

# 2020 Annual Report



**HSHS  
WISCONSIN**



## Message from Our HSHS President and CEO and Board Chair

When the Hospital Sisters of St. Francis came to America to begin their health care ministry 145 years ago, none of them could have imagined what the years ahead would have in store. Hospital Sisters Health System has a long and storied history over its 145-year existence, with many milestones that will never be forgotten. In each of the communities we serve, HSHS has played an integral part in that community's history by providing for the health and well-being of the people living there. This year will be another milestone for the history books as America has faced the challenges of COVID-19 mixed with instances of racial injustice and societal unrest. While it has been a challenging year, HSHS has continued to be an essential cornerstone for our communities, committed to our mission and serving the needs of all people living there.

The COVID-19 pandemic has shown us the extraordinary resilience of our colleagues. We are at a place where we are being called to care for others during a period of incredible uncertainty and overwhelming needs. Throughout the pandemic, we have relied on the strength of our dedicated colleagues who have served on the frontlines and been selfless caregivers to our patients, whether COVID-positive or not. HSHS is truly blessed to have colleagues who heroically place themselves at significant risk to care for those in need.

This year has also reminded us of the Sisters' important role in the Springfield Race Riots of 1908 when they treated the injured and infirmed side by side in the hospital hallways, no matter the color of their skin. We are proud of this long history of condemning racism and affirming the human dignity of all people. Today, we recommit ourselves to continue that tradition.

In spite of the challenges this year, HSHS has many achievements to celebrate. One of this year's highlights across the system includes the expansion of telemedicine. With so many patients staying home during the pandemic and reluctant to seek health care in traditional settings, telemedicine grew exponentially. It was one of the many occasions when our HSHS colleagues arose to the challenge to find innovative solutions to meet the needs of our patients in new ways.

Our physician partnerships continued to see steady growth this year as we opened clinics in new markets for HSHS. HSHS Medical Group and Prairie Cardiovascular opened clinics in Troy, Edwardsville and Mattoon - each of them a first for HSHS in those cities. Prevea Health continued their expansion as well, with a new clinic in Menominee and several replacements of existing clinics to better meet the growing demand of patients. We also partnered on the development of a new outpatient cancer center in O'Fallon, Illinois that will serve countless residents of the metro east area of St. Louis and southwest Illinois. As health care continues to move care to ambulatory settings, we expect more growth in our physician clinics, partnerships and telehealth services.

Additionally, as a Catholic health care provider, HSHS has a long and rich tradition of addressing health disparities and health needs in the communities we serve. HSHS ministries collaborate with community partners to address needs through our broader community health programs. This includes strategic health partnerships, subsidized health services, research and community building activities. In 2020, these came in the form of neighborhood and emergency department-based community health worker programs; COVID-19 community awareness, resources and education, including free COVID-19 drive-through testing sites; equity, diversity and inclusion trainings; access to healthy foods through partnerships and community gardens; behavioral telehealth crisis intervention screening; development of healthcare specific human trafficking education; shelter-based homeless clinics; participation in community screenings, and so much more.

Looking forward to 2021, HSHS will continue to be faithful to our mission and care for all people regardless of race, income or gender. Year after year, we see our colleagues step forward to care for their neighbors, often putting themselves and their families at risk. We are so proud of the care they have provided during this COVID-19 pandemic and how they personify our Franciscan mission, values and heritage.

For more than 145 years, our mission to share the healing love of Christ has remained constant. On behalf of the HSHS family and now more than ever, we are honored to serve our patients, their families and our communities in the healing tradition of Jesus Christ and St. Francis and St. Clare of Assisi. Stay safe and be well.

Sincerely,

Mary Starmann-Harrison  
HSHS President and CEO

Bill Murray  
HSHS Board Chair



Mary Starmann-Harrison  
HSHS President and CEO



Bill Murray  
HSHS Board Chair



**Andrew J. Bagnall**  
President and CEO  
HSHS Wisconsin

**CHAIR,  
BOARD OF DIRECTORS**



**Daniel Platkowski**  
HSHS St. Vincent Hospital  
and HSHS St. Mary's  
Hospital Medical Center



**David Van de Water**  
HSHS St. Nicholas Hospital



**Christy Kaempfer**  
HSHS St. Clare Memorial Hospital



**Jeff Halloin**  
HSHS Sacred Heart Hospital and  
HSHS St. Joseph's Hospital

**Dear Friends,**

In health care, we always say change is inevitable: change is constant and our ability to adapt is critical. That statement couldn't be truer when we look back at our fiscal year 2019-2020. We faced many changes that challenged us in more ways than one; yet our adversity and ability to adapt is something I am most proud of – and you will be, too, as you read this year's annual report.

In early 2020, HSHS announced a new consolidated model to enable us to prioritize what matters most – providing our health care ministry to millions in our communities across Illinois and Wisconsin. What this meant locally for us, was the consolidation of our two divisions – HSHS Eastern Wisconsin Division and HSHS Western Wisconsin Division – into one division: HSHS Wisconsin.

I am pleased to be surrounded by an excellent leadership team for HSHS Wisconsin:

- Brian Charlier, President and CEO, HSHS St. Vincent and St. Mary's Hospitals
- Justin Selle, President and CEO, HSHS St. Nicholas Hospital
- Chris Brabant, President and CEO, HSHS St. Clare Memorial Hospital
- Sandy Anderson, Interim President and CEO, HSHS Sacred Heart Hospital
- John Wagner, President and CEO, HSHS St. Joseph's Hospital
- Dr. Ted Collison, Chief Physician Executive, HSHS Wisconsin
- Ken Nelson, Chief Nursing Officer, HSHS St. Vincent and St. Mary's Hospitals
- Jennifer Drayton, Chief Nursing Officer, HSHS Sacred Heart and St. Joseph's Hospitals
- Larry Gille, Vice President Legal Affairs, HSHS Wisconsin
- Chris McKee, Vice President, Human Resources, HSHS Wisconsin
- Kaitlin Brice, Vice President, Strategy, HSHS Wisconsin
- Shane Miller, Chief Information Officer, HSHS Wisconsin
- Patty Allen, Chief Financial Officer, HSHS Wisconsin

Many of you know Therese Pandl, the president and CEO of the legacy HSHS Eastern Wisconsin Division, retired in April 2020 after serving our ministry for many years. I am thankful for all that Therese did to advance our ministries forward and wish her the very best as she is enjoying her family in retirement.

I would be remiss to not mention one of this past fiscal year's greatest challenges: the coronavirus disease 2019 (COVID-19) pandemic. In this report, you will read largely about how our colleagues, physicians and communities came together to face something that we have never seen before. I was privileged and honored to witness the way that we all responded to this pandemic together. Normal as we knew it has shifted; we continued to be challenged by circumstances, yet we continue to rise above.

Truthfully, I'm excited and optimistic for what the future holds. The adversity our hospitals and colleagues were faced with this past year, showed me that we can handle anything that comes our way.

Blessings,

Andrew J. Bagnall  
President and CEO, HSHS Wisconsin

**Dear Friends,**

I always enjoy using the annual report as a way to reflect back on all that was accomplished in the last fiscal year. Prevea experienced tremendous growth in fiscal year 2019-2020 and grew in many different ways during the coronavirus disease 2019 (COVID-19) pandemic.

Prior to the pandemic, Prevea was able to expand its footprint into new communities, such as a specialty clinic in Appleton in July 2019; Prevea's first experience of fully venturing into the Fox Valley. In October 2019, we cut the ribbon on the Altoona Medical Office Building; a beautiful building where we were able to relocate services from various health centers in nearby communities to better offer a more efficient, enhanced level of coordinated care. And in January 2020, we opened a new health center in Menomonie; where we were able to expand services to also include urgent care and serve the needs of employees and families for the City of Menomonie and Cardinal FG Co., through their partnerships with Prevea Corporate Health and Wellness.

Our preparations for COVID-19 emerged before the United States even had its first case. One of the silver linings of the pandemic was the working friendships that developed amongst the health care community particularly in Northeast Wisconsin, but also in our other service areas. The collaboration with our competition was inspiring on how we came together with public health departments to make sure that we were doing everything we could to keep our communities safe.

Prevea was one of the first to launch drive through COVID-19 testing in our communities and continues to be a pioneer on testing with the state. In addition, virtual visits via telemedicine with our providers was something that quickly became available to make sure that we were able to continue providing care to our patients. Just because we were in a pandemic, didn't mean that other health issues didn't need to be addressed.

Prevea and HSHS St. Vincent and St. Mary's Hospitals were also the very first in Brown County to administer the COVID-19 vaccine to physicians and staff at the very end of 2020. We look forward to sharing more with you on our COVID-19 vaccination efforts in next year's report.

Being on the forefront has always been a priority of Prevea, and I am extremely proud of my Prevea family for how they have handled themselves and caring for our communities during this time. Things have changed, and with change comes opportunity, and I'm excited to see where this opportunity will take us.

Sincerely,

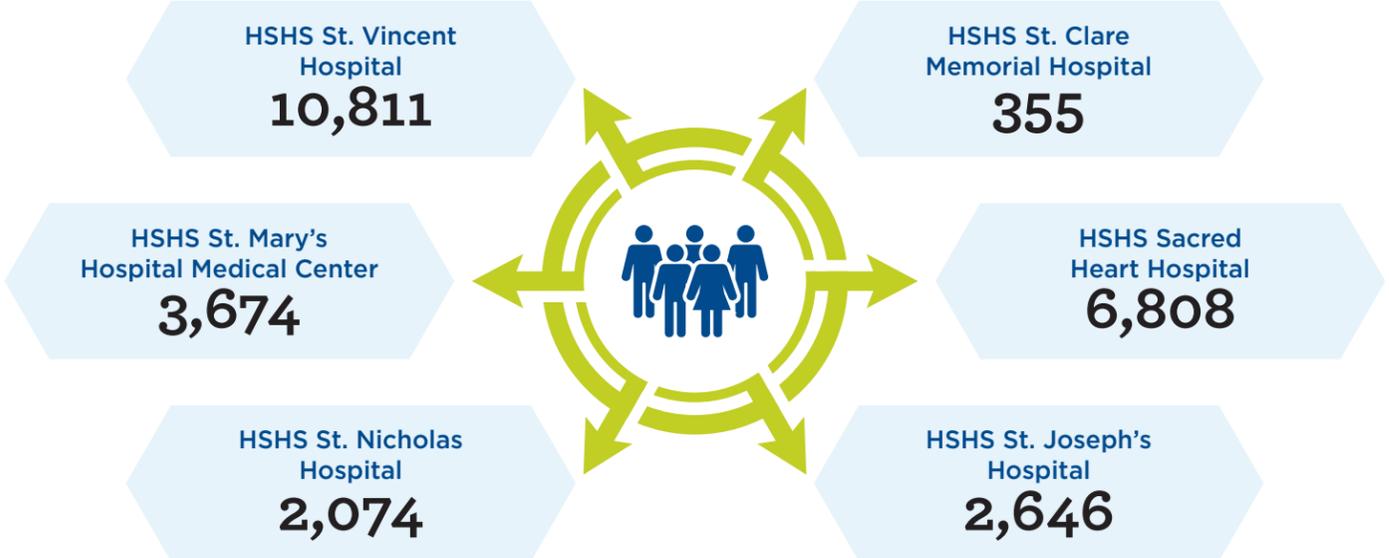
Ashok Rai, MD  
President and CEO, Prevea Health



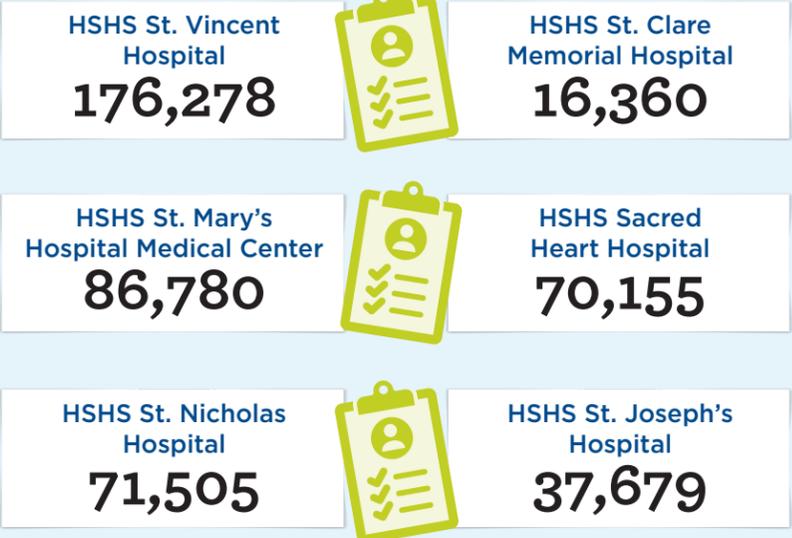
**Ashok Rai, MD**  
President and CEO  
Prevea Health

# HSHS Wisconsin By the Numbers for FY20

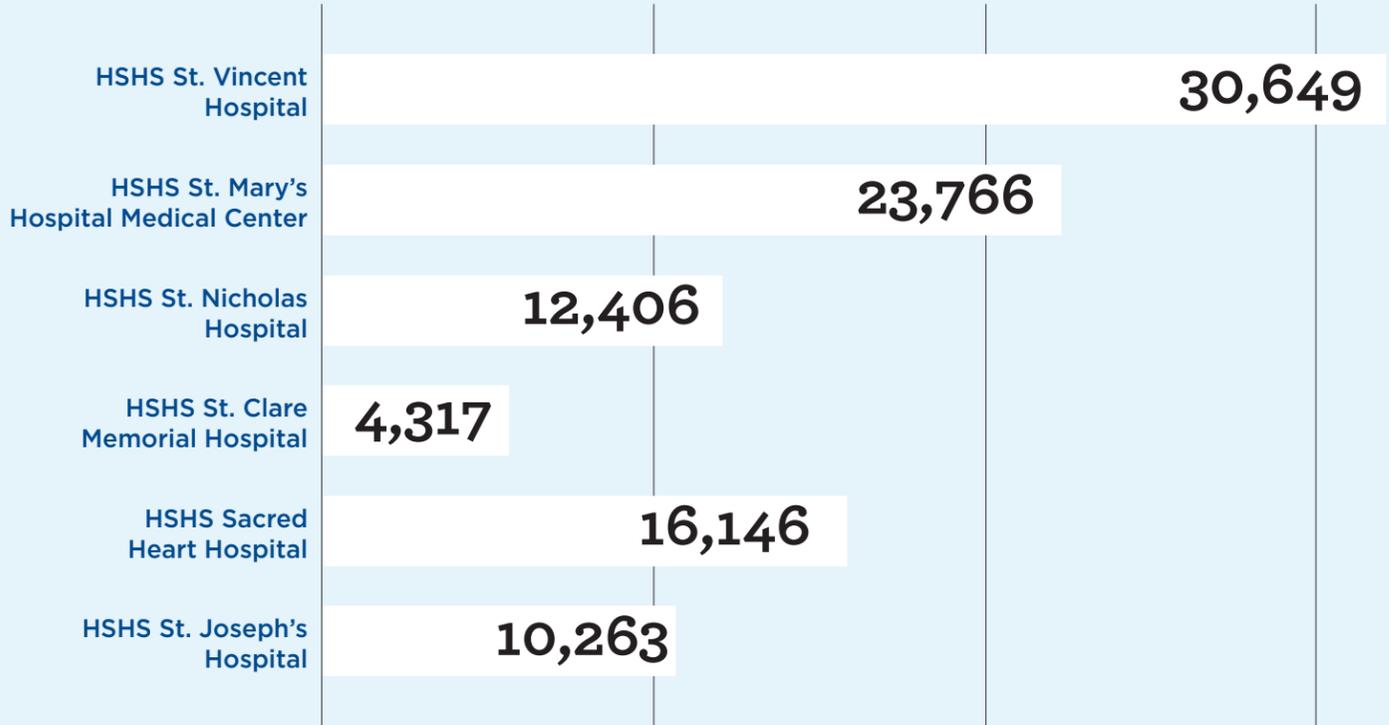
## TOTAL ADMISSIONS



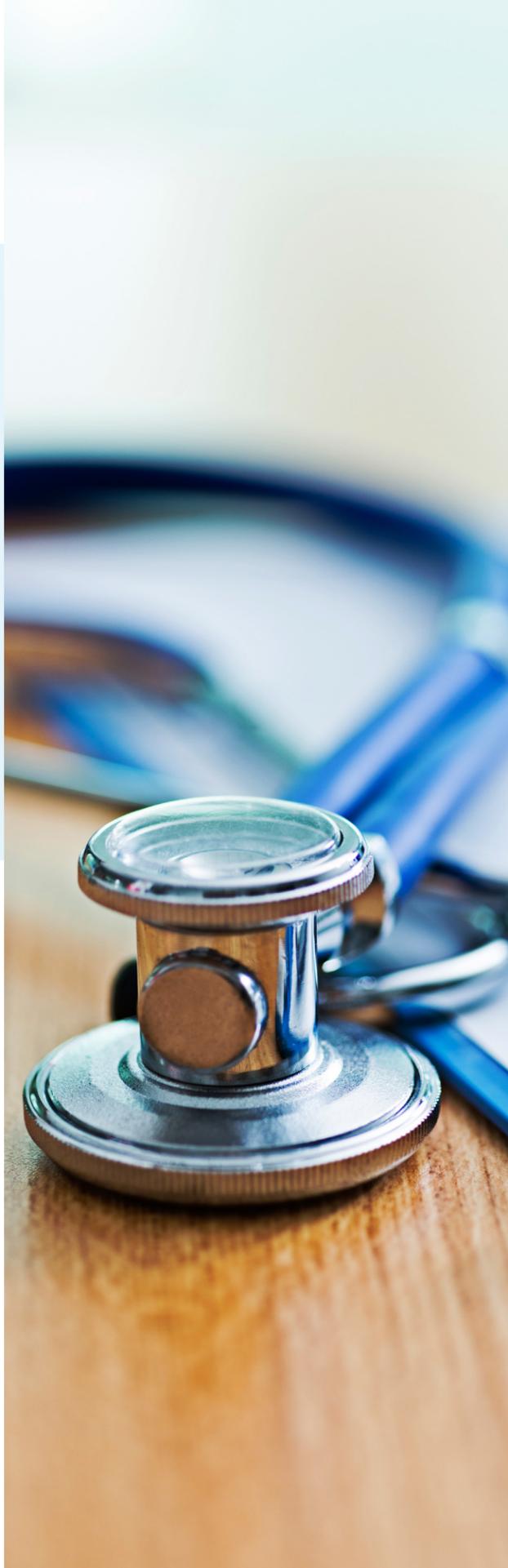
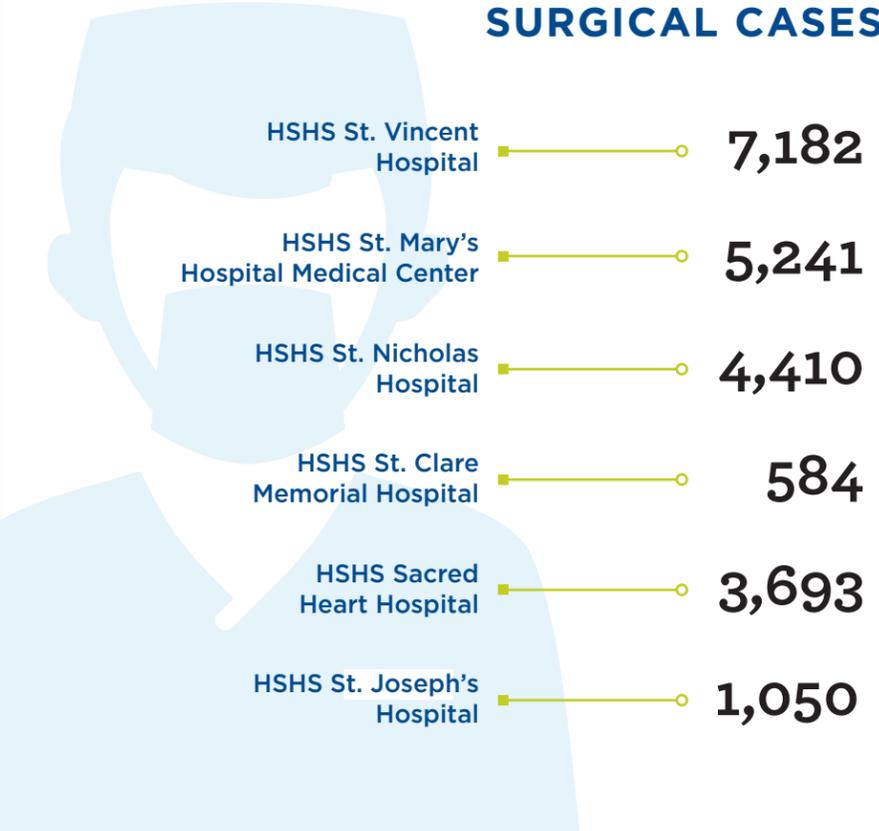
## OUTPATIENT REGISTRATIONS



## EMERGENCY DEPARTMENT VISITS



## SURGICAL CASES





Leslie Boelter, RN,  
Critical Care, HSHS  
St. Vincent Hospital.

The health, safety and well-being of our providers, colleagues, patients and communities is always our top priority.



### Ken's Story: 'I thank God every day'

At HSHS, we are committed to protecting and caring for our communities in the midst of the COVID-19 pandemic. We have cared for countless patients affected by the novel coronavirus, including those who have required intensive, around-the-clock care.

Ken, a 64-year-old man from Green Bay, was rushed to HSHS St. Mary's Hospital Medical Center in early April after what he thought was a common cold quickly turned severe and left him gasping for air.

"I had been following the rules, staying at home, and would only go out to get groceries or gas," said Ken. "I really don't know how I came down with it (COVID-19) but when it hit, it hit hard."

Ken required multiple treatments to help him fight off the virus, including continuous positive airway pressure (CPAP), prone positioning and antiviral medications. He was hospitalized at St. Mary's for three weeks.

"Ken was very sick, but his case proved to us all that it is possible for some patients to overcome the worst of COVID-19," said Dr. Manar Alshahrouri, a Prevea Health pulmonologist and critical care physician at HSHS St. Vincent and St. Mary's.

On April 29, just 21 days after he was rushed to St. Mary's, Ken was discharged from the hospital. Medical staff and colleagues lined the hospital hallways and cheered as Ken, in a wheelchair, was escorted by two of his nurses and met outside by his family, including his wife, Wendy, of 35 years.

"My family is everything to me," said Ken.

Ken required additional oxygen throughout his recovery process at home, but was slowly able to return to his daily activities like cutting the grass. While Ken is feeling like himself again physically, he admits a part of him is forever changed.

"Each time we are watching the news and you see how many others are not surviving this virus, my wife says, 'Ken, you don't know how lucky you are.' But I do, and I thank God every day."

Ken also remains thankful to the team at HSHS St. Mary's Hospital Medical Center that saved his life.

"From the bottom of my heart, **I thank you.** You are the true, real heroes and angels to me."

*Ken, 64, just moments after being discharged from HSHS St. Mary's Hospital Medical Center following a 21-day stay for COVID-19.*



### Sharon's Story

Sharon, 58, of Black River Falls, was discharged from HSHS Sacred Heart Hospital amidst cheers from hospital colleagues on May 5, 2020, after battling COVID-19 for nearly a month.

Sharon spent 27 days at HSHS Sacred Heart Hospital - 19 of those days she was in the Critical Care Unit on a ventilator. She continues to recover.

This is a day of mixed emotions for Sharon. Sadly, her husband of many years died April 11, just 24 hours after he was admitted to HSHS Sacred Heart Hospital. He had previously tested positive for COVID-19.

"I lost my husband and that's something I thought would never happen, ever," Sharon said hours before being discharged.

She said COVID-19 is "very serious" and shouldn't be taken lightly. "This virus is dangerous," she said with emotion but depleted energy.

In April 2020, 80 percent of New York City's COVID-19 patients who were put on ventilators never recovered, according to the Associated Press.

Sharon was the first COVID-19 patient admitted to HSHS Sacred Heart Hospital. She was admitted April 8 and was recovered enough to take off the ventilator on April 27.

"Statistically, she shouldn't even be alive," said Amy Bohl, nurse manager at HSHS Sacred Heart. "This is good news, and it's an uplifting story for the entire community."

*HSHS Sacred Heart Hospital colleagues cheered as Sharon, who recovered from COVID-19, was discharged from the hospital.*



### COVID-19: Community Response

Even in the midst of a pandemic, we are humbled by the generosity of the communities in which we serve. Following are just some of the ways our communities are sending back care, compassion and joy to colleagues. It's a way, big or small, that we know they support us and the work we do each day to save lives.



#### HSHS St. Vincent:

The support from our local communities and beyond during the COVID-19 pandemic has been incredible. One example includes Ford Motor Company, for their donation of 3,000 FDA-approved face shields to help protect our frontline caregivers.

#### HSHS St. Nicholas:

Bemis Manufacturing Company provided a testing booth that helps preserve personal protective equipment and adds an additional layer of protection for the provider. This is one of the many neat examples of innovation and community support during the COVID-19 pandemic.



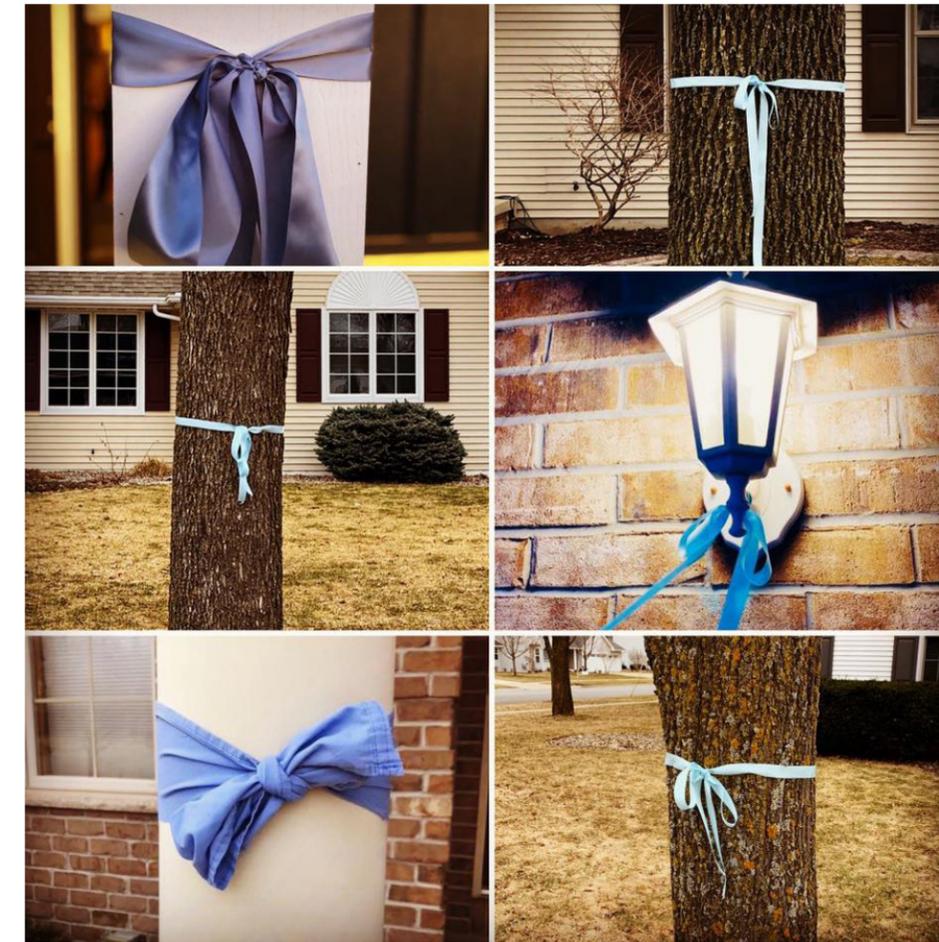


**HSHS St. Clare:**

As with majority of the HSHS Wisconsin ministries, HSHS St. Clare Memorial Hospital colleagues were greeted as they walked into work with inspirational sayings written in chalk on the sidewalk. "Felt so good walking into work to such uplifting words," said Paula Bake, BSN, RN Clinical Facilitator, HSHS St. Clare Memorial Hospital, on HSHS St. Clare Memorial Hospital's Facebook page.

**HSHS Wisconsin #BlueArmy**

All HSHS Wisconsin hospitals along with Prevea Health encouraged the communities to display a blue ribbon to show their support for all health care workers. The reason for blue? Baby blue is the staple scrub color. The communities jumped on board, blue ribbons can be found in neighborhoods, parks, businesses and more. A bridge in Green Bay even lit up blue to show their support.



**HSHS St. Mary's, St. Nicholas and Sacred Heart Hospitals:**

On May 12, 2020, the 115th Fighter Wing F-16 jets performed a salute for health care heroes with a flyover over hospitals in Wisconsin starting in Kenosha and ending in Madison. Along the way, they flew over HSHS St. Nicholas Hospital in Sheboygan, HSHS St. Mary's Hospital Medical Center in Green Bay and HSHS Sacred Heart Hospital in Eau Claire.

"What a great way for the state to come together for the community, for our caregivers, the true heroes who are taking care of all these patients. It sure has been a morale booster, people are really grateful for the recognition," said Ken Nelson, Chief Nursing Officer, HSHS St. Vincent and St. Mary's Hospitals.

All of the pilots chosen for this special mission had a spouse or significant other who works in health care.

**GOD'S LOVE CALLS US TO MOVE BEYOND FEAR.  
WE ASK GOD FOR THE COURAGE TO PUT ON FAITH, HOPE  
AND LOVE AS WE GO OUT INTO THE WORLD AND  
BECOME THE WORD IN BODY AS WELL AS SPIRIT.**

— Pope Francis —

## COVID-19: Community collaboration and education

### Collaboration

The COVID-19 pandemic has presented unprecedented levels of collaboration across communities and the health care landscape. In addition to establishing incident command at our hospitals, our system leaders also collaborate with health officials at the local, state and national levels to manage the COVID-19 crisis.

“There is no one entity that can meet all of the demands of a pandemic response,” said Jennifer Drayton, Chief Nursing Officer, HSHS Sacred Heart and HSHS St. Joseph’s Hospitals. “Earlier in the pandemic, we met weekly with city and county leaders in Eau Claire and Chippewa Falls which included representatives from all area hospitals, health departments, emergency management teams, police and fire departments, businesses, the community and more.”

The collaborative efforts are similar in Eastern Wisconsin, where earlier in the pandemic, daily calls between health care system leaders in the area were held to assess regional pandemic updates and readiness for a potential surge.

**IT WAS REMARKABLE TO SEE HOSPITALS, THAT JUST WEEKS PRIOR WERE STRONG COMPETITORS, WORKING AT SUCH AN INTIMATE LEVEL TO PREPARE AND CARE FOR OUR COMMUNITIES IN THIS GREAT TIME OF NEED.**

— Brian Charlier, President and CEO,  
HSHS St. Vincent Hospital and HSHS St. Mary’s Hospital Medical Center —

In Brown County, where our Green Bay hospitals reside, the number of positive COVID-19 cases remains one of the highest across the state. Since the start of the pandemic, HSHS St. Vincent and St. Mary’s hospitals, along with Prevea Health, have partnered with the Brown County Public Health Department to provide regular press briefings and community updates. This summer, they also partnered with other health care entities in the area to encourage Green Bay leaders to impose a city-wide mask mandate, which went into effect July 27.

### Education

As health care providers, our system holds another important responsibility during the pandemic: educating the community about the virus. HSHS hospitals in Wisconsin and Prevea Health have done an exceptional job of this through various mediums. This includes earned media opportunities with local television, newspaper and radio outlets.

Since March 2020, Dr. Ashok Rai, President and CEO, Prevea Health, has provided hundreds of media interviews across Eastern and Western Wisconsin to educate our communities about many aspects of COVID-19 including risk, prevention and treatment. WBAY-TV, the ABC affiliate in Green Bay, and multiple radio stations have featured Dr. Rai as a regular guest on their morning shows to educate and answer viewer and listener questions.

“We all play a role in stopping the spread of this virus, and we have been fortunate to build strong relationships with our local media to educate our communities during this time,” said Dr. Rai.

HSHS Wisconsin and Prevea Health marketing and communication team members have also worked closely with providers and infection prevention experts to create educational content for our websites, social media pages, podcast and newsletters. This includes education about the signs/symptoms of COVID-19, best ways to prevent it, how to properly use a mask, what it means to quarantine/isolate, hospital visitor restrictions,

caring for a loved one affected by COVID-19, how to help our children and families cope with the pandemic, and much more.

Prevea Health has also offered free consultations to area businesses on how to operate in the safest way possible during the pandemic, and has worked with multiple school districts on how to safely return students and staff to learning.

### Preventative measures, calmness urged at COVID-19 forum

BY JOSH STALOCH  
CORRESPONDENT

ALLOUEZ – For the majority of the population, contracting the coronavirus is in no way a death sentence.

But for the 20 percent of the population which falls into what the Centers for Disease Control and Prevention has deemed the high-risk category – those with weak immune systems, existing lung problems, heart disease or diabetes – the danger posed by the coronavirus should be taken seriously.

Members of the local health care community,



Prevea Health President/CEO Ashok Rai takes questions about the area’s preparedness for COVID-19 Monday, March 16, at Bellin Health’s facility in Allouez. **Josh Staloch Photo**

along with Green Bay Mayor Eric Genrich, Brown County Executive Troy Streckenbach and Green Bay schools superintendent Michelle Langenfeld held a

One phrase heard frequently during the presentation was “flattening the curve.” Health care leaders made these points during

where folks who are going to get the virus get it at the same time, is a nightmare for health care providers. • It’s avoidable if the gen-

## COVID-19 testing and treatments

When the threat of a new, rapidly-spreading virus is imminent, there are two critical questions that must be answered:

**How are we going to test for this virus, and how are we going to treat it?** While the answers to these questions continue to evolve for the novel coronavirus, the combined forces of medical expertise, innovation, collaboration and determination within HSHS Wisconsin have helped our hospitals and communities stay ahead of the curve.

### Testing

Once you can determine who is infected with COVID-19, **quarantine, isolation** and **contact tracing** can begin. That is why testing is critical in preventing the spread of the virus in our communities. To test for COVID-19, a nasopharyngeal or nasal swab is collected from the patient and then sent to a diagnostic lab for results.

In March, when most testing first began in Wisconsin, all COVID-19 tests were sent to the Wisconsin state lab for processing. As more COVID-19 testing supplies such as reagents and instruments became available, HSHS St. Vincent Hospital and Sacred Heart Hospital were able to begin in-house testing for patients in HSHS Wisconsin hospitals in April.

“A COVID-19 test is not your standard laboratory test,” said Lisa Buchinger, Manager, Laboratory, HSHS St. Vincent Hospital. “It’s molecular, which means those who process the tests need to have specific skills and training – and we’re lucky to have that level of expertise here within HSHS.”

At one point, HSHS St. Vincent Hospital was processing as many as 400 COVID-19 tests per day. Unfortunately, another nationwide shortage in COVID-19 testing supplies limited St. Vincent and Sacred Heart’s abilities to perform in-house testing.

“This has been one of the most challenging times in laboratory medicine as, like many hospitals across the country, we’re at the mercy of the supply chain,” said Buchinger. “We have a strong and dedicated team of lab colleagues and leaders, however, which has helped us to pivot when necessary and find solutions quickly.”

AT ONE POINT, HSHS ST. VINCENT HOSPITAL WAS PROCESSING AS MANY AS 400 COVID-19 TESTS PER DAY.



While St. Vincent and Sacred Heart continue to perform some in-house testing, commercial labs have been sourced to process many pre-procedural tests as well as tests collected at Prevea Health community testing sites.

Prevea Health launched free community COVID-19 testing in May in areas throughout Eastern and Western Wisconsin. In only a matter of weeks, drive-through testing sites were designed and built at several Prevea locations, and staff was coordinated to accommodate mass community testing. Thanks to the coordination of COVID-19 testing with the MyPrevea patient portal, a community member with COVID-19 symptoms can be tested and learn their results with just the click of a button and in as little as 48 hours.

Prevea Health also assisted in mass community testing events hosted by the public health department and held in Brown County – a region that has seen some of the state’s highest numbers of COVID-19 cases. One of the largest testing events was held inside the Resch Center, a massive sports and entertainment complex in Green Bay that was transformed into a drive-through testing arena.

### Treatments

Many who fall critically ill with COVID-19 require mechanical ventilation to breathe, which is why the word “ventilator” was often part of the daily public narrative when the COVID-19 pandemic first started to spread throughout the United States.

Since then, and in many cases today, doctors delay the use of ventilators as much as possible and instead use treatments such as positive airway pressure (CPAP), prone positioning and antiviral medications. HSHS hospitals in Wisconsin also have access to two additional treatments under Emergency Use Authorization by the U.S. Food and Drug Administration (FDA): convalescent plasma and Remdesivir.

Convalescent plasma is derived from blood donated by those who have recovered from COVID-19 and have developed antibodies to the disease. HSHS hospitals in Wisconsin have access to convalescent plasma through the Expanded Access to Convalescent Plasma for the Treatment of Patients with COVID-19 program, led by Mayo Clinic. HSHS St. Vincent Hospital, St. Mary’s Hospital Medical Center and Sacred Heart Hospital have provided dozens of convalescent plasma transfusions to COVID-19 patients since the start of the pandemic.

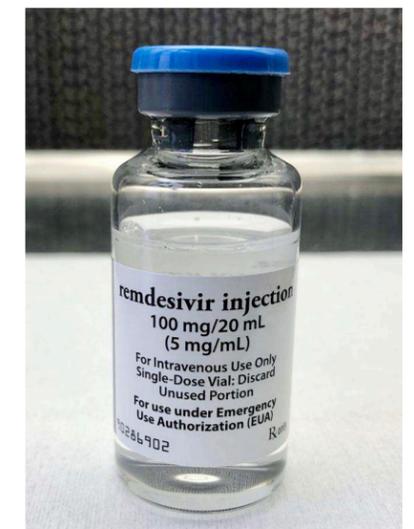
In May 2020, the U.S. Food and Drug Administration approved Remdesivir, an antiviral medication, for emergency use in hospitalized patients with severe COVID-19 and relying on oxygen therapy or more intensive breathing support such as a mechanical ventilator.

“This is the only drug proven to have a direct, antiviral effect on COVID-19,” said Dr. Manar Alshahrouri, Prevea Health critical care physician and pulmonologist at HSHS St. Vincent and St. Mary’s Hospitals. “It interferes with the virus’ ability to replicate itself.”

HSHS St. Vincent Hospital, St. Mary’s Hospital Medical Center and Sacred Heart Hospital are among a limited number of hospitals across Wisconsin to have access to the drug as supplies remain limited across the country.



Convalescent plasma



Remdesivir

**Determined to Beat the Odds**  
**Heart Surgery Patient Had 2% Chance of Surviving Organ Failure**

Dennis wasn't feeling well. Having had previous heart issues and a cardiac stent, the 55-year-old husband and father began suffering from severe headaches and high blood pressure. He saw his physician in Rice Lake who transferred him to HSHS Sacred Heart Hospital. At the hospital, it was determined he needed a quadruple bypass surgery and valve replacement. In November, Dennis underwent open heart surgery at HSHS Sacred Heart.

"Surgery went well and we were happy with his heart function postoperatively," said Dr. Monica McDonald, Prevea Health cardiovascular and thoracic surgeon. "We anticipated him to be on a ventilator for a couple days and to progressively improve."

More than a few days later, however, Dennis went into cardiac arrest. The hospital's ICU team initiated CPR immediately and continued for 28 minutes until Dennis had a steady pulse. But he was beginning to go into organ failure and his family was notified to say their goodbyes.

Ericka Hawkins, RN, was on Dennis' ICU care team and had recently learned the benefits of ECMO - extracorporeal membrane oxygenation.

"Dennis was a good candidate," she said. "To me, the benefits outweighed the risks."

The ECMO machine pumps and oxygenates a patient's blood outside the body, allowing the heart and lungs to rest. Then the blood is warmed and pumped back into the body.

Ericka suggested the process and Dr. McDonald agreed. The following day, Dennis was transferred to Abbott Northwestern Hospital in Minneapolis for long-term ECMO care, treatment and recovery.

"Dennis literally had a two percent chance of surviving organ failure, but he did," said Dr. McDonald. "He's an amazing person."

Months later, Dennis walked back into HSHS Sacred Heart Hospital to visit Dr. McDonald and Hawkins.

"When I saw him again, I started bawling," said Ericka. "I thought about him every day. I pictured him someday walking through the hospital. When you're a nurse, you get to see miracles - they're rare, but you see them."

When asked how he beat the odds, Dennis just smiled and said, "They didn't know how stubborn I am."



From left, Debbie, Dennis and Dr. Monica McDonald, Prevea Health cardiovascular and thoracic surgeon, during a trip Dennis took to thank his health care providers.

Dennis gave a big bear hug to his "amazing" ICU nurse Ericka Hawkins, who he said saved his life.



**Even during a pandemic, patient care is business as usual**  
**Lee knows that first-hand**

When Lee was admitted to HSHS St. Joseph's Hospital for a foot infection, he never expected the state of Wisconsin to come to a near halt because of the COVID-19 pandemic. He also never expected his stay to last 64 long days.

"I thought I was doing great taking care of my feet - I have neuropathy in them - and I thought they were healing, but here they were getting infected and I had no idea."

After a few surgeries, nurses and doctors could see his feet healing, but Lee still couldn't put any weight on them, which meant he spent most of his hours in bed. But thanks to the help from his care team he was able to visit the hospital's healing garden for a change of scenery.

"I've never been to a hospital where it's like this, because they have gone out of their way so much it's almost ridiculous," said Lee with a giant smile. Then more kind words just poured out of his heart and his eyes began to tear. "I don't even want to leave here because I love all these people here. They are amazing people and I worry I won't find - I know I won't find a staff as nice as here during my rehab. That's not even possible."

After the first several weeks of his stay, staff started to call room 302 "Lee's Room."

Jenny Buckley, a patient care technician said it will be "weird" not to see Lee in that room once he is discharged. "It's hard to see him leave, but we know we've prepped him to go on living his life and we've given him the tools he needs to get back to his life," said Jenny.

On Friday, May 1, colleagues joined a slow-moving discharge procession as Lee stopped to read signs of well-wishes taped to doors in the lobby.

"I know I have to leave to get better," he said. "But it's hard knowing I won't see these people every day anymore."

May 1, 2020, is an eventful day for Lee as he receives well wishes and even a fist bump upon discharge after 64 days in the hospital to treat a foot infection.





**Door County woman births healthy baby boy despite “one in a million” type of uterine cancer**

Babies are born at our HSHS hospitals every day. While every life brought into the world at our hospitals is cherished, the birth of a baby boy at HSHS St. Vincent Hospital on Feb. 6, 2020, was a particularly momentous occasion – and what many might describe as a medical miracle.

The story of this miraculous baby boy begins with his mom, Whitney. In 2018 and at just 26 years old, Whitney, who lives in Door County, was diagnosed with a rare form of uterine cancer.

“Whitney had a low grade endometrial stromal sarcoma, which is less than 0.2 percent of the uterine cancers diagnosed every year,” said Dr. Erin E. Stevens, Prevea Health gynecologic oncologist. “It’s about a one in a million type of uterine cancer.”

Whitney had surgery to remove the tumor from her uterus, but it was recommended a hysterectomy also be performed to ensure a full removal of cancer and reduce the risk of cancer returning. A hysterectomy, however, would mean Whitney would never be able to become pregnant and have children of her own.

“She said thank you very much for your opinion, but no, I’m not going to have a hysterectomy,” recalled Dr. Stevens.

“I wasn’t going to let not knowing what was going to happen decide that we never have kids, so I guess, instead of ignoring the unknown, we just, we’d find out what happens,” said Whitney.

Dr. Stevens advised Whitney consult other medical experts who also advised surgery, not children, but a determined Whitney and her family began researching their options. They read medical journals, looking for other women with this rare cancer who also had kids. Whitney said it was hard to find even a few in this country.

“I think she very well understood the risks that could happen, but we can’t predict the future, and just because cancer behaves a certain way in a text book, doesn’t mean we have to follow the text book because cancer also doesn’t behave the way we write about it in a text book,” said Dr. Stevens.

A few months after removing the tumor, and seeing no signs of more cancer, Dr. Stevens gave Whitney the blessing to try for children. Barely three months after

that, an elated Whitney called her doctors with news that she was pregnant.

Her team of doctors, including Dr. Stevens and Dr. Amy VanGheem, Prevea Health OB/GYN, carefully monitored her through the entire pregnancy, unsure what would happen.

“Pregnancy was really the big unknown, because this is a hormonally sensitive cancer. It grows with estrogen, and the risk of being pregnant when your hormone levels of estrogen and progesterone go sky high, is that if there were cancer cells left behind that I couldn’t see with my eyes at the time of surgery, her cancer could grow during her pregnancy,” explained Dr. Stevens.

**WHITNEY WAS INSPIRED TO SHARE HER STORY AND THE MIRACULOUS BIRTH OF HER SON, WILLIAM, IN HOPES OF INSPIRING OTHER WOMEN IN A SIMILAR SITUATION.**

At 36 weeks and one day, on Feb. 6, 2020, Whitney delivered a healthy boy, William, via C-section at HSHS St. Vincent Hospital. Dr. Stevens was there to make sure Whitney was healthy, too, and found no sign of cancer.

“To be able to be a part of a young woman having a uterine cancer and

then having a baby after that is really a unique and special experience,” said Dr. Stevens.

Whitney’s story and the miraculous birth of her son, William, have been shared well beyond the pages of this Annual Report. She was inspired to share her story with us, and the local media, shortly after the birth of her son in hopes of inspiring other women in a similar situation. As her story began to spread, media outlets from all across the country shared her story, including NBC’s national morning program, the Today Show.

“If it helps somebody else who is 26 years old and told that they have this, too, and they might never have kids, at least there’s now one example of somebody who did, and we’re doing good,” said Whitney.



### HSHS St. Mary's creates Short Stay Observation Unit

In November 2020, HSHS St. Mary's Hospital Medical Center opened a short stay observation unit to meet the needs of our surgical patients given present COVID-19 patient volumes.

The unit resides in the former women and infant's area and is a 23-hour observation/admit unit; with hours of operation being 7 a.m. on Monday through 7 p.m. on Friday.

The unit is currently used for orthopedic procedures requiring a 23-hour hospital stay. This will progress to include additional surgical specialty patients as well as other 23-hour stays such as cardiology who do not meet discharge criteria and require a 23-hour stay.



### New Health Center Coming in Green Bay

Construction is underway for a new Prevea St. Mary's Health Center on HSHS St. Mary's Hospital Medical Center property at the corner of Shawano Avenue and North Taylor Street in Green Bay. Crews broke ground on the building in late summer 2019, which is slated to open for patient care in May 2021.

The four-story structure of approximately 80,400-square feet will be home to a variety of specialty health care services offered by Prevea, including audiology, behavioral care, cardiology, endocrinology, general surgery, infectious disease, internal medicine, pediatrics, radiology, urology, women's health care, X-ray, lab, and ear, nose and throat (ENT) services.



*Exterior rendering of the updated entrances at HSHS St. Nicholas Hospital.*



*Reconstruction work on the Emergency Department Entrance and waiting room at HSHS St. Nicholas Hospital showcases a more updated look and feel.*

### HSHS St. Nicholas Main Entrance and ED Entrance Remodel

In March 2020, reconstruction began at HSHS St. Nicholas Hospital on the main entrance and emergency department entrance - both located on the Superior side of the hospital. The project scope includes remodeling outside and inside of each area as well as the waiting area. Additionally, security will relocate to the emergency department area during the project.

While reconstruction work on the emergency department entrance and waiting area wrapped up in early September 2020, the entire project is slated to be completed in February 2021. Once finished, the front of the hospital will have a much more updated look and feel.

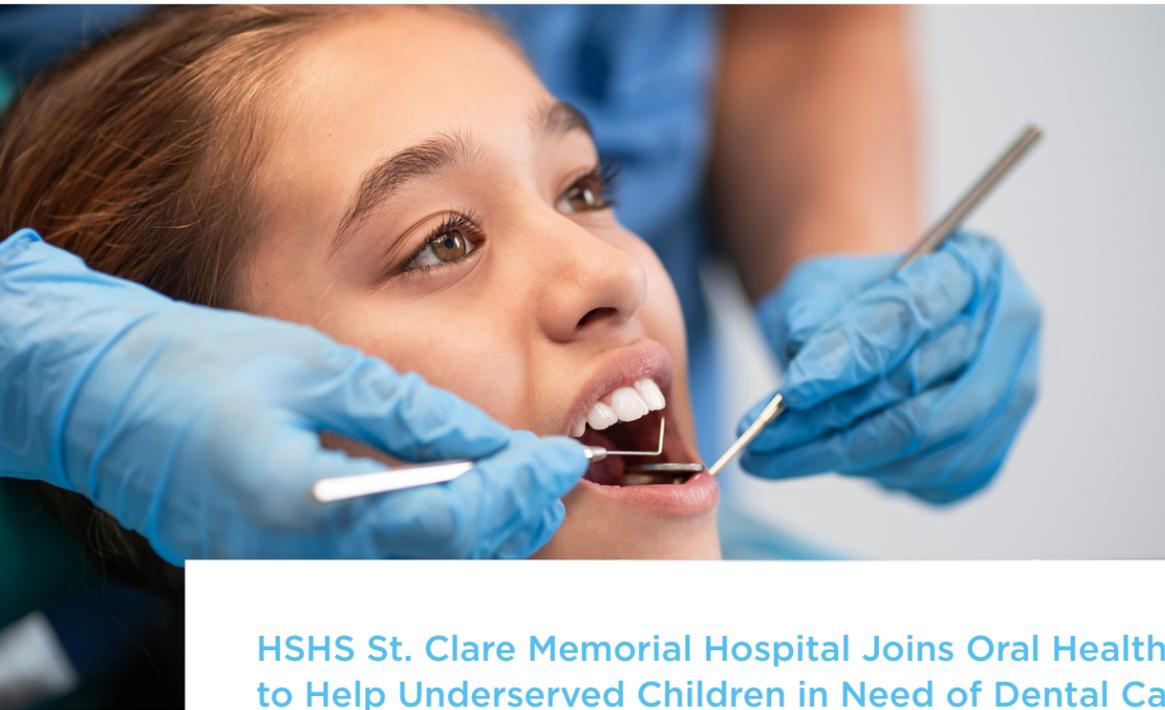
### HSHS St. Nicholas Celebrates Newly Remodeled Radiation-Oncology Suite

A ribbon cutting ceremony was held at HSHS St. Nicholas Hospital on Monday, Sept. 23, 2019, to celebrate its newly-remodeled radiation oncology suite.

Located within the hospital, the radiation oncology suite serves patients that require radiation therapy as part of their cancer treatment plans. Renovations include the addition of a new, state-of-the-art TrueBeam® linear accelerator that uses radiation to target cancer-affected areas more quickly, efficiently and comfortably. The new linear accelerator also expands the types of treatment options available to patients at HSHS St. Nicholas Hospital.

In addition to the new technology, the radiation oncology suite also features new waiting and changing rooms to offer patients more comfort and privacy. These new spaces also enhance patient flow throughout the suite, reducing wait-times and increasing the ability to accommodate more patients. The suite has also been updated with new furniture, paint and artwork to promote a more calming, peaceful environment for patients and providers.





### HSHS St. Clare Memorial Hospital Joins Oral Health Partnership to Help Underserved Children in Need of Dental Care

Children with complex dental needs and who are uninsured or underinsured have greater access to care thanks to a new collaboration between HSHS St. Clare Memorial Hospital in Oconto Falls and the Brown County-based Oral Health Partnership (OHP).

Oral Health Partnership, a nonprofit founded in Green Bay in 2005, provides underserved children living in Brown County and surrounding counties access to preventive, restorative and emergency dental services at no cost. It offers a school-based dental care program, three clinic locations throughout Green Bay, and partners with three Green Bay hospitals - including HSHS St. Vincent Hospital and HSHS St. Mary's Hospital Medical Center - to provide treatment for complex dental conditions that require an operating room setting.

"Our hospital's vision is to provide health, healing and hope to all we serve, and we are proud to join our sister-hospitals in Green Bay to assist the OHP in providing a service that is greatly needed for underserved children," said Chris Brabant, President and CEO, HSHS St. Clare Memorial Hospital. "Our partnership with OHP also means children who live in our rural, northern communities and in need of this type of care can now access it closer to home."

As an OHP partner, HSHS St. Clare Memorial Hospital provides operating room space and the assistance of its surgical staff to OHP physicians at no cost to OHP or the patient. Procedures may include the treatment of multiple cavities in young children, abscessed teeth and/or teeth extraction.

HSHS St. Clare Memorial Hospital also provides the services of Child Life Specialists for each child who comes to the hospital to have a dental procedure. Child Life Specialists are specially trained in helping put children at ease who may be anxious about their procedure.

Between October 2019 and March 2020, 36 pediatric patients underwent dental procedures and nearly all received support from Child Life Specialists. While the COVID-19 pandemic halted procedures from March to June 2020, the need remained. In July alone, cases for 15 children were completed by the end of the month.

### Libertas awarded federal grant for opioid, meth treatment

Libertas Treatment Center of Marinette is proud to be selected as a recipient of an Opioid Methamphetamine Treatment Center grant from the Wisconsin Department of Health Services, Division of Care and Treatment Services.

The five year grant will provide \$672,000 annually to enhance opioid and methamphetamine treatment services in the counties of Florence, Manitowoc, Marinette, Menominee, Oconto and Shawano, and the Menominee Nation.

"This grant helps us expand services such as telemedicine and certified peer support specialists as well as naloxone training, education and distribution to rural communities," said Miranda Behnke, Program Manager at Libertas Treatment Center of Marinette. "These funds will significantly impact the lives of our patients, their loved ones and our communities."

Several communities in Western Wisconsin will also benefit from the grant, as a portion will enhance services offered by Libertas Treatment Center of Marinette's partner organizations Prevea Health and L.E. Phillips - Libertas Treatment Center in Chippewa Falls. The three organizations will also benefit from two matching grants: \$35,000 from the Hospital Sisters of St. Francis and \$10,000 from the HSHS St. Vincent Hospital Foundation in Green Bay.

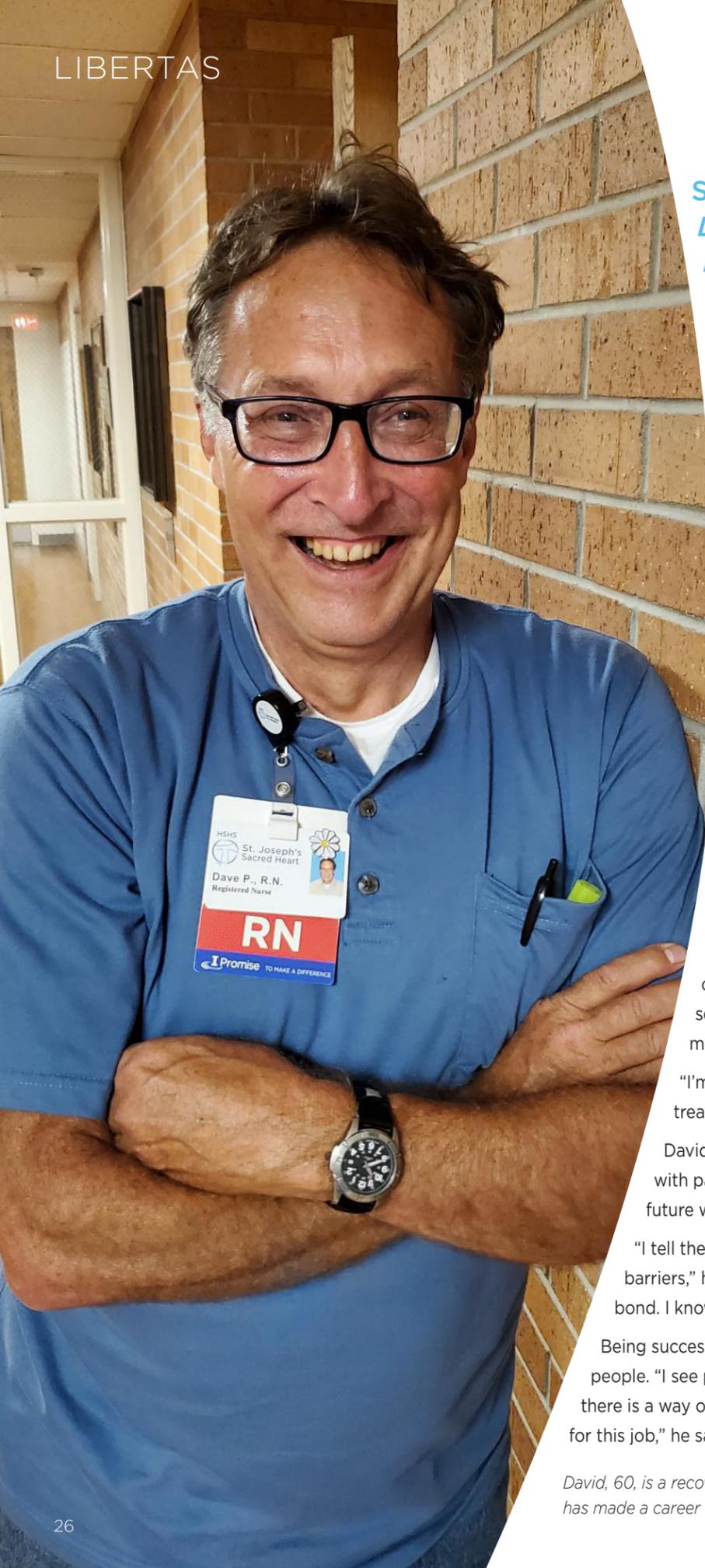
Libertas Treatment Center of Marinette also continues to lead the N.E.W Heroin Opioid Prevention Education (HOPE) Consortium dedicated to further addressing substance use disorders in Florence, Marinette, Menominee, Oconto and Shawano Counties in Northeast Wisconsin. The N.E.W. HOPE Consortium was made possible by a previous Health Resources & Services Administration grant.

"We strive to ensure communities, including rural areas, know where to turn for help with treating substance use disorders and finding recovery," said Miranda. "The efforts put forth by these initiatives are saving lives, increasing access to care for patients with substance use disorders and bringing the opportunity of recovery to those who need treatment so deeply."

Since 2016, Libertas Treatment Center of Marinette has served nearly 400 patients. Now with telemedicine services being offered, the average appointment show rate has increased from 50 percent to 85 percent. "We are seeing our patients stay in treatment longer as we are able to engage them in a way that works for them and supports their recovery," said Miranda.



**Libertas**



### Sobering past Local treatment center nurse can relate to patients' addictions

David Peterson never dreamed of becoming a registered nurse. For 30 years he owned and operated his own construction business.

David also never dreamed of becoming an alcoholic. Among many things, his faith got him through as he began recovery in 1998. When he landed a job at L.E. Phillips-Libertas Treatment Center three years ago after obtaining his nursing degree, working for HSHS St. Joseph's and Sacred Heart hospitals spoke to him because of its mission and faith-based culture.

"The mission statement is what hooked me to come and work here," said David. "Working here is a perfect fit. It's a miracle, really. It's been a blessing and it saved my life."

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**TO REVEAL AND EMBODY CHRIST'S HEALING  
LOVE FOR ALL PEOPLE THROUGH OUR HIGH  
QUALITY FRANCISCAN HEALTH CARE MINISTRY.**

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When David started his nursing role he was a bit out of his element - never having been an employee of someone else's before. However, his faith in the Sisters' mission gives him a sense of calm in the chaos.

"I'm so passionate about what we do," he said of the treatment center.

David said being a recovering addict gives him credibility with patients, and it also shows them that there can be a future without drugs and alcohol. He's a living example.

"I tell them I'm an addict and that breaks down some of the barriers," he said. "You develop a rapport and there's that instant bond. I know where they're coming from."

Being successful in his recovery has given David a vehicle to help people. "I see pain, hurt and hopeless people, and I get to tell them there is a way out. There is hope. I'm honored to be here. I was made for this job," he said.

*David, 60, is a recovering alcoholic who obtained his nursing degree. He has made a career out of his passion to help those struggling like he was.*



## Community Benefit

Engaging Our Community to Improve Quality of Life

# COMMUNITY BENEFIT

## Community Benefit Spending

HSHS Wisconsin Fiscal Year 2020 and 2019

HSHS St. Vincent Hospital (SVGB)  
 HSHS St. Mary's Hospital Medical Center (SMGB)  
 HSHS St. Nicholas Hospital (SNS)  
 HSHS St. Clare Memorial Hospital (SCO)  
 HSHS Sacred Heart Hospital (SHEC)  
 HSHS St. Joseph's Hospital (SJCF)

	SVGB FY20	SMGB FY20	SNS FY20	SCO FY20	SHEC FY20	SJCF FY20
<b>Benefits for the Poor</b>						
Charity Care at Cost	\$ 1,757,212	\$ 1,307,817	\$ 948,578	\$ 260,496	\$ 1,598,562	\$ 550,241
Unpaid Cost of Medicaid	46,110,102	10,410,526	8,199,540	1,972,516	12,160,431	4,243,586
Community Health Services	1,385,463	259,576	98,816	11,604	104,922	23,556
Subsidized Health Services (Includes Means Tested)	867,124	1,509,314	436,484	103,573	5,813,624	1,476,747
Financial Contributions	25,191	17,302	29,124	554	24,383	10,265
<b>Total Benefits for the Poor</b>	<b>\$ 50,145,092</b>	<b>\$ 13,504,535</b>	<b>\$ 9,712,542</b>	<b>\$ 2,348,743</b>	<b>\$ 19,701,922</b>	<b>\$ 6,304,395</b>
<b>Benefits for the Broader Community</b>						
Community Health Services	\$ 478,260	\$ 52,296	\$ 128,419	\$ 70,210	\$ 420,157	\$ 97,570
Health Professions Education	242,499	129,297	40,193	13,628	2,040,185	--
Financial Contributions	319,013	35,600	106,178	34,117	34,541	12,516
Community Building Activities	8,924	--	7,927	4,992	5,004	3,176
Community Benefit Operations	34,263	1,000	46,408	1,752	143,806	54,152
<b>Total Benefits for the Broader Community</b>	<b>1,082,959</b>	<b>218,193</b>	<b>329,125</b>	<b>124,699</b>	<b>2,643,693</b>	<b>167,414</b>
<b>TOTAL COMMUNITY BENEFIT</b>	<b>\$ 51,228,051</b>	<b>\$ 13,722,728</b>	<b>\$ 10,041,667</b>	<b>\$ 2,473,442</b>	<b>\$ 22,345,615</b>	<b>\$ 6,471,809</b>
<b>Total Expenses</b>	<b>\$ 551,692,357</b>	<b>\$ 127,869,389</b>	<b>\$ 114,664,259</b>	<b>\$ 33,259,550</b>	<b>\$ 185,713,117</b>	<b>\$ 57,436,660</b>
Medicare Shortfall (excl. SCO)	\$ 114,376,687	\$ 21,005,611	\$ 25,929,548		\$ 34,362,681	\$ 8,844,427

TOTAL FY20	TOTAL FY19	
<b>Benefits for the Poor</b>		
\$ 6,422,906	\$ 9,746,248	Charity Care at Cost
83,096,701	70,851,620	Unpaid Cost of Medicaid
1,883,937	535,868	Community Health Services
10,206,866	11,618,313	Subsidized Health Services (Includes Means Tested)
106,819	146,936	Financial Contributions
<b>\$ 101,717,229</b>	<b>\$ 92,898,985</b>	<b>Total Benefits for the Poor</b>
<b>Benefits for the Broader Community</b>		
\$ 1,246,912	\$ 1,972,045	Community Health Services
2,465,802	928,424	Health Professions Education
541,965	617,836	Financial Contributions
30,023	117,665	Community Building Activities
281,381	267,031	Community Benefit Operations
4,566,083	3,903,001	Total Benefits for the Broader Community
<b>\$ 106,283,312</b>	<b>\$ 96,801,986</b>	<b>TOTAL COMMUNITY BENEFIT</b>
<b>\$ 1,070,635,332</b>	<b>\$ 1,049,921,539</b>	<b>Total Expenses</b>
<b>\$ 204,518,954</b>	<b>\$ 182,690,260</b>	<b>Medicare Shortfall (excl. SCO)</b>

## Community Benefit Definitions

### Charity Care at Cost

- Free or discounted health services provided to persons who cannot afford to pay
- Care provided to uninsured, low-income patients who were not expected to pay all or part of a bill

### Unpaid Cost of Medicaid, Medicare Shortfall and Means Tested

Unpaid costs of public programs, the "shortfall" created when a facility receives payments that are less than costs for caring for public program beneficiaries.

### Community Health Service (under charity care)

Clinical services provided to the community such as free clinics, screenings or one-time events.

### Subsidized Health Services

Clinical patient care services that are provided despite a negative margin because they are needed in the community and other providers are unwilling to provide the services; or the services would otherwise not be available to meet patient demand.

### Financial Contributions

Funds and in-kind services donated to individuals and/or the community at large. Includes overhead expenses of space donated as well as donations of food, equipment and supplies.

### Community Health Services (under Other Benefits)

Activities carried out to improve community health. This includes lectures, presentations, support groups and other activities provided to groups/individuals without providing clinical or diagnosis services.

### Health Professions Education

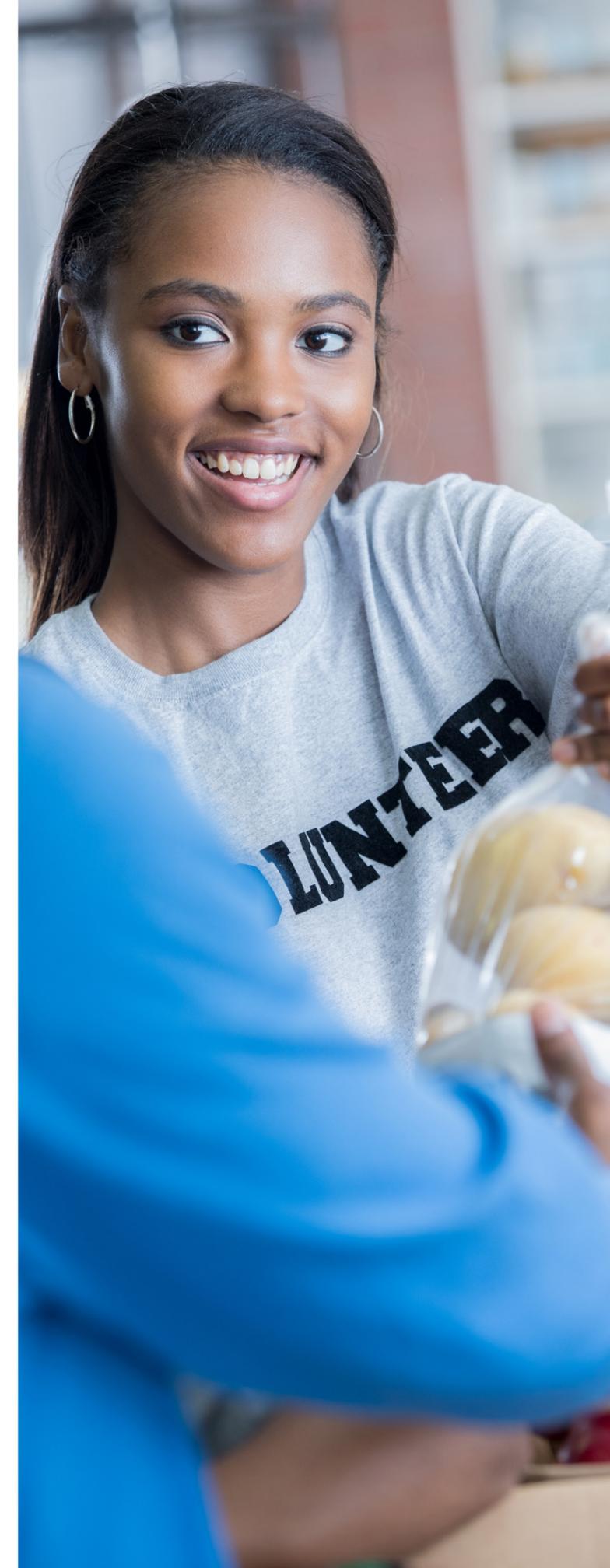
Internships, residencies or other clinical settings provided to students for vocational learning.

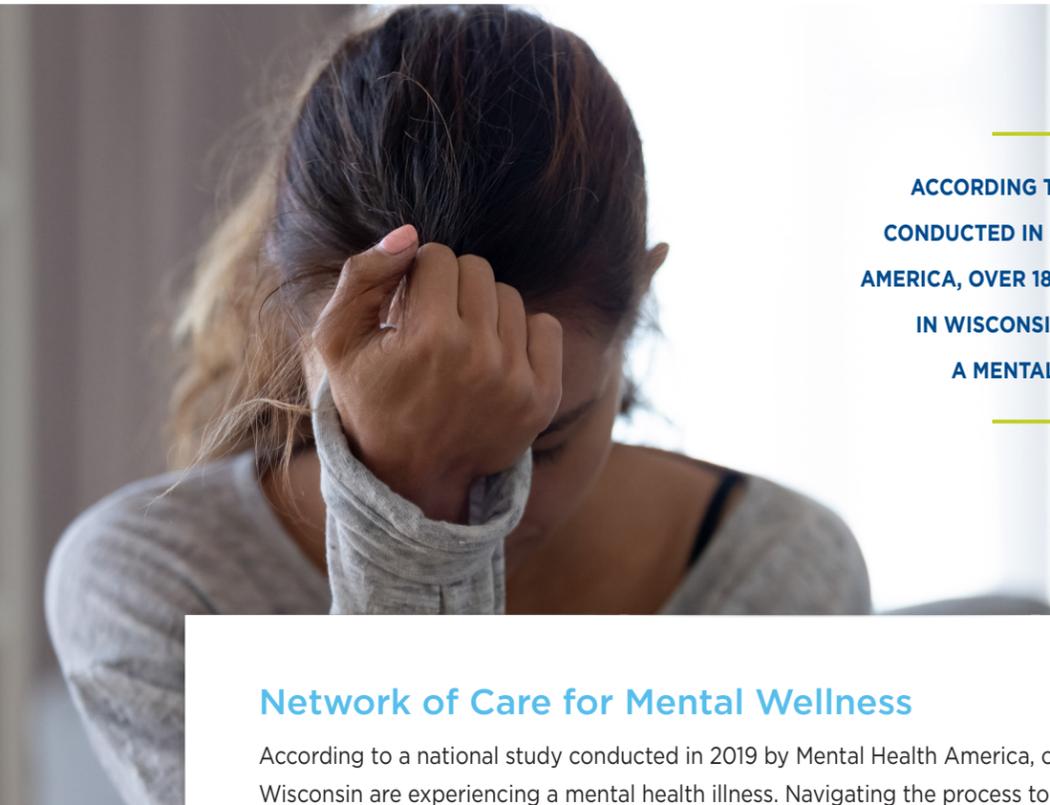
### Community Building Activities

Cash, in-kind donation and budgeted expenditures used for the development of community health programs and partnerships. This includes housing, economic development, environmental improvements and coalition building.

### Community Benefit Operations

Costs associated with dedicated staff, community health needs assessment and other costs associated with community benefit strategy and operations.





ACCORDING TO A NATIONAL STUDY  
 CONDUCTED IN 2019 BY MENTAL HEALTH  
 AMERICA, OVER 18 PERCENT OF INDIVIDUALS  
 IN WISCONSIN ARE EXPERIENCING  
 A MENTAL HEALTH ILLNESS.

### Network of Care for Mental Wellness

According to a national study conducted in 2019 by Mental Health America, over 18 percent of individuals in Wisconsin are experiencing a mental health illness. Navigating the process to finding and receiving mental health care can be cumbersome in some communities.

In 2018, Connections for Wellness was launched in Brown County as a community-wide initiative to address issues related to mental wellness. The coalition is comprised of 16 local organizations ranging from health care, to public schools and law enforcement. A priority for the coalition was to create a “one-stop” resource for individuals in Brown, Outagamie, Calumet and Winnebago counties seeking information about mental health resources. Thus, [www.myconnectionnew.org](http://www.myconnectionnew.org) was created.

The website allows users to take an anonymous mental health screening to assess their risk for mental health challenges and find local organizations that can help. It features a directory of crisis services, behavioral health and substance abuse resources, all searchable by zip code. The directory includes contact information, location, areas served, fees, application process, eligibility requirements and payment/insurance accepted for organizations. Users also have access to more than 30,000 health-related articles and fact sheets, produced by experts and leading organizations. Additionally, users can learn about current legislation impacting mental health and/or substance abuse and the organizations that provide advocacy for these efforts.

In an effort to continue to improve community access to mental health resources, HSHS St. Vincent and St. Mary’s Hospitals in Green Bay provided support to Connections to Wellness in FY2018.

In the first year of the website being available (May 2018 – 2019), it received, on average:

- **202 visits per day**  
*Most visits occurred between 12 and 3 a.m.*
- **Seven minutes of engagement time**

### Changing the Lens on Dementia in Sheboygan County

In Sheboygan County, over 2,300 residents have been diagnosed with some form of dementia. It is estimated another 2,300 residents are coping with the symptoms but have not been formally diagnosed.

In 2017, a grassroots initiative of professionals assembled to examine the current state of crisis response for individuals with dementia in Sheboygan County. After realizing the depth of improvements needed, the Dementia Crisis Care Task Force of Sheboygan County was created in 2018. The Task Force consists of representatives from multiple local public and private organizations who share the common goal of improving Sheboygan County’s response to dementia patients experiencing crisis.

The Task Force quickly identified two primary areas of focus to accomplish their goal: shift the community’s perspective on dementia and de-escalate behaviors to reduce unnecessary emergency department visits.

“One major paradigm shift in this area is to classify and approach these issues as medical issues rather than law enforcement issues,” said Mary Pitsch, Founder of Embrace Care Management & Managed Home Care.

Shifting perspective started with creating awareness through education and training. In two short years, the Task Force developed profession-specific curriculum and delivered training to over 1,200 local professionals including: EMS, law enforcement, 911 operators, facility staff, family caregivers and hospital personnel. The curriculum includes a basic overview of dementia, crisis de-escalation techniques and county-wide protocols. To ensure sustainability of educating the community, seven modules of the training were professionally recorded for future use. The Task Force also presented at statewide conferences and meetings hosted by a variety of organizations including: Alzheimer’s Association, Wisconsin EMS Association, and the Wisconsin City/County Management Association.

Understanding dementia is the first step in being able to meet the needs of Sheboygan County residents affected by the disease. At times, persons with dementia can, at no fault of their own, become aggressive or become very difficult, if not impossible, to reason with or manage. These situations can occur at home, but they can also occur in facilities that care for residents with dementia. In these circumstances, it often becomes necessary for caregivers to reach out for assistance through the 911 system for this crisis behavior. These situations often lead to unnecessary and traumatic transports to local emergency departments. Through better understanding of the disease, use of appropriate preventative approaches and de-escalation techniques, the Task Force has created a community-wide goal of de-escalation in place.

In FY2018, the Sheboygan County Community Health Needs Assessment identified mental health care as a prioritized need for the community, and HSHS St. Nicholas Hospital provided support to expand the efforts of the Dementia Crisis Care Task Force of Sheboygan County to help address that need.



### Grow Together to Give Together “Eat your vegetables!”

For many, this message is not new. But what happens if someone doesn't have access to fresh produce?

According to Feeding America, 578,480 people in Wisconsin are struggling with hunger; and 197,290 of them are children.

HSHS Eastern Wisconsin Hospitals believe in improving the health status of the residents in the communities they serve. The Produce for Pantries program launched eight years ago to help make this belief a reality for local individuals and families. Hospital colleagues generously volunteer their time to plant, weed, maintain and collect produce. In turn, the fresh produce is donated to Green Bay, Sheboygan and Oconto Falls food pantries.

HSHS St. Clare Memorial Hospital has created a strong partnership with Kingdom Come Food Pantry in Oconto Falls. On average, the food pantry serves as many as 200 families on a weekly basis. The hospital garden has grown from three to five raised beds, thanks to a donation from a local business. As a result, colleagues have increased the amount of produce donated by more than 65 percent this year!

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**ACCORDING TO FEEDING AMERICA, 578,480 PEOPLE  
IN WISCONSIN ARE STRUGGLING WITH HUNGER;  
AND 197,290 OF THEM ARE CHILDREN.**

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This summer, food pantries have received:

- **360 pounds** of produce from **HSHS St. Vincent Hospital**
- **532 pounds** of produce from **HSHS St. Mary's Hospital Medical Center**
- **220 pounds** of produce from **HSHS St. Nicholas Hospital**
- **202 pounds** of produce from **HSHS St. Clare Memorial Hospital**

**MY FAVORITE PART THIS YEAR WAS DELIVERING THE BOUNTY TO THE FOOD PANTRY.  
THEIR APPRECIATION FOR OUR EFFORTS AND HARD WORK WAS EVIDENT ON  
THEIR FACES AND THAT'S WHAT BRINGS ME JOY - HELPING OTHERS.**

— Paula Bake, BSN, RN —



### Sun Safety Reminders

Nearly 475 visitors to Chippewa Valley pools learned about hydration, skin care and eye protection in August.

A community health educator for HSHS Sacred Heart and St. Joseph's hospitals, took to the pool with water, sunscreen and sunglasses to teach children and adults the importance of keeping health in mind while out in the sun.

As the first days of summer come to pass, these visits are designed to remind community members of the importance of sun safety during the hot summer months.

**To stay safe in the sun, HSHS St. Joseph's Hospital recommends these tips from the Centers for Disease Control and Prevention:**

- Sunscreen expires in one to two years. Check your bottle!
- Apply SPF 30+ sunscreen about 30 minutes before heading outside.
- Reapply sunscreen at least every two hours, or more often if you're sweating. Don't forget to reapply sunscreen after swimming.
- Drink plenty of water to stay hydrated.
- Wear a hat with a wide brim to shade the face, head, ears and neck.
- Wear sunglasses. Sunglasses that block both UVA and UVB rays offer the best protection. Most sunglasses sold in the U.S. - regardless of cost - meet this standard.
- Seek shade, especially during the midday hours. You can reduce your risk of skin damage/skin cancer by seeking shade under an umbrella, tree or other shelter before you need relief from the sun.

### Teaching Mental Health First Aid

Farmers and ranchers aren't often thought of when it comes to receiving care for distressed mental health. But Laura Baalrud, HSHS community benefit and outreach facilitator, understands the complex issue and has been trained to help provide a solution.

In 2019, Baalrud taught free Mental Health First Aid classes to farmers, ranchers and people who work with them.

Teaching free Mental Health First Aid courses to people in western Wisconsin gives general knowledge to those interested in helping their family, friends and neighbors. Baalrud taught the general course, and then expanded to teach those in rural communities, working with farmers and ranchers who may be at great risk for deteriorating mental health, what to look for.

"The probability of (farmers) reaching out for help is much lower because they're used to taking care of their own problems," Baalrud said. "They encounter all sorts of hardships on the farm, and many were not raised in an environment where it's acceptable to talk about their mental health."

That's why HSHS St. Joseph's and Sacred Heart hospitals are teaching others the signs of stressed mental health, so they can help in a crisis.

"Our goal is to educate people on what to look for in people who may be experiencing a mental health crisis. Maybe we can buy that person some time - keep them out of crisis beds."

*Laura Baalrud, community benefit and outreach facilitator, sought education and began teaching general Mental Health First Aid, but in 2019, Baalrud added specialized classes for farmers, ranchers and people who work with them.*



## HSHS Wisconsin Executive Leadership Team

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 Sandy Anderson (interim), President and Chief Executive Officer, HSHS Sacred Heart Hospital  
 Chris Brabant, President and Chief Executive Officer, HSHS St. Clare Memorial Hospital  
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 Brian Charlier, President and Chief Executive Officer, HSHS St. Vincent and St. Mary's Hospitals  
 Ted Collison, MD, Chief Physician Executive, HSHS Wisconsin  
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 Chris McKee, VP Human Resources, HSHS Wisconsin  
 Shane Miller, Chief Information Officer, HSHS Wisconsin  
 Ken Nelson, III, Chief Nursing Officer, HSHS St. Vincent Hospital  
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**HSHS St. Vincent Hospital**

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**HSHS St. Clare Memorial Hospital**

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