Still here for her

Father’s determination fuels stroke rehab

...because your life matters.

150 pounds thinner
Family cheers Dad’s weight loss

Clinical trial
Changing treatment for breast cancer

Via Christi
WINTER 2016

a publication of Via Christi Health
Our Mission
Inspired by the Gospel and our Catholic tradition, we serve as a healing presence with special concern for our neighbors who are vulnerable.

Our Values
Service of the Poor
Reverence
Integrity
Wisdom
Creativity
Dedication

Our Vision
As an innovative, integrated healthcare team, we build healthier communities and deliver the ideal experience in the way of Christ.

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On the cover: Young stroke survivor
Clay Braley and his daughter, Kaylyn. See page 6.

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Chat with the CEO

Dear Readers:

We made great progress in 2015 on our journey to become One Via Christi, an integrated health system that cares for families through every moment of life in Manhattan, Pittsburg, Wichita and the other communities we serve.

We made care safer and more accessible while also introducing innovations in many areas of our service, from cancer care to heart treatment, knee replacement to neuroscience.

Our clinicians learned to identify and help victims of human trafficking. We also expanded a new model of primary care for families, with a focus on preventive care and helping them better manage chronic diseases such as diabetes.

As you will see in our 2015 Annual Report section, we proudly honored those who came before us as we celebrated the 125th anniversary of the arrival of the Sisters of the Sorrowful Mother in Wichita, where they created and expanded St. Francis Hospital.

We carry the Sisters’ heritage forward as we continue to reach many important milestones in the quality and safety of our care and in providing the ideal healing experience for our patients and a respectful, rewarding environment for our doctors, nurses and other team members.

The Mission of our founders is alive and growing today throughout Via Christi, from our clinics and hospitals to our home care services and senior living villages. We are blessed with a strong team of committed caregivers who work to provide the best care to every person, every time, with special concern for those who are struggling.

Over the past 125 years, our founding congregations of Sisters faced many challenges and adapted to meet the new needs of those they served. We are doing the same and are excited to build a successful future together serving all of your family’s healthcare needs.

Sincerely,

Jeff Korsmo
CEO and Ministry Market Leader, Via Christi Health

Pat Edwards, left, Jeff Korsmo, center, and Darla Goodwin were among the Via Christi volunteers who helped build two Habitat for Humanity homes in Wichita this fall. For his Christmas video message, Jeff and other Via Christi associates sing “O Come All Ye Faithful” in the Chapel of the Sorrowful Mother at Via Christi Hospital St. Francis.

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Philanthropy Highlights
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It wasn’t the first time Wanda Zinn had been asked to have a sonogram following a mammogram. But this time, Wanda was puzzled when the radiologist and sonogram technician told her that she’d done the right thing by scheduling the follow-up procedure. The spot, they said, seemed very small and it was early.

“I finally asked, ‘Are you telling me this is cancer?’” says Wanda, recalling the events that led to her diagnosis of early-stage, hormone-positive breast cancer in March 2009.

The tumor was so small — about the size of a pencil eraser — that it was difficult for her surgeon to locate and remove.

And then there was more jarring news: The tumor was caused by a cancer likely to recur. She anticipated undergoing chemotherapy.

Because of the type of breast cancer she had, Wanda was eligible to participate in a national study through Wichita’s National Community Oncology Research Program, based at Via Christi Hospital St. Francis and funded through the National Cancer Institute. More than 10,250 women, including 214 from Wichita and elsewhere in Kansas, participated in the NCI-sponsored study.

Through the study, Wanda was given a gene-activity test called Oncotype that showed she had a low score for recurrence, qualifying her to be treated with an anti-hormone therapy. She took tamoxifen for five years until March 2014.

“Changing treatment standards thanks to the results of the prospective study, women like Wanda who have a low score on the Oncotype test can feel confident that without chemotherapy, they can have a less than 1 percent chance of their cancer coming back within five years. A prospective study, one in which data is collected from all participants in the same way using exactly the same questions and data collection methods over a long period of time, is considered the gold standard in setting treatment protocols.

The results of the study were published in late September in the New England Journal of Medicine. Cancer Center of Kansas oncologist Pavan Reddy, MD, co-medical director of Via Christi’s Cancer Outreach and Risk Assessment program, was a co-author.

“I made the choice to participate in the study because I felt getting more knowledge was best,” she says. It also meant she was able to forgo difficult treatments that wouldn’t have made a difference in the chance of her cancer coming back.

“I was blessed to be in the study.” — Wanda Zinn, on qualifying for a national breast cancer study and avoiding chemotherapy.

What is a clinical trial?

Clinical trials are research studies conducted to find better ways to prevent and treat diseases and chronic conditions. Cancer patients have an opportunity to participate in national investigational studies through Wichita’s National Community Oncology Research Program or NCORP. Studies are conducted in nearly every facet related to cancer with the hope of improving the standards of cancer care and treatment.

If you’re considering a cancer clinical trial, a specially trained Wichita NCORP nurse can discuss with you in detail what is involved, including potential benefits and risks. If you choose to participate, your NCORP nurse will schedule and arrange treatments and tests, and stay in touch with you and your physician throughout the study.

For more information, call 316-268-5784 or 800-362-0070, ext. 5784.
After stroke leaves him ‘trapped,’ construction worker turns to Via Christi for his recovery

The stroke that ambushed Clay Bewley’s brain left him unable to move or speak, but it didn’t affect his mental abilities or memory.

“I was trapped,” he says, remembering the helplessness he felt starting Aug. 20, 2014.

Clay was 38 when he suffered a blood vessel clot that affected both sides of his brain — and, therefore, both sides of his body. He was rushed to Via Christi Hospital St. Francis, where he was essentially paralysed and could only move his eyes.

“I was nervous and scared,” Clay says.

Journeying back to ‘my normal self’

After being hospitalized at St. Francis for nearly two months, Clay’s medical condition stabilized. He and his family decided the next steps in his recovery would be at Via Christi Rehabilitation Hospital in Wichita.

“When I got there, I could only move one finger,” he recalls. “I just wanted to be my normal self.”

That normal self is a 6-foot-2-inch, outgoing, friendly construction worker who was used to being active and in shape.

Marilyn Jacobs, MD, was among those who saw hope in Clay’s situation.

“Every patient admitted to the Rehabilitation Hospital has the possibility of getting better and going home,” she says. “When they have a good support system, their chances are even better.”

Clay had that in his mother, Karren, and his 3-year-old daughter, Kaelynn, who were often by his side in rehab.

Clay’s recovery timeline

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
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| Oct. 15, 2014 | Clay’s first day at the Rehabilitation Hospital was Oct. 15, 2014. At first, physical therapists moved Clay’s arms and legs to help his brain relearn those motions. Gradually, he hit milestones. Clay continues progressing in outpatient therapy at the Rehabilitation Hospital. He still walks with a walker and can dress himself, but he’s hoping to improve his speech and to be able to prepare his own meals as well. His goal: “I want to be functional and get a job — something I like. I was so far gone, I just hope I keep getting better.”
| Nov. 6      | Passed a swallowing test that allowed him to eat food again — his first meal was meatloaf with mashed potatoes |
| Nov. 9      | Began therapy using an advanced exoskeleton that helps patients walk on a treadmill |
| Nov. 21     | Clay took his first steps supported by three therapists |
| Dec. 9      | Clay stood up on his own |
| Dec. 22     | With therapists’ help, got into a car |
| Jan. 9, 2015| Clay was discharged and moved into his mother’s home near Haysville |

Recovery, step by step

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His goal: “I want to be functional and get a job — something I like. I was so far gone, I just hope I keep getting better.”

A supportive ‘family’ of care

Waneta Yoder, a physical therapist, says she’s still amazed to see Clay walk down the halls of the Rehabilitation Hospital.

“He worked hard, and he was persistent,” she says. “In the first couple of months, he saw progress, and that gave him momentum.”

Adds Dr. Jacobs: “Every day, he looked at you with these eyes that said, ‘Please help me.’ He did everything we ever asked of him. Clay is where he is because of the determination he had to recover.”

Now, Clay is a bit of a celebrity at the hospital.

“He greets everybody and he’s always so friendly,” Yoder says. “The patients become family to us. We’re such a part of their life and they’re such a part of our lives.”

Karren, Clay’s mother, says the feeling is mutual.

“They took so much pride in their care and comfort for him,” she says. “It’s not just a job — you could tell they are good-hearted people.”

CLICK + LEARN

Learn more at viachristi.org/rehab

Know these warning signs of stroke: Think FAST

- Face
  - Ask the person to smile. Drooping on one side of the mouth or face is a sign of a stroke.

- Arms
  - Ask the person to raise both arms. One arm that slowly comes back down or cannot be raised is a sign of a stroke.

- Speech
  - Ask the person to repeat a simple sentence that you say first. Speech that is slurred or strange sounding is a sign of a stroke.

- Time
  - If you see that the person has any of these signs, it is an emergency. Call 911 to have an ambulance take the person to the hospital.
A true Kansas farm wife and mother, Beverly McCulloch took care of everyone else before herself. But the pain in her left hip gradually caught up with her. “I had pain for 10 years,” she says. “It just put up with it. But eventually I knew I had to get my hip replaced. I couldn’t go on like that.”

Beverly, 81, has lived in the Towanda area northeast of Wichita her entire life. She still lives in the farmhouse she and her late husband renovated more than 50 years ago. Through the years, they grew crops and raised livestock — and their two children — on the land.

On April 28, she had her hip replaced at the Via Christi Joint Replacement Center. John R. Schurman, MD, an orthopedic surgeon with Advanced Orthopaedic Associates who also serves as the center’s medical director, performed the surgery.

Best practices, best outcomes

The Joint Replacement Center at Via Christi Hospital St. Francis in Wichita uses national best practices in knees and hip replacements to provide the best outcomes for patients. Patients are waking within hours of surgery, which improves recovery times.

They also undergo therapy in a group setting, and family members, friends or Via Christi volunteers serve as coaches to encourage patients in their recovery.

The center opened in fall 2014, and portions of the program also have been implemented at Via Christi Hospital St. Teresa and Kansas Surgery and Recovery Center, both in Wichita.

Beverly’s daughter, Brenda Berryman, who served as her mother’s coach, says she enjoyed encouraging all of the patients during therapy sessions.

Support is key to success

“We end up getting a lot of positive feedback about group therapy,” says Shannon Wilson, orthopedic service line coordinator for Via Christi. “Everybody’s going through the same thing and they can talk about it.”

Wilson says patients who have a strong support network — to coach them during the hospital stay, prepare a plan for going home and help them after they leave the hospital — are especially set up for success in the Joint Replacement Center program.

“Brenda was just so supportive of her mom,” Wilson says.

Now, Beverly is enjoying life back in her farmhouse.

“We were so impressed with the whole process — from going to the education class and knowing what to expect, to check-in, to surgery, to the way they treated her after surgery,” Brenda says. “And even after we left, I could call Shannon to ask questions.”

Adds Beverly: “They treated me like a queen.”

Active and pain-free

Now, Beverly’s hip is pain-free. She’s filling a busy social calendar that includes two-stepping at the El Dorado Senior Center, regular coffee dates with friends, Daughters of the American Revolution meetings and church activities.

“How does hip replacement surgery work?

Your surgeon will:

- Remove ball of hip joint.
- Shape hip socket and remove damaged cartilage and arthritic bone.
- Put the new hip cup and liner in place, then insert either a ceramic or a metal ball with a metal stem into your thigh bone.
- Secure all the new parts in place and repair the muscles and tendons around the new joint, as needed.
Vitamin D
Sunshine for your winter days

As kids, Mom used to tell us to play outside so we could get our daily dose of “the sunshine vitamin” — vitamin D, critical to young and old alike for strong bones and teeth, and a healthy immune system.

Some studies suggest this important vitamin may also help lower your risk for some cancers and stroke.

During the spring, summer and fall, your body makes vitamin D naturally, when sunlight hits your exposed skin. Just 10 to 30 minutes in the midday sun, twice a week, may provide all the vitamin D we need, says Via Christi dietitian Karen Stutzman.

But during the winter months, the sun’s rays are too weak — and your skin is too covered up — to allow your body’s vitamin D production, says Stutzman.

And your body’s vitamin D production can be decreased any time of year if you’re wearing sunscreen or have a dark complexion.

“It’s important to remember that, for all of us, too much sun exposure without sunscreen can damage skin, increasing the risk for sunburn today and skin cancer down the road,” says Stutzman. “That’s why it’s best to rely on a healthy diet to get the vitamin D we need, not only in the winter, but all year-round.”

So, as you plan your daily meals, remember one of the best — and tastiest — natural sources of vitamin D is a fatty fish like salmon, which has about a day’s worth in every serving.

This easy salmon recipe, served with your favorite side dishes, will soon become a healthy favorite at your house!

### Poached Salmon with Piccata Sauce

1. pound wild salmon fillet (fresh or thawed), skinned and cut into 4 equal portions
2. cup dry white wine or white wine vinegar
3. tablespoons extra-virgin olive oil
4. large shallot or small mild onion, minced
5. tablespoons lemon juice
6. tablespoons capers, rinsed
7. cup fat-free sour cream
8. teaspoon salt (optional)
9. tablespoon chopped fresh dill or teaspoon dried dill

#### Directions:

Place salmon in a large skillet. Add ½ cup of wine or wine vinegar and enough water to cover the fish. Bring to a boil over high heat. Reduce to a simmer, then turn the salmon over. Cover and cook for 5 minutes, then remove from the heat.

While fish is simmering, add oil to a medium skillet and heat over medium-high heat. Add shallot or onion and sauté about 30 seconds. Add the remaining ½ cup wine or vinegar and capers, then cook 1 minute more. Remove skillet from the heat; then stir in sour cream and optional salt.

Top each serving of salmon with equal portions of sauce and garnish with a sprinkling of dill.

#### Nutrition:

Per serving (approximately): 320 CALORIES; 18 G FAT; 5 G CARBOHYDRATES; 24 G PROTEIN; 0 G FIBER; 350 MG SODIUM; 480 MG POTASSIUM; 100% OF DAILY VALUE OF VITAMIN D.

Adapted from EatingWell.com

### Did you know?

Vitamin D content is generally not listed in a food’s Nutrition Facts labeling unless the food is fortified with it — so read the label to be sure!

### Foods commonly fortified with vitamin D include:

- Milk and some dairy products
- Orange juice
- Many cereals and breads

Find more great healthy recipes at viachristi.org/healthy-eating
Every time I get ahead a little, either my van breaks down or my health needs now that a lifetime of manual labor and neglect of his personal health has begun taking its toll. Unable to afford the cost of health insurance and ineligible for Medicaid in its present form, it’s difficult for him to get the care he needs now that a lifetime of manual labor and neglect of his personal health has begun taking its toll.

Unemployed and with health insurance lapse “when the premium got to be more than my mortgage payment,” says Jimmy, who had let his insurance lapse “when the premium got to be more than my mortgage payment.”

As we, along with Via Christi Health and our other participating providers, have the privilege of taking care of them.

“Project Access has been my lifeline,” says Jimmy, who turned to the program for help two years ago when subsidies through the Affordable Care Act Marketplace became available. “It’s what’s kept me alive.”

“Project Access has been my American dream,” says Jimmy, who received routine care, medications, stents for his heart condition and other preventative, and potentially lifesaving screenings. Most of those services have been through Via Christi, whose physicians and hospitals are among the program’s largest providers of donated services.

He has also been referred to Via Christi’s Therapy Center for physical therapy and the MRI, then to Via Christi’s Anatomor Imaging for an MRIs.

With the help of Project Access, Jimmy has been able to get the non-emergency care he needs to keep working, continue to meet his obligations and maintain his pride and dignity in being able to support his family of three.

13,000 Sedgwick County residents, allowing them to remain in — or get healthy enough to return to — the workforce.
Cheering dad on

150 lbs!

Via Christi Weight Management leads
Valley Center father to leaner lifestyle

For Ben Anderson, losing weight was about getting out of his comfort zone.

“At first, it’s not comfortable to count calories,” he says. “It’s also not comfortable to be grossly obese.”

After losing 150 pounds through Via Christi Weight Management, he’s created an entirely new comfort zone for himself and his family.

Ample motivation

The decision to do something about his weight came the day after Christmas 2014. The 38-year-old hadn’t exercised much since a freshman-year injury cut short his football career at Pittsburg State University. His back hurt, and when he took his four children to the park, he didn’t have the energy to play with them. He would sit on a bench instead.

“I felt like a 90-year-old,” he says.

Entering the Weight Management program, he was motivated by his family and the fact his father, longtime Valley Center journalist and Wichita State University professor Les Anderson, died of a heart attack several years ago.

“I just had this unsettling feeling,” Ben says.

At his first class at Via Christi Weight Management, Ben weighed 382.9 pounds.

Making positive changes

He embraced the program and chose the “decision-free” option, in which he ate only low-calorie meal replacements for the first seven months before introducing fruits, vegetables and lean meats into his diet.

He also began exercising, walking 30 minutes to an hour a day, often with a friend in Valley Center, where he is a stay-at-home dad and serves on the City Council. And he enjoys the camaraderie of weekly classes where he learns from health educator Suzanne Neville and swaps suggestions with others on weight-loss journeys.

“It’s a social thing, with people who are going through the same struggles,” Ben says. “There’s a lot of support. It feels like a family.”

A key moment in his weight loss came in March, when he traveled to Las Vegas with friends for an annual trip during the NCAA men’s basketball tournament. Instead of the temptations of buffets in Sin City, Ben shipped a box of meals and shakes to his hotel and stayed faithful to his diet.

“He knew at that point he could really be successful losing weight,” says his wife, Jamie. “I’m so proud of him for going on this journey.”

Adds Ben: “After a while, your body gets used to the new lifestyle, and results are more important than eating a piece of candy here or there. I didn’t cheat.”

Neville says she’s been impressed with Ben’s creativity in the kitchen. She especially recalls a spaghetti squash dish with vegetables, lean chicken and low-fat marinara he brought to class that had just 160 calories for a generous portion.

“He’s so creative,” she says. “He doesn’t need a recipe. Ben can just throw things together and it works.”

Committed to living leaner

Ben is nearing the portion of the program in which he will focus on maintaining his new weight, not losing more. With his back pain gone, he’s out playing basketball, walking and riding bikes with his three daughters and a son, who range in age from 5 to 9.

“This program isn’t magic,” Ben says. “You take away what you put into it. But they give you a clear map for what to do. You find what works and you stick to it.”

To learn more, read patient success stories, sign up for a free informational seminar, or watch a video about Ben’s weight loss, visit viachristiweightmanagement.com

To learn more, visit viachristiweightmanagement.com
“All of my experiences are blessings,” says Myrna Filion, Via Christi Village resident in Manhattan, who finds happiness in art.

When Myrna Filion paints a portrait of the person she was five years ago — the kind she paints with her words — the picture is bleak. Lots of gray. None of the colorful hope that shines from her today.

Back then, she could barely move her arms or legs, a result of Guillain-Barré syndrome. She couldn’t feed herself. Somewhere deep inside her, Myrna knew she had no idea the thing that would pull her up from her despair was something she had never tried, something she never imagined she could do. Somewhere deep inside her, Myrna discovered a painter she never knew was there.

A hidden talent

“It was 2011, and they wanted to paint a ‘2-0-1-1,’” she says of the activities leaders at Via Christi Village in Manhattan. “They asked me to paint the number 2. And I thought, ‘Wow! I can paint!’”

From there, she started attending a local theater group for adults with special needs. “How can I not be happy?” she asks. “I’m having fun.”

Art as therapy for body and spirit

Vernita Lackey, the Village’s activity director, says Myrna’s transformation is easy to see.

“She’s just thrived with painting,” Lackey says. “Her passion for it is just outstanding.”

Myrna loves to paint birds. She also loves to paint lighthouses and the ocean, because they remind her of California. She painted Bill Snyder Family Stadium, and it now hangs in its namesake’s office. Her paintings also hang at the Manhattan Arts Center and two medical offices in town.

She also creates Christmas cards for troops. She paints wreaths on the cards and writes the troops well wishes for the holidays. This Christmas, the American Red Cross delivered 2,000 cards for her.

Myrna specializes in watercolors and acrylics, but she’s branching out to oil paints as well. She sometimes paints in her room, where the Village’s maintenance staff built her a custom desk for her art. Other times, she paints in a common area where she can visit with staff members and other residents.

In addition to painting, Myrna now makes announcements for the Village, reads scripture at chapel and volunteers with a local theater group for adults with special needs.

“How can I not be happy?” she asks. “I’m having fun.”

Painting isn’t just good for Myrna’s mood. It’s helped her regain fine motor skills she lost eight years ago after her episode with Guillain-Barré syndrome, a rare immune disorder that strips the sheathing from nerves.

Even Myrna, a native of the Philippines who lives in Manhattan, finds it hard to believe how happy she’s become at her new home.

“What I’ve learned is all of my experiences are blessings,” she says. “All of the bad, all of the good. It’s all blessings. And what I’ve learned about God is, he’s here for me through it all.”

Myrna wants to write a book about her life someday. The title: “I Found Myself in Manhattan, Kansas.”

Adds Meredith Walker, Myrna’s daughter who lives in Manhattan: “This wasn’t anything we would have ever guessed she’d be good at or enjoy as much as she has. Her happiness, and her quality of life, is so much better compared with when she got sick.”

viachristi.org  |  Via Christi Health

Senior living at nine locations in Wichita, Hays, Manhattan, Pittsburg and Ponca City, Oklahoma. Four levels of care are available:

Independent living
A supportive environment for people who are still able to live somewhat independently. Services are usually intermittent and task-specific, such as helping to bathe or take medications.

Assisted living
For those struggling with dementia or who have been diagnosed with Alzheimer’s disease.

Memory care
The highest level of care for older adults outside the hospital setting. There are two basic types of care — short-term, rehabilitative care and long-term care for chronic conditions.

Retirement communities designed to be easier and safer for older adults to navigate, offering transportation services, social networks and a supportive environment.

Via Christi offers senior living at nine locations in Wichita, Hays, Manhattan, Pittsburg and Ponca City, Oklahoma. Four levels of care are available:

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Via Christi Life

Learn about senior living options at viachristivillages.org. For more information about Via Christi Village in Manhattan or to schedule a tour, call 785-539-7671.
Now that winter has arrived, colds and flu have probably come along with it. But there are lots of things you can do to help you and your family prevent illness and stay well this winter.

Here, three Wichita-area Via Christi Clinic physicians share their best tips for winter wellness.

**Get a flu shot.**
The peak season of the flu in the U.S. is December through February, but it can start as early as October. The sooner you get the shot the better, as it takes two weeks for your body to build antibodies to protect you through the winter.

**If you do get sick, stay home.**
Get some rest and help protect others by staying home. When coughing or sneezing, use your elbow to cover the nose and mouth; don’t sneeze into your hands. Hand washing is essential to avoid getting sick and spreading germs.

**Exercise regularly, even in winter.**
Regular exercise is proven to boost your immune system, mood and energy level.

**Bundle up.**

**Wash hands.**

**Influenza shot.**

**Skin care.**

**Eat right.**

**Rest well.**

Eileen Wong, MD, offers this acronym to help remember her tips for winter wellness: B.E.W.I.S.E.

- **B**undle up
- **E**xercise
- **W**ash hands
- **I**nfluenza shot
- **S**kin care
- **E**at right
- **R**est well

*Keep safety in mind.*
If the weather’s bad, avoid leaving home. If you or a loved one uses a cane, regularly replace the rubber tip to create better traction in slick conditions.

*Boost your mood.*
Prevent winter blues by increasing social interaction or using a light-therapy lamp.

*Prevent dry skin.*
Use a humidifier set to 45-55 percent humidity and apply moisturizer right after bathing.

*Get a flu shot.*
The peak season of the flu in the U.S. is December through February, but it can start as early as October. The sooner you get the shot the better, as it takes two weeks for your body to build antibodies to protect you through the winter.

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*Tara Katz, DO*
Family physician
Via Christi Clinic
612 N. Andover Road,
Andover
316-613-4976

Originally from Kinsley, Kansas, Dr. Katz and her husband are the proud owners of an English bulldog named Diesel. In her spare time, she enjoys reading, cooking and gardening.

*If you smoke, stop.*
Smoking can reduce your immunity and make you more susceptible to getting bronchitis and respiratory infections. Smokers already have decreased lung function, so when they get sick, they may have more trouble breathing and other lung issues.

*Eat well, be well.*
Having a healthy diet with a good amount of fresh fruits and vegetables and lean meats will help support your immune system.

*Starting to get sick?*
Take vitamin C and zinc. Both have been shown to help the body fight illness, so consider taking these when you first start to feel a cold coming on.

If you don’t have health insurance, go to viachristi.org/doctors to learn more about these and other Via Christi physicians. Visit viachristi.org/winter-tips for a video about how to “walk like a penguin” in icy conditions.

Trying to stay healthy this winter? Look for a “LIVE WELL” logo in Via Christi Life this month to get tips for living well this winter.

**Geetha Somashekar, MD**
Internist
Via Christi Clinic
818 N. Carriage Parkway,
Wichita
316-651-2252

Originally from Bangalore, India, Dr. Somashekar did her residency in Baltimore. She and her husband have a 5-year-old daughter and a 15-month-old son. She enjoys reading, cooking and gardening.

Eileen Wong, MD, offers this acronym to help remember her tips for winter wellness: B.E.W.I.S.E.

- **B**undle up
- **E**xercise
- **W**ash hands
- **I**nfluenza shot
- **S**kin care
- **E**at right
- **R**est well
The best exercise for your heart is walking, because it’s a form of exercise that’s easy to adjust for all fitness levels,” says Dr. Saad. If you are not sure how much you can do, it’s best to start out slow. Try walking for 10 minutes at a brisk pace and work your way up to a longer amount of time, preferably up to 40 minutes, five days a week.

“‘There’s no magic pill,’” says Dr. Elkharbotly. Having a healthy lifestyle, including a good diet and plenty of exercise, can help prevent heart disease and other diseases, such as diabetes, which has a direct correlation to heart disease. What you do today will benefit you in the future.

“‘The nicotine, tars and other toxins in just one cigarette is enough to induce inflammation inside the arteries and build up plaque that can lead to a heart attack,’” says Dr. Saad. “Simply cutting back or switching to low-tar and low-nicotine brands of cigarettes is not enough,” he says. “The chance of dying of heart disease is three times greater for those who smoke. When you stop smoking, your risk of developing heart disease goes down immediately, and decreases dramatically within the first year.”

True or false? Cutting down on the number of cigarettes significantly reduces the risk of heart disease.

True  False

What’s the most important part of a heart-healthy diet?

A. Eating five fruits and vegetables daily
B. Eating lots of fiber
C. Eating a low-fat diet
D. All of the above

“‘If a person eats healthy, including more fresh fruits and vegetables, more fish and fewer carbohydrates in their diet, they will get the maximum benefit,’” says Dr. Elkharbotly.

What is a heart-healthy diet?

Five servings each of fruits and vegetables per day
High-fiber foods. Eating plenty of fiber helps you feel full so you don’t overeat and also decreases absorption of fat.
Low-fat foods. Saturated and trans fats are bad for your heart. Saturated fat typically comes from red meat or poultry skin. This should be less than 10 percent of your overall daily calories. Trans fat is found in processed foods such as margarine and snack foods.

True or false? For heart health, the best way to exercise is to do vigorous activity for at least 50 minutes, five days a week.

True  False

What’s the best thing you can do to prevent heart disease?

A. Take fish oil pills
B. Drink a glass of red wine each day
C. Take a daily aspirin
D. None of the above

“We've called on Via Christi’s two newest cardiologists, Ali Elkharbotly, MD, and Andre Saad, MD, to help us develop a quiz to see if you’re ‘heart smart.’”

“Originally from Cairo, Egypt, Dr. Elkharbotly and his wife have infant fraternal twins. In his spare time, he likes to exercise, travel and spend time with family.”

“Dr. Saad was born in Aleppo, Syria. He and his wife have a 4-year-old daughter and are expecting another child in March. In his free time, he enjoys running and attending his daughter’s activities.”

Go Red, Wichita
During American Heart Month in February, Via Christi Health and the American Heart Association will host fun and informative community events to raise heart health awareness.

Breakfast in Red
Friday, Feb. 5
7:30 a.m.
Scottish Rite Temple
Help us kick off National Wear Red Day* with a heart-healthy breakfast. While it’s free, reservations are required and seating is limited. Call 316-768-3830 or email Emily.Sentnor@heart.org.

Women’s Fair
Friday-Sunday, Feb. 19-21
Century II Expo Hall
Via Christi, the AHA and other community partners will join in the fun at the 18th annual Women’s Fair, providing life-saving information every woman needs to know. Go to womensfair.com for more information.

Visit viachristi.org/doctors to learn more about these and other Via Christi physicians.
The Sisters of the Sorrowful Mother (SSM) celebrated its heritage during the 2015 fiscal year. Via Christi’s two founding religious orders — the Sisters of the Sorrowful Mother and the Congregation of St. Joseph — came together to celebrate more than a century of healthcare in Wichita. The Sisters of the Sorrowful Mother (SSM) celebrated its 125th anniversary of their arrival in Wichita in 1889 when the city still served as a railroad destination for cowboys driving cattle up trails from Texas. The Sisters took over management of St. Francis Hospital and built a vibrant medical system that eventually merged with the St. Joseph health system operated by the Congregation of St. Joseph to become Via Christi Health in 1995. Thirteen Sisters from SSM ministries in Wisconsin visited Via Christi in December 2014 for a three-day celebration that began with a dinner hosted by the Congregation of St. Joseph at their Mount St. Mary Convent in Wichita. Sister Judith Marie Beck, SSM, says the merger that created Via Christi served as a model for other faith-based health organizations as they decided to integrate in the face of rapid change in the nation’s health system.

### Honoring our heritage

While innovating for the future, Via Christi took time to remember the past and celebrate its heritage during the 2015 fiscal year. Via Christi’s two founding religious orders — the Sisters of the Sorrowful Mother and the Congregation of St. Joseph — came together to celebrate more than a century of healthcare in Wichita.

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### Strengthening our Mission

"We provide spiritual care to help with the emotional healing that is often needed as we journey through healthcare challenges throughout our lives," he says.

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### Via Christi celebrates heritage, advances Mission in 2015

Via Christi celebrated its heritage and advanced its Mission of healing in 2015, making care safer and more accessible, while improving the treatment of cancer, heart and orthopedic diseases; training clinicians to help victims of human trafficking; and expanding a new model of primary care for families in our region.

Clinical and administrative leaders throughout Via Christi — a ministry of Ascension — also played key roles in helping Ascension transform into an integrated national ministry that is the largest faith-based, nonprofit health system in the U.S.

"We describe our transformation as a journey to become One Via Christi, a vibrant part of One Ascension, the national health ministry we are building to care for families in Kansas and across the country," says Jeff Korsmo, Via Christi’s CEO and ministry market leader.

As Via Christi’s CEO continues to grow, the primary focus is on serving families with care that meets each family member’s needs during every phase of their life.

"We care for families from the time of birth and throughout their lives as they grow, providing wellness care for children, teens and young adults. We offer the region’s most advanced cancer, heart, neurologic and orthopedic care to help family members maintain their optimum health as they age. And we have outstanding senior living communities and care-at-home programs for the later years of our lives," Korsmo says.

"We also provide spiritual care to help with the emotional healing that is often needed as we journey through healthcare challenges throughout our lives," he says.

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### Highlights of Via Christi’s 2015 achievements

- A 79 percent reduction in Serious Safety Events was achieved over two years.
- Hand hygiene best practices were sustained at 95 percent, helping to reduce healthcare-associated infections.
- More than 20 victims of human trafficking were helped through Via Christi’s awareness training and intervention protocol.
- Via Christi’s Transitional Care Clinic and Community Cares program helped more than 500 patients recover from hospital stays and remain in their homes, reducing avoidable hospital readmissions by 90 percent.
- Via Christi contributed $82.5 million in community benefit.
- Via Christi Clinic’s pilot test of the patient-centered medical home model lowered annual cost of care for patients by 11.9 percent and decreased avoidable emergency room visits by 31.5 percent.
- Care teams achieved 99 percent compliance with the standard safety timeout and checklist protocol for surgeries and other invasive procedures, improving patient safety.
- Physicians now serve in many key leadership roles, from Via Christi’s senior leadership council and Accountable Care Organization to its hospitals and outpatient clinics.
- Via Christi’s dyad model of leadership — teaming physician and administrative leaders — is being expanded throughout Ascension.

Visit viachristi.org to learn more about Via Christi’s mission, viachristi.org/vsmt to watch videos about the Sisters of the Sorrowful Mother celebration in Wichita.
Manhattan: In April, Mercy Regional Health Center in Manhattan was renamed Via Christi Hospital. The public celebration began with Bishop Edward Weisenburger of the Catholic Diocese of Salina celebrating Mass at St. Thomas More Catholic Church. “Our goal is to continue to serve the people of this region with compassion and dignity,” says John Broberg, Via Christi’s senior leader in Manhattan. The Bishop then blessed the newest member of the Via Christi family as part of a groundbreaking ceremony for a $15.5 million capital improvement project to expand the hospital’s Emergency and Birth and Women’s departments, complete the adjacent tower for outpatient services, and build a new chapel. “Each of you who work at Via Christi Hospital, each of you privileged as you are to encounter people in the more dire moments of life, each of you has the potential for being part of Jesus’ healing touch,” Bishop Weisenburger told the gathering.

Pittsburg: In August, the Via Christi Cancer Center celebrated its 20th anniversary of providing comprehensive cancer care to families in the region surrounding Via Christi Hospital in Pittsburg. Since its inception, the Cancer Center has treated more than 7,500 people and has plans to add new services, including the latest in diagnostic imaging technology and to become designated as a Breast Cancer Center of Excellence. “We are not standing still but are growing and advancing to meet the needs of families in the southeast Kansas region,” says Randy Cason, the hospital’s senior leader.

Wichita: In August, Via Christi Hospital St. Teresa celebrated its five-year anniversary of service in west Wichita and the rural communities surrounding it. “We have been blessed with great support from our community and our physicians as we work to provide patients with the best possible care,” says Kevin Strecker, St. Teresa’s senior leader.

“Each of you who work at Via Christi Hospital, each of you privileged as you are to encounter people in the more dire moments of life, each of you has the potential for being part of Jesus’ healing touch,” Bishop Weisenburger told the gathering.

Today, Ascension is transforming into an integrated national health ministry, with more than 6,000 employed physicians and 155,000 associates serving in more than 1,900 care locations in 23 states and the District of Columbia.

Anthony R. Tersigni, EdD, FACHE, president and CEO of Ascension, says Via Christi has been a pioneer in training clinicians to help victims of human trafficking; creating new care models to help patients fully recover from hospital stays; and in developing physician leaders.

He says Ascension is drawing on Via Christi’s expertise as it becomes an integrated national health system: “Our mission and vision call us to transform not only Ascension, but also to be a catalyst for the transformation of healthcare in this country,” Tersigni says.

At the same time, Korsmo says, Ascension is helping to strengthen Via Christi.

“We are learning a great deal from our colleagues around the country as we bring new ways of caring for our patients and senior living residents to the region,” Korsmo says. “As our founding Sisters taught us, we are stronger together and better positioned to provide the best possible care to those we serve now and long into the future.”

Visit ascension.org to learn more about our national health ministry.
Responding to community needs

Via Christi provides $82.5 million in community benefit, care for the poor

Via Christi Health provided $82.5 million in community benefit in the 2015 fiscal year, providing free medical care to those in need, educating healthcare professionals and supporting community health efforts in Wichita, Pittsburg, Manhattan and Wamego.

Via Christi's contributions to the overall benefit of the communities it serves included $46.2 million in charity care and $15.5 million in unpaid costs of Medicaid services. Via Christi provided another $20.8 million worth of community benefit through such initiatives as:

- Subsidizing health services provided by our specialty and family medicine clinics, and behavioral health facilities
- Training physicians, nurses and other health professionals
- Supporting community health clinics, health screenings, research, community building activities and donations of space to community organizations
- Training more than 500 physicians, nurses and other clinicians to identify and help patients who are victims of human trafficking

Via Christi’s community benefit is based on community health assessments conducted in Manhattan and Wamego, Pittsburg and Wichita to guide our work in addressing gaps in services, barriers to care and educating the public on better ways to protect themselves and their families from diseases.

Community benefit in Wichita
In Wichita, Via Christi provided community benefit of $72.1 million, including $38.8 million in charity care.

Dispensary of Hope: The outpatient pharmacies at Via Christi Hospital St. Francis and Via Christi Clinic on Mundock both serve as a Dispensary of Hope, providing surplus medications from manufacturers, distributors and physicians to uninsured patients as part of a national safety net.

Community volunteerism: Via Christi leaders and staff members volunteer in the communities where they live and work, helping to provide hands-on service to the poor, vulnerable and those who are struggling. In 2015, Via Christi associates volunteered their time to help build two homes in a project sponsored by the Catholic Diocese of Wichita, Habitat for Humanity and other organizations. Via Christi also contributed funds to this Pope Francis Build community project.

Community benefit in Manhattan and Wamego
Via Christi Hospital in Manhattan and Wamego Health Center, which is majority owned and managed by Via Christi, provided $5.1 million in community benefit in 2015, including $2.4 million in charity care.

Via Christi and Wamego provided another $11 million in community benefit through a variety of collaborative partnerships including Delivering Change, a program created in response to the growing need for prenatal and postnatal education and care. Via Christi works closely with Geary County Hospital and the Riley and Geary County health departments to help women who would otherwise have challenges with access to care.

Via Christi provided financial and in-kind contributions and community health improvement services as part of its commitment to the Flint Hills Community Clinic, which opened in 2005 to serve the growing number of uninsured in Riley County.

Wamego gave in-kind support to Community Health Ministries, a medical and dental clinic for low-income or uninsured residents. The clinic also provides prescription assistance, family counseling and other needed services.

Community benefit in Pittsburg
Via Christi Hospital in Pittsburg provided community benefit of $3.3 million in 2015, including $4 million in charity care.

As part of its community benefit, the hospital operates a diabetes self-management program that is certified by the American Diabetes Association.

Via Christi Outreach also provides immediate post-concussion assessment and sensitive testing at no cost to Crawford County high school students, conducting more than 950 tests over the past four years.

The Pittsburg hospital also prepared more than 18,500 meals for delivery by Pittsburg Meals on Wheels to elderly and homebound residents over the age of 60.

After training, clinicians help more than 20 human trafficking victims

Due to its Mission of serving with special focus on the vulnerable, Via Christi trained more than 500 physicians, nurses and other clinicians to recognize if a patient may be a victim of human trafficking and then to provide help to the victims.

Via Christi launched its program in 2014 as part of the Catholic Health Association’s national awareness campaign to combat human trafficking and expanded the training in 2015. Since the program began, Via Christi clinicians have identified and helped more than 20 human trafficking victims.

“Via Christi is really being a pioneer by addressing all kinds of trafficking — international, domestic, labor and sex,” says Jeff Barrows, DO, a national physician authority on training clinicians to recognize the signs of human trafficking. He also is the director of U.S. Education at Hope for Justice, an organization dedicated to eradicating human trafficking worldwide.

A team of Via Christi clinicians developed a four-step protocol for frontline caregivers to follow, outlining warning signs to look for and the procedures for helping potential victims. Dr. Barrows helped update the protocol distributed during the 2015 training.

“Via Christi is really being a pioneer,” says Jeff Barrows, DO, director of U.S. Education at Hope for Justice.

Visit viachristi.org/humantrafficking to view the human trafficking protocol and watch videos about the training.

Via Christi’s training program underscores a growing concern both regionally and nationally about human trafficking, particularly sex trafficking. Wichita law enforcement has investigated more than 150 human trafficking cases involving minors since 2006.

Tina Peck, RN, leader of Via Christi’s forensic nursing program, says it’s important for clinicians to build a rapport with patients who are potential trafficking victims and to get the patient alone for an exam, providing an opportunity for a confidential conversation about their situation.

“It’s been shown that if we, as clinicians, take the time to educate ourselves to understand this very complex issue, then we can identify victims and give them a voice,” Peck says.

U.S. Attorney for Kansas Barry Grissom participated in the 2015 training and urged clinicians to follow their instincts.

“For all the prosecutions that we do, we are only touching the tip of the iceberg,” he says. “Via Christi is leading the way nationally in this very much-needed area of training healthcare professionals to stand up for victims, to help liberate them from slavery.”

Mark your calendar
Via Christi will host a Mass and prayer service for victims and survivors of human trafficking at noon on Monday, Feb. 8, the feast day of St. Josephine Bakhita, the patron saint of victims of slavery and human trafficking. The service will be held in Chapel of the Sorrowful Mother at Via Christi Hospital St. Francis in Wichita.
Kansas lawmakers and Indiana healthcare leaders discussed possible expansion of KanCare Medicaid insurance in Kansas during a November forum in Wichita.

Via Christi partners with Ascension's Indiana ministry to expand coverage for uninsured patients.

Working with colleagues in other Ascension ministries, Via Christi advocates for policies locally, statewide and nationally that open healthcare access to everyone — particularly those who are struggling.

Via Christi and a coalition of other community stakeholders hosted an educational forum Nov. 3 on expanding coverage under the state’s KanCare Medicaid insurance program to an additional 160,000 Kansans, 90,000 of whom are working.

Kansas state legislators, business leaders and other key stakeholders came together with leaders from Indiana to discuss how Indiana healthcare leaders worked with their state legislature and governor’s office to expand coverage in early 2015. Kansas and Indiana both have Republican-led state governments.

Via Christi and St. Vincent are both ministries of Ascension, which has made expanding Medicaid coverage a priority as part of its mission to provide compassionate, personalized care to all.

“Kansas has failed to meet the needs of about 160,000 Kansans who have no way to pay for the care they need and has turned away more than $785 million in federal funding to date,” says Jeff Korsmo, Via Christi CEO and Kansas ministry market leader for Ascension. “At the same time, a growing number of healthcare providers are finding it increasingly difficult to remain financially viable so that they can continue to meet the healthcare needs of the communities they serve.

“That’s why we’ve come together to form a broad coalition of organizations committed to finding a way to expand KanCare coverage in a manner that is tailored to meet our state’s needs,” Korsmo says.

The Indiana leaders shared details of their state’s plan, a model similar to the one the Kansas coalition has proposed. In addition to expanded coverage, the plan encourages personal accountability, covers essential health benefits such as maternity care and mental health, and reimburses providers at Medicare rates.

“If you look at what has made Indiana and Kansas great places to live and raise a family, it’s the sense of community,” says Jonathan Nalli, CEO of St. Vincent Health and Indiana ministry market leader. “Healthcare is one of those great challenges, and the more we evolve in how we take care of patients, we’re going to be able to identify those who are truly struggling.”

Via Christi care innovations range from focus on wellness to cancer treatment.

Via Christi and St. Vincent are both ministries of Ascension, introducing innovative new care models in 2015, improving the care and treatment options Kansas families have for primary care, cancer, heart disease and joint ailments.

In Via Christi Clinic and other outpatient settings, physicians worked as the leaders of care teams focused on providing patients with preventive and wellness check-ups as part of the national movement to improve the overall health of Americans.

More than 25,000 patients found it easier to connect virtually with their physicians and care teams through myViaChristi, a web-based patient portal they used to send secure messages to their doctors, refill prescriptions and request appointments.

“We are in an exciting time of constant innovation and improvement in how we care for our patients and meet their needs,” says Karl Ulrich, MD, chief clinical officer. “Our goal is to provide every patient the ideal care experience and the safest, highest-quality care every time they come to us.”

“Via Christi’s advances in these areas reflect the guiding principles of the Vision 2020 strategic planning process — a commitment to patient-centered, clinician-led, team-based care,” says Jeff Korsmo, Via Christi’s ministry market leader.

Journey to high reliability

Patients are receiving higher-quality, better-coordinated and safer care as Via Christi continues its transformation into a high-reliability organization led by physicians, nurses and other clinicians, Dr. Ulrich says.

Via Christi’s journey to become a high-reliability organization (HRO) grew from its Vision 2020 strategic plan, developed in 2011 with broad input from more than 400 physicians, business and political leaders, patients and staff members. HROs use regular training, continuous improvement and frequent process improvement to create a reliable delivery system that is predictable and always does the right thing.

Via Christi’s commitment to HRO included the creation of high-reliability organizations (HROs) at the hospitals and clinics it operates. HROs at Via Christi are clinician-led teams committed to high performance and zero harm. HROs are focused around improving the safety of the care delivered and the satisfaction of patients.

“The advancement of our high-reliability program is an ongoing journey that is centrally important to our organization,” says Via Christi CEO Jeff Korsmo. “It is driven by our need to continually improve what we do and the outcomes we achieve. We have been very pleased with the outcomes and improvements we have seen so far. “

In 2015, the Via Christi HRO initiative was the recipient of the 2015’s Frontier Award from the Kansas Health Foundation. The award recognizes initiatives that add value to Kansas communities through meaningful, measurable improvements to improve the health of the population.

“Via Christi exemplifies the core values of a high-reliability organization,” says the foundation’s president, Dr. Scott Hemsley. “Its efforts have demonstrated reductions in falls, infections and medication errors. The Via Christi HRO initiative is making the world a safer and healthier place for its patients and community.”
audits to ensure their work is consistently safe and of the highest quality.

At the start of the 2013 fiscal year, Via Christi set a “big aim” goal of reducing serious safety events — defined as deviations from standard medical care that reach and cause harm to the patient — to zero by the year 2020 with an interim goal of achieving a 40 percent reduction within three years.

By the end of the 2015 fiscal year, Via Christi had achieved a 79 percent reduction in serious safety events. Contributing to that reduction has been a sustained 95 percent adherence to best practices for hand hygiene, which help reduce healthcare-acquired infections, and 99 percent compliance by care teams with timeout and checklist protocols before surgeries or other invasive procedures.

Dr. Ulrich says Via Christi’s practice of holding daily, 15-minute safety huddles throughout the organization and of leaders rounding with their care teams has created a culture of high reliability. “We focus intensely on patient safety and quality improvement in these huddles and while rounding with our teams,” he says.

To help people whose personal or family history may indicate they are at higher risk for developing cancer, Via Christi opened a Cancer Outreach and Risk Assessment (CORA) program at St. Francis in October to provide cancer screening, genetic testing and counseling.

“There is a tremendous need for this type of assessment and counseling for residents of south-central Kansas to help them make informed decisions,” says Patty Tenofsky, MD, a breast care specialist at Via Christi Clinic who serves as co-medical director for the program with Pavan Reddy, MD, an oncologist with Cancer Center of Kansas.

Via Christi also was chosen for expanded federal funding under a new clinical oncology trials program through the National Cancer Institute. The expanded funding guarantees that patients in Wichita and throughout Kansas can continue participating in the latest clinical advances in cancer care close to home at Via Christi, without having to travel to Mayo Clinic in Rochester, Minnesota, M.D. Anderson in Houston or other larger medical centers.

The Via Christi Cancer Wellness Program quickly expanded in fiscal year 2015 from individualized fitness sessions for patients receiving treatment in Via Christi Cancer Institute to also serving outpatients and survivors. Daniel Fowler, a certified specialist in cancer and exercise, leads patients through safe physical activity.

“Our goal is to help patients reduce side effects during and after treatment and rebuild strength,” Fowler explains. “The numerous benefits of exercise help recovery, which improves quality of life.”

New cancer treatments

Via Christi expanded its cancer care options in 2015 and earned expanded federal funding for its participation in clinical trials of the latest treatments for different types of cancer. That means Kansans can receive the latest available cancer care close to their homes.

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Reduced 79% in 3 years

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Via Christi Cancer Wellness Program, led by exercise physiologist Daniel Fowler, helps patients offset negative effects of cancer treatment.

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Transfrring heart care

Via Christi also is transforming heart care in south-central Kansas, bringing the latest in advanced structural cardiology treatments to Wichita through the Heart Valve Clinic at Via Christi Hospital St. Francis. The procedures — previously only available in distant urban centers such as Denver, Dallas and Houston — now are performed routinely at Via Christi in the high-tech, hybrid operating room. Patients from throughout Kansas, who previously had no other treatment options, receive a variety of life-changing procedures such as transcatheter aortic valve replacement, or TAVR.

On Sept. 9, a physician-led team performed the 100th TAVR procedure at Via Christi, bringing renewed hope for an extended and improved quality of life to the patient, whose severe aortic stenosis previously would have been considered too high a risk for open heart surgery. It marked a milestone for Via Christi’s Structural Heart program, and the team of cardiologists, cardiovascular surgeons, anesthesiologists, and dedicated operating room and heart catheterization laboratory staff, which performed the region’s first TAVR procedure less than two years earlier.

“This is so much more than the addition of a new procedure,” says Darrell Youngman, DO, a cardiologist and chief hospital medical officer. “It’s the development of a comprehensive, forward-looking approach to cardiovascular care.”

Dorothy Perry of Wichita is one of the patients helped by the expanded structural cardiology program. Dorothy had been given only six to eight months to live because of her aortic stenosis. She was too weak for traditional open-heart surgery, but a good candidate for the TAVR procedure.

She underwent the procedure in February 2015. “It really was amazing to me,” Dorothy says. “I couldn’t believe how good I felt. It’s an answer to prayer for a lot of people.”

Teresa Clough, Dorothy’s daughter, says her mother previously couldn’t walk across a room without being severely short of breath.

“ar the amazing thing was how much energy she had after the surgery. To get her life back was huge,” Teresa says. “We weren’t ready to lose her. We were just so thankful that Via Christi had such a high-tech procedure that could be done to save her life.”

Visit viachristi.org/jointcenter, viachristi.org/cancer and viachristi.org/heart to learn more about these new models of specialized care.

Genetic testing and counseling helped guide Shannon Little-Maines’ decision-making for breast cancer treatment.

Diagnostic testing and counseling helped guide Shannon Little-Maines’ decision-making for breast cancer treatment.
John R. Schurman, MD, medical director of the Joint Replacement Center for Excellence in Joint Replacement

True to its commitment to clinician leadership, Via Christi opened a Joint Replacement Center to better serve patients who need hip and knee replacements. The center began treating patients using the best practices for orthopedic surgery in October 2014 at Via Christi Hospital St. Francis, with portions of the program being rolled out at Via Christi Hospital St. Teresa and the Kansas Surgery and Recovery Center.

John R. Schurman, MD, medical director of the Joint Replacement Center and an orthopedic surgeon with Advanced Orthopaedic Associates PA, led the planning effort that created the center. Via Christi leaders learned from the Kansas Surgery and Recovery Center, which is a Via Christi partner and a leader in joint replacement surgeries, in developing best practices for the new center.

Dr. Schurman says Via Christi’s center joins a network of more than 180 hospitals across the country committed to the highest quality care following a two-prong approach: focusing on best practices to get patients back to their regular lives as soon as possible, and avoiding uncontrolled diabetes, is one patient who was helped by this innovation. Working with Lyndsey Hogg, who is a pharmacist with Via Christi Clinic, Cindy was able to get her diabetes under control, lose weight and avoid an emergency hospitalization.

“I didn’t even know I was sick,” Cindy says. “Lyndsey has been so caring and so wonderful. Now, I feel very good.”

During the past three years in Via Christi Clinic locations in Newton and west Wichita, the care teams in the patient-centered medical home model lowered the annual cost of care for their patients by 11.9 percent, decreased their patients’ avoidable emergency room visits by 31.5 percent and reduced inpatient hospital costs by 17.3 percent.

Like quarterbacks on football teams, in the medical home model, physicians serve as the leaders of patient-care teams that include physician assistants, nurses, nurse navigators, other clinicians and patient service representatives.

One of the most promising innovations has been embedding a clinical pharmacist as a member of the integrated care team to help patients with chronic illnesses, such as diabetes, better manage their medications. This innovation has saved more than $100,000 in healthcare costs.

Cindy Harel, who was diagnosed with chronic, untreated and uncontrolled diabetes, is one patient who was helped by this innovation. Working with Lyndsey Hogg, who is a pharmacist with Via Christi Clinic, Cindy was able to get her diabetes under control, lose weight and avoid an emergency hospitalization.

“I didn’t even know I was sick,” Cindy says. “Lyndsey has been so caring and so wonderful. Now, I feel very good.”

After an unexpected diagnosis, Cindy Harel was able to turn her health around through Via Christi’s patient-centered medical home model of primary care.

Patients love myViaChristi portal

William Doll is one of the more than 25,000 patients who began using Via Christi’s patient portal, myViaChristi, in fiscal year 2015. The 65-year-old retired Air Force veteran was initially reluctant to sign up, but gave it a try at the urging of his family physician, Terri Nickel, DO.

Through the secure website, Doll can view his medical record, send email messages to his doctor and request appointments and — his favorite feature — order prescription refills.

“It’s been great. I really like it,” he says. “Sometimes you’d be on the phone for 10 to 15 minutes just trying to order a simple prescription. Doing it on the portal takes five minutes and you’re done.”

Dr. Nickel says the portal has helped Via Christi Clinic locations operate more smoothly and provide better service to patients. “One of the best benefits is that patients contact me at a time that’s convenient for them, without an appointment or phone call,” she says. “A message through the portal is better than a phone call because details don’t get lost and no one misses a call.”

Via Christi also began collaborating with The Little Clinic, a network of walk-in, retail clinics owned by the Kroger supermarket company, the parent of Dillons grocery stores in Kansas. The Little Clinic became part of Via Christi’s ACO, and Via Christi provides collaborating physicians to perform clinical consultations and chart reviews in support of the clinic’s nurse practitioners in Wichita.
WICHITA

Childbirth/parenting
For details/to register: 316-689-5700 or viachristi.org/events
- Baby care seminar • Free
- Boot Camp for New Dads • Free
- Car seat safety • Free
- Childbirth preparation • $65
- Grandparenting • Free
- Happiest Baby on the Block™ • $20
- Infant massage • Free
- NewLife Center tours • Free
- Nursing Your Baby • $15
- Siblings: Baby and Me • Free

Weight management
- Weight loss orientation • Free
- For details/to register: 316-689-6082 or viachristiweightmanagement.com
- Surgical weight-loss session • Free
- For details/to register: 316-689-6082 or viachristiweightmanagement.com
- SHAPEDOWN® for kids/teens • Call For details/to register: 316-609-4448 or viachristi.org/events

Cardiac health
- For details/to register: 316-689-5700 or viachristi.org/events
- Dining out strategies • $5
- Flavorful, low-sodium eating • $5
- Heart nutrition: cholesterol • $5
- Low-fat cooking • $5

Diabetes
- For details/to register: 316-689-9989 or viachristi.org/events
- Type 1 and 2: reducing risks • Costs often covered by insurance.

Joint pain
- For details/to register: 316-689-5700 or viachristi.org/jointcenter
- Hip or knee • Free

Healthcare documents
- For details/to register: 316-689-5700 or viachristi.org/events
- Advance directives • Free

Living with Parkinson’s
For details/to register: 316-689-5700 or viachristi.org/events
- Meets monthly • Free
- Cancer
For details/to register: 316-616-6500 or viachristi.org/events
- Look Good...Feel Better® • Free for women with cancer.

Blood screening • March 24-26
For details/to register: 316-689-5700 or viachristi.org/events

Caregiver education
For details/to register: 316-771-6593
- Journeyming through dementia • Free

Support groups
- For details/to register: 316-634-3400 or viachristi.org/events
- Ampuette • Free
- Brain injury • Free
- Stroke • Free

PITTSBURG

Childbirth/parenting
Details/registration info: 785-587-5413 or viachristi.org/events
- Cost: $5

Childbirth preparation
$15
Diabetes
- Type 1 and 2: reducing risks • Costs often covered by insurance.

Joint pain
- For details/to register: 316-689-5700 or viachristi.org/jointcenter
- Hip or knee • Free

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Join us for a monthly 30-minute broadcast with Via Christi clinicians answering questions that matter to you. Please visit viachristi.org/lifematters for dates and air times and for our archive of previous episodes.
Want to stay active and share social time with your peers? Want to stay connected to the latest health updates? Join Via Christi 50+.

<table>
<thead>
<tr>
<th>Lunch+Learns</th>
<th>Lunch will be served and space is limited, so please register at least 48 hours prior at 316.689.5700.</th>
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</thead>
<tbody>
<tr>
<td>Cost:</td>
<td>Free to Via Christi 50+ members. All others $5 cash/check at the door.</td>
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<tr>
<td>Time:</td>
<td>11 a.m.-12:30 p.m. (doors open at 10:45 a.m., program begins at 11:30 a.m.)</td>
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<tr>
<td>Where:</td>
<td>Botanica: The Wichita Gardens, 701 N. Amidon, Wichita</td>
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**JAN 21**  
**Smoking and lung disease**  
- Learn the effects of smoking on the body, specifically the lungs. Presented by Abed Abu-Samra, MD, pulmonologist with Via Christi Clinic.  
Sponsored by Via Christi Village, 1240 N. Broadmoor

**FEB 18**  
**Understanding cardiovascular disease**  
- What are the signs and symptoms for cardiovascular disease? Presented by Ali Elkharbotly, MD, interventional cardiology, Via Christi Clinic, and Bassem Chehab, MD, medical director, Via Christi heart valve and hybrid OR programs.  
Sponsored by Via Christi Village, 777 N. McLean

**MARCH 17**  
**Fighting cancer**  
- Despite its lifesaving capability, cancer treatment can take a toll on your well-being. Join us to learn how the Via Christi Cancer Wellness program may be able to help. Presented by Daniel Fowler, exercise physiologist and wellness coordinator.  
Sponsored by Via Christi Village, 1655 S. Georgetown

**Join the fun**  
Via Christi 50+ is open to anyone age 50 or better. Individual memberships are $25 per year, or $40 per couple.

**Some membership benefits:**  
- Via Christi 50+ newsletter  
- Social activities  
- Free lunch-and-learns  
- Discounted health screenings

**For more information** on membership and a complete list of benefits, contact Tanya Merritt at 316.719.3354 or tanya.merritt@viachristi.org.