

# presence

## For the Greater Glory of God

THE RELIGIOUS SISTERS OF MERCY  
AT SAINT FRANCIS HEALTH SYSTEM

**WARREN CLINIC**  
HEALTHCARE WHERE AND  
WHEN YOU NEED IT MOST

**KEEPING THE  
FLU AWAY**  
FLU VACCINATIONS:  
FACT VS. FICTION







## For the Greater Glory of God

The Religious Sisters of Mercy and Saint Francis Health System

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presence  
a publication of Saint Francis Health System



### Letter from Jake Henry Jr., President and Chief Executive Officer



The holiday season is one of my favorite times of the year. I am grateful for not only the traditions and merriment that come with the celebration of Thanksgiving and Christmas, but also for the opportunity to reflect on the past twelve months and the year that is about to begin.

Looking back on 2016, I am pleased with the tally of accomplishments made by the women and men of Saint Francis Health System. Looking through the lens of our mission, Saint Francis' contribution of over \$81 million dollars in community benefit is chief among our measures of success as a Catholic healthcare ministry. Other notable milestones include the opening of The St. Jude Affiliate Clinic at The Children's Hospital at Saint Francis and the beginning of a management contract for Oklahoma State University Medical Center. While these may be two of the higher-profile stories of the year, it is the day-to-day exemplification of our values and measurement of our mission-effectiveness that I hold as job number one and the primary metric upon which we should evaluate our success.

In our 56-year history, so much has changed—yet so much has remained the same. One aspect of the organization that has never wavered is our reverence for and preservation of Saint Francis' Catholic heritage. A long-standing facet of this heritage is a 'ministry of presence' from an order of women-religious; today, the Religious Sisters of Mercy are the order of sisters who fill the important role within the health system.

One of the feature stories in this issue of *Presence* is entitled, 'For the Greater Glory of God.' This phase is certainly appropriate as a headline for the article about the Religious Sisters of Mercy and the ways they affirm their mission within Saint Francis Health System. However, this adage also has deeper meaning to our health system. "Ad majorum Dei glorium," translated as "for the greater glory of God," is the Latin motto of the Society of Jesus (the Jesuits)—the religious order of which the health system's namesake, St. Francis Xavier was a founding member.

May you and your family have a happy Thanksgiving, a blessed Christmas and may God be with you in the New Year.

Best regards,

Jake Henry Jr.  
President and Chief Executive Officer, Saint Francis Health System

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*Vice President/Medical Affairs, Warren Clinic*



# presence in pictures

## A Selfie of Statuesque Proportions

On October 8, approximately 6,600 Saint Francis Health System employees and family members converged at the Tulsa Zoo for an all-employee safari.

Employees and families checked out the Zoo's impressive array of wildlife, as well as enjoyed other special attractions including the merry-go-round, face painting, movies on the lawn and animal encounters.

Pictured, LaTonya Seals, daughter of 40-year employee Lee Etta Seals, takes pictures a with giraffe at the safari.







**Blessings Abound**

Sister Brigid Mary Meeks looks on as Father Tam Nguyen performs a blessing at Saint Francis Hospital South's newly renovated postpartum and telemetry unit. During the blessing of the unit, Holy Water was sprinkled throughout the unit as participants pray for God's blessing and abiding presence with all who dwell there.







# presence in pictures

## A Night of Giving

On the evening of October 13th, a group of Saint Francis employees headed to downtown Tulsa with a mission in mind—a mission of giving.

Working alongside volunteers with Night Light Tulsa, the Warren Clinic staff administered 96 flu shots and delivered over 100 blankets, pairs of gloves and pairs of socks to members of Tulsa's homeless community.

Night Light Tulsa is an organization that provides opportunities for volunteers to build relationships with those in Tulsa's homeless community and inner city neighborhoods. Whether it is offering hot meals and other essentials—such as soap, deodorant, first aid and clothing—the mission of Night Light Tulsa is to give hope and touch souls for those in need. For more information about Night Light Tulsa, please visit [nightlighttulsa.org](http://nightlighttulsa.org).





# WARREN CLINIC

Healthcare Where and When You Need It Most

Warren Clinic has the distinction of bearing the name of Saint Francis Health System's founders, Mr. and Mrs. William K. Warren, Sr., as well as being one of the largest multi-specialty organizations in the nation—certainly the largest in Oklahoma. In fact, last year alone, Warren Clinic physicians and specialists provided care for approximately 300,000 patients.

Nearly 30 years ago, the first Warren Clinic facility opened in Stillwater. Since then, the Warren Clinic network has grown to include over 320 physicians and more than 70 locations. In addition to primary care practices in Tulsa, Warren Clinic locations are also strategically placed in Broken Arrow, Coweta, Jenks, McAlester, Owasso, Pryor, Sand Springs, Sapulpa, Stroud, Tahlequah and Vinita. Add to this powerful mix Warren Clinic's five urgent care centers, and one begins to understand the geographic spread of Warren Clinic.

Warren Clinic's urgent care centers are available not just between the hours of 9 a.m. to 6 p.m., but later into the evening and on weekends to accommodate those seeking medical attention," says Steve Sanders, D.O.,

vice president medical affairs, Warren Clinic. "We believe our ability to provide urgent medical care to patients when they need it is an invaluable service." Warren Clinic's urgent care centers are located at the Springer Building near 61st and Yale Avenue; Tulsa Hills; 105th Street and South Memorial; as well as in Broken Arrow at 101st Street and Elm Place, and Kenosha (71st Street) and OK 51.

"The ongoing goal of Warren Clinic is to have a presence in close proximity to our patients' communities and neighborhoods," says Charley Trimble, senior vice president operations, Warren Clinic. "We are proud to be a part of Saint Francis Health System's heritage of providing excellent healthcare to people throughout the area. Going forward,

I don't see anything but continued growth for Warren Clinic as we work to ensure quality medical and urgent care services are easily accessible for the large majority of our patient populations."

## Highly Integrated Care

In terms of primary care and other medical specialties, Warren Clinic takes care of patients of all ages. The wide array of specialized care provided includes cardiology, urology, podiatry, orthopedics, as well as many pediatric-oriented services.

"There's no question Warren Clinic represents a very skilled and highly integrated network of physicians. I believe what also sets us apart is that our entire





### Medical Specialties

Allergy/Immunology  
 Audiology/Hearing Aids  
 Breast Surgery  
 Cardiology  
 Cardiothoracic and Vascular Surgery  
 Colon and Rectal Surgery  
 Dermatology  
 Diabetes Education  
 Ear, Nose and Throat  
 Endocrinology  
 Family Medicine  
 General Surgery  
 Geriatrics  
 Hematology/Oncology  
 Infectious Disease

Internal Medicine  
 Maternal/Fetal Medicine  
 Neurology  
 Obstetrics and Gynecology  
 Ophthalmology  
 Orthopedic Surgery  
 Pain Management  
 Plastic and Reconstructive Surgery  
 Podiatry  
 Pulmonology  
 Retinal Surgery  
 Rheumatology  
 Trauma Surgery  
 Urgent Care  
 Urology

### Pediatric Specialties

Allergy/Immunology  
 Cardiac Surgery  
 Ear, Nose and Throat  
 General Surgery  
 General Pediatrics  
 Hematology/Oncology  
 Intensive Care  
 Neonatology  
 Neurology  
 Neurosurgery  
 Orthopedic Surgery  
 Plastic and Reconstructive Surgery  
 Pulmonology

## Warren Clinic Specialties

To find a Warren Clinic physician or specialist, call (918) 488-6688 or visit [warrenclinic.com](http://warrenclinic.com).

"One of the goals of Warren Clinic is to have a presence in close proximity to our patients' communities and neighborhoods."

specialty/primary care base is linked through Epic—the health system's electronic health record (EHR) software," Dr. Sanders says. "For instance, if I send a patient to one of our doctors, I will know immediately what's happening with that patient—from medical care, diagnostic information, lab, radiology—everything. If that same patient were to go to another urgent care center in the area, he or she would be treated by a doctor and no one else would know about it. Yet, at Saint Francis, Epic provides a unique communication platform that enables all patient information to be captured throughout the health system. There's no question this, too, is an invaluable service we are able to provide our patients."

### Keeping it Local

As Warren Clinic continues its path of expansion, there is an ongoing need to add new physicians.

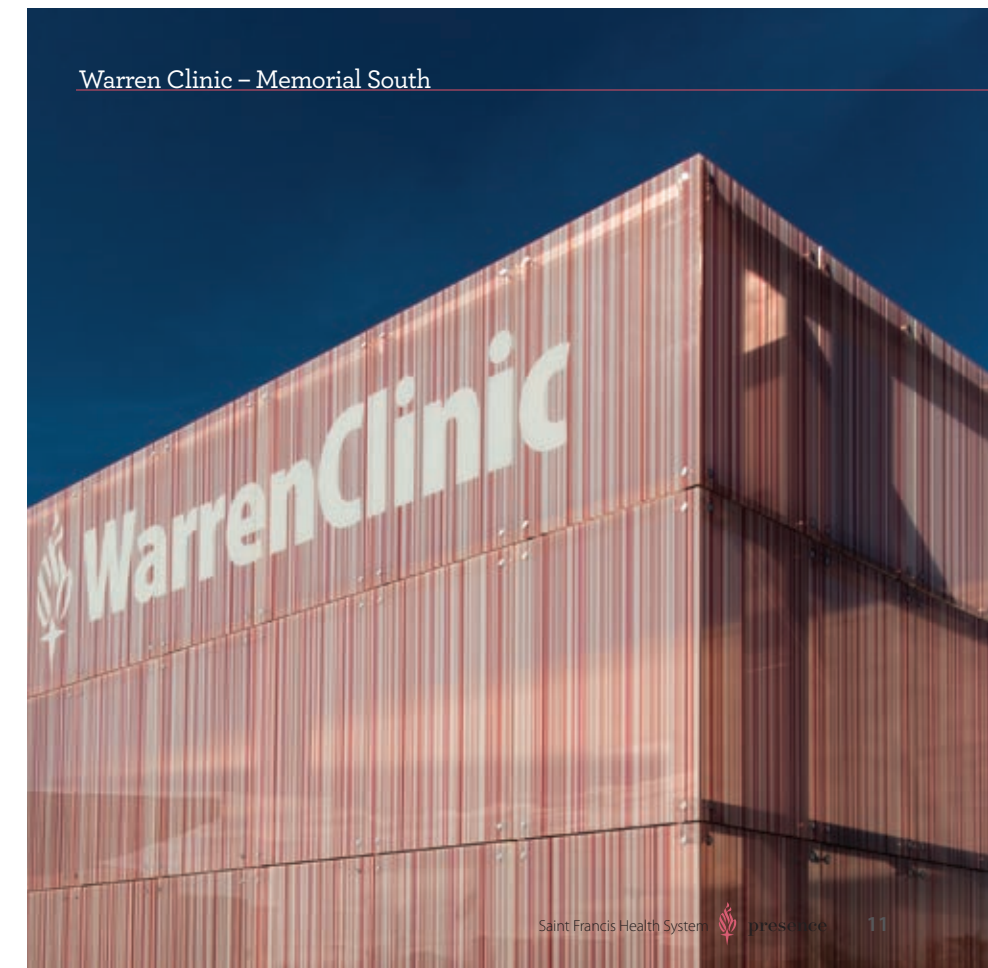
"Filling these positions is a responsibility we take seriously, and as any doctor who has applied can attest, it's no 'walk on' process," Trimble says. "We meet twice a month to carefully consider each applicant and determine who would be the best fit for Warren Clinic. In each instance, every effort is made to hire great doctors—because we believe the more great doctors we can retain here in Tulsa or in another community in Oklahoma, the better it is for all of us."

For Saint Francis' incoming chief of staff, Robert Hauger, M.D., a career with Warren Clinic was a natural choice. "I was 18 years old when I began as an orderly in the Saint

Francis Hospital emergency room, and I knew immediately I wasn't interested in practicing anywhere else," he says. During his college years, Hauger continued working in Saint Francis' ER on weekends, and although he trained elsewhere in the country, he knew all along where he would end up—in Tulsa with Saint Francis.

"I've practiced as a primary care physician with Warren Clinic for 22 years now, and throughout that entire time, it's been a wonderful place to work," he says. "Being a part of Saint Francis Health System is something in which I've always been very proud. It had a great reputation when I first started way back when as an orderly, and it has a great reputation today. That's something that's just not going to change."

Warren Clinic – Memorial South





# MOVING THE NEEDLE ON HEALTHCARE



Suite 600 physicians Robert Hauger, M.D., Brent Dennis, M.D., Scott Asakevich, M.D. and Randall Raine, D.O.

## Warren Clinic Primary Care Group Receives National Recognition

After nearly four years of collaboration and a lot of hard work, the primary care staff in Suite 600 in the Warren Clinic Tower received some exciting news.

Earlier this year at the Comprehensive Primary Care (CPC) annual conference in Baltimore, Maryland, the Suite 600 staff received the Champion Award in recognition of its exceptional work and leadership in the Oklahoma CPC community.

### Great news, but does it affect patients and the healthcare they receive?

In a word, yes.

*Let's back up four years:* In October 2012, the Centers for Medicare and Medicaid Services (CMS) launched a four-year, multi-payer Comprehensive Primary Care Initiative (CPCI) designed to strengthen primary care by finding ways to serve patients in a more efficient and cost-effective manner.

Seven U.S. regions were selected to participate in the initiative—of which Tulsa was included. *(In addition to the greater Tulsa region, the other regions included Arkansas, statewide; Colorado, statewide; New Jersey, statewide; New York, Capital District-Hudson Valley region; Ohio and Kentucky-Cincinnati-Dayton region; and Oregon, statewide.)*

Warren Clinic's Suite 600 applied and was accepted to participate in the CPCI—along with 70 other primary care practices in Tulsa, as well as in the seven regions in the country listed above.

“Each practice that participated in the initiative was charged with developing new and more effective models for healthcare delivery—particularly for populations of high-risk patients and/or those who may be too ill to come into the office and who often end up in the emergency room or hospital,” says Brent Dennis, M.D., primary care physician in Suite 600. “Receiving the Champion Award was a great honor for us and validation that the processes we developed will help move the needle on healthcare costs and improved patient care.”

Throughout the course of the initiative, CMS collaborated with commercial and state health insurance plans in the seven U.S. regions to offer population-based care, management fees and shared savings opportunities to participating primary care practices to support the provision of a core set of five “comprehensive” primary care functions.

These five functions included:

- risk-stratified care management;
- access and continuity;
- planned care for chronic conditions and preventive care;
- patient and caregiver engagement; and
- coordination of care across the medical neighborhood.

### A Shot in the Arm for Primary Care

A key component of Suite 600's success with the CPCI was implementing a new and more interactive role for nurses. “As ‘care guidance nurses,’ we are specifically dedicated to connecting with and shepherding high-risk and vulnerable patients through transitions of care. Our role is to stay connected with these patients and do all we can to help them avoid hospital admissions and/or readmissions,” says Allison Conaway, RN. “A job like this didn't even exist for nurses until recently. To me, nursing has not only been invigorated, but primary care, as well.” (In addition to Conaway, Patricia D. Davis, LPN of Suite 600

also served as a care guidance nurse.)

In terms of providing effective primary care, the initiative also made it possible for primary care physicians and other staff members to visit patients at home.

“Simply providing chronically ill patients with care *when* and *where* they need it most will dramatically shift the paradigm by helping them potentially avoid a hospitalization. This innovative initiative has freed us up to use our imaginations to do the work we do every day—yet, continue learning ways to do it even better,” says Robert Hauger, M.D., primary care physician in Suite 600, as well as lead physician on the CPCI. “It's important to note that in addition to Suite 600, scores of other primary care practices within Warren Clinic—and throughout the health system as a whole—are implementing new models of care. And, as I'm sure everyone who's been involved would agree, it's been great to be part of the evolution of primary care. While there's still a lot of development to go, it's exciting to think this is only the beginning of the changes we can make together.”

## Founding Warren Clinic CPCI Locations

Warren Clinic Tower, Suite 600  
Drs. Asakevich, Dennis, Hauger, Raine

Warren Clinic Tower, Suite 800  
Dr. King and Starkey, APRN

Warren Clinic Tower, Suite 900  
Drs. Higgins, McNulty, Tripathy

Warren Clinic Broken Arrow, Suite 160  
Drs. Marouk, Villareal and Romine, APRN

Warren Clinic Broken Arrow, Suite 260  
Drs. Lee, Tabbaa, Vasquez

Warren Clinic Jenks  
Drs. McHenry, Roman, Schlecht

Warren Clinic, Kelly Building, Suite 312  
Drs. Bryan, Gregory, Haas, Razdan and Oaks, APRN

Warren Clinic Owasso  
Drs. Barnes, Cannon, Dean, Galutia, Johnston, Koenig

Warren Clinic, Bishops Building, Suite 220  
Drs. Azadi, Hill, Moore and McNees, APRN

Warren Clinic, Bishops Building, Suite 420  
Dr. Mayfield and Martineau, APRN-CNP

Warren Clinic Coweta  
Drs. Aldridge, Brewer, Petersen, Van Tuyl

Warren Clinic Springer  
Dr. Kim



13<sup>TH</sup> ANNUAL

# HEALTH & WELLNESS

EXPO

SATURDAY, JANUARY 14, 2017



**JOIN FOR FREE.**  
Valid January 14, 2017.

Whatever you have promised yourself to do this year—trim down, tone up, eat healthier, exercise more—now is the time to get started. Join us on Saturday, January 14 from 9 a.m. to 1 p.m. and sample everything the Health Zone at Saint Francis has to offer. The event is free and open to the public and will include fitness classes, cooking classes, free health screenings and wellness education.

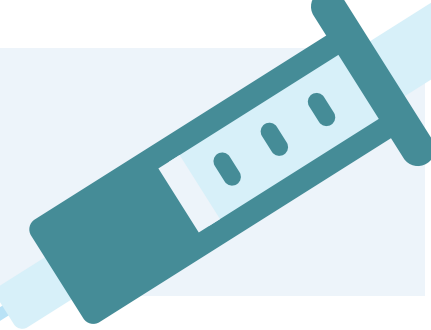
### Health Zone features and services:

- 70,000 square-foot fitness facility
- Full schedule of classes
- Premier cardio, weight training and strength equipment
- A dedicated Pilates equipment studio
- Boot camp, suspension training and CrossFit
- Two indoor saltwater pools
- Year-round swimming lessons
- Indoor cycling
- Zumba, barre and yoga
- Basketball and racquetball
- Massage services
- Weight loss and life balance classes
- Locker rooms with steam room, sauna and towel service
- Parents' night out
- Annual kids' triathlon
- Cooking classes for kids and adults
- Kids Zone activity center
- Indoor walking track
- Grab-and-go deli with smoothies, wraps and sandwiches
- Summer programs for kids and teens



5353 East 68th Street South | Tulsa, OK 74136 | 918-494-1671 | saintfrancis.com/healthzone

## Keeping the Flu Away and at Bay



### Get Vaccinated!

The plan of action for flu season is to stand armed and ready by getting vaccinated—and, Saint Francis Health System offers plenty of options to do just that.

“Warren Clinic patients can receive their flu shot at any Warren Clinic primary care location for convenience. During September and October, Warren Clinic held community flu clinics at the Warren Clinic Tower, Health Zone at Saint Francis, Saint Francis Hospital South lobby, Bishops Building on the Saint Francis Hospital South campus and Warren Clinic Springer Building,” says Collin Henry, associate vice president, Warren Clinic.

“Flu shots have also been given within the community at Iron Gate, John 3:16 Mission, the Montereau Health Fair, Night Light Tulsa and the Glenpool Community Center. This is all in line with the health system’s mission of ‘extending the presence and healing ministry of Christ in all we do’ and our efforts to reach out to Tulsa’s underserved population.”

In a recent statement released by the Oklahoma State Department of Health (OSDH), dozens of influenza-associated hospitalizations have already occurred in Oklahoma since September 1. “This is a total that is concerning at this point in the season,” Henry says. “It is important that Tulsans get their flu shot to protect those who are most vulnerable—children under 5 years of age, persons aged 65 years and older, pregnant women, as well as those with underlying medical conditions.”

### Tried and True

As vitally important as flu vaccinations are, it’s still hard to beat good old-fashioned hygiene habits such as hand washing and covering coughs and sneezes in the fight to avoid spreading infection.

“Despite the medical advances we’ve seen through the years, the most effective way to prevent the spread of the flu, colds and other infections is the tried and true habit of washing your hands. Other precautions—such as covering your cough or sneeze in the crook of your arm and eliminating contact with anyone who is ill—also go a long way in the fight to stay healthy and avoid infection,” says Brandon Geister, M.D., internal medicine. “While it’s true flu vaccinations are not 100 percent effective, they have been shown to lessen the severity of symptoms for those who do become infected, as well as prevent hospitalizations and deaths (particularly in older and very young populations).”

For more information about flu vaccination options available throughout Saint Francis Health System, please visit [saintfrancis.com](http://saintfrancis.com).

### Did You Know?

Each year, on average, 5 percent to 20 percent of the U.S. population gets the flu, resulting in tens of thousands of hospitalizations and thousands of deaths. Most people affected by the flu require bed rest for four to seven days while dealing with symptoms such as a fever, body aches, headache, sore throat and fatigue. According to the Centers for Disease Control (CDC), the downstream effects of this causes \$10.4 billion a year in direct medical expenses, an additional \$16.3 billion in lost earnings annually, and an estimated \$87 billion total economic burden.

## Flu Vaccinations: Fact vs. Fiction

**Ready or not, flu season is upon us.** As if coughing, fever and aches aren’t enough, we also must deal with unreliable information regarding the flu vaccine. So, here and now, let’s separate fact from fiction:

### TRUE or FALSE:

**A flu vaccination can cause flu illness.**

**FALSE.** The viruses in the flu shot are killed, which means they cannot cause infection.

FALSE

**The “stomach flu” and influenza are the same thing.**

**FALSE.** The flu is a respiratory (lung) disease, not a stomach or intestinal disease. The main symptoms of the flu are fever (usually high), headache, extreme tiredness, dry cough, sore throat and muscle aches. Stomach symptoms—such as nausea, vomiting, and diarrhea—can also occur, but are more common in children than adults.

FALSE

**Receiving a flu vaccine in December or later is not too late.**

**TRUE.** The Centers for Disease Control and Prevention (CDC) recommends getting vaccinated as soon as vaccines are available. Influenza activity usually peaks in February most years, but disease can occur as late as May.

TRUE

**Flu viruses change constantly which requires a new flu vaccine to be produced each year.**

**TRUE.** The viruses in the vaccine change each year based on worldwide monitoring of influenza viruses.

TRUE

**Washing your hands is the best way to protect against the flu.**

**FALSE.** The CDC recommends a flu vaccine as the first and most important step in protecting against the flu. However, preventative actions such as covering your mouth when coughing and washing your hands often are important everyday steps that can help stop the spread of germs.

FALSE

**The flu is typically spread through coughs and/or sneezes.**

**TRUE.** Flu virus is mainly spread through droplets from coughs and sneezes.

TRUE

**The flu is not a serious illness.**

**FALSE.** Flu is a serious contagious disease. On average each year in the United States, more than 200,000 people are hospitalized from flu complications and 36,000 people die from flu.

FALSE

**You can spread the flu to others before you have symptoms.**

**TRUE.** Most healthy adults may be able to infect others as soon as one day before symptoms develop and up to five days after becoming sick. This means it is possible to infect someone else with the flu before you know you are sick, as well as while you are sick.

TRUE

Source: [cdc.gov](http://cdc.gov)



# For the Greater Glory of God

## The Religious Sisters of Mercy and Saint Francis Health System

It's 6:00 a.m. and the Religious Sisters of Mercy have begun their day—as they do every day—joined in prayer at the convent chapel on the Saint Francis Hospital campus. While the events of the new day have yet to unfold, the Sisters pray for comfort, hope and healing for all who come and go at the health system during the hours ahead.

“Since only a wall separates our convent from the Trauma Emergency Center corridor where patients are brought in, we can hear the gurneys going by throughout our morning prayer,” says Sister Brigid Mary Meeks. “They are unaware that just on the other side of the wall, we are praying for them. These patients and family members don't see us and we may never meet them; yet, to be with them in prayer at that moment is such a powerful gift to be able to provide.”

### Together in Prayer

For the Religious Sisters of Mercy at Saint Francis Health System, the day begins with a morning prayer, followed by a period of

meditation. In the evenings, they gather for a common Holy Hour which includes an evening prayer and the recitation of the rosary. Each day is concluded with a night prayer.

“As consecrated religious women, we are called to live our lives as a ‘continuous act of prayer and praise,’” says Sister Mary Patricia Glowski, Director, Department of Religion and Superior of the Convent. “Prayer is the primary activity of our Institute, and every activity, if it is to be realized as a work of mercy, must be an expression of prayer.”

Following their morning prayer, the health system's six Religious Sisters of Mercy head to the Main Chapel at Saint Francis Hospital for the 7:30 a.m. Communal Mass. “Once Mass is over, we review the day's



“As consecrated religious women, we are called to live our lives as a ‘continuous act of prayer and praise.’”



# The Sisters of Religious Mercy

*A total of eight years is required to become a Religious Sister of Mercy. The phases of formation are as follows:*

## Postulancy

One year is spent at the Motherhouse, located in Alma, Michigan.

## Canonical Novitiate

The Sister receives the habit and white veil and spends another year at the Motherhouse.

## Second Year Novitiate

Sister remains in the white veil and is sent on mission.

## Temporary Profession

At this first profession of vows, Sister receives the black veil and now enters her vowed life of poverty, chastity, obedience and service of the poor, sick and ignorant for five years.

## Perpetual Profession

Sister is in vowed life of the four vows. The vow formulary now changes from “for a certain number of years,” to “until death.”



Sisters Marie Kateri and Brigid Mary Meeks, and dog, Tippy  
*Sister Marie Kateri is in her Second Year Novitiate and Sister Brigid Mary Meeks is in Temporary Profession.*

*“...our religious life is our state of life—our essence of being; whereas, our professions are how we are called upon to fulfill our vowed life within the community.”*

Sister Mary Rebecca Koterba, M.D.



schedule to see who is needed where,” Sister Mary Patricia says. “Aside from tasks such as maintaining the health system’s four chapels\*, our days are never the same; we can be found throughout the health system serving where we are needed most.”

As set forth by their founder, Venerable Catherine McAuley, who died in Ireland in 1841, the Religious Sisters of Mercy bind themselves to four vows—poverty, chastity, obedience and service to the poor, sick and ignorant—the vows of Christ himself.

## Higher Learning

While providing comfort and praying for others is certainly an integral part of the Sisters’ role at the health system, it may not be as commonly known that these accomplished women also hold (in most instances) multiple professional degrees. For that matter, Sister Mary Rebecca Koterba, M.D. has practiced as a surgeon specializing in wound care for many years,

\* The health system’s four chapels are located in the convent itself, Saint Francis Hospital, Saint Francis Hospital South and The Children’s Hospital at Saint Francis. In maintaining the chapels, the Sisters are responsible for all linens, sanctuary lights and organ music.

and Sister Mary Rafqa Boulos, D.O., a resident pediatrician, is currently in her second year of residency at the OSU School of Medicine.

“I believe people often have difficulty understanding how we can be a doctor, lawyer—or whatever the case may be—and a nun at the same time. It’s important to understand our religious life is our state of life—our essence of being; whereas, our professions are how we are called upon to fulfill our vowed life within the community,” says Sister Mary Rebecca. “As Sisters of Mercy, our ultimate goal is to do all in our power—and be where we are most needed—to serve as conduits of the Lord’s love and mercy.”

## Where They are Needed Most

Each morning—after reviewing the list of where to go and which patients to visit—the Sisters embark on their daily mission of spreading comfort and hope throughout

Saint Francis Health System.

“When we visit patients and their families, we want to be of help and to provide comfort, to meet people where they are, with what they need at the time, and, sometimes, that means allowing them to say ‘no thank you.’ They cannot say ‘no’ to the illness, to the pain, to the loss; but, they can say ‘no’ to us,” Sister Brigid Mary says. “I remember a time when I was asked to visit a patient with a terminal diagnosis. Right when I walked in, she said, ‘I don’t want to be converted!’ I assured her that was not the intent of my visit and asked if she would like to pray with me. She said, ‘I’m sorry, but, no.’ When I told her that I understood, that she did not know who I was and that prayer was something very intimate, she was relieved and grateful when she asked, ‘you mean, you’re not offended?’ We did not pray together, but we did end up having a truly wonderful conversation. I think it was a gift for both of us. As I left the room, I told her that even though I did not pray with her, I would certainly be praying for her, and she was grateful for that. In all situations, we want to show each person that they are heard and that they are loved by Our Lord, whose peace surpasses all understanding.”

Sisters Mary Patricia Glowski and Mary Lucy Cyr



## Dignity and Respect

“Where they are needed most” also often involves the Sisters’ participation on the health system’s Ethics Committee. “As members of this committee, we are called upon to consult with doctors regarding certain patient care issues,” Sister Mary Patricia says. “For guidance with this, we refer to the Ethical and Religious Directives for Catholic Healthcare Services. In each case, we all work together to ensure that person is treated with the utmost respect and dignity. In instances such as these and so many others, it is a great privilege to serve at Saint Francis Health System, where missions and values are strongly promoted and constantly reaffirmed.”

Sister Brigid Mary adds, “Each Ethical Committee meeting begins with a prayer. It’s a beautiful thing to see doctors and other staff members working together and supporting each other in deciding what is best for a particular patient and the family members. The Lord is so palpable in moments like these. It is powerful to see this firsthand and to witness the presence and ministry of Christ.”





— Religious Sisters of Mercy during Mass at Saint Francis Hospital Chapel

### Touching Lives

A good deal of the Sisters' time is also devoted to Xavier Medical Clinic, which recently commemorated its 15th anniversary. "Tremendous works are occurring every day at Xavier Medical Clinic," says Sister Mary Patricia. "It is a privilege to witness how this facility provides free healthcare to many who need it so desperately."

As a "religious physician," Sister Mary Rebecca devotes every other Wednesday to Xavier Medical Clinic. "The patients are profoundly grateful to receive quality healthcare free of charge," she says. "I feel so blessed to have the opportunity to see firsthand how our medical services transform so many lives."

### "Sister? Do you have a minute?"

Interspersed throughout the Sisters' days are the unforeseen moments when someone simply wants to talk or pray with them. "Many times as I've walked down a hospital hall someone will call out, 'Sister! Do you have a minute?'" says Sister Brigid Mary. "Often this person is very emotional and just wants to be heard and know their voice matters. They may want us to pray with them or just to listen to them and hold their hand. We feel profoundly blessed to share these intimate moments and to have the opportunity to be a calming presence at Saint Francis Health System."



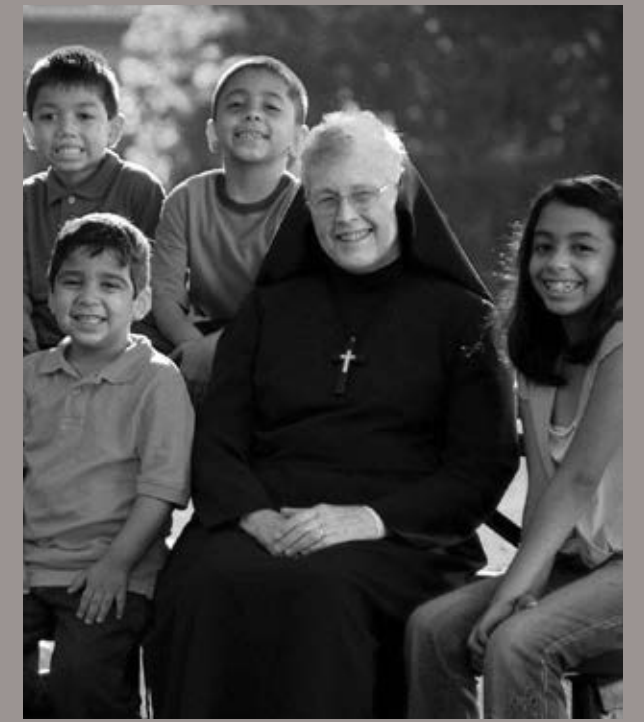
— Sister Mary Rafqa Boulos, D.O.

## Remembering Sister Mary Blandine Fleming

Sister Mary Blandine Fleming, CCVI, a Sister of Charity of the Incarnate Word and former administrator at Saint Francis Hospital, passed away on August 18, 2016.

During her early years after receiving a college degree, Sister Blandine ministered as a Medical Records Director for 11 years in three Beaumont, Texas, hospitals: Hotel Dieu, St. Therese and St. Elizabeth. Upon completion of graduate studies, Sister held the position of Assistant Administrator in St. Elizabeth Hospital, Beaumont.

Appointed as Administrator of Saint Francis Hospital in 1969, Sister Blandine served in this capacity for the next 24 years. During these times, Sister realized that the ministry of healthcare was an extension of Christ's healing and redemptive mission to all. Throughout her religious life, Sister Blandine was most appreciative to God for her religious vocation and was deeply thankful to the Sisters as she continued to say daily in word and deed, "Praised be the Incarnate Word forever. Amen."



## In Memory of Sister Barbara Anne Gooding

Sister Barbara Anne Gooding R.S.M., who went to the Lord on April 1, 2016, faithfully served as Saint Francis' Director of the Department of Religion for 13 years. During this time, Sister Barbara Anne contributed much to the mission of Saint Francis Health System. She is especially remembered for her foundational work and ongoing leadership at Xavier Medical Clinic, as well as for establishing the Xavier Pregnancy Clinic in 2005.

Sister Barbara Anne's educational experience included a B.S.N. from Mercy College of Detroit; a master's in nursing administration, as well as a Ph.D. in medical care organization from the University of Michigan. Prior to joining Saint Francis, she worked as a staff nurse for many years and became a tenured professor in the field of nursing at McGill University in Montreal.

During her years at Saint Francis, Sister Barbara Anne was always known for her smile—to the extent that she quickly became known as the "Smiling Sister." Our "Smiling Sister" frequently went to Xavier Clinic with cookies and lemonade. Time and time again and in her own special way, Sister Barbara Anne effortlessly bridged the communication gap between herself and the non-English-speaking patients and families at Xavier Medical Clinic. Her joy in serving God and the poor was inspirational to all who knew and served the Lord with her.





# HEALTHY HOLIDAYS

*Is it that time of year already?*

The holiday season is upon us with many occasions to feast on calorie-laden meals and sugary treats.

So, what does one do to avoid gaining unwanted pounds during the holiday season? Never fear! A Saint Francis dietitian—and her holiday eating tips—are here! Now there's no excuse to use the holidays as an excuse to overeat.

Here are a few handy holiday eating tips, compliments of Valerie Dandridge, outpatient dietitian at Saint Francis Hospital.



## BE REALISTIC.

Don't try to lose weight during the holidays. **Maintaining** is a great accomplishment!



## STOP!

Eat until you are satisfied, not until you are miserable!



## KEEP ACTIVE.

Plan time for exercise to relieve holiday stress and prevent weight gain. A moderate and daily increase in exercise can help offset holiday eating. Try 10- to 15-minute brisk walks twice a day.



## MOVE ALONG.

After you've finished eating, stand or sit away from food and engage with people.



## PRIOR TO THE PARTY-

Before leaving for a party, eat a snack like yogurt or fruit to help curb your appetite. You may be less tempted to overindulge.



## KEEP A PROPER PERSPECTIVE.

If you eat more than you intend, don't beat yourself up. Try to get back to healthy eating habits as soon as possible.



## PLAN AHEAD.

Bring something healthy to a potluck such as a fresh salad or roasted vegetables. This can guarantee there is at least one "safe" item to eat.



## DITCH THE STRETCHY PANTS!

Opt for clothing you would wear any other day of the week. If your belt seems to progressively get tighter as the night goes on, it is a sign to slow down and take a walk.



## DON'T SKIP MEALS.

If you're going to an evening food-involved event, don't skip breakfast and lunch—just eat lightly.



## SAVOR EACH BITE.

Eat slowly and pay attention to the taste. Savoring each bite will help you identify when you are full and help you stop when you've had enough.



## JUST THE FAVES!

Focus on eating only your favorite holiday foods at parties/events. Don't waste your calories on food you can have any time of the year like chips, dips, bread, etc. Don't feel you **MUST** eat something just because it is a holiday food.



## IN BETWEEN IMBIBING-

If you're going to drink, alternate between water and alcohol to minimize intake and stay hydrated. You can also slash your alcohol calories in half by using seltzer water as a mixer.



## TAKE IT ALL IN. (WITH YOUR EYES!)

At a buffet, scope out the entire table first as a "visual menu" and select what's most important. Don't forget to fill up on the healthy stuff such as raw veggies.



## RESIST THE URGE TO FALL INTO A "FOOD COMA."

Taking a brisk 15- to 20-minute walk after a meal can help digestion and stabilize blood sugar levels.



## HOLIDAY RECIPES



### Maple-Roasted Sweet Potatoes

#### INGREDIENTS

2-1/2 pounds sweet potatoes, peeled and cut into 1-1/2-inch pieces (about 8 cups)

1/3 cup pure maple syrup

2 tablespoons butter, melted

1 tablespoon lemon juice

1/2 teaspoon salt

Freshly ground pepper, to taste

#### DIRECTIONS

1. Preheat oven to 400 °F.
2. Arrange sweet potatoes in an even layer in a 9-by-13-inch glass baking dish. Combine maple syrup, butter, lemon juice, salt and pepper in small bowl. Pour the mixture over the sweet potatoes; toss to coat.
3. Cover and bake the sweet potatoes for 15 minutes. Uncover, stir and cook, stirring every 15 minutes, until tender and starting to brown, 45 to 50 minutes more.

*Make ahead tip: Cover and refrigerate for up to one day. Just before serving, reheat at 350°F until hot, about 15 minutes.*

#### NUTRITION

**Serving size:** About 1/2 cup

**Per serving:** 92 calories; 2 gm fat (1 gm sat); 2 gm fiber; 18 gm carbohydrates; 1 gm protein; 4 mcg folate; 5 mg cholesterol; 9 gm sugars; 5 gm added sugars; 11108 IU vitamin A; 12 mg vitamin C; 32 mg calcium; 0 mg iron; 119 mg sodium; 294 mg potassium

*Eating Well, November/December 2007*

### Healthy Green Bean Casserole

#### INGREDIENTS

1 lb. frozen green beans or 1 lb. fresh green beans

1 (10-1/2 ounce) can low-sodium Cream of Mushroom soup or 1 (10-1/2 ounce) can reduced-fat Cream of Mushroom soup

3/4 cup skim milk

Pepper

Frazzled onions

1 large onion

Flour

Salt substitute (or regular salt, if desired)

Cooking spray

#### DIRECTIONS

1. For fresh green beans, clean trim and cut.
2. Add some water to a pan and cook beans until almost tender. While green beans are cooking, prepare the frazzled onions.
3. Peel onion and cut in half; slice very thin.
4. Spread out and salt onions. Let set for 1 minute, but no longer.
5. Put some flour in a bag; add onions and shake until they are all coated. Shake off excess flour. Spray skillet. Add onions to the skillet and spray them also. Cook, turning frequently until brown and crisp.
6. Drain green beans and mix with the soup, milk, pepper and half of the crisp onions. Bake at 350°F for about 10 minutes, then top with the rest of the onions and cook another 5 minutes.

#### NUTRITION

**Servings:** 6

**Per serving:** 1.2 gm fat, 0.3 gm saturated fat; 215.7 mg sodium; 13.1 gm total carbohydrate; 2.9 gm dietary fiber; 3.0 sugars; 3.1 gm protein

*Food.com*

# WRAP UP

## Holiday Stress and Unhealthy Eating Habits

For many of us, the holiday season—and all that it entails—ends up hovering somewhere between Norman Rockwell and Ebenezer Scrooge.

While age-old maxims like “peace on earth” and “good will toward man” never lose their meaning, it’s still easy to get overwhelmed by preparations, festivities and family gatherings associated with the holiday season. And, then of course, there are concerns that unhealthy eating and unwanted pounds will be part of the holiday package, as well.

### Holiday Season Resolutions

So, who says the New Year has a lock on resolutions? Isn’t it possible a few holiday resolutions will help you ditch stress and discover a lot more joy along the way?

Following are some simple tips from Scott Moseman, M.D. at Laureate Psychiatric Clinic and Hospital that may help you de-stress, relax and have fun this holiday season:

- **Who says you need to attend every single party or get-together?** It’s important to schedule in downtime and nights off.
- **Get some exercise.** Walks outside, yoga and biking can help reduce stress.
- **Be mindful of your eating.** Balance out your favorite holiday treats with protein and fiber, which can help with satiety and energy level.
- **Make your list and check it twice.** In other words, plan and prepare ahead for parties and gifts whenever possible. Soliciting help from family and friends can help reduce last-minute stress.
- **Be thoughtful about budgeting and gifts.** Big bills don’t help the post-holiday blues.
- **Let family be who they will be and accept that annoying habits are not likely to change.** Try not to get into discussions about subjects that cannot be thoughtfully resolved in the holiday hustle and bustle.
- **Choose a few traditions that are difficult to “mess up.”** Don’t get wrapped up in doing too many things that have to go just as you picture them to go.
- **Express gratitude.** This type of Christmas spirit can turn normally tense situations into uplifting ones.
- **Drink in moderation.** Remember that alcohol is a depressant and when consumed in higher amounts, can cause increased anxiety, depression and poor sleep quality.
- **Wear an ugly Christmas sweater—the uglier the better!**







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# presence

a publication of Saint Francis Health System

## **MISSION**

*To extend the presence and healing ministry of Christ in all we do*

## **VISION**

*Saint Francis Health System will be the leading integrated Catholic healthcare system providing high quality, comprehensive and innovative care across our regional continuum of services.*

## **VALUES**

### **EXCELLENCE**

*Promoting high standards of service and performance*

### **DIGNITY**

*Respecting each person as an inherently valuable member of the human community and as a unique expression of life*

### **JUSTICE**

*Advocating for systems and structures that are attuned to the needs of the vulnerable and disadvantaged and that promote a sense of community among all persons*

### **INTEGRITY**

*Encouraging honesty, consistency and predictability in all relationships*

### **STEWARDSHIP**

*Ensuring prudent use of talents and resources in a collaborative manner*