

Ministry Report

News/Views
From the Franciscan Sisters
of Christian Charity
Sponsored Ministries, Inc.

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MISSION STATEMENT

The mission of the Franciscan Sisters of Christian Charity Sponsored Ministries is to carry out the commitment of the Sponsor to the healing and educational mission of the Catholic Church through the provision of quality health care and educational services.

In a spirit of partnership with dedicated religious and lay leaders, the Franciscan Sisters of Christian Charity Sponsored Ministries will strengthen the Sponsor's commitment by managing change, ensuring stewardship of resources and integrating mission and values.

Educating our Neighbors: An Act of Love

From their earliest days as a religious community, the Franciscan Sisters of Christian Charity have been educators. A ministry that began in 1866 with children's catechism instruction in a barely settled region of northeastern Wisconsin continues to thrive today with Sisters teaching and running schools in several states. Their passion for education extends throughout all their ministries, including the health care facilities they sponsor where the Sisters' spirit endures in programs that teach people, among many other things, how to maintain health and wellness and cope with disease and loss.

This issue of *Ministry Report* is devoted to the enduring legacy of education which our Franciscan Sisters continue to support through their Sponsored Ministries in Nebraska, Ohio and Wisconsin. Whether it be the college, hospitals, or elder care facilities, the caring professionals who work in our institutions today share their knowledge and experience in ways that contribute to the wellbeing of everyone they touch.

The articles herein reveal the level of commitment that our colleagues throughout the system display toward improving the lives of the people they serve. Classes and seminars, summer camps and health fairs, support groups and bedside instruction . . . educating our neighbors is simply part of our ministry. The people who depend on us for healing, comfort, and college education are welcomed, cared for and sent away better prepared to make their own contributions to their families and communities. The Franciscan Sisters, through their continued presence and through the ministries they sponsor, teach others as an act of love. †

PILGRIMAGE MAY 2016



The 9th pilgrimage sponsored by FSCCM took place in May with 26 people traveling to Assisi and Rome to visit numerous sacred sites that remain important to the legacies of Saints Francis and Clare, as well as to Franciscans around the world today. Pilgrims, who represented each of our sponsored ministries and the FSCC community, participated in daily liturgies, informative lectures, tours and quiet time for reflection and exploration.



Message from the President

Dear Old and New Friends,

It is great to be back serving in a new role with the Franciscan Sisters of Christian Charity Sponsored Ministries. As I write my first President’s Message, I feel that tradition dictates I tell you it’s 72 and sunny here in Manitowoc and looks to be an outstanding Fourth of July weekend.

I want to begin with a big salute to the leadership of Sister Laura Wolf over the past 31 years. Sister Laura has led with graciousness, intelligence, respect, wit and wisdom. I say these words based on my 28 years of knowing Sister Laura from many different vantage points. She was once my boss and later, I served on the board of FSCC Sponsored Ministries. In all settings she has kept the organization focused on our mission and values, building strong relationships with all who help advance our ministries. I consider her a trusted colleague, counselor and friend, which is why I’m so pleased she has accepted a role as Senior Executive Advisor to the President for Church and Sponsor Relations.



Dan McGinty

I have been asked to share a little bit about me. My beautiful wife, Lynn and I have been married for 32 years. We have been blessed with three great children, who are now all adults. Ryan is married to Lauren and runs a social media marketing company in the Twin Cities. Alyssa (Wiling) married Blake a year ago and she is a dance teacher. Kyle is in college working toward a degree in computer science. I enjoy golf, skiing, reading and travel. Lynn is a busy volunteer and a professional photographer.

In my first 30 days, I have had the privilege to visit each of our sponsored ministries, attend board meetings and get to know the presidents and CEOs, and their leadership teams. While it has been a whirlwind tour, I must say that I am impressed with the commitment to the mission, our Franciscan values and the educational and healing ministries of Jesus. I can feel these things as I walk the hallways of our facilities, sit in board meetings and interact with colleagues throughout the system. The mission is palpable and for that, I am grateful to each of you.

Many people have asked what motivated me to assume this new role. My short answer is that I felt called to be of service to the Franciscan Sisters of Christian Charity. The Sisters—too many to name—have had much to do with my formation as a leader. Working in this environment feels very natural to me. I’m excited to work with all of you as we move the ministries forward.

A big thank you for the warm welcome both Lynn and I have received. It feels great to be back!

**God bless,
Dan McGinty**



The McGinty family, from left: Ryan, Dan, Kyle, Blake, Alyssa, Lynn, Lauren

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jschaefer@fscm.org

Editor: Julie Schaefer



Backpack Book Club Strengthens Youngsters' Reading Skills

When it's Backpack Book Club time, participating Jefferson and Franklin elementary school students grab their blue packs and head for their designated reading areas. There Silver Lake College students await them for twice-weekly one-on-one reading sessions.

Students in grades two and three who are reading slightly below grade level have the opportunity to practice reading and increase their accuracy, fluency and comprehension.

"The club gives them extra time to read with someone besides their classroom teacher or at home," said Mary Domes, club adviser.

Participating Silver Lake College students act as role models by supporting and encouraging young readers and conveying an enthusiasm for reading. As the year progresses, they track the increase in participants' reading levels and keep records of the variety and genres of books read.

Research has shown that supporting readers at a young age will provide opportunities to build lifelong habits in reading and help them achieve academic success at a higher level.

The idea for the Backpack Book Club came about after Department of Public Instruction figures showed that only 30.8 percent of Manitowoc Public School District's third-grade students were reading at a proficient or advanced reading level during the 2013-14 school year.

The Backpack Book Club benefits both the children and their college mentors. The elementary students aim to become stronger readers, gaining confidence by reading aloud. The mentors, who often want to work with youth after graduation, have the opportunity to practice what they learn in the college classroom.

The club partners with a number of community organizations. First Presbyterian Church's Serve Ministry book donation program has given more

than 100 carefully screened books to the program and has sent volunteers who have acted as tutors. The books have been used to start a mini-library at Jefferson Elementary School for program use.

Silver Lake College partners with the Manitowoc-Two Rivers YMCA to offer a Readers Theater for the YMCA's summer Y-Break participants. This program, held in August at the college, extends its reach to students during summer months, encouraging students to continue reading.

A partnership with The RSVP Center creates access to a network of volunteers who are encouraged to participate in the program as tutors. These volunteers are often previous educators or have years of experience working with youth.

In the upcoming school year, the Backpack Book Club hopes to expand its reach to include Madison Elementary School and increase its number of students from 30 to 50. †



In the photo at left, Mary Domes, Silver Lake College Backpack Book Club adviser, listens as a Manitowoc elementary school student reads aloud. At right, a college student mentors a reader during a book club session on campus. Photos by Ben Wideman.



In Rural Communities, Residents Look to Their Local Hospitals

Franciscan Care Services has a long history of providing educational services to its customers. "In rural communities, people often look to their local hospital first for answers when dealing with health-related issues and FCS has been very proactive in meeting this need," said CEO Jerry Wordekemper.

Nearly every FCS department provides some form of education. Car-seat safety inspections, prepared childbirth classes, breastfeeding classes, coaching provided by our Dinklage Medical Clinic health coaches, free health screenings at our annual health fair, diabetes education, and assisted exercise at St. Joseph's Retirement Community are just a few of the educational offerings provided on a daily, weekly and monthly basis. Three educational offerings in particular have been very popular: cardiac and pulmonary presentations, a support group called "A Passage through Grief" and the Parkinson's groups.

The cardiac and pulmonary educational presentations were created by the St. Francis Cardiac Rehabilitation Department. "The cardiac and pulmonary patients are more inspired to continue their maintenance exercise program with the offering of some short educational sessions every other month," said Carol Franzluebbbers, cardiac rehab manager. The presentations are coordinated by Jane Stratmann, RN. Recent topics covered food labels, strokes, sleep apnea, stress and getting the most from a doctor's appointment. The presentations are offered two times in the morning and average 15 to 30 minutes with time for questions. "We get a lot of positive feedback from participants and have opened the presentations to include any cardiac, pulmonary and wellness participants along with their spouses," said Franzluebbbers.

"A Passage through Grief" is a support group facilitated by Mary Jo Shemek, FCS chaplain, and Ashley Peterson, FCS clinical social worker. Community members who



The St. Francis Cardiac Rehabilitation Department presents health-related topics every other month. The department includes, from left, Cardiac Rehab Manager Carol Franzluebbbers, RN; Joan Steffen, RN; EKG and Lifeline Coordinator Carla Corwine; Julie Groth, RN; Doris Guenther, RN; and Carol Stratmann, RN.

have experienced a loss are invited to attend this six-week program to share, learn and ask questions. "I have found that you have a pastor to help you with the death process, a banker to help with your finances and an insurance agent to help with your policy. The support group gets you through the emotions," said Carole Johnson, an attendee of the first group. A memorial service is held at the conclusion of the group to commemorate those who have died.

The third offering is the Parkinson's exercise group. It is unique in that it provides flexibility and strength training for those affected by Parkinson's disease, but also serves as a support group for their significant others. This group was formed two years ago by the St. Francis Rehabilitation Department. "We've seen a trend over the past few years regarding the impact exercise has on allowing individuals with Parkinson's disease to remain independent in their home and community for an extended period of time and on their ability to demonstrate independence in their activities of daily living," said Jamie Ridder, DPT. The Parkinson's exercise group meets twice a week and has grown to include 15 participants.

The entire rehabilitation department is involved with leading the exercise group. This is a benefit to participants as they receive instruction and education from professionals in the areas of occupational, physical and speech therapy. "Participants in this group are taken through a seated and standing exercise program focused on big movements, which aim to improve strength, flexibility, endurance and cognitive deficits," explained Ridder. Another challenge experienced by those battling Parkinson's disease is a reduction in voice volume and clarity as the disease progresses, so participants are encouraged to count exercise repetitions out loud to improve voice quality.

In addition to the Parkinson's exercise group, the Parkinson's support group is a valued resource for the significant others. While their loved ones participate in exercise, the partners meet for coffee, fellowship and support. On occasion an educational topic is presented, such as where to go for respite care. More often, however, the group simply talks about the challenges of caring for someone with Parkinson's disease. ✚



Health Literacy Effort Helps Citizens Take Charge of Their Own Care

As a valuable contributor to the life and well-being of the Manitowoc area, Holy Family Memorial has always responded to the needs of the community. An excellent example is HFM's effort to improve health literacy by leading the creation of C.H.A.T. — the Community Health Access Team. The mission of the group, which has become a collaborative subgroup of Healthiest Manitowoc County, is to assist people in finding, understanding and using information and services to meet their health care needs.

A 2013 community health needs assessment ranked Manitowoc County 31st out of 72 Wisconsin counties in health literacy, which is defined as the degree to which individuals have the capacity to obtain, process and understand basic information and services needed to make appropriate health decisions. In response to these surprising results, HFM formed a health literacy taskforce internally and determined the initiative was broader than HFM. So began the formation of a community-wide initiative.



Course instructor Birgit Kelly, RN, displays materials for a series aimed at teenagers, *Navigating the Health Care System*.

C.H.A.T. began to make significant progress when HFM staff attended the 2015 Wisconsin Health Literacy Summit in Madison. A partnership was formed with Nemours Health and Prevention

Services (part of Nemours Children's Health System), which provided C.H.A.T. with grant funding. The money was used to implement a four-session course titled *Navigating the Health Care System*. Nemours provides materials for the course, which is led by trained instructors from HFM and other members of C.H.A.T.

“The goal of the program is to help teens take charge of their own health care,” said Birgit Kelly, a course instructor and registered nurse at HFM. “It provides information and practice scenarios on how to be your own self-advocate and how to gather and report your family history as well as personal medical history. Other topics include finding a doctor, proper use of medications, describing symptoms, understanding diagnoses, health insurance and much more.”

Added Kelly, “The course required us to obtain pre- and post-test results to evaluate the class, and Nemours was pleased with our numbers, so we know that our students did retain much of the information we taught them.”

The initial class was taught at Manitowoc Lutheran High School. Even though the class consisted of well-educated students, Kelly still saw a need for education.

“I could see [this was true] especially when we were talking about when to use the walk-in clinic versus the emergency room versus a primary care provider. If we could teach everyone how to choose the right service for each medical situation early on, we could save financial resources and use our medical staff more efficiently,” she said

Another class, *Let's Talk about Medicine*, is taught at local senior centers to teach older citizens how to read medication labels.

Overall C.H.A.T. has been particularly effective at uniting resources and bringing the community together to tackle the issue. Thanks to the efforts of HFM leadership, Manitowoc County has begun to move the needle on health literacy. †

HFM Teams Up with Manitowoc Farmers Market

HFM will have an interactive health and wellness booth one Saturday a month at the Manitowoc Farmers Market, focusing on health topics such as heart health, orthopedics and fall prevention, women and children's health, cancer prevention, healthy eating and physical activity. In addition, HFM will share healthy recipes and food samples throughout the summer featuring fresh, seasonal ingredients that people can buy locally at the Farmers Market. Said Mary Maurer, Vice President of Community Engagement and Chief Innovation Officer, “We look forward to reaching out to the folks in our community and engaging them through this popular venue.”

HFM Among Best in Emergency Care

Holy Family Memorial has received the 2016 Women's Choice Award as one of America's best hospitals for emergency care. This evidence-based designation is the only emergency care award that identifies the country's best health care institutions based on robust criteria that considers female patient satisfaction, clinical excellence and what women state that they want from a hospital.



HFM Named One of Top 100 Rural and Community Hospitals

Holy Family Memorial has been named one of the Top 100 Rural and Community Hospitals by iVantage Health Analytics. Said HFM President & CEO Mark Herzog, “This designation is a true reflection of our Right Care philosophy, which is to provide our patients with the right care in the right setting to achieve the right outcomes. It certainly also demonstrates the expertise of our providers and employees caring for the communities we serve.”

Nutrition, Exercise Program Helps Children in Southeastern Ohio

In the spirit of the Genesis mission, the “Shaping Futures” program reaches out to improve the health of our community’s children. Genesis offers this free educational program to teach children in Southeastern Ohio about exercise and nutrition. It’s a much-needed outreach in a region where one in four children is at risk for obesity.

The classes are available to children ages 5 to 11 and their parents. The program is designed to offer fun and easy ways for families to learn about nutrition and exercise. It provides games, hands-on activities and healthy meal ideas.

The outreach is offered twice a week for a month to anyone in the six-county area served by Genesis. Registered dietitians and exercise physiologists teach hands-on activities. Parents take home practical ideas



Elle Folden, 11, of Dresden stretches to demonstrate one of the activities in the free nutrition and exercise program provided by Genesis.

such as how to eat healthy with a busy lifestyle and how to fix kid-friendly foods. Participants get practical ideas on improving healthy choices and behavior. They play outdoor games, perform Zumba exercises and learn how to reduce stress. Participants are able to swim in the pool at Muskingum Recreation Center—an opportunity they might not have otherwise.

Genesis has offered “Shaping Futures” every other month for several years. Follow-up with young participants shows it is making a difference in the community. After going through the program, children were able to reduce their heart rate and cholesterol levels, increase

physical activity, and decrease the number of sugary beverages they drank. “Shaping Futures” is serving the community and making a difference in the lives of children in the area. †

Community Celebrates Century-Long Legacy of Good Sam Medical Center

A celebration was conducted in June to honor the rich history of Good Samaritan Medical Center and the legacy of the Franciscan Sisters of Christian Charity Sponsored Ministries, whose ministry continues at the new Genesis Hospital.

About 150 people attended the event. Community members and employees shared memories of Good Samaritan. Karen Eyberger, human resources manager at Genesis, said, “When I picture Good Sam in my mind, I’ll always see her the way she looked at night. I say ‘she’ because she always reminded me of a beautiful ship. Thank you for a wonderful ride.”

Good Samaritan Medical Center is scheduled to be torn down this year. The new Genesis Hospital opened in June 2015.



Pictured left to right in front of Good Samaritan Medical Center are Sister Bernadette Selinsky, Genesis chaplain; Sister Maureen Anne Shepard, director of Genesis mission; and Sister Mary Ann Nugent, Genesis volunteer.



Hospice and Dementia Care: Educating the Kaukauna Community

Hospice care and dementia care are areas in which St. Paul Elder Services provides education to the community. We are blessed to have expertise on staff in both types of care, and those staff members enjoy holding regular, free programs to help others understand, accept and thrive when faced with caring for others at end of life or during the onset and progression of dementia and memory loss.

The programs are conducted in our Haen Community Room, a large, comfortable space that is highly sought after by community groups for similar uses. Our “Consider the Conversation” series helps attendees understand end-of-life issues and palliative care, and offers ways for loved ones to have meaningful discussions about care when a terminal condition has been diagnosed. We have also helped those who are grieving the loss of a loved one with our grief symposium and seminars, in which nationally recognized expert Allen Woelfelt shares his

expertise. These programs are free and open to the community.

In addition, we cater to community members who are living with dementia or memory loss by providing regular education sessions on staying active, independent and safe. For their care partners we provide programs on staying strong and capable as a caregiver to a loved one with dementia. These workshops are led by Becky Reichelt, our chief operating officer, who is a regionally recognized dementia care expert. The programs have been well-attended throughout the years and are also free.

Another dementia-related community education program is the Purple Angel Initiative. In coordination with the Fox Valley Memory Project, Reichelt also leads this effort to educate community businesses, merchants and service organizations in ways to talk to and continue to serve customers and clients who, having been diagnosed



with dementia, are starting to have difficulties with everyday tasks. Participating businesses receive a purple angel decal to put in their windows to signify that they are trained in being “dementia-friendly.” There is no cost to local businesses.

We enjoy sharing our knowledge with those who need guidance and support as they adjust to whatever life brings them. It is a tangible way in which we fulfill our mission of enriching lives. †



Cutting the ribbon are, front from left, COO Becky Reichelt, Grace Hoffman, President Sondra Norder, SPES board chair Tom Verhagen and lead architect Tom Lemkuil.

Two New SPES Facilities Address Memory-Loss Issues

A ribbon-cutting ceremony was conducted in June for St. Paul Manor and the Hoffman Memory Care Resource Center to celebrate the opening of the new 24-bed community-based residential facility and community resource center.

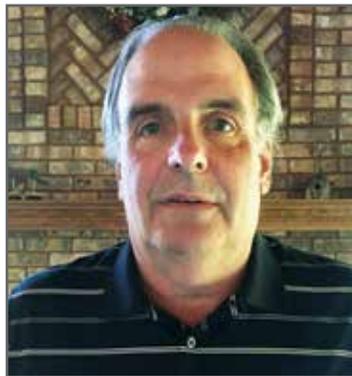
St. Paul Manor, which began admitting new residents in July, will serve individuals living with dementia who are still fairly active physically and cognitively. The Hoffman Memory Care Resource Center will house all of our community-based memory care programs as well as a reference library where community members can learn about caring for those with memory loss and borrow materials.

Our guest of honor was Grace Hoffman, who donated a naming-level gift to support the center and honor her late husband, Dr. Elmer “Doc” Hoffman, a prominent dentist in the area until his passing at 75 from Alzheimer’s disease.

Introducing Our New HFM Board Chair: *Don Brisch*

Don Brisch, who took over the chairmanship of Holy Family Memorial's Board of Directors in March, is satisfied that the organization is on the right path as it navigates today's evolving health care milieu. He points in particular to its "Right Care" model that strives for the right care in the right setting for the right outcomes. "Over the past several years HFM's board and management have done an excellent job preparing and transforming HFM from a 'fee for service' organization to one that values quality and outcomes," Brisch said.

Brisch said he believes strongly in the organization's mission and values and its positive impact on the local community. He said that HFM not only has an economic impact on its community (in 2015: \$203,560,000), "it is also committed to taking an active role in local government, local businesses and civic interests." Brisch feels the greatest challenge facing HFM is dealing with this ever-changing health care environment and "getting paid for doing what's right."



Brisch was born in Chicago in 1951 and moved with his family to Manitowoc two years later. He is the middle child among three brothers and three sisters. His mother passed away in 2011 and his father, 92, lives in Venice, Florida. He was introduced to the Franciscan Sisters when he attended Holy Innocents Grade School in Manitowoc. He was educated by Franciscan Sisters and Christian Brothers at Roncalli High School in Manitowoc before attending St. Mary's College in Winona, Minnesota, where he earned a bachelor of arts degree in natural science.

He married Mary Kay Abraham in 1976 and moved back to Manitowoc that same year. Together they have three children: Sarah, Colleen and Lindsay, and there are five grandchildren ages 3 months to 19 years.

Brisch worked for Rockwell Lime Company for 30 years until it was sold in 2006, holding several positions, including president and vice president of operations. He also worked for Carmeuse Lime & Stone (the new owner) for three years until he retired in 2009.

He calls himself an avid fan of the Green Bay Packers and the Wisconsin Badgers. Interests include golf, woodworking and cooking.

In addition to serving on the HFM Board of Directors since 2010, Brisch served as chair of the HFM Finance Committee for two years and was a member of Silver Lake College's Board of Directors from 1999 to 2007. †