a great way to get to know families.

Dr. Strand is board-certified in pediatrics. She received her medical degree from Rush Medical College in Chicago, Illinois, and completed a pediatric residency at Columbus Children’s Hospital/Ohio State University in Columbus, Ohio. She also completed a fellowship in pediatric nephrology at Columbus Children’s Hospital.

Outside of her practice, Dr. Strand enjoys hiking, biking and gardening.

**HFM Pediatrics is located at 4303 Michigan Avenue, Manitowoc. To make an appointment with Dr. Strand, call HFM Pediatrics at (920) 320-4300.**



**Gina Wendricks, Au.D.**  
*Audiologist*

Gina Wendricks has joined the staff at HFM Hearing and Balance as a doctor of audiology. She will assist patients by performing hearing assessments, selecting and fitting appropriate assistive listening devices and hearing aids, screening and treating vestibular (balance) issues and more. She also has an interest in custom hearing protection/hearing conservation.

“ Helping people reconnect with their family and friends, as well as socially, via their hearing devices is so rewarding. ”

Dr. Wendricks earned a bachelor’s degree in Communicative Disorders as well as her doctorate in audiology from the University of Wisconsin-Stevens Point. She also completed a residency at Mayo Clinic Health System Franciscan Healthcare in LaCrosse.

Dr. Wendricks and her husband have two young daughters. In her spare time, she enjoys fishing, being outdoors and spending time with her family.

**HFM Hearing and Balance is located at 4303 Michigan Avenue, Manitowoc. To make an appointment with Dr. Wendricks, call (920) 320-4380.**

## Find the right provider.

Visit [hfmhealth.org/physician](http://hfmhealth.org/physician) to search providers by area of care, learn about their qualifications and specialties, and watch video biographies to get personal insight into each providers approach to care.

# Man on a mission

## Dr. Mathew Campbell brings surgical care—and more—to Bolivia

Mathew Campbell never planned on becoming a doctor—let alone a surgeon. But that all changed when family friend Dr. Pete Obregon, himself a retired surgeon, invited Mathew and his family on a medical mission trip to Thailand.

When he received the invite, Mathew was a sophomore attending college, majoring in chemistry and math. With no healthcare background, but with a genuine desire to help his fellow man, he decided to take on the challenge. Weeks later, Mathew found himself in a remote mountain village in Thailand, receiving a crash course from Dr. Obregon on everything from taking vital signs to triaging patients. He even got to watch as the surgeon and his team completed minor procedures.

The trip was life-changing. Immediately upon returning home, Mathew made the decision to become a surgeon. Pictures of patients from his first trip to Thailand served as motivation for many late nights of studying through college and medical school. But Mathew persevered. And before he knew it, he earned the honor of being called Dr. Campbell.

“While in Thailand, I saw how God worked through Dr. Obregon in such an intimate way with so many people in need—it was truly eye opening,” recalled Dr. Campbell. “I came back from my trip wanting to make a difference in people’s lives—to serve others both medically and spiritually.”

Since his first trip to Thailand, Dr. Campbell has traveled with Dr. Obregon on mission trips to other countries: the Dominican Republic, Haiti, the Philippines and Rwanda. In 2010, Dr. Campbell traveled with Dr. Obregon to Bolivia for a one-week



project. It was there that his mentor suggested he start directing projects rather than just participating.

A year later, an illness prevented Dr. Obregon from directing another trip to Bolivia. The torch was passed.

In January 2012, Dr. Campbell set out to direct his first project in San Juan, Bolivia, a post-World War II Japanese colony in the middle of rural central Bolivia. And immediately upon arriving, Dr. Campbell knew he found the perfect match for his medical expertise and mission.

“I met a great team in Bolivia and decided this was where I wanted to continue my work,” said Dr. Campbell. “I also met some young volunteers there who I’m proud to now call my brothers and sisters. They’re the nucleus of our team and continue to help with planning and preparing our projects year-round.”

Since leading his first project, Dr. Campbell’s service in Bolivia has become a huge part of his identity. He’s a man on a mission, and has been returning twice every year with Medical Ministry International Canada



and I Care San Antonio. Dr. Campbell's latest mission this past April marked his ninth trip to Bolivia, along with the largest medical project team he's directed—42 members. The team included HFM nurse anesthetist Jean Reindl and other medical staff and general helpers from around the U.S. and Canada—many of who were experiencing a mission trip for the first time. Over the course of the trip, Dr. Campbell's team performed 82 surgical procedures and saw more than 1,000 medical, dental and optometry patients.

“I came back from my trip wanting to make a difference in people's lives—to serve others both medically and spiritually.”

His latest trip also marked another special milestone—his wife Wendy and two daughters joined him in Bolivia for a week. And they weren't just visitors—they dove right in helping in the pharmacy and with the children around the hospital and nutrition center.

“It was neat to see the girls come out of their comfort zones to engage with some of the children with play and stories,” smiled Dr. Campbell. “I really enjoyed getting the occasional

hugs from the girls between cases—a luxury I rarely even get at home.”

With each trip, Dr. Campbell's visits are becoming more efficient and effective. Planned four months in advance, the team predetermines what types of surgeries will be performed. This way, doctors in Bolivia can identify which patients are right for the surgeries.

“Going back to the same location also helps,” noted Dr. Campbell. “I'm working with the same hospitals and providers so I know what services, equipment and supplies are available. It's great to already have an established relationship with the healthcare system and providers. And by going twice a year, we're able to build trust with the community.”

And this trust is key. Because Bolivians are a proud people.

On average, surgeries in Bolivia cost about \$400—which is often the annual income for most of Dr. Campbell's patients. Medical Ministry International Canada charges patients \$60-\$70 for elective surgeries. And although the groups do also provide free surgeries during each trip, most patients choose to wait until they have enough money saved up for their surgery—it's important for them to maintain their dignity.

Dr. Campbell will make another trip to Bolivia this November. But although he leads teams with his surgical expertise, he's the first to admit that none of his mission work would be possible without the support of others.

Which is why, in 2014, he, along two other HFM providers—anesthesiologist Jonathan Klatt, MD, and obstetrician and gynecologist William Leach, DO—founded SendHealth, a nonprofit created to help organize fundraising for participants' fees and travel expenses, as well as for purchasing equipment and supplies for the trips.

“Providing high quality medical care in poor, resource-stricken places is not cheap,” explained Dr. Campbell. “We're appreciative of any donation that we receive to help pay for participants' travel expenses or supplies.”

Along with SendHealth, Dr. Campbell has also received supplies and equipment such as gloves, syringes, band aids, medications—and even an anesthesia machine—through the Medial Mission Fund at HFM.

**And you, too, can get involved in Dr. Campbell's mission. To find out how, visit [sendhealth.org](http://sendhealth.org).**



## Upcoming Events

September 12  
September 26  
November 22

**Why Weight/Why Weight Plus** - Utilizes the National Diabetes Prevention Program, an evidence-based weight loss program. You'll learn how to incorporate healthy eating choices and physical activity into your life. Visit [hfmhealth.org/whyweight](http://hfmhealth.org/whyweight) to learn more.

September 24

**Sip Savor & Support** - Join us for an elegant evening featuring cocktails, amazing culinary creations presented by local chefs, live music and special opportunities to support HFM. \$125 donation per person. RSVP by September 17 at [hfmhealth.org/2016gala](http://hfmhealth.org/2016gala), or by calling 320-4284.

October 19  
October 26

**Varicose Vein Screening** - Varicose veins can be a sign of serious vein disease. If you are experiencing discomfort, leg pain or swelling, schedule an appointment for this screening. You'll meet with Dr. Milan Jordan and have a screening ultrasound for varicose veins for just \$10. To schedule an appointment, call 320-3165.

December 7

**Love Light Celebration** - The 30th annual Love Light Celebration to honor and remember loved ones during the holiday season. This free event includes a short ceremony, prayer, lighting of the tree and holiday light show, and refreshments. The display will run through January 9. For information on how to purchase a Love Light, call HFM Fund Development at 320-4284.