

HFM Health Savvy

Inspiring you to a healthier life

The right care from HFM Lakeshore Orthopaedics helped Will Kocken achieve incredible accomplishments.

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The miles that bind

HFM Maritime Marathon a family affair

Kerry Winans grew up in a suburb of Chicago. Though he may have a sentimental spot in his heart for some of Wisconsin's biggest sporting rivals, he's proud to call Manitowoc home. His wife is a Manitowoc native, and the couple chose to raise their three daughters in what Kerry describes as, "the perfect place to raise a family, and a wonderful community where people know and genuinely care for each other."

While the Winans are active, none would describe themselves as runners. That is, until 2016.

“An experience like this provides a tremendous opportunity to bond with your kids while doing something very positive.”

At the encouragement of Lee Kummer, a family friend and avid runner, Kerry decided he'd set a new fitness goal by giving running a go and entering the HFM Maritime Marathon. Knowing that a full, or even a half marathon could be a bit overly ambitious for someone with no running credentials, he decided that the four-person marathon relay was his best bet. He just needed a team.

To Kerry's surprise, his oldest daughters, Allison and Stephanie, quickly stepped up and volunteered to join him. His long-time friend, Steve, rounded out the team. And his wife and youngest daughter provided the vital encouragement and support needed as the foursome embarked on what became a remarkably memorable journey.

With the marathon looming in June, the team began their training in February.

"Before entering into the marathon, the furthest I'd ever ran was three miles—and that might be a stretch," Kerry chuckled.

"So since we were all 'newbies,' we started from scratch and learned how to run. We learned how to train for our specific end goal. The training built our collective confidence and taught us teamwork. And best of all, it organically became an incredible bonding experience for me and my daughters."

As months passed, the team diligently continued their training. Even geographical barriers couldn't break their focus. At the time, Stephanie was attending college in La Crosse, so Kerry would schedule visits where they could connect and complete their training together.

Before they knew it, June was here and marathon day was upon them. The anticipation and excitement had reached a fever pitch. They weren't worried about their times. They just wanted to cement the bond they built by accomplishing their goal together.

"An experience like this provides a tremendous opportunity to bond with your kids while doing something very positive," Kerry attested. "Running frees up your mind and is a very calming way to exercise. And it was one of the most genuine experiences I've had with my kids. I learned a lot about them—and a lot about myself."



From left to right: Allison Winans, Stephanie Winans, Kerry Winans, and Steve Roekle

Now proud to dub themselves as "runners," Kerry and his daughters still get together regularly to run. It's the perfect way to commit to staying active while providing a platform to catch up and connect in person.

"We'll share this bond for a lifetime," Kerry reflected. "It's a gift that eeps giving, and we'll definitely be participating in future HFM Maritime Marathons. Who knows, we may even get my wife and youngest daughter in on the actual running. I'd like to thank HFM for promoting wellness and caring about our community by sponsoring an event like this. It's critical to our community and I encourage anyone to get involved and give running a try."

Dedication. Mental strength. Commitment to a fitness goal. Whether you're looking to qualify for Boston or find a new way to be active—alone or as a team—consider pushing yourself and entering this year's HFM Maritime Marathon. Get all the details or register at maritimemarathon.org.

The history of Sisters' gratitude continues

For 118 years, the Franciscan Sisters of Christian Charity have served the people of Manitowoc County, rooted in their dedication of serving others in Jesus' name.

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.

“We are prayerfully grateful to every person who helps us continue the healing ministry of Jesus Christ to those in need.”

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. 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.”

Her trust in Divine Providence was well placed. A community-wide fundraising initiative ensued, raising support from local citizens. Proceeds of \$3,887.09 were raised – the first official dollars that started Holy Family Hospital. The doors of Holy Family Hospital opened for all on September 28, 1899.

The Sisters did it all when Holy Family Hospital became a reality. They nursed the patients, grew fruits and vegetables, cooked, baked, cleaned and even managed the books. But above all, they remained true to their service of caring for others in need.

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. In fact, every year, close to 700 donors make generous gifts allowing for care of the poor, essential medical equipment, new program development. Those benefactors become part of the ongoing history of the Sisters and HFM.

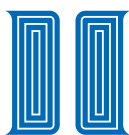
Every gift to HFM is as precious as the gift of life to another. According to Sr. Natalie Binversie, Community



Director, “We are prayerfully grateful to every person who helps us continue the healing ministry of Jesus Christ to those in need. We Franciscan Sisters of Christian Charity strive to live the Gospel in simplicity, built on faith in a loving God; joyful acceptance of poverty, love for the Church, and selfless dedication to the service of others.”

To learn how you can be a part of the Sisters legacy of helping others with a donation to HFM, please visit hfmhealth.org/donate.

Thank you to our generous corporate partners for your support.



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Fit to make history

How the right care helped Will Kocken achieve incredible—potentially record-breaking—accomplishments

Extremely active duty

When you hear the term, “active duty military,” a certain picture likely comes to mind. Someone physically fit. Mentally strong. Dedicated and driven. Active.

But there’s active. And then there’s extremely active. Enter Will Kocken.

A lifelong Green Bay resident and combat veteran, Will has been proudly serving our country in the Army for the past 15 years, and has been on active duty for nearly 12. Also a lifelong athlete, he’s prided himself on pushing his body to its limits, whether it be competing in a variety of sporting events or excelling in his two combat operation deployments to Iraq.

But with an extreme level of activity comes extreme wear and tear on your body. And sooner or later, even the mentally and physically toughest individuals will feel the effects.

Will found himself in that exact situation. He’d been dealing with shoulder pain for

some time, but when he returned home from his second deployment nearly seven years ago, the pain became impossible to ignore. It was constant. And to make matters worse, along with the pain, his shoulder would dislocate easily and allowed for only a very limited range of motion—even a simple task like moving his arm to back out of the driveway became a near-impossible endeavor.

Unable to function normally in his day-to-day life, let alone fulfill the rigors of his military duties, Will knew he needed care. And not just any care—the right care from a proven specialist. He wasted no time starting his search.

Making an informed choice

Will took a systematic approach to finding the right provider. He started by tapping into his network of friends and family, and before long had a solid referral from a trusted friend—he told Will that his search was over—he needed to travel to Manitowoc to see

Dr. Ryan Dopirak at HFM Lakeshore Orthopaedics. Because, as his friend put it simply, “he’s the best around for shoulders.”

Encouraged by the endorsement, Will moved onto his next step—independent research.

“Google is an amazing tool,” he remarked. “Within seconds, you can find all kinds of information on almost any provider. For me, I focused on reviews, because reviews will be out there—especially when someone has a bad experience. When I researched Dr. Dopirak, I expected to see at least some critical commentary, but ended up being pleasantly surprised that none existed.”

It was then time for step three of Will’s approach—getting a referral from his physician and an appointment to meet with Dr. Dopirak. And although it meant more of a drive than going to a Green Bay based provider, he didn’t hesitate.

“For me, it’s about going to the best, no matter where they are,” Will explained. “There are reasons why Dr. Dopirak is highly recommended, regarded and reviewed, and I wanted to base my decision on my research and the credibility and skills of the specialist—not simply where they’re located. In my experience, bigger isn’t always better. You’ll be surprised to find that some of the best surgeons and healthcare professionals live and work in smaller communities.”

And after Will’s consultation with Dr. Dopirak, the choice was easy.

“Dr. Dopirak was high-energy, answered all of my questions and was able to give me tons of information on what to expect both during and after the surgery—many things I didn’t even think to ask about,” he recalled. “After that, I felt more than comfortable going into surgery with him. The time from consultation to surgery couldn’t come soon enough.”

“As soon as you can’t do the things that you want, then you need to find a method to improve your situation.”

Nothing less than the best

Luckily for Will, he was able to get in for surgery shortly after his consultation. In the time leading up to his surgery, the team at HFM Lakeshore Orthopaedics handled all the details for him—from confirming insurance coverage to coordinating post-operative physical therapy in Green Bay to make his recovery as convenient and successful as possible.

And as far as the surgery itself? Although it ended up being more intensive than originally anticipated, it was a success. And that success lit a spark in Will that's only continued to gain in intensity.

Shortly following his surgery and subsequent physical therapy, Dr. Dopirak challenged Will to compete in a 5K with him. He obliged, and even bested Dr. Dopirak in the friendly challenge.

Nine months following his surgery, he passed the Army physical fitness test, which allowed him to continue on to Army Ranger School—one of the most physically demanding courses in all of the branches of the military.

After Ranger School, Will competed in—and successfully completed—his first IRONMAN.

Following that accomplishment, he moved on to his next goal—qualifying for and competing in the Army's Best Ranger Competition. This grueling, three-day

team competition spans more than 100 miles and tests every skillset you'd expect an Army Ranger to have. On the first day alone, half of the 50 teams competing drop out. His team finished the competition and came in 19th—a huge feat for the team, and an extra-special victory for Will, who not that long ago couldn't even lift his arm above his head.

With qualification for and competition in the World's Toughest Mudder behind him, Will also completed a second IRONMAN as well as Army Airborne School. He then went on to compete in the Army's Best Ranger Competition.

And he's not even close to slowing down.

Will's signed up to compete in this year's IRONMAN. And he's also got his sights set on inking his name in the record books. This May, he's going to try to break the Guinness World Record for a 100-pound rucksack marathon. He needs to beat a time of just over six hours and 47 minutes to make his mark on history. And after that? Ultramarathons.

"All of what I've been able to accomplish is a testament to Dr. Dopirak's ability to repair someone and get them back to a condition where they can perform at the highest level," Will emphasized. "I'd put Dr. Dopirak up against any other orthopaedic surgeon in the world, and I can't thank him enough for putting me back together."

From critic to advocate

Prior to his experience with Dr. Dopirak, Will wasn't exactly keen on surgery as a viable option. In fact, he'd had a failed knee surgery—one that made him critical and a bit cynical about healthcare as a whole. But after the success of his shoulder surgery, he became an outspoken advocate—referring a number of his friends to



Dr. Dopirak for their surgeries, and also enlisting Dr. Dopirak to redo his knee—this time, with the right outcome.

"As soon as you can't do the things that you want, then you need to find a method to improve your situation," Will advised. "Don't let your body be something that hinders you. There are procedures for almost everything, and we're lucky to have experts right here in our area—like Dr. Dopirak—to help make our lives better. Go and find out what your options are. You might be surprised how simple the solution could be. Surgery and physical therapy are nothing to be afraid of, and I'm living proof it's possible to come back from surgery and be even better than before."

Don't let an orthopaedic issue prevent you from doing what you love—whether it's competing at the highest level like Will, or simply taking a pain-free walk through your neighborhood. Learn more about Dr. Dopirak and the rest of our award-winning team at lakeshoreorthopaedics.com.



HFM welcomes new providers



Andrew Rimmer, MD
HFM Pediatrics

Pediatricians Dr. Andrew Rimmer and Dr. Rebecca Schmitt are the newest members at HFM Pediatrics caring for the littlest members of our community. They see patients from newborn to 18 years old.

Dr. Rimmer, a physician with 20 years of experience, moved his family to Manitowoc County from Georgia to be closer to his wife's family in Michigan. Prior to joining HFM, Dr. Rimmer was the clinical director of Palmetto Pediatric Center in Aiken, South Carolina, and an assistant professor of pediatrics at Augusta University.

"My family and I are excited to be in the Manitowoc area," said Dr. Rimmer. "I enjoy interacting with children of all ages, and am excited to partner with parents to help their kids grow up safe and healthy."

Dr. Rimmer received his medical training from the Medical College of Georgia at Augusta University.

"I enjoy interacting with children of all ages, and am excited to partner with parents to help their kids grow up safe and healthy."

and residency training at New York—Presbyterian Brooklyn Methodist Hospital in Brooklyn, New York.

Dr. Schmitt said, "I enjoy working with children and educating parents along the way, and place a big emphasis on the importance of preventative care and promoting healthy lifestyle choices."

To schedule an appointment with Dr. Rimmer or Dr. Schmitt, call HFM Pediatrics at (920) 320-4300.

Dr. Amy Kvidera has been practicing family medicine for 18 years, and joined HFM Primary Care. Dr. Kvidera works with a team of primary care providers to care for patients at HFM Harbor Town Campus.

"My goals are to develop long-term relationships with my patients to help them improve and maintain their health, and to treat them with dignity and respect," said Dr. Kvidera.

Dr. Kvidera completed her medical degree at the University of Iowa College Of Medicine, and her residency at Northeast Iowa Family Medicine Residency.

In her spare time, Dr. Kvidera enjoys biking with her husband, fishing, and

watercolor painting.

To schedule an appointment with Dr. Kvidera at HFM Primary Care, call (920) 320-2436.

Board-certified family medicine physician Dr. Tricia Lorenz joined the primary care staff at HFM Lakefront Campus in Two Rivers.

"My role as a pediatrician is to be one of the biggest health advocates for the patients I see."

Dr. Lorenz has extensive experience in family medicine and cares for patients of all ages for a wide range of conditions. Dr. Lorenz also provides in-office procedures for gynecological and skin conditions.

"It is my responsibility to help patients have a better understanding of their health, and to guide them toward achieving their health goals," said Dr. Lorenz. "I focus on patient education and encourage patients to participate in making decisions about their treatment plan."

Dr. Lorenz earned her medical degree from Kirksville College of Osteopathic

"My goals are to develop long-term relationships with my patients to help them improve and maintain their health, and to treat them with dignity and respect."



Rebecca Schmitt, MD
HFM Pediatrics



Amy Kvidera, MD
HFM Primary Care

Medicine in Kirksville, Missouri, and served her internship and residency at U.W. Health – Fox Valley Family Practice in Appleton, Wisconsin.

Dr. Lorenz is accepting new patients of all ages. To make an appointment with her, call (920) 320-2436.

We are excited to announce the



Tricia Lorenz, DO
HFM Primary Care

addition of gastroenterologist Dr. David Haller. He is a board-certified gastroenterologist with more than 15 years of GI experience, and works alongside with Dr. Jeremy Anclam and nurse practitioner Jennifer Weier at HFM Gastroenterology.

Dr. Haller specializes in diagnosing disorders of the digestive system. He has a special interest in advanced therapeutic endoscopy, bile duct stones, colon cancer screening, gastroesophageal reflux disease, and inflammatory bowel disease.

Dr. Haller believes it's important to utilize the most progressive treatments and procedures to address a wide range of gastrointestinal diseases and symptoms, while giving special attention to a patient's diet and lifestyle.

“ I focus on patient education and encourage patients to participate in making decisions about their treatment plan. ”

After graduating from Harvard University with a bachelor of science in biochemistry, Dr. Haller received his medical degree with honors from the University of Illinois College of Medicine in Chicago, Illinois. He completed his internal medicine residency and a fellowship in gastroenterology and hepatology at Ohio State University Medical Center in Columbus, Ohio.

Dr. Haller and his wife Lisa have two children. In his spare time, Dr. Haller enjoys spending time with his family and coaching youth sports.

“ I enjoy interacting with patients and contributing to their GI health and well-being. ”

To schedule an appointment with Dr. Haller, call (920) 320-3744.



David Haller, MD
HFM Gastroenterology

Take charge of your health.

National Women's Health Week May 13-19

Make your health a priority and take the steps needed to improve it. We offer preventive care and health screenings. Learn more at hfmhealth.org/womens-screenings

National Men's Health Month June

Discover what preventable health problems can arise through your life and what screenings we offer to make sure those problems don't become life threatening. Learn more at hfmhealth.org/mens-screenings

HFM Maritime Marathon Sunday, June 10

Join us for Wisconsin's premier east coast marathon. This race offers a flat course Boston Qualifier, half marathon, and four person relay, where all proceeds benefit a local non-profit. Learn more at maritimemarathon.org

23rd Annual Samaritan Day Golf Benefit Monday, June 18

This annual golf benefit brings together HFM supporters, community leaders and business professionals for a day of competitive play in support of a wonderful cause. Funds raised at this year's event will benefit the HFM Samaritan Endowment Fund and the HFM Providence Fund. Learn more at hfmhealth.org/samaritan-day

Night of Excellence Wednesday, July 11

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