Welcoming Our New Providers

Ruth Adene-Peter, MD
Hospitalist
St. Agnes Hospital
(920) 929-2300

Kabir Ahmed, MD
Sleep Medicine
St. Agnes Hospital
(920) 926-8730

Darcey Amundson, PA-C
Occupational Health
Agnesian Work & Wellness
Grande Clinics
(920) 926-3867

Luke Fraundorf, MD
Orthopedic Surgery
Fond du Lac Regional Clinic
Agnesian Health Plaza A
(920) 926-8616

Michelle Pesek-McCoy, MD
Emergency Medicine
St. Agnes Hospital
(920) 929-2300

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Sleep Medicine
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Janet Drummond, PA-C
Occupational Health
Agnesian Work & Wellness
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Psychotherapist
Outpatient Behavioral Health
Waupun Memorial Hospital
(920) 926-4200

Jessica Habeck, APNP
Sleep Medicine
St. Agnes Hospital
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Jeffrey Kent, DO
Family Medicine
Fond du Lac Regional Clinic
420 E. Division Street
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Christine Kerchefski, APNP
Long-Term Care
Nursing Homes
Fond du Lac Regional Clinic
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Stuart Kosikowski, OD
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Michelle Pesek-McCoy, MD
Emergency Medicine
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Mark Allen Polyakov, MD
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St. Agnes Hospital
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Ariosto Rosado, MD
Critical Care
St. Agnes Hospital
(920) 929-2300

Dina Vaynberg, MD
Obstetrics/Gynecology
Fond du Lac Regional Clinic
420 E. Division Street
(920) 926-8450

The Beauty of GIVING

I’ve been blessed to be a part of Agnesian HealthCare, now a member of SSM Health, for the past 34 years. It has been incredibly rewarding to see the many exciting developments that have occurred throughout our growing health care system.

Watching these changes and knowing how they help us keep vital health and wellness services close to home for individuals and families has been invigorating.

As a faith-based ministry, we are exposed to countless stories of giving and selflessness. This truth is very evident in this issue of Living In Good Health.

People who give of their time to volunteer within our ministries - like Tom and his granddaughter, Kory. I personally know how important it is to walk into our ministries, and to be welcomed and greeted warmly.

Those who give of their resources - like Kayla. Despite the loss of her unborn twin child, Kayla recognized a need for other newborns to receive healthy breastmilk. Kayla and her daughter, Lily, both paid it forward with this rare and sacred donation to help other babies.

Others who have hope no matter what - like Shirlene. Even though Shirlene is facing a difficult cancer diagnosis, she is upbeat and advocates selflessly for other people undergoing cancer care.

I count my blessings each and every day to be part of this fantastic ministry. Please join me in celebrating these special stories.

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Holly Brenner - Regional Vice President, Marketing, Communications and Foundations, SSM Health - Wisconsin

COVER PHOTO: Steve Tillema is back to enjoying life after orthopedic surgery by Bert Callahan, MD.
Tom and Julie Stellmacher have blessed Ripon Medical Center as volunteers for the past seven years (more than 1,600 hours to date). While it has been the perfect outlet for both, Tom has found the experience an ideal retirement transition.

“I first started volunteering at Ripon Medical Center as a courier driver and then moved to the information desk,” Tom says. At the information desk, Tom greets patients coming to the hospital, helps them navigate through the facility, and picks up mail—all with a smile and kindness.

Tom also volunteers with Julie, his wife of 38 years, delivering mobile meals. “I enjoy seeing old friends and helping new people,” Tom explains. “It is very social for me.”

Tom and Julie’s granddaughter, Kory Splittgaber, is following in their footsteps. As a senior at the University of Wisconsin - Eau Claire majoring in social work and minoring in Spanish, volunteering at Ripon Medical Center was the perfect fit for her summer vacation.

“I was interested in building my interpersonal skills as part of my career development in addition to sharing time with my grandfather,” Kory says. “He is a role model for me. One of the nicest people I know and spending time with him is rewarding on many levels. We are making memories and helping others.”

Generations of Volunteering

There are many volunteer options including hospital, hospice care, dialysis and more. To learn about volunteer opportunities within Agnesian HealthCare, visit agnesian.com/volunteers.
“Without their care, passion and expertise, I would not be here today.”

- Doug Knutzen
Doug Knutzen, 61, of Fond du Lac, is incredibly active and athletic, and has a passion for tennis and waterskiing.

Through routine physical care at Agnesian HealthCare, Doug discovered that he had a heart murmur, as a result of an aortic valve stenosis. As he experienced no symptoms, an immediate repair was not necessary.

Two years passed, and Doug inevitably received the information they were expecting - his valve was worsening, and though he was experiencing minimal symptoms, postponing surgery was no longer a safe option.

Believing in the excellent care offered through the Dale Michels Center for Heart Care at Agnesian HealthCare, Doug turned to R. Eric Lilly, MD, a cardiothoracic surgeon with Froedtert & the Medical College of Wisconsin who serves patients in Fond du Lac.

Following an appointment, examination and detailed discussion of options, Dr. Lilly concurred that the surgery should be scheduled.

“On the day of surgery, Doug and I began our day praying for God’s will to be done and to bless us.” says Doug’s wife, Barb. “As each significant step of the surgery was successfully completed, I was updated and reassured.”

And then, in one brief moment, Doug’s condition lapsed and he was coding, Dr. Lilly and the Intensive Care Unit (ICU) staff immediately provided extensive lifesaving efforts on Barb’s husband of 38 years. During this critical time, Barb was comforted by two of the hospital’s chaplains, including a prayer vigil for Doug.

After 45 minutes of CPR, and 21 defibrillation shocks, Doug became responsive. It was a true miracle.

Because Dr. Lilly and his team did not give up and offered persistent lifesaving efforts, Doug successfully recovered and is back to doing the things he loves at full speed - including skiing at the U.S. National Waterski Championships.

“I am grateful for the Lord’s mighty hand and the tremendous care I received from physicians - Drs. Fabricius, Lilly and Santa-Cruz, their associated staffs, the ICU and everyone at Agnesian HealthCare who helped us along the way,” Doug says.

Visit agnesian.com/heartcare to learn more about our comprehensive heart care services.
Steve Tillema, a self-employed electrician, loves to stay active - whether mowing lawn, fishing, hunting or spending time with his wife, Lorie, and nine grandchildren.

“There was continual nagging pain, and it became difficult to bend and run while playing with my grandkids,” Steve recalls. “The pain was always there, but when it interfered with being active, I knew something had to be done. I heard great things about Bert Callahan, MD, orthopedic surgeon, and was eager to seek his help.”

Following diagnostic tests, Dr. Callahan explored various knee replacement options with Steve.

“Dr. Callahan asked me which knee I wanted replaced first. I asked, why not do both at the same time?,” Steve recalls. “Dr. Callahan explained that, most commonly, one knee is done at a time for a variety of medical reasons. With persistence, I requested to do both at the same time, so that I would only be out of work for three months total.

“Dr. Callahan listened and determined I was a good candidate for bilateral knee replacement surgery,” Steve adds.

Steve’s surgery was on a Tuesday and he went home from the hospital that Friday. He began therapy at Waupun Memorial Hospital with Linda Burmania, physical therapist assistant. Within 10 days, he was able to walk on his own.

Burmania enjoyed working with Steve. “He was faithful in completing his home exercise program and pushed himself to meet his goals,” she says. “He was willing to challenge himself during each therapy session. Not only did he notice weekly improvements in his ability to complete every day activities, he also was able to do things he could not for years prior to surgery.”

In reflection, Steve is happy to have moved forward on replacing both knees at once. So much so, he recently returned to Dr. Callahan for shoulder surgery.

“I really appreciate that Dr. Callahan truly listened to me,” Steve says. “He took the time to understand my concerns and what was important to me.”

Why choose us? agnesian.com/ortho
“Dr. Callahan listened and determined I was a good candidate for bilateral knee replacement surgery.”

- Steve Tillema
For quite some time, Arnold (Buddy) and Margaret (Maggie) Oeschner, of Mayville, have been grateful partners with the Agnesian Pharmacy Main Street Fond du Lac team, including pharmacists Kevin Fessler and Shaun Stephens.

“Kevin is the best,” Maggie says. “He takes the time to make sure we understand all our medications. It doesn’t matter who waits on us. They know us by name, and are kind and helpful.”

“We go beyond name and date of birth,” Kevin explains. “We spend time getting to know our patients and we get to know them as people.”

For Maggie and Buddy, this partnership is vital to their overall health and well-being.

Agnesian HealthCare offers convenience and quality through five retail pharmacies and one prescription center with a number of services to assist individuals and families, including prescription refills, medication compounding, mail-out services, delivery services, bubble packing, and a special savings club designed to get the most out of their experience.

Find an Agnesian Pharmacy location near you at agnesian.com/mypharmacy.

“Kevin takes the time to make sure we understand all our medications.”

- Margaret (Maggie) Oeschner
In her eight years as a certified nursing assistant (CNA), Aretta Petrie has found great joy and satisfaction assisting with the health and wellness needs of the individuals and families she serves. Her most recent endeavor is bringing even greater fulfillment as she works with Serenity Circle residents at St. Francis Home.

Serenity Circle, a newly-remodeled dementia and memory care facility, is a private 10-bedroom, female-only residence. This private and secure facility includes a beautifully-landscaped garden patio.

“It truly does feel like home,” says Aretta. “It is the faith-based mission and values, in addition to exemplary teamwork, that makes working at Serenity Circle so unique. I have worked in other long-term care facilities, and Serenity Circle at St. Francis Home has been my best experience yet.”

Like others who work within Serenity Circle, Aretta enjoys working with patients and families to ensure that quality of life and care is exceptional and as home-like as possible.

“From the cleanliest to the friendliest, I recommend Serenity Circle and St. Francis Home to all,” says Aretta.

Call (920) 926-6052 for availability and a tour. Memory care is available at all three long-term care centers. Visit agnesian.com/longtermcare.
Shirlene Campbell, a Fond du Lac resident of 31 years, is devoted to helping others receive end-of-life care. All her life, she worked as a certified nursing assistant and trusted caregiver, completing her career at the Hospice Home of Hope.

Through the encouraging spirit of a hospice patient, Shirlene was compelled to schedule a general visit with her primary care provider at Agnesian HealthCare. Shortly after her visit, Shirlene was called back to St. Agnes Hospital to discuss her concerning results. Shirlene received news that no one wishes to receive - a stage four pancreatic cancer diagnosis. From there, Shirlene was referred to Joel Lundberg, MD, medical hematologist and oncologist.

Rooted in faith, with her trust in God, Shirlene was prepared to face her cancer diagnosis. There was no doubt for Shirlene that she would receive top quality cancer treatment at the Agnesian Cancer Center in Fond du Lac.

Shirlene is living life, each day, to the fullest. During her appointments at the Agnesian Cancer Center, she engages with other patients to brighten their day and helps lift their spirits. She genuinely cares about those around her, though she is going through her own cancer journey.

“The amazing team at the cancer center always know my name when I arrive for treatment,” Shirlene says, “and they always meet my needs. When I was having pain, they offered acupuncture and massage therapy, which I continue to take advantage of.

“I am thankful for what the cancer center is doing for me,” Shirlene adds. “They are helping me live the best life that I can. With their assistance, I am at peace with my diagnosis.”

Women’s health specialists are available at the Agnesian Health Shoppe. Take a virtual tour at agnesian.com/healthshoppetour.
“With their assistance, I am at peace with my diagnosis.”

- Shirlene Campbell
Overcome Workplace Stress

Manage Your Time
Begin each day by making a to-do list. Don’t schedule yourself too tightly. Saying no is OK.

Revisit Reality
Are your thoughts and “what-ifs” adding to your stress? Keep it real and relevant.

Take A Break
Stand. Stretch. Walk. Take your break and take your lunch. You deserve it.

Communication
Consider talking with a family member or close friend.

Seek Professional Help
If you’ve attempted these self-help techniques, but continue to feel highly stressed, seek assistance starting with your primary care provider.

Exercise Regularly
Raise your heart rate through activities like walking, running, biking or swimming.

Eat a Healthy Diet
A healthy diet rich in whole foods, fruits, vegetables, whole grains and protein may reduce health and stress risks.

Rest, Relax & Renew
Each day, find time to relax and refresh your mind.
There’s nothing better than having family close by, especially when recovering from an illness or injury. For Paul Hartel, 53, a Waupun resident, this was the case as he prepared for a return home following back surgery in October 2018 with Sumon Bhattacharjee, MD, neurosurgeon, and Michelle Ziegelbauer, APNP, nurse practitioner.

Paul and his wife of 13 years, Josie, a physical therapy aide at Waupun Memorial Hospital, found relief at Waupun Memorial Hospital and its alternative care unit (ACU).

For patients who no longer need acute hospital care, but are not quite ready to go home, the ACU provides additional time in the hospital to complete their recovery.

“I cannot say enough good things about Dr. Bhattacharjee and Michelle, as well as the ACU staff,” says Paul. The ACU program allowed Josie to feel comfortable and have peace of mind, so that she could continue to work.

Agnesian HealthCare offers numerous opportunities for transitional care when individuals are not quite ready to return home from the hospital following an injury or illness.

Ripon Medical Center
(920) 745-3763

Waupun Memorial Hospital
(920) 324-8410

Christian Home & Rehabilitation Center
Waupun
(920) 324-9051

St. Francis Home Center for Healing
Fond du Lac
(920) 923-7980

Villa Loretto
Mt. Calvary
(920) 753-3211

Wheelchairs, walkers and mobility devices are available at agnesianhealthshoppe.com.
For those who knew Betty Reetz - a St. Agnes School of Nursing graduate and retired vice president of Mission Integration - they would easily agree that Betty was the epitome of philanthropy.

Betty started from humble beginnings. Born and raised in Neshkoro, Betty always wanted to be a nurse. She earned her nursing degree in 1962, starting her career at St. Agnes Hospital upon graduation. She eventually moved into Inpatient Behavioral Health Services where she served as director before accepting the senior director of Mission Integration role.

“I remember working with Betty on our inpatient behavioral health unit,” says Darold Treffert, MD, psychiatrist and world-renowned authority on autism and savant syndrome. “You could tell that service to others and those facing life challenges were Betty’s passion.”

During her career, Betty was instrumental in ensuring that through the Hospice Home of Hope, with financial help from the Agnesian HealthCare Foundation, end-of-life care was available to all.

Bob Fale, who served as the Agnesian HealthCare chief executive officer from 1996 to 2012, knew that Betty would be a voice at the decision-making table to make sure the ministry’s mission and values were always discussed.

“Because Betty was a staff nurse who worked her way up in the organization, she had a strong understanding of our rich tradition and history,” according to Fale. “People trusted her! After much thought, she knew this would be an opportunity to speak out for the poor and marginalized through a large organization.”

Betty demonstrated her legacy of philanthropy through service - an example of always paying it forward. Her personal mission was to ensure that all patients had access to care, no matter their financial burdens or life situations.

View Betty’s story as told by her son, Paul Reetz, at agnesian.com/Betty.
In memory of Betty Reetz (1941 to 2018)
The Agnesian HealthCare Foundation is truly a partner in caring as we collaborate with businesses and community to enhance patient care, and improve the health and wellness of those we serve.

As Agnesian HealthCare continues its mission as part of SSM Health Ministries, we’re committed to keeping 100 percent of all donations within our local community - the same as always.

Consider building on this legacy by donating to our annual appeal. For questions regarding funds or donations, call (920) 926-4959 or visit agnesian.com/giving.

Thanks to our Charity Open sponsors and donors, we’ve raised more than $5 million over the past 31 years.

One of the greatest gifts we have is the ability to give to others. Call (920) 926-4959 for more details or visit agnesian.com/giving.
Cancer Survivor Kayla Adamson, 31, and her husband, Joseph, were uncertain if children would be part of their future. Kayla never lost hope.

So when Kayla learned she was pregnant, she began care with Sara Riegert, MD, obstetrician/gynecologist. “Dr. Riegert wanted me to come in right away to be monitored closely because of my health history,” Kayla recalls. “It was at our six-week ultrasound that we learned we were expecting twins. It was a shock, but we were beyond thrilled.”

As Kayla was preparing for a camping trip, she began to have warning signs that something might be wrong. A trip to the Waupun Memorial Hospital Emergency Department confirmed that one of the twins was struggling and would not live.

“It was a devastating loss,” Kayla says. “The hospital team helped contact my husband and parents so they could be there.”

Kayla talks about the comfort she received from the team at the Agnesian HealthCare Bereavement Center, as they grieved Jordan, the baby they would not get to meet. But, they celebrated Lily who was delivered on February 1, 2018 by Mary Schultz, MD, obstetrician/gynecologist.

Kayla and Joseph, while enjoying time with Lily, continually look for ways to honor Jordan. An idea came to Kayla following her participation in a Prepared Childbirth class at Agnesian HealthCare and her encounters with Jodi DeMaa, lactation consultant.

“When Lily was 10 months old, she started eating more solid foods, though my breastmilk supply was still very good,” Kayla explains. “I had done some research, including what I learned from my childbirth classes and found breastmilk donation locations.”

Kayla worked with both Western Great Lakes and the Mothers Milk Alliance to donate her unused breastmilk. “I felt immense relief there was a way for me to help other newborns by sharing a resource I had available. It was just one way that we could honor Jordan.”

The Agnesian HealthCare Foundation recently approved funding to help implement a pasteurized breast milk donation site at St. Agnes Hospital. Watch for more details as the site is developed.

Foundation donations are always appreciated at agnesian.com/giving.
Are you a current smoker? Were you a former smoker who has quit in the last 15 years? If so, now’s the time for screening! There is a scan that you can request to assist with early stage lung cancer diagnosis. The screening is recommended annually.

- Adults aged 55 to 77 years and
- 30-pack/year smoking history and
- Currently smoke or quit within the last 15 years

Ask your primary care provider for more information.

Learn more about low dose CT screening at agnesian.com/cancercare.
Register for a class at agnesian.com/classes-events-groups or call (920) 926-4960.

**EMOTIONAL & SPIRITUAL**

- Gentle Yoga
  Waupun Memorial Hospital
  October, November, December, January • $40

- Mindfulness Meditation
  Agnesian HealthCare Health Resource Center
  September, November, January • $40

- Recycled Paper Making Art Experience
  Agnesian Health Plaza A • September • $40

- Symbolic Collage Art Experience
  Agnesian Health Plaza A • October • $40

- Bring Your Best Self Forward
  Urban Fuel • October • $20

- Coil Basket Art Experience
  Agnesian Health Plaza A • November • $40

- Mindful Eating
  St. Agnes Hospital Health Resource Center • January • $10

**NUTRITIONAL**

- Vegan Cooking Demo
  Fond du Lac Regional Clinic West Demo Kitchen • September • $20

- Sushi 101 Cooking Demo
  Fond du Lac Regional Clinic West Demo Kitchen • September • $20

- Gluten Free Cooking Demo
  Fond du Lac Regional Clinic West Demo Kitchen • October • $20

- Diabetes Diet Cooking Demo
  Fond du Lac Regional Clinic West Demo Kitchen • November • $20

- Better-for-You Holiday Desserts Cooking Demo
  Fond du Lac Regional Clinic West Demo Kitchen • December • $20

- Winter Salads Cooking Demo
  Fond du Lac Regional Clinic West Demo Kitchen • January • $20

**FINANCIAL**

- Financial Peace University
  Health Plaza A Mary Agnes Room • September • $120

**OTHER**

- Stop the Bleed/Lifesaving Skills Training
  Agnesian HealthCare Plaza Level Conference Center
  October • Free

- Out of Breath? It Might Be a Symptom of COPD
  Agnesian HealthCare Plaza Level Conference Center
  November 13 • $5

- Healthy Living with Diabetes
  Agnesian Health Shoppe • September • Free
  Waupun Memorial Hospital • October • Free
  Fond du Lac Family YMCA • October • Free

- Healthy Habits
  St. Agnes Hospital Health Resource Center • January • $10
Heart care close to home. That’s what the Dale Michels Center for Heart Care is all about. This is evident with the introduction of two new procedures.

**WATCHMAN** - The FDA-approved WATCHMAN procedure is designed to help a specific group of patients with atrial fibrillation by implanting a stent-like device into the left atrial appendage by a catheter-based approach.

**TAVR** - TAVR is a proven, minimally-invasive surgical option for patients who’ve been diagnosed with moderate or severe aortic stenosis to replace their diseased aortic heart valve. This procedure enables the placement of a balloon-expandable heart valve into the body with a catheter-based delivery system (catheter).

To learn more, talk with your primary care provider, or visit agnesian.com/heartcare.