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Epicurean Escapade

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Dear friends of Holy Cross:

As part of our yearlong 60th anniversary celebration, the Holy Cross Hospital Auxiliary recently hosted the 2016 Epicurean Escapade, where we were honored to have as our Diamond Sponsor, JM Family Enterprises, Inc. At this, our signature social event of the year, we paid tribute to Jan Moran and JM Family Enterprises, Inc. for their goodness to Holy Cross Hospital. The evening’s proceeds benefitted the Jim Moran Heart and Vascular Research Institute, where we are fulfilling Jim Moran’s vision and dream to offer leading-edge clinical research studies to this community. We were also pleased to announce that we have met the Moran Challenge (see page 13)!

For six decades, Holy Cross Hospital has been a leader in the South Florida healthcare community. The hospital pioneers of the 1950s operated with determination and courage to realize their vision of a community-based hospital for a start-up Broward County. Through the years, the hospital has expanded and matured. At 60 years of age, we are a premier hospital with a commitment to research and innovation in the field of cardiology. I am excited and privileged to lead such a dedicated team of healthcare professionals.

Holy Cross continues to raise the cardiac bar in Broward County—whether we are performing the first Transcatheter Aortic Valve Replacement (TAVR) for patients who cannot undergo open heart surgery or implanting the smallest long-term wireless cardiac monitor. Neither of these advances would have been possible without research. The Jim Moran Heart and Vascular Research Institute exists to take us to new frontiers in cardiovascular science. We are proud of the depth and breadth of the cardiac clinical trials we offer, as well as studies in specialties from oncology to endocrinology to orthopedics.

We take seriously our responsibility to care for the heart and soul of our community. It is our honor and our privilege.

Thank you for making us your trusted health partner for life.

God Bless,

Patrick A. Taylor, M.D., MBA
President and Chief Executive Officer

Holy Cross Hospital has been one of Florida’s most renowned hospitals for 60 years. Now, we’re bringing compassionate, world-class urgent care and state-of-the-art imaging technology, right to your neighborhood. If you need care in a hurry, we’ll see you soon.

Holy Cross Urgent Care & Imaging Center

Our mission is you.

East Boca • 1739 South Federal Highway • Phone: 561-347-7933
Rio Vista • 1115 South Federal Highway • Phone: 954-764-6646

WALK-IN URGENT CARE - Weekdays 9AM-9PM • Saturday 9AM-5PM • Sunday 9AM-4PM
IMAGING CENTER SERVICES - Weekdays 7:30AM-6PM • Saturday 9AM-1PM • Same day weekday appointments available
HolyCrossUrgentCare.com
If you don’t live in west Boca, don’t worry – we have Urgent Care & Imaging Centers in Fort Lauderdale and east Boca, and one coming to Coral Springs!

Holy Cross Hospital will open the doors of its third Urgent Care and Imaging Center later this year at 23071 State Road 7 in Boca Raton. However, unlike the other two locations, the West Boca center also offers outpatient rehabilitation at the state-of-the-art 10,000-square-foot center.

“Holy Cross is committed to bringing our highly-rated rehabilitation services to patients close to their home or place of work,” said Holy Cross Hospital President and CEO Patrick A. Taylor, M.D. “Our newest Urgent Care and Imaging Center will be more convenient for those who are already challenged in recovering from a condition that affects daily functioning and independence.”

In addition, the new center will be able to provide an improved patient-centric continuum of care for those Holy Cross patients who are post-surgery, were hospitalized or were in home health. Our therapists know the physicians, have access to their treatment notes and can contact them easily should the need arise.

Holy Cross rehabilitative services offer personalized one-on-one care in 40-45 minute treatments, which are among the longest in the industry. Holy Cross Urgent Care and Imaging Centers treat non-life threatening conditions, facilitate basic lab testing, and provide a variety of imaging services. This facility will offer bone densitometry, digital x-ray, 3-D mammography and ultrasound.

Urgent Care services are offered on a walk-in basis. The hours of operation for urgent care are: Monday through Friday from 9 a.m. to 9 p.m.; Saturday from 9 a.m. to 5 p.m.; and Sunday 9 a.m. to 4 p.m. Imaging services are available with a prescription. The hours of operation are: Monday through Friday from 7:30 a.m. to 6 p.m. and Saturday from 9 a.m. to 1 p.m. Outpatient rehabilitation will be offered Monday, Wednesday and Friday from 8 to 5 p.m., and by appointment on Tuesday and Thursday.

Do you need to go to the ER? Or can you choose urgent care instead?

The simple answer is to ask yourself, is your ailment life-threatening? Are you at risk for losing a limb or your eyesight? If so, go to the Emergency Room. If not, save yourself time and money by going to the Holy Cross Urgent Care and Imaging Center.

If you’re having chest pains or severe shortness of breath, please go to the ER immediately. If you’re experiencing blurry vision, numbness, slurred speech or other signs of a stroke, the best place to be treated is the ER. Also, if you have a compound fracture (there is a bone protruding through your skin), please go directly to the ER.

But if you have a minor injury or illness (including fever, flu, upper respiratory infections, etc.), the Holy Cross Urgent Care and Imaging Center can treat you. Here are some ailments that we recommend you get treated at the ER:

- Altered mental status
- Chest pain
- Choking
- Electrical shock
- Extreme shortness of breath
- Loss of consciousness
- Major trauma
- Poisoning
- Pregnancy-related problems
- Seizure

The benefits of a walk-in urgent care center begin with the fact that you are less likely to have an extended wait. It also saves you and the health care system money. Going to the emergency room can cost a lot of time and money. Unfortunately, the majority of people who go to the ER don’t have true medical emergencies, and may pay up to six times more than necessary. If you wait days or weeks for an appointment with your primary care physician, you run the risk of your condition getting worse and requiring more complex – and more expensive – treatment. That’s why we’ve created the Holy Cross Urgent Care and Imaging Center.

For detailed information about our services, visit us at HolyCrossUrgentCare.com

Know when to go . . .
Q: Doc, I’m 52 years old and have been told I may need a shoulder replacement for advanced arthritis. I have tried therapy, medication, modifying my activity and even cortisone injections over the past few years, yet I still have debilitating pain deep in my shoulder. Am I too young to consider this surgery?

A: The decision to move forward with a shoulder replacement can be difficult for patients in your age group. The reality is that when a replacement is done in a younger patient like yourself, there is a high chance that it will require a revision surgery sometime in your lifetime. That being said, it sounds as though you have really exhausted non-surgical options for your shoulder. As I counsel younger patients with end stage arthritis about shoulder replacement surgery, I focus on new technologies that are available in shoulder replacement devices. The goal of new technologies is to potentially make a replacement last longer and possibly make the subsequent revision surgery a bit easier.

The weak point of the shoulder replacement has historically been the glenoid (socket), which can either come loose from the cemented bond to bone or progressively wear out over time. There are now shoulder replacement products available that use a plastic material that may wear at slower rates and other glenoid implants that have stronger attachment mechanisms that might lower the chance of it becoming loose.

If a revision surgery is needed, a shoulder replacement that can be easily removed or converted to a different shoulder replacement is preferred. Fortunately, there are shoulder replacements that are easy to remove, and many others that can be converted to different types of shoulder replacements!

As you consider having your shoulder replaced, I would encourage you to be evaluated by an experienced shoulder surgeon who routinely performs a high volume of shoulder replacement surgeries. Studies show that experienced surgeons typically achieve 90 to 95 percent success with their patients and have better results than those who perform the occasional shoulder replacement. Most orthopedic surgeons perform less than 5 to 10 shoulder replacement surgeries a year.

Jonathan Levy, MD, specializes in arthroscopic and complex shoulder and elbow reconstruction at the Holy Cross Orthopedic Institute. Each year, he performs over 200 shoulder replacements, over 150 arthroscopic rotator cuff surgeries, and has become the region’s leading tertiary referral center for complex shoulder and elbow problems. As a regional leader in Shoulder & Elbow Surgery, he became a member of the prestigious American Shoulder and Elbow Surgeons. Dr. Levy is Medical Director of the Holy Cross Orthopedic Research Institute and the Director of the ASES Shoulder and Elbow Fellowship.
Profiles in Healing

Bedridden and hospitalized, Paul Morrill thought his time had come. He was frightened, confused...he thought he'd suffered a massive stroke. He could not talk. In his narrow range of vision all he could make out was a crucifix hanging on the wall of his hospital room.

With thoughts of his brother-in-law’s recent passing fresh in his mind, Paul felt a gentle touch on his foot and looked into the eyes of an angel. But the angel was of this world – in the form of an Environmental Services Associate, Ceurline Etienne.

At the time, anyone entering Morrill’s room had to wear a mask for infection control purposes. But Paul saw past the mask to a pair of smiling eyes—eyes that looked beyond his sickness to see someone in pain who needed a word, a look and a touch of encouragement.

“I could see her smiling through her eyes,” Morrill said. “Her eyes were just glowing and it just covered me like a warm blanket. I felt real positive. I felt her energy. It just brought me a lot of comfort.”

Ceurline had already interacted with Morrill’s wife and daughters, encouraging and supporting them in their time of need.

“In my recovery, the doctors took care of my body... she took care of my spirit,” Morrill said. “Every day she would come by and do the same thing,” sharing a smile and a caring touch. When his ventilator tube was removed after 10 or so days, “I told her how much it meant for her to take the time, smile, put her hand on me—simple, basic, kind gestures—that lifted me up every single time.”

Holy Cross Hospital is committed to being a transforming, healing presence in our community. We do this through caring for patients like Paul, and by loving our neighbors (see Faith Community story on page 24). And we really are trying to do our best to keep you healthy and out of the hospital (see page 23).

But sometimes you need surgery...and what you really need is a surgeon who can deliver. Just ask these patients:

Single Site Laparoscopy for Gall Bladder/Gallstones Removal

Patient: Helene Jolicoeur (Pictured)
Her Surgeon: Christopher Seaver, MD

Helene’s story: Helene was anticipating her Bahamas vacation when she learned she had gallstones and needed to have her gallbladder removed. Determined to be vacation ready – mentally and physically – she turned to Dr Seaver and the single site robotic-assisted surgery that could be performed through one incision in her belly button. Surgery and back home on a Thursday. Back to work on the Monday. No scars...and bound for the Bahamas!

Total Hip Replacement

Patient: Joe Pressendo (Pictured)
His Surgeon: William Leone, MD

Joe’s story: “Here I am doing my first front toehold...barefoot skiing on Christmas Day...who would have guessed?” Joe is 50-something, and a super smart accountant and a past National and International water skiing champion. Here he is just over one year following right total hip replacement at the Leone Center for Orthopedic Care, a division of the Holy Cross Hospital Orthopedic Institute. Enough said!

Triple Bypass Heart Surgery

Patient: Jason White
His Surgeon: Alexander Justicz, MD (Pictured)

Jason’s story: I had to do it all again minus the pain I would do it the same way. The care and the compassion that I received far exceeded any expectation I had going in. Heart disease runs in my family...my great grandfather, my grandfather and my father all had heart issues. I knew it was just a matter of time—I just did not expect at age 57 to have it hit and hit so suddenly. One undetected heart attack, a failed stress test and one triple bypass surgery later, Jason is a new man. The blockages are gone and he completed cardiac rehab and now walks a mile at least three times a week.

To find a Holy Cross Medical Group physician, call 866-988-DOCS.
You can now find Holy Cross Hospital and our physicians on Sharecare.com. Visit Sharecare.com to see physician profiles for each Medical Staff physician, and sign up to receive personalized health and wellness information or just find the answers to common health questions.

Sharecare’s goal is to match local consumers to local physicians based on your results of the Real Age Test. All are invited to take the real age test today and/or create your account and take charge of your health. Spread the word!

Here’s a peak at some of the questions and answers you can find on sharecare.com:

**Q: How can I eat better?**

**David Zekser, MD, Internal Medicine, answered on behalf of Holy Cross Hospital**

You can change the way you are eating today with your next meal. You can start to improve your overall health as easily as buying different food when you go grocery shopping. Here are basic ways to improve your current diet:

- **Start every day with a piece of fruit; it sets the tone for how you’ll eat for the rest of the day.**
- **Make sure you eat fish at least once a week.** This can be anything from omega-3 rich salmon to lower fat tilapia, grouper or snapper. Remember that shrimp, crab and lobster have more cholesterl.
- **Eat more vegetables.** Think about a larger portion of vegetables as your side dish rather than always adding a starch like pasta or rice. Try to find ways to eat more vegetables during your routine days. Baby carrots have a little more sugar, but make a great snack and are certainly a better alternative than chips.
- **Take it easy on the sauces.** Sauces tend to add a lot of calories and sodium to otherwise healthy dishes. Always ask for the sauce on the side when you eat in a restaurant so you can drizzle some on; otherwise your food may be drowning in it.
- **Eat for your needs and not always your desires.** Think of your body as the only car you will ever have to drive. It needs to last a lifetime so respect it, take good care of it, and feed it properly so it can take you all the places you want to go.

**Q: What is Celiac Disease? And how is it treated?**

**Donald J. Brust, MD, Gastroenterology, answered on behalf of Holy Cross Hospital**

Celiac disease, also known as gluten-sensitive enteropathy, is a condition in which the immune system responds abnormally to a protein called gluten. Repeated exposure to gluten causes damage to the small intestine. Normally, the small intestine contains fingerlike projections called villi that allow it to absorb digested food and nutrients. In celiac disease, however, the villi become damaged and absorption is impaired.

Celiac disease is important to treat for reasons that extend beyond the resolution of symptoms. If left untreated, celiac disease can progress to become chronic ulcers of the small intestine (ulcerative jejunoileitis) or even lymphoma.

Treatment is relatively straightforward and involves avoidance of gluten-containing foods (gluten-free diet). Complete avoidance must be adhered to; exposure to even small amounts of gluten can aggravate symptoms. Checking periodic blood tests for the continued presence of antibodies allows doctors to assess the effectiveness of the patient’s diet. More than 70% of patients will begin to feel better within two weeks of starting a gluten-free diet.

**Q: Which tests help diagnose Alzheimer’s Disease?**

**Eduardo R. Locatelli, MD, Neurology, answered on behalf of Holy Cross Hospital**

Magnetic resonance imaging (MRI) brain imaging can help diagnose Alzheimer’s disease by ruling out hydrocephalus and benign or malignant tumors as well as damage caused by silent strokes. So far, not one of the many state-of-the-art medical devices in healthcare today can treat Alzheimer’s disease; these technologies remain only tools to confirm a diagnosis.

Follow us on Sharecare.com. Take the Real Age Test today!
Holy Cross Hospital Celebrates 60 Years of Caring

Holy Cross Hospital kicked off its year-long celebration of its 60th anniversary with a special mass and reception on December 16, 2015. Since Holy Cross opened its doors on Dec. 8, 1955, the non-profit hospital has treated thousands of patients annually and has been the birthplace of more than 75,000 babies.

The 60th Anniversary Mass of Thanksgiving was held at the Holy Cross Chapel and Celebrant Archbishop of Miami The Most Reverend Thomas G. Wenski celebrated the mass. The reception was held in the Holy Cross Convent where guests enjoyed festivities including cocktails, refreshments and live music.

It all began in 1950 when a group of prominent businessmen recognized the need for a new healthcare facility in Fort Lauderdale’s developing suburbs. In 1952, the group approached the Roman Catholic Diocese of St. Augustine, which oversaw the area of Fort Lauderdale at that time. The Diocese agreed to build a hospital in the community and purchased land on Federal Highway south of Commercial Boulevard for $300,000 in 1952. The hospital’s groundbreaking followed the next year.

In 1955, the Sisters of St. Joseph of St. Augustine, a religious order of nuns, agreed to operate the hospital. When Holy Cross Hospital opened its doors later that year on Dec. 8, the first five patients were admitted. Four nuns from the Sisters of St. Joseph ran the hospital with a staff of 133 until 1958, when the church’s new Diocese of Miami and Bishop Coleman F. Carroll, formerly of Pittsburgh, assumed responsibility for overseeing the area.

Bishop Carroll invited the Pittsburgh-based Sisters of Mercy to run the hospital, and in July 1959, ten new nuns arrived at Holy Cross. Holy Cross Hospital has operated in the spirit of the Sisters of Mercy ever since.

Today, Holy Cross Hospital remains a full service, Catholic hospital as part of everyday operations: Vice President of Sponsorship and Mission Effectiveness Sr. Rita Levasseur and Pastoral Associates Sr. Claudia Steger and Sr. Marilyn Canning, as well as four other nuns who serve on the hospital’s board of directors.

Additionally, all board members, leaders, Associates and volunteers participate in annual ministry formation training to ensure the hospital’s Catholic identity remains strong for years to come, and to carry on the sisters’ legacy of caring for those most in need.

Holy Cross also lives its mission through community outreach and charity care. The organization contributed $27 million in community benefit in 2015 alone. On the forefront of medicine, Holy Cross Hospital has long led the way in pioneering breakthrough medical advances regionally and throughout the world.

To continue the hospital’s tradition of excellence, Holy Cross plans to expand its already successful role as a teaching hospital over the next five years with the goal of adding 100 residents to the 30 existing residents in various fields of medicine.

Other plans for the hospital’s future include a newly renovated maternity unit – The Doreen Koenig Blessed Beginnings Maternity Unit - that features the latest state-of-the-art technology, geographic expansion of its Urgent Care and Imaging Centers, and continued collaboration with Memorial Healthcare System through the Atlantic Coast Health Network, a regional clinically integrated network that will provide patient-centered population health.

Holy Cross Hospital Celebrates 60 Years of Caring
Fundraiser honored Jan Moran and JM Family Enterprises, Inc., and announced that the Moran Challenge has been met

The Holy Cross Hospital Auxiliary presented its 60th annual fundraiser on Saturday, April 16 at the Design Center of the Americas (DCOTA) in Dania Beach. “Epicurean Escapade 2016: A Food & Wine Experience” featured themed presentations of gourmet food and fine wine from exciting global culinary destinations. Guests indulged in full plates of delectable cuisine and generous pairings of a wide variety of wines while enjoying a fun evening of dancing and live musical entertainment. The event was part of a yearlong celebration of our non-profit hospital’s 60th anniversary.

“This is a very special year for us,” said Dr. Patrick Taylor, president and CEO of Holy Cross. “We are humbled to be celebrating 60 years of serving the healthcare needs of our community.” The event honored Jan Moran and JM Family Enterprises, Inc. and benefitted -- and also celebrated -- the 10th anniversary of the Jim Moran Heart and Vascular Research Institute at Holy Cross Hospital, which specializes in leading-edge clinical trials for the diagnosis and treatment of heart, coronary artery and vascular disease.

Jan Moran and her husband, late automotive pioneer Jim Moran, donated $1 million for a cardiovascular intensive care unit after his lifesaving open-heart surgery at Holy Cross in 1988. In 2000, they contributed $6 million, along with JM Family Enterprises, to construct the Jim Moran Heart and Vascular Center.

“Jim’s proposal was that if Holy Cross could rally the community to contribute $16 million to the Jim Moran Heart and Vascular Research Institute, Jim and Jan, personally, and JM Family would match it with $10 million. At the gala, Dr. Taylor announced that Holy Cross has met the challenge!”

“They were the most patient, understanding and benevolent donors,” Dr. Taylor said. “They celebrated with us in good times and were tolerant of us in slow times. A pledge from the Holy Cross Hospital Auxiliary launched us over our goal. We are eternally grateful to JM Family Enterprises, its President & CEO Colin Brown, Jan and Jim for the challenge and the funding. Mr. Moran’s dream has been fulfilled. As a result of that dream and the community’s steadfast support, our researchers are already doing amazing things, which will continue because of the Morans’ and JM Family’s vision and generosity.”

Sponsors of the Epicurean Escapade included JM Family Enterprises, Inc., Guerrieri Family Foundation, Liz and Kurt Langsenkamp, The Cross Country Group, the Medical Staff of Holy Cross Hospital, and Jan Moran.
This year’s “This One’s for the Girls” luncheon presented by WOW! (Women Owning Wellness) held on October 15, 2015 at the Hyatt Regency Pier 66 was very special for Holy Cross Hospital. The lunch was in memory of Doreen Koenig, who championed the creation of the Dorothy Mangurian Comprehensive Women’s Center since its inception. She helped lead visioning sessions, created groups like The Girlfriend’s Club and WOW! and worked hands-on to make sure it all crystallized into a truly comprehensive healthcare facility for by women for women. In fact, the name of this luncheon came out of something she would always say: “This one’s for the girls!” She, like many of us, knew how important properly caring for all women in our community was. After the Center was built, she was especially proud to have this lunch raise funds for the Partners in Breast Health program, offering mammogram screenings to everyone regardless of their ability to pay.

Women’s health was such a great passion of hers. Even while she was battling her own cancer, she never took a break from working with Holy Cross on initiatives to strengthen women’s healthcare for our community. This Center wouldn’t be what it is today without her. Thankfully this event is just one of countless ways her endless positivity and determination transcended into something tangible that we can honor and celebrate in her beautiful spirit. Her legacy of generosity and compassion is such a gift for our community.

The event was chaired by Melissa Foster, Laura Minor and WOW! President Margie Helmholdt. It featured raffle prizes and boutiques for guests’ shopping pleasure. The presenting sponsor was Morgan Stanley and major sponsors included City Furniture, Ashley Furniture and Serta. Southern Wine and Spirits sponsored the beverages.

This One’s For Doreen!

2016 Holy Cross Golf Tournament: Another Ace for Women’s Health!

The Holy Cross Hospital Golf Classic raised nearly $123,000 to benefit the Partners in Breast Health (PIBH) Program at the the Dorothy Mangurian Comprehensive Women’s Center! The event was held on February 3, 2016 at Coral Ridge Country Club.

The PIBH community outreach program provides women with mammograms in hope of reducing late stage breast cancer diagnosis and cancer mortality in underserved communities in Broward County through early detection – ultimately saving lives. This event has raised more than $700,000 for the Women’s Center in the last six years.

Sheri Whittington chaired the event and the Harry T. Mangurian, Jr. Foundation were the presenting sponsor for the sixth year in a row. Stiles also graciously agreed to sponsor the event for the sixth consecutive year. We are so grateful for the community support!

Next year’s tournament is tentatively scheduled for early February 2017.

2016 Holy Cross Golf Tournament: Another Ace for Women’s Health!
Until his passing, Harry T. Mangurian, Jr. was married to his wife, Dorothy, for 62 years. During their long and happy marriage they had two daughters. Harry was not only surrounded by women in his household, but he truly appreciated them.

That’s why in late 2008 when Holy Cross was finalizing plans for their new comprehensive women’s center which would be built completely on philanthropic funds, Harry knew he had to support it. The center would be unique in caring for women’s healthcare, a one-stop facility where they would not only receive comprehensive services extending beyond gynecology and imaging, but would also receive comprehensive care in a serene environment. He knew Holy Cross believes that spiritual support is crucial to healing and the center was specifically designed with this compassionate way of caring for patients in mind.

Both originally from Rochester, New York, the Mangurians had been longtime Florida residents, spending their time between Fort Lauderdale and Mockingbird Farm in Ocala. There, Mr. Mangurian established one of the world’s leading thoroughbred breeding programs. He set world records in both the number of stakes winners bred as well as purses won. He was named Thoroughbred Breeder of the Year several times by both state and national associations.

His business career included a national chain of furniture showcase stores and the development and construction of over 10,000 residential units in Central and South Florida. He was the sole owner of the Boston Celtics from 1979 through 1983, during which time (1981) the team won the NBA Championship.

In 1999, the Mangurians established a private foundation through which they supported educational, medical, medical research and environmental causes both locally and nationally. His initial million dollar contribution to the “New York Heroes Fund” following the attacks of September 11 inspired others to contribute to that fund.

Through this Harry T. Mangurian, Jr. Foundation, he decided to donate a tremendously generous lead gift to the Holy Cross Women’s Center project in his wife Dorothy’s name before he passed later that year. Harry’s gift, along with additional contributions from the community, helped open the Dorothy Mangurian Comprehensive Women’s Center. The Center now stands as a reminder of Harry Mangurian’s legacy to his wife Dorothy and his daughters. A legacy that helps bring the unparalleled expertise, sophisticated technology and compassionate care that set Holy Cross Hospital apart to the women of our community.

In addition, the Mangurian Foundation’s support has extended beyond women’s health, generously donating more than $13 million to Holy Cross Hospital since 2004. Steve Mehallis and Gordon Latz have continued Mr. Mangurian’s legacy in their respective roles as President and Vice President-Grants of the Foundation. The Harry T. Mangurian, Jr. Diagnostic Imaging Center, the Harry T. Mangurian, Jr. Surgical Oncology Center, the Dorothy Mangurian Comprehensive Women’s Center, and The Mangurian Suite have also been named in recognition of the many gifts.

A recent gift to Holy Cross funded the conference room that will be used to help Holy Cross physicians collaborate with physicians from Massachusetts General Hospital on best practices and innovative treatments for our patients locally. They have also supported the Jim Moran Heart and Vascular Research Institute with $1.6M and have made major contributions to the Doreen Koenig Blessed Beginnings Maternity Unit and the Orthopedic Institute. In addition, they have also sponsored the annual Holy Cross Golf Classic benefiting the Partners in Breast health program at the Women’s Center for six years in a row.

The Foundation has also funded other efforts locally and nationally. Some of the organizations they have funded include MD Anderson Cancer Center, Mayo Clinic, The Leukemia and Lymphoma Society and Ohio State University.

Mr. Mangurian’s legacy of generosity has helped countless people, far beyond his lifetime. Holy Cross is exceptionally grateful to share in a part of that legacy.
Osteoporosis is a condition in which the density of bone decreases making the bones weak and prone to fractures. A majority of these fractures occur in the vertebral spine, hip and wrist. The most common causes of Osteoporosis are related to hormonal changes, decrease in dietary intake of calcium and vitamin D deficiency, smoking, certain medical conditions and a sedentary lifestyle. Although females are more commonly affected than males, people of all races and genders generally over the age of 50 are at risk for this disease.

As previously mentioned, Osteoporosis is a condition that affects bones. Our bones play an important role in blood production, vital organs protection, and support the muscle attachment necessary for movements of the body. Unfortunately, as our bones age, our bones weaken. According to the National Osteoporosis Foundation1, each year there are approximately 3,000,000 fractures reported due to Osteoporosis, resulting in an average of 3-5 days length of stay in a hospital. Such hospitalization and treatment creates an overall cost of 25.3 billion dollars annually. This annual cost could be substantially reduced with early bone screening, adequate nutrition, and physical exercise or activity.

However, not all types of exercise are safe for patients with osteoporosis. The Dorothy Mangurian Comprehensive Women’s Center at Holy Cross HealthPlex offers Osteoporosis rehabilitation in a private and serene environment, provided by a licensed physical therapist. Osteoporosis patients get the opportunity to have a comprehensive and an individualized assessment of their body awareness and mechanics, posture, breathing patterns, muscle strength, flexibility, range of motion, balance, gait, and safety during functional daily activities; therefore, preventing injuries and fractures associated with this condition.

Gisela Ortega holds a Doctorate in Physical Therapy and is part of the women’s health rehabilitation team at the Dorothy Mangurian Comprehensive Women’s Center. For more information on the Holy Cross Osteoporosis Program, please call 954-229-8685.

By Gisela Ortega, DPT

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Did you know that Holy Cross Hospital has an outpatient Nutrition Center located in the Lifestyle/ Counseling Center in the Patricia R. Guerrieri Pavilion at the Dorothy Mangurian Comprehensive Women’s Center?

The Nutrition Center offers Medical Nutrition Therapy for patients who may benefit from working with a registered dietitian to develop personalized nutrition plans with the goal of improving physical condition and overall health through appropriate and comprehensive eating plans.

Patients who may benefit include those who have high cholesterol and blood sugars, food allergies and kidney or digestive problems, eating disorders, are overweight or have weight that affects the way they carry out daily activities.

The Holy Cross HealthPlex Nutrition Center team works with patients and their physicians to create a meal plan tailored to individual needs and provides patients with the tools needed to eat well for life. The Nutrition Center is located at 1000 NE 56th Street in Fort Lauderdale. To make an appointment call 954-202-0277. Spanish-language consults available.

### Topping

**Ingredients**

- Water - 1/2 cup
- Granulated sugar - 4 TBSP
- Cornstarch - 2 tsp
- Lemon rind (Zest), Grated, Fresh - 1/2 tsp
- Strawberries, Fresh (Remove Hulls, Sliced 1/4") - 3/4 cup
- Blueberries, Fresh (Whole) - 3/4 cup
- Plain Yogurt, Non Fat - 1 cup
- Vanilla extract, imitation - 1/2 tsp

**Preparation**

1. Prepare Whole Grain French Toast according to recipe.
2. In a saucepan, add water, sugar, cornstarch and lemon rind. Stir to combine.
3. Add berries. Cook over medium-high heat until sauce is thickened.
4. In a bowl, add yogurt, honey and vanilla. Mix to combine.
5. Plate 3 French toast triangles on a plate.
6. Top with 1/4 cup fruit sauce and a dollop of yogurt mixture.

Serve immediately.

Serving Suggestion: Serve with a fanned strawberry and mint sprig.

### Whole Grain French Toast

**Yield:** 12 Slices

**Ingredients**

- Egg substitute, Pasteurized - 2 cups
- Water - 2/3 cup
- Granulated sugar - 1/2 cup
- Vanilla extract, imitation - 1 1/2 tsp
- Wheat Bread of Choice - 12 slices

**Preparation**

1. In a bowl, add egg substitute, water, sugar and vanilla. Beat to combine.
2. Coat bread in egg mixture.
3. Preheat non-stick saute pan or grill over medium-high heat. Coat with vegetable oil spray.
4. Add egg coated bread slices. Spray with vegetable oil spray. Cook until golden on both sides.

Serve immediately.

**Serving suggestion:** Serve with a fanned strawberry and mint sprig.

**Remaining 2016 Schedule**

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Thursday, September 15: Poaching

Thursday, October 20: Sautéing

Thursday, November 17: Healthy Holiday Dishes and Food Safety Tips

Dates subject to change. No reservation necessary.

### Red, White & Blue French Toast

**Ingredients**

- Egg substitute, Pasteurized - 2 cups
- Fat Free Milk - 2/3 cup
- Granulated sugar - 1/2 cup
- Vanilla extract, imitation - 1 1/2 tsp
- Wheat Bread - 12 slices

**Preparation**

1. In a bowl, add egg substitute, milk, sugar and vanilla. Beat to combine.
2. Coat bread in egg mixture.
3. Preheat non-stick saute pan or grill over medium-high heat. Coat with vegetable oil spray.
4. Add egg coated bread slices. Spray with vegetable oil spray. Cook until golden on both sides.

Serve immediately.

**Serving suggestion:** Serve with a fanned strawberry and mint sprig.

### Join our Nutrition Services team for our monthly healthy cooking demonstrations in our Dorothy Mangurian Comprehensive Women’s Center Café from 3:00 - 3:45 pm

Please call 954-351-4782 if you have any questions.
If you have never had an injury to your hands then you may take for granted their importance. For just a few seconds, imagine what it would be like to write out your food, open containers or floss your teeth if you did not have use of one or both of your hands.

Anyone who finds themselves in this situation can be referred by his or her physician to a Certified Hand Therapist (CHT). This is a medical professional who specializes in treating injuries or disorders of the upper extremity.

A Certified Hand Therapist is an Occupational Therapist or Physical Therapist who has met specific standards and passed a comprehensive test that advanced skill in treating the upper extremity. Hand Therapists are qualified to treat any injury of the upper extremity, from a single digit finger injury to a replanted extremity. Some of the common upper extremity rehabilitation diagnoses treated by a CHT are: arthritis, fractures of the arm and hand, congenital defects, ligament, nerve, sports, and tendon injuries.

Certified Hand Therapist’s treat both adults and children. Patients can be recovering from a surgery to their upper extremity or seeking out conservative ways to manage an arm or hand injury. Some types of therapeutic interventions that are commonly implemented by hand therapists are: manual therapy, edema management, a therapeutic exercise, sensory re-education and desensitization, and ergonomic modification. Hand therapists are also highly trained in making custom orthotics (splints) that can both protect and prevent injuries and also help to regain motion of limited joints.

Ultimately, the goal for patients who receive Hand Therapy is to assist in the return to their prior level of function, which includes activities of daily living, work related, and recreational activities. Through comprehensive assessment and treatments, the Hand Therapist will restore quality of life for individuals who have discovered how debilitating it is to not have full functional use of their arms or hands.

Sarah Maceda graduated from the University of Florida with a degree in occupational therapy. She has spent most of her professional career treating injuries and disorders of the upper extremity. To schedule an appointment, call 954-267-6380.

Meet our Spine Navigator: Angela Dixon, BSN, RN

Originally from Ohio, Angela relocated to Fort Lauderdale in 2007, after earning her Bachelor of Science in Nursing from Walsh University in North Canton, Oh. Angela has worked as a bedside nurse, in the Holy Cross Medical Group Radiation Oncology practice and the Neuroscience Institute.

New Spine and Back Care Center Open at Holy Cross

Our new Spine and Back Care Center can be reached by calling 954-202-BACK (2225).

If you have back pain, we offer you:

- Comprehensive Assessment
- Diagnostic Testing
- State-of-the-art spine imaging and Neurophysiology
- Minimally Invasive Interventional Spine Procedures
- Spinal Surgery
- Pain Management
- Rehabilitation

Meet our Spine Navigator: Angela Dixon, BSN, RN

Within five days, he was gone. “We were blindsided,” she said. “It was so sudden and unexpected.”

With support from her family and the doctors at Nova who rallied round her at this difficult time, Lorraine made it through her personal tragedy and ultimately through nursing school, where she received the Chancellor’s Award and was named Nursing Student of the Year. As a recent South Florida transplant gearing up for her practicum, she was never alone. That is best by the increasing number of nursing students vying to come to Holy Cross for their clinical rotations. “I had to find out more,” she said. And that she did. Once she got to Holy Cross, Lorraine loved the people-centered culture; everyone was approachable and had a warm and welcoming countenance. “People actually said ‘Good morning,’” she said. “I felt like I was home.”

And home this has been for her since 2012, when she joined the team as a bedside nurse in the Nurse Residency program—after waiting 4 months for the October application window to open up. She started on 4South, then transferred to the Intermediate Care Unit and applied for the transition role that was piloted in February 2015. She was then asked to be Holy Cross’ Patient Navigator for the Bundled Payments for Care Improvement Initiative.

In October 2015, she was promoted to Manager of Population Health, where her team focuses on replacing value for volume by achieving the Triple Aim — Better Care, Better Outcomes at a Lower Cost. They work closely with the inpatient Interdisciplinary Teams, other members of the Population Health Team, skin nursing, radiology, home health agencies, outpatient pharmacies and others to ensure that all the patients’ medical needs are being met while hospitalized and for 90 days after they leave the hospital. Through weekly population health meetings, she brings together representatives from the Holy Cross Physician Partners/Accountable Care Organization, Holy Cross Medical Group, community outreach, home health, hospital based physicians, nurse practitioners and physician assistants to enhance care coordination for patients while working to avoid overlapping care in today’s complex healthcare system. “They are an amazing group of professionals whose primary focus is on patient experience,” she said. “I have been so blessed and humbled to be a part of the team,” Lorraine remarked.

One of the many initiatives which emanated from this program is the scheduling of appointments with the patient’s primary care physician or specialist prior to discharge. This service is offered to every Holy Cross patient. Evidence-based research has shown that a patient who follows up with his or her primary care physician after hospitalization is less likely to be readmitted. “We are all in the business of coordinating care for the community,” Lorraine said. “We focus on patient and family education while hospitalized and telephonically after discharge. We have partners in care who follow-up with patients in their homes as some are challenged to get to their physician’s office.”

New Fall Winter 2016
Historically, the church has proven to be a place where people turn for more than spiritual guidance. The church has served as social worker, educator, champion and yes, health care provider. Holy Cross Hospital offers a Faith Community Nursing Program as a free service to help improve the health of our community. Available to any religious organization, the program is diverse in denomination, size, race and ethnicity.

“We partner with different places of worship that have registered nurses in the community and we provide them with education that they can share with their congregations,” explains Faith Community Nursing Coordinator Valerie Fox, who plans activities and meetings and organizes speakers and educational materials. Faith Community Nurses act as referral advisors, facilitators of support groups, community liaisons and providers of screening tests and risk assessments.

“Our nurses are taught how to do an assessment of their congregations including an anonymous survey to find out their health concerns,” Valerie explains. “For instance, the men at one church were interested in hypertension, so we arranged for a male speaker and male physician to talk to them about the causes and effects of hypertension.” Additionally, health fairs have been presented that benefit congregations and spread vital information out to the community. “Healthcare is moving from the hospital into the community,” Valerie notes. “When someone is discharged from a hospital, they can be linked with a Faith Community Nurse in their congregation. We also offer a list of resources that are free and available to them.

“We reach out to nurses in the hospital and at churches,” Valerie says. “Many are already helping their congregations. Holy Cross recently offered 30 contact hours [continuing education] to these nurses to take a Faith Community Nurse Foundation course. We offered the course at no cost to them and to give them the information they need to create health ministry teams within their churches.”

To learn more about Faith Community Nursing, contact Valerie Fox at 954-267-9551.

**Photos from the March 20 Homeless Foot Care Outreach at Christ Church, Pompano Beach, with Valerie Fox and the entire Community Outreach Team, Christopher Pappas, DPM, FAU nursing students and faculty, and multiple volunteers.**
Holy Cross Hospital, a Magnet hospital for nursing excellence, recognized with the AHA/ASA Get With The Guidelines Stroke Gold Plus Award, offers a Joint Commission Certified Advanced Heart Failure Program. We offer quality medical care and advanced technology with compassion and understanding.

- Bariatric Weight Loss Surgery
- Comprehensive Stroke Center
- Dorothy Mangurian Comprehensive Women’s Center
- Emergency Services
- Harry T. Mangurian, Jr. Diagnostic Imaging Center
- Holy Cross Medical Group
- Home Health Services

- International Services
- Jim Moran Heart and Vascular Center
- Jim Moran Heart and Vascular Research Institute
- Laboratory Services
- Maternity Services
- Michael and Dianne Bienes Comprehensive Cancer Center
- Neuroscience Institute

- Orthopedic Institute
- Outpatient Services
- Rehabilitation Institute
- Robotic Surgery (MAKO & Da Vinci ®)
- Urgent Care and Imaging Centers
- Wound Healing and Hyperbarics Program
- Zachariah Family Wellness Pavilion

1-866-4HC-Docs | If you are an international patient, please call 1-866-262-8621.
4725 N. Federal Highway, Fort Lauderdale | www.holy-cross.com