



SAINTS

Alive!

Miracles happen because of you

Punching out Parkinson's

Your support provides patients with Parkinson's disease a unique therapy experience

Dave Swanson retired from the business world in 2009, shortly after he was diagnosed with Parkinson's disease, which slowly affects a person's movements. It is most widely known for causing tremors. It can also slow a person's movements, stiffen muscles and affect balance and speech.



Dave loves everything about the outdoors, especially hunting and fishing. Since 2009 he has been looking for ways to deal with his diagnosis, but nothing seemed to work in a way that allowed him to do what he loves. In 2018, Dave asked his physical therapist for new ways to help slow down the progression

of his disease. That is when he learned about Rock Steady Boxing.

Dave began the program when it first came to Green Bay in 2018, thanks to donors like you who funded the start-up fees. An international organization, Rock Steady Boxing, located at Western Racquet, is a non-contact, boxing-based fitness curriculum designed to improve the quality of life for Dave and others with Parkinson's. "I have been participating for three years now, and it has been a great compliment to my life putting Parkinson's on the run," said Dave. "I really am enjoying my quality of life now."

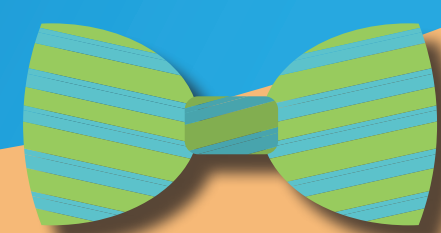
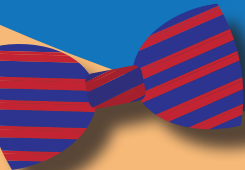
Certified instructors take participants through standardized routines of stretches, boxing, agility/balance exercise and so much more that focus on strengthening

the core and each participant's balance. "Our coaches are so innovative. I remember they asked me what I want to accomplish during my first meeting, and they tailored my program to fit my goals," added Dave. "We box a lot in sessions, not with each other of course, but with bags."

Rock Steady Boxing has many health benefits in addition to helping slow the progress of Parkinson's. The program brings together people who are all living the same battle with the disease. "This really is a community, a community of people struggling with Parkinson's. I have made lasting relationships while attending my classes," added Dave. "It is something I look forward to every week not only to exercise but to talk to my friends. It has done so much for my mental health."

Dave unfortunately had to take some time away from the program while he had surgery on his back. "When I could not do boxing, it was really getting to me, physically and mentally. I noticed my shoulders were starting to come back in and I was losing my posture," said Dave. "This program has really shown me that many things are taken for granted. It has allowed me to continue doing things that I had given up trying to do."

Because of YOUR support, patients like Dave are reclaiming control over their bodies and fighting back against Parkinson's.



Bowties Down, Oxygen Levels Up!

Outpatient therapy team steps in to assist intensive care unit

Close your eyes and imagine a synchronized skating team. Did you think about the tactful skills needed for each movement, each second by the skaters? It all creates a beautiful and well-timed performance on the ice. The same goes for proning, which is a slow, controlled and perfectly timed team movement, used on patients (like those with COVID-19) who need their oxygen levels increased.

Throughout the pandemic, the Intensive Care Unit (ICU) colleagues have cared for a high number of patients and continue to do so. At HSHS St. Vincent and St. Mary's Hospitals, the outpatient therapy team stepped in to assist the ICUs with proning COVID-19 patients. Since late September, the therapy team has been working day and night shifts on-top of their regular schedules to assist the ICU colleagues.

Proning involves three to four medical professionals meticulously turning a patient with precise, safe motions from their back onto their stomach so the individual is lying face down. This position allows for better expansion of the lungs, thus increasing the patient's oxygen levels. The prone team flips the individual while they are unconscious and intubated. They must ensure that the patient's lines, tubes and gown all stay in place and don't get tangled or unplugged.

"It truly is a great example of a group team effort. The prone team gave us time back to focus on our patient care, time we would not be able to get back without their help," said Diane Moesch, Clinical Director, Intensive Care Unit, when asked about the importance of the prone team.

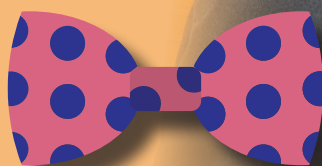
Not only does the prone team help with patients, but they also took the time to wipe down surfaces in the units, stock carts, and help with head turns as well. "It was nice to know we are not in this alone," stated Diane.

Diane recalls seeing the prone team show up for huddles before their shifts and seeing the instant emotional and mental relief her ICU colleagues received. "They really are a HUGE morale booster for my team," added Diane.

Because of **YOUR** support, patients at HSHS St. Vincent and St. Mary's Hospitals continue to receive the best compassionate care in Northeast Wisconsin.

P.S. - And that bowtie?

It's a reference to Damond Boatwright, President and Chief Executive Officer, Hospital Sisters Health System, who wore sharp bowties all summer long and came to Green Bay to help the proning team himself!



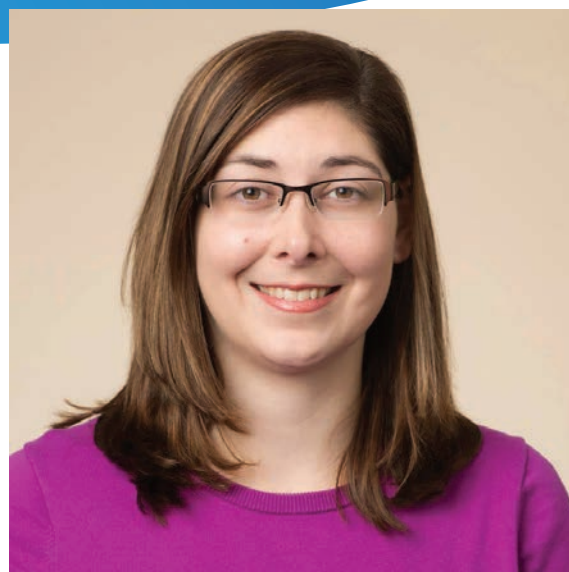
Compassionate care receives top honor

You help ensure our patients receive the best care

Every year, the American Physical Therapy Association (APTA) of Wisconsin honors one therapist statewide who demonstrates compassion, a high level of skill and professionalism above all others. This year's Wisconsin Physical Therapist (PT) of the Year award went to Trista Larson, an HSHS colleague.

Trista has been a full-time PT since 2009, and joined our team in 2011, providing 10 years of exceptional care to our patients. Thanks to the robust partnership between Prevea Health and HSHS St. Vincent/St. Mary's Hospitals, Trista has been able to see a variety of patient populations. "I take the time to actively listen to my patients, so I can gain a sense of who they are as an individual and understand the root cause of their symptoms," says Trista. "I put the needs of each patient first and strive to empower them through education about their condition. Working together, we identify a customized plan so we can treat or manage the disease in a way that works best for their individual lifestyle."

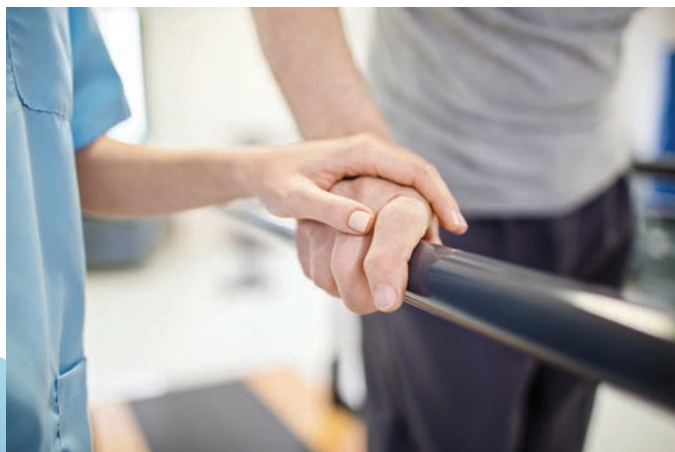
During her 10 years here, Trista has been able to continue her education and achieve one of the highest advanced certifications a therapist can receive, Certified Functional Manual Therapist (CFMT). She is also working on a breakthrough therapy regimen for those who have survived COVID-19 and lost their sense of taste and smell. "I started treating post-COVID patients who had lost their



taste and smell but did not get their senses back after they were feeling better. I started treating their vagus nerve, a cranial nerve vital for life, after taking a course and found that this improves their symptoms," added Trista when asked about her new therapy treatment. "We now offer this treatment approach to a growing community of post COVID patients and are training other PT's in these techniques to improve access to this novel treatment approach."

"Trista is an incredibly valuable asset to our team, and is very deserving of this award," says Megan Pfarr, Director of Therapy Services. "She is a constant, steady source of advocacy for her patients and their function, and for the benefit of physical therapy care overall. She seeks an innovative solution for each person."

Because of donors like **YOU**, patients in Green Bay are treated by excellent therapists like Trista who work towards the success for each individual and can continue their education to bring the best possible care each day!



You are the Greatest Gift!

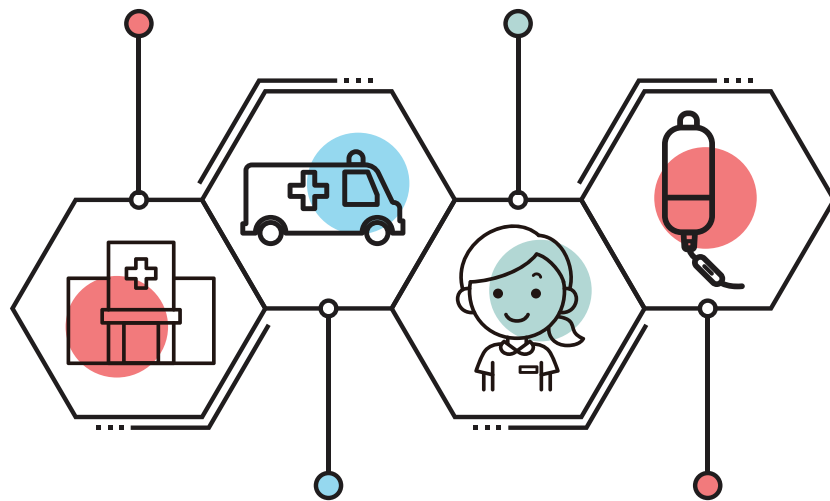
Your support in 2021

Day in and day out, your gifts are hard at work, touching many service areas around the hospital. An elderly man seeing rehabilitation after a terrible fall, a woman giving birth to her first child, or a little girl on her way to the emergency room - **YOUR** support impacts them all!

This is the care we provide each and every day. Gifts like yours to the HSHS St. Vincent/St. Mary's Foundation directly and indirectly touch **ALL** patients we serve each year.

Total hospital admissions:
173,726

Pediatric visits:
13,616



Emergency Room visits:
44,424

St. Vincent/St. Mary's Cancer Center:
30,970

2021 Tax Acknowledgment Receipts

Tax acknowledgment letters are regularly sent from the HSHS St. Vincent/St. Mary's Foundation. If you would like a summary of your 2021 giving, please email us at WI-Foundations@hshs.org or contact us by phone at 920-433-8620.



12 Months: 12 Gifts of Healing and Hope

Become a monthly donor today

Providing renewed health and hope to patients at HSHS St. Vincent and St. Mary's Hospital is now easier than ever. By becoming a monthly donor, you can continually comfort and heal the patients in our care. As a monthly donor, you will:

- Make automatic monthly donations paid from your credit card.
- Designate your gift to a specific need like cancer care or to the area of greatest need.
- Receive an annual acknowledgment letter for tax purposes.
- Elect to change or suspend your donation at any time.

If you have any questions or would like to learn more, please contact us at 920-433-8620 or WI-Foundations@hshs.org.

BEGINNING IS EASY!

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2. Select a monthly gift amount or add your own.
3. Check "Make this a monthly gift"
4. Provide your contact info, payment method, and any optional details.
5. Click "Donate Now".