

# HFM Health Savvy

Inspiring you to a healthier life

Why Weight Gives  
Couple New Life

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# Surgery updates with EASE

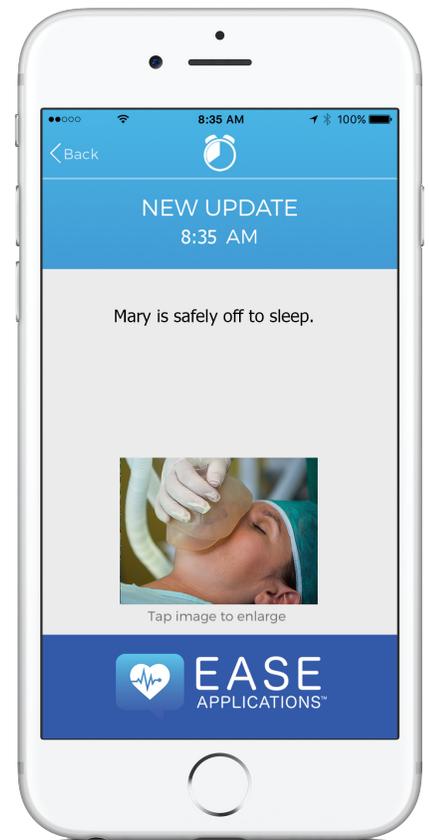
## New app to connects patients and families.

When patients head into the operating room, they leave behind loved ones who anxiously await news on their condition. It's not unusual to find family and friends camped out in the waiting room, with minutes passing by like hours and stress and worry growing with every tick of the clock. In most cases, news comes slowly, most likely at the end of the surgery. Families relay the news to other family and friends through text messages or social media updates, sometimes hours after surgery began.

In the digital world we live in, there had to be a better way to stay connected during these milestone events. HFM found there was an app for just that.

In November 2017, HFM became the first hospital in Wisconsin to offer the EASE application. EASE or Electronic Access to Surgical Events is a HIPAA-compliant application that improves communication between loved ones and the team of caregivers operating on the patient by sending real-time updates from the operating room.

Surgical patients sign up for EASE during the pre-op appointment and provide a list of people they would like to receive updates on their surgery. Family and friends then receive a text message that provides the link to download the EASE app and links them to the patient's surgical case. Once surgery begins the surgical team sends secure texts, photos and even video messages from the operating room to the contact



“Getting the updates about my mom’s surgery as they were happening helped keep me up-to-date and calm about the whole procedure.”

list. The messages are one-way, and like Snapchat, disappear after 60-seconds.

The EASE app provides peace of mind to everyone and helps ease the burden for family and friends separated by location. A recent user explains, “I live out of state and having this app was wonderful since I



didn't have to keep calling my sister-in-law for updates and she didn't have to keep making phone calls to family who could not be there.”

Surgery can be a scary, stressful situation. With the EASE application, patients and loved ones can rest easy knowing that timely communication is available. It's just one of the many patient-focused innovations HFM is rolling out in 2017.

To learn more about EASE visit [hfmhealth.org/ease](http://hfmhealth.org/ease).



# Passion for podiatry

## Meet Lakeshore Orthopaedics' Dr. Jonathan Snellgrove.

Why do you want to look at feet for a living? Jonathan Snellgrove, a podiatrist with HFM Lakeshore Orthopaedics often hears that question.

“My belief is that if I can save a limb, I can save a life.”

Despite examining feet for the last 15 years, Dr. Snellgrove is still fascinated by the problems beneath our shoes.

He will tell you that while attending Florida State University for his undergraduate degree, feet were the last thing on his mind. It was a job shadow experience with podiatrist Dr. George Merritt that brought feet in focus.

He observed Dr. Merritt's compassionate bedside manner, encounters with patients and expertise in diagnosing their conditions, providing orthotics, and performing surgeries in the office.

Over the course of two years job shadowing Dr. Merritt, Jonathan saw how critical healthy feet are for quality of life. This is the reason why he decided to become a doctor of podiatric medicine.

“People spend a lot of time on their feet but most people don't think about them until they experience foot pain, complications, inability to walk, and the possibility of amputation.” said Dr. Snellgrove. “My belief is that if I can save a limb, I can save a life.”

And that is the driving motivation behind Dr. Snellgrove's work.

He enjoys caring for people dealing with serious foot problems such as diabetes and helping them keep their feet in top condition.

“It's very rewarding being able to help someone get back on their feet and back to an active lifestyle,” said Dr. Snellgrove.



When he's not busy seeing patients, you can find Dr. Snellgrove on an outdoor adventure mountain biking, kayaking, or hiking at the Cherney Maribel Caves Park with his two dogs—Roxy, a German Shepard and Benny, a Jack Russel.

To schedule an appointment with Dr. Snellgrove, call (920) 320-5241 or visit [lakeshoreorthopaedics.com](http://lakeshoreorthopaedics.com).

# Midwife team grows



Certified nurse midwife Katie Brown joins Leslie Bolander, CNM to expand midwifery services in the Lakeshore region. HFM Women's Health is the only healthcare

network offering midwife services in Manitowoc and Sheboygan Counties. Brown was drawn to midwifery after watching her sister deliver her niece. “Watching someone I had known my whole life transform from my sister to a mother was an experience I will never forget,” said Brown. “That was when I decided I wanted to help women during this incredible time in their lives.”

Brown has been supporting women and their families throughout the

journey of pregnancy since 2011, first as a volunteer doula, then as a labor and delivery nurse, and finally as a certified nurse midwife. In addition to midwifery care, Brown also provides comprehensive well-woman care for women during every stage of life.

To schedule an appointment with Katie, call HFM Women's Health at (920) 320-6705 or visit [hfmhealth.org/midwife](http://hfmhealth.org/midwife).

# Why Weight gives couple new life

## Manitowoc residents Tom and Linda Jachimstal embrace healthy changes.

In January 2016, Tom and Linda Jachimstal found themselves at a crossroads with their health. Tom's Type 2 Diabetes was requiring an ever-increasing amount of medication to control it while Linda was following a similar path heading from borderline diabetes to Type 2 Diabetes. It was the perfect time for a Why Weight flyer to catch Linda's attention as she left the HFM Wellness Center.

They had tried many diets and weight-loss programs in the past with none sustaining long-term results.

*Tom and Linda Jachimstal on a trip taken before they joined Why Weight.*



The Why Weight program, specifically designed for people with pre-diabetes and Type 2 diabetes, seemed different to Linda. She brought the information home and convinced Tom to attend the free informational session with her.

### This is not a diet

From the very first session, HFM Wellness Center trainer Maddie Schmitt made it clear that this was not a diet. Tom remembers her telling the group "This is not a diet; a diet is something you quit. This is going to be a lifestyle change."

For 16 weeks Tom and Linda attended weekly group sessions that focused on healthy eating, covering portion control, food preparation, and healthy choices. The couple began meal planning together and tracking their food intake through an app on their phones. While weight-loss programs

had seemed overwhelming, HFM Why Weight allowed them to take control of their eating habits. "You can have anything you want, in moderation. You set yourself limits," Linda explains. "I don't say I can't have it, I choose not to have it," Tom added.

“ This is not a diet; a diet is something you quit. This is going to be a lifestyle change. ”

Armed with the tools to make good decisions, the Jachimstal's were happy they could even treat themselves with a night out. They now opted for baked rather than fried foods and cut the supersized portions provided in most restaurants in half, opting to share meals or take home leftovers instead.

A second group session was held each week at the HFM Wellness Center to focus on incorporating physical activity into their life. While Linda had been a member of the Wellness Center for some time, the sessions gave her ideas for new exercises to try. A trip to the HFM Wellness Center evolved from a social outing to a social outing with a purpose.

HFM trainer Maddie taught the group how to use the weight machines and the importance of incorporating strength training into their routines.

The first 16 weeks provided the building blocks for a healthy life. The on-going monthly sessions kept Tom and Linda motivated, accountable and able to adjust whenever life events happened. Linda took a week-long trip to visit friends in Florida and brought her new habits with her. She came back to Wisconsin four pounds lighter. The 2016 holiday season was a win with both Tom and Linda committing to maintaining, not gaining.

### Healthy lifestyle, healthy life

As the Jachimstal's embraced the healthy lifestyle choices, Tom's health began to dramatically improve. He'd been on insulin injections for over 10 years and was up to five injections a day. Within two weeks of starting Why Weight, he was able to cut out mealtime insulin shots. By May of 2016, five months after joining the program, Tom no longer needed any insulin shots.

Their weight began to drop as well. Since committing to the program over a year ago, Linda has lost 43 pounds and is down four clothes sizes while Tom has lost 70 pounds. In the fall of 2016, each of them had unique experiences that put that weight loss into perspective.

During a weight training session, Linda picked up a 35 pound weight. It was so heavy she could barely lift it. "How could I carry this around every day?" she wondered. Tom struggled to move a heavy object at his house and realized "you would carry this every day of your life."

With improved health came an improved life. As a team they work together to stay on track, comparing notes, planning meals and measuring



*HFM trainer Maddie Schmitt works with the Jachimstals on their strength training.*

their food intake. They're able to be more active and enjoy life again. For those considering HFM Why Weight, Tom reminds them "you have a choice, go on living as you are and die from deteriorating health or really "live" the rest of your life."

HFM Why Weight utilizes the National Diabetes Prevention Program, an evidence-based weight loss program. The program is proved to help people lose weight and lower their risk of Type 2 Diabetes. HFM Why Weight is offered through the HFM Wellness Center. To learn more [hfmhealth.org/whyweight](http://hfmhealth.org/whyweight).

“ You have a choice, go on living as you are and die from deteriorating health or really “live” the rest of your life. ”



# Paying it Forward

Donations make a huge difference in care and community

Dear Holy Family Memorial,

I am happy to send this donation to you. I ask that you use this money to help others who are down on their luck and cannot afford the health care they might need. This is important to me because at one time, that was me.

I'd like to tell you my story. I am a life-time resident of Manitowoc County and have worked in professional jobs for many years. I was always fortunate to have health insurance so I was covered when I needed health care. But, several years ago that changed. Things happened in my life, and I found myself temporarily without employment. I also did not have health insurance at the time.

During that time, I had an unfortunate accident and required surgery—several of them in fact. I was fearful that I wouldn't be able to have surgery because I was without health insurance. But, thankfully, you at Holy Family Memorial, my long standing provider of choice, understood my situation.

Your financial counseling people reviewed my information and determined I was a suitable candidate for community care. I was thrilled to hear that. I subsequently had surgery and recovered. This was only possible because you at HFM provided me with a generous allotment of nearly \$50,000 in community care for the surgery and rehabilitation I needed. I was so thankful then and am even more thankful today, for the kindness and compassion you all showed.

I am in a better place financially today and want to show my appreciation. I hope that this donation can help others in need. HFM is a wonderful hospital with excellent doctors and nurses and I am so thankful you helped me out when I was in need.

A Grateful Patient

The author of this letter requested her story be told but requested anonymity.



Mark Herzog, HFM CEO with Pat Reilly, Samaritan Day Golf Benefit Chairperson.

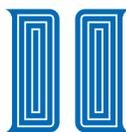
For 21 years, Pat Reilly, General Manager of the Holiday Inn in Manitowoc, has teed off as part of HFM's Samaritan Day Golf Benefit. As the longest running personal and corporate supporter of the event, Pat and Holiday Inn team have consistently attended the event which benefits the HFM's Samaritan Endowment Fund.

In addition to being a faithful golfer, Pat has also served as chair of the event for the last three years. According to Pat, "I believe in the good work that is being done at Holy Family Memorial and that we have to support local community organizations that are so important to the vitality of our community. The golf event is a win-win for me. I love to golf and it's a great fundraiser."

HFM Samaritan Day Golf Benefit  
The Golf Course at Branch River  
Monday, June 19 | Registration at 11 a.m.

Visit [hfmhealth.org/samaritan-day](http://hfmhealth.org/samaritan-day) for more details.

Thank you to our generous corporate partners for your support.



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The Herzog Family



# A life-long commitment to helping others

## From school teacher to volunteer, Barb Funnell

HFM Volunteer Barb Funnell loves to help people. That's why she has volunteered 21,000 hours at Holy Family Memorial since 1992. Her friend, Jim Loersch, was a social worker at Holy Family Memorial at that time and suggested Barb volunteer because he knew she loved being with people and HFM was in need of volunteers in its Gift Shoppe. Barb had done other volunteering but wasn't in love with any of those settings like she was with Holy Family Memorial.

Jefferson school and then further served at Jackson, Stangel and Riverview schools; and retired in 2000.

She loves seeing her former students when they visit the Holy Family Memorial front desk where she volunteers. "Are you Miss Funnell?" they ask. "Yes I am," she responds. And she almost always remembers them. One of her former students works at Holy Family Memorial and still calls her Miss Funnell. She kindly

“It's very rewarding. It's such a good feeling to help people and for some volunteers, like the escorts, it's great exercise. And you get to work with a really great group of people.”

Barb is a caregiver at heart...which is evident from her choice of career. She was a kindergarten teacher for 32 years teaching over 1,000 children in the Manitowoc Public School District. Moving here from the La Crosse area in 1969, she began her career at

reminds him that he doesn't need to call her Miss Funnell anymore, "You can call me Barb now."

Reflecting on her 27 years at Holy Family Memorial, Barb reminisces about all the friendships she has made and people she still keeps in contact with. She's made friends with both young and old, sharing time outside of Holy Family Memorial and even traveling with friends she's made through volunteering.

Her greatest love in volunteering is helping people who come to the front desk at Holy Family Memorial Medical Center. Some are there for happy



occasions, like the birth of a baby, and others are there for reasons that make them anxious. She finds it both a privilege and a pleasure to volunteer helping people. She knows how much a smile can mean to people." Barb always looks forward to coming in to work with her great group of fellow volunteers. They've become like family to her.

For those thinking about volunteering at HFM, Barb sees only positives, "It's very rewarding. It's such a good feeling to help people and for some volunteers, like the escorts, it's great exercise. And you get to work with a really great group of people."

With 21,000 hours of volunteer time in, it's easy to believe in Barb's sincerity about volunteering at HFM.

**HFM has many opportunities for volunteers. If you are thinking about volunteering, call HFM Volunteer Director, Susan Senglaub at (920) 320-2396.**



## Take charge of your health.

### Health for Me Series

Join us the third Tuesday of each month for our Health for Me Series. Register at [hfmhealth.org/HealthForMe](http://hfmhealth.org/HealthForMe).

Tuesday, April 18, 5:15 p.m.    Exercising Safely  
Tuesday, May 16, 5:15 p.m.    Women's Health  
Tuesday, June 20, 5:15 p.m.    Alternative Methods to Treat Pain

### Varicose Vein Screening

Meet with Dr. Milan Jordan and have a screening ultrasound for varicose veins for just \$10. Learn more at [hfmhealth.org/leg](http://hfmhealth.org/leg) or to schedule an appointment, call (920) 320-3165

Wednesday, May 3, 10:45-11:45 a.m.  
Wednesday, May 24, 3:15-4:15 p.m.

### HFM Maritime Marathon Sunday, June 11

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](http://maritimemarathon.org),

### 22nd Annual Samaritan Day Golf Benefit Monday, June 19

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/donate](http://hfmhealth.org/donate).

### Night of Excellence Wednesday, July 12

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](http://lakeshoreorthopaedics.com/night-excellence).