

HEALTH *currents*

The Magazine of Lakeland Health



A New Spin on
HIP REPLACEMENTS

Getting to the
HEART OF CHEST PAIN

Surviving
ALLERGY SEASON

Dear Friends,

Every spring at Lakeland, we pay tribute to the volunteers who give their time and talents to make our health system a better place for our patients and staff. These volunteers make a huge impact on our organization. In fact, last year, more than 900 volunteers (including 35 pet volunteers) donated a grand total of almost 115,000 hours of service.

We often see the next generation of healthcare leaders start as student volunteers, a role in which they gain valuable insight into the medical field. One of them is **Andrew Vigansky**, a 16-year-old Lakeshore High School student who was recently awarded one of our organization's highest honors—a heart on his identification badge, which signifies that he touched the hearts of his coworkers by displaying compassionate care. The Emergency Department staff members nominated Andrew for this recognition because of everything he does to support the team, such as cleaning patient rooms to help reduce wait times.

On the other side of the age spectrum, Lakeland has a number of volunteers who prove that growing older is no barrier to being active and productive. If you've been to our Center for Outpatient Services in St. Joseph, you may have met **Chris Ruppel**, 93, and **Ed Schultz**, 93, who are among our most senior volunteers. Rain or shine, Chris and Ed drive patients and visitors from the parking lot to the facility's

entrance in courtesy shuttles. By offering a warm welcome and a convenient ride, Chris and Ed make our patients and visitors feel safe and comfortable before they even walk through our doors.



Andrew Vigansky

The volunteers have left their mark in other ways through their own philanthropic organization, the Lakeland Health Auxiliary. Last year, the Auxiliary continued a long tradition of service with a \$150,000 gift in support our robotic surgery program. Over the years, the Auxiliary has donated millions of dollars to special projects at Lakeland by raising funds through income from gift shops, book sales, and other special events. In addition, the Auxiliary awards \$16,000 in scholarships each year to student volunteers. Their fundraising efforts make it possible for Lakeland to continue to meet the needs of those we serve.

Many thanks to all of our Lakeland volunteers—your dedication is truly inspiring. And a special thank you to **Loraine Frobel**, who donated the most time to Lakeland last year with 1,300 hours; **Jan Houseman**, who is our longest-serving volunteer with 60 years of service; and **Patt Johnson**, who has accumulated the most hours over her 40 years of volunteering with 27,525 hours. For community members interested in helping us make a difference, please visit www.lakelandhealth.org/volunteer to learn more about our volunteer opportunities.

on the cover



Amazing Grazing

Dairy goats forage and play at Ron and Suzanne Klein's Windshadow Farm & Dairy in Bangor. This 46-acre farm is Animal Welfare Approved, which demonstrates that goats are raised according to the highest animal welfare standards using sustainable agriculture methods. Evergreen Lane Farm & Creamery in Fennville turns these goats' milk into delicious artisan cheeses, available for purchase in their tasting room and at local retailers.

Sincerely,

Loren B. Hamel, MD
President & CEO, Lakeland Health



HealthCurrents is published by the Marketing and Communications Department of Lakeland Health. The information provided in this publication is intended to educate readers on subjects pertinent to their health and is not a substitute for a consultation with a physician.

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Updated Name

Reflects Lakeland's Mission

If you look closely at the front cover of this issue of *HealthCurrents*, you might notice a change to the Lakeland name. Lakeland HealthCare has officially been renamed Lakeland Health to better fit the organization's mission to enhance health and serve the surrounding community.

"This change is intended to more accurately communicate our mission of addressing the overall health needs of our community, from wellness and prevention to treating illness in acute situations," said Dan Hopp, Chairman of the Lakeland Board of Directors.

Lakeland's logo retains its familiar graphic element alongside the new Lakeland Health name. The updated

name and logo has already been appearing on the new Lakeland website, advertising, and in other materials.

"We anticipate the transition to our new name to be seamless for everyone," said **Loren B. Hamel, MD**, President and CEO of Lakeland Health. "Community members will still be able to recognize us as the same organization they know and trust for their family's health needs."



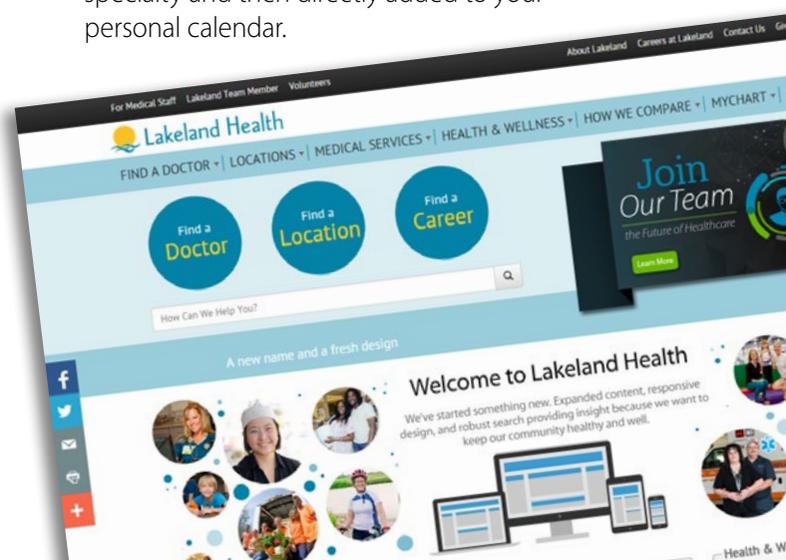
New Website Design

Provides One-Stop Shop for Health Information

Searching for a new doctor? Looking for free local wellness events? Curious about a medical condition?

Lakeland's website was recently redesigned to make it easier than ever to help you find the latest health and wellness information. Visit www.lakelandhealth.org to explore these new and exciting features:

- **Responsive Design** – Allows the site to automatically resize to any device, including your cellphone, tablet, laptop, or desktop.
- **Physician Search** – Quickly and effectively search and view physician profiles based on location, expertise, and training. Many providers also have video profiles, so you can "meet" them before your appointment.
- **Locations** – Search for Lakeland locations by type, specialty, or zip code and receive real-time Google Map driving directions.
- **Content Library** – Accredited health news, articles, and quizzes are continuously added to the site. You'll also find a sidebar on each page with related information, such as news and events.
- **Translation with One Click** – The entire site can be translated to a visitor's preferred language using a button on the toolbar.
- **Search Capabilities** – The robust search tools display related content based on how applicable it is to your request rather than just alphabetically.
- **Events Calendar** – All upcoming Lakeland classes and events can easily be searched by date range or specialty and then directly added to your personal calendar.



Allergy Season Spirals into Bloom



Many people are happy to see the end of this long, cold winter, but those with pollen allergies might not greet spring with open arms.



There are, however, a number of things people with pollen allergies—also called hay fever—can do to reduce or prevent symptoms, said **Stephen Bovenkerk, DO**, of Lakeland Ear, Nose, and Throat, which has locations in Niles, Berrien Springs, and St. Joseph.

“It’s important to know what you’re allergic to so you can avoid those triggers,” Dr. Bovenkerk said. “An allergy or asthma specialist can identify the things that cause allergy symptoms such as sneezing, a runny nose, and itchy eyes.”

Here are some tips to help keep your allergies in check:

- Monitor pollen and mold counts, and stay inside when they’re high.
- After working or playing outdoors, take a shower, wash your hair, and change your clothes.
- Keep windows and doors shut at home and in your car during allergy season. Use air conditioning, which cleans the air.
- Try to avoid mowing the lawn or raking leaves. If you have to do these chores, it might be a good idea to wear a mask.
- Take allergy medications as prescribed and start using them before symptoms begin. Be careful when using over-the-counter allergy medications because they can cause sleep and thinking problems.
- Allergy vaccinations are another option. They slowly introduce your body to allergens so it learns to tolerate them rather than triggering an allergic reaction. These vaccinations can reduce symptoms of many allergies, prevent the development of new allergies and, in children, stop allergies from progressing to asthma.
- Be aware that many types of pollen and molds are found across the nation, and you might encounter new allergy triggers if you travel or move to a different region.

How Much Do You Know About Seasonal Allergies?

For people with seasonal allergies, spring can be a time of sniffles and sneezes. Find out more about seasonal allergies by taking this quiz.

1. Which of the following is a symptom of seasonal allergies?

- A. Sneezing
- B. Stomach pain
- C. Muscle cramps
- D. All of the above

2. What causes seasonal allergies?

- A. Airborne pollens
- B. Pet dander
- C. Mold spores
- D. A and C

3. Which of the following is true about pollens?

- A. They’re tiny male cells of flowering plants
- B. They’re smaller than the width of a human hair
- C. Pollens from plants with bright flowers, such as roses, usually don’t trigger allergies
- D. All of the above

4. Which of the following is true about molds?

- A. They’re microscopic parasites
- B. Mold spores float in the air like pollen
- C. Mold season occurs in the summer
- D. All of the above

5. What do pollen and mold counts measure?

- A. The amount of airborne allergens present in the air
- B. The number of people who suffer from these allergens
- C. The number of these allergens that grow in each state
- D. None of the above

1. A. Sneezing. 2. D. A and C. (Pet dander is another allergen, but can affect a person year-round, not just seasonally.) 3. D. All of the above. 4. B. Mold spores float in the air like pollen. 5. A. The amount of airborne allergens present in the air.

Getting to the Heart of Chest Pain



There's never a good time for an emergency—especially not on a holiday. But when St. Joseph resident **George Barfield** experienced sharp chest pains on Christmas Day, he knew that he couldn't wait to seek medical attention.

George's wife, **Sara Shambarger**, immediately brought him to the Emergency Department at Lakeland Medical Center, St. Joseph. As accredited Chest Pain Centers, the Lakeland hospitals in both St. Joseph and Niles specialize in caring for patients with chest pain like George.

"I've been in other hospitals before, and it was nothing like that. I was very proud of my hospital." — George Barfield

Because of the nature of George's symptoms, he needed to stay overnight in the cardiac observation room to determine whether he was having a heart attack. George credits the Emergency Department team with helping him feel comfortable during what could have been a frightening experience.

"Every person who came in was concerned that I had the information I needed and reassured me that I would be OK," George said. "I felt confident they were taking great care of us."

Throughout the night, George was monitored closely, and his blood was drawn every four hours to check for indicators of a heart attack. Fortunately, the medical staff confirmed that George's chest pain was the result of complications from the flu rather than a heart attack, and he returned home that afternoon.

Over the next few weeks, George recovered at home and followed up with his longtime doctor, **George Heenan, MD**, of Family Physicians of St. Joseph. Looking back, George is impressed with his treatment.

"I've been in other hospitals before, and it was nothing like that," he said. "I was very proud of my hospital."

Is It a Heart Attack?

Damage to the heart can be prevented if early signs of a heart attack are recognized and treated quickly. Pay attention to the early symptoms below, and remember that these may come and go until becoming constant and severe:

- Anxiety
- Back pain
- Chest pressure, squeezing, or discomfort
- Fatigue
- Feeling of fullness
- Jaw pain
- Nausea
- Pain that travels down one or both arms
- Shortness of breath

Even if you aren't sure if it's a heart attack, call 9-1-1 immediately for medical attention. Your treatment will begin as soon as you enter the ambulance and come through the hospital doors.



After his bout with the flu, George has a new appreciation for his health and for being able to pursue his many passions, which include woodworking, basket-weaving, teaching, and writing a column every other month for the Herald-Palladium.



Love Your Heart

Take a free online heart risk assessment, learn about early heart attack symptoms, and more at www.lakelandhealth.org/healthyheart

A New Spin on Hip Replacements



After experiencing pain in her left hip for two years, Berrien Springs resident **Beth Siebenmark** realized it was time to take action.

“The pain was right in my groin and ran down my leg,” said Beth, a retired corrections officer. “It didn’t seem to be coming from anywhere, and it didn’t seem to be getting better. That’s when I knew I needed help.”

Beth’s family physician, **Samuel West, MD**, of Franciscan Physician Network in New Buffalo, referred her to **Kenneth Edwards, MD**, of Southwest Michigan Center for Orthopaedics and Sports Medicine in St. Joseph. After talking with Beth and reviewing her x-rays, Dr. Edwards gave her the news she had expected—that she would need a total hip replacement.

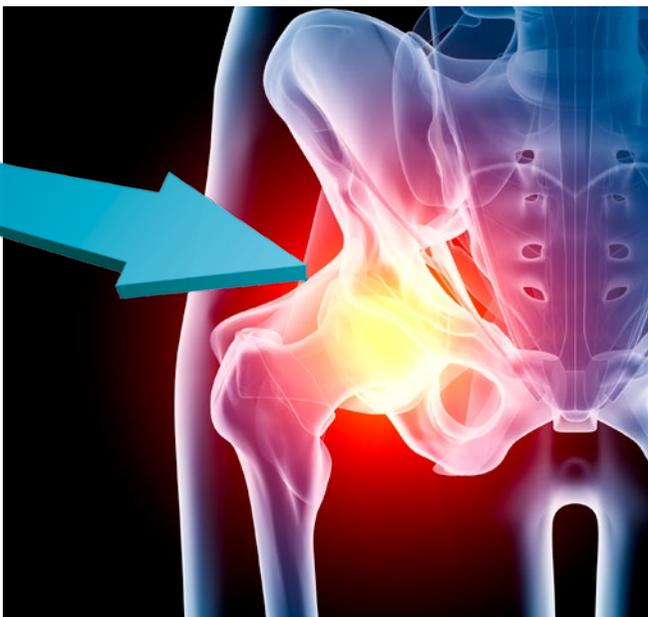
Fortunately, new technology at Lakeland Medical Center, St. Joseph, would make it possible for Dr. Edwards to perform Beth’s hip replacement using the direct anterior approach, a minimally invasive option that results in a smaller incision, less tissue trauma, and less pain for the patient. This approach utilizes a unique hip and knee arthroplasty surgical table, called the HANA table, which allows a surgeon to reach the hip joint from the front of the hip, as opposed to the side or back, so that work can be done through the natural interval between the muscles.

Beth felt confident about being the first patient to undergo this new procedure at Lakeland—especially given how pleased she was with the results of her knee surgery with Dr. Edwards in 2010.

“Dr. Edwards does great work, and I had absolutely no problems with my knee replacement four years ago,” she said.

After a successful hip replacement surgery at Lakeland, Beth is thrilled to be able to spend time with her beloved pet, Missy, without pain slowing her down.

Interested in meeting more Lakeland patients like Beth? Read their stories at www.lakelandhealth.org/stories



“I’m amazed by how quickly I recovered. I can walk—I could probably even run if I had to!”

– Beth Siebenmark

After a successful surgery on December 16, Beth was soon up walking the hallways at the hospital and participating in Lakeland’s Total Joint Camp, specialized rehabilitation designed to help joint replacement patients safely return to daily activities.

“It was as smooth as could be,” Beth said. “They glued me together, so I didn’t even have stitches or staples.”

Today, Beth can keep up with ten grandchildren and three great-grandchildren without having to worry about pain slowing her down. She says she wouldn’t hesitate to recommend the direct anterior approach to anyone facing hip replacement surgery.

“I’m amazed by how quickly I recovered,” Beth said. “I can walk—I could probably even run if I had to!”



Looking for more information on joint pain and injuries? **Kenneth Edwards, MD**, of Southwest Michigan Center for Orthopaedics and Sports Medicine, will discuss the latest advances in orthopedics at upcoming seminars in Niles and St. Joseph. See the calendar on **page 8** for details, and sign up today!

Understanding Joint Pain

Sprained ankles and wrists, arthritic knees and hips, and torn rotator cuffs all have one thing in common: they result in joint pain. Here are several medical conditions that can cause joint pain.

Arthritis

Persistent joint pain, swelling, and limited range of motion are typical symptoms of arthritis. Inflammatory types of arthritis, such as rheumatoid or gouty arthritis, may also make the joint red, hot, and tender to the touch.

Osteoarthritis

This is a chronic disease of the joints and the most common joint disorder. The cartilage between a joint’s bones gradually wears away with time and use. The lack of cartilage results in pain and stiffness in the joint.

Tendonitis

Tendonitis is inflammation of a tendon, a thick fibrous cord that attaches muscle to bone. Some common names for tendonitis are tennis or golfer’s elbow and repetitive stress injury. Symptoms include pain, tenderness, and mild swelling near a joint.

Sprains

A sprain is an injury to a ligament. The severity of the injury depends on how badly a ligament is torn or strained and the number of ligaments involved. A sprain can result from a fall, sudden twist, or blow to the body that forces a joint out of its normal position. The usual signs and symptoms include pain, swelling, bruising, and loss of the ability to use the joint.

Bursitis

The bursae are fluid-filled sacs around the joints that allow muscles and tendons to slip easily over the ends of bones. If these bursae become inflamed, the joint will be painful.

See Your Provider

Although mild joint pain can often be treated with RICE (Rest, Ice, Compression, and Elevation) and over-the-counter pain and inflammation relievers, you should see a doctor if you have severe pain, can’t put any weight on the joint, it looks crooked, or you can’t move it. Do not resume full activity before you are fully recovered or you are at greater risk for re-injury.



Need to see a doctor?

Visit www.lakelandhealth.org/physicians

calendar of events

Lakeland Health offers a wide variety of programs and events designed to help you live a healthier lifestyle.
All programs are free unless otherwise noted.



special events

Seminar: Is It an Addiction, Habit, or Obsession?

Addiction can take many forms—food, gambling, substances, shopping, and even dependence on technology such as mobile devices and social media. Join professionals from Southwestern Medical Clinic's Christian Counseling and Psychological Services for a discussion about the differences between habit, obsession, and addiction, which will include a presentation on the psychological and emotional implications of addictive behavior. Call (269) 429-7727 to learn more.

Tuesday, April 21
6:00 to 7:00 p.m.

Lakeland Medical Center, St. Joseph
Frederick S. Upton Education Center

Save the Date!

Physician Speaker Series Event: **New & Notable in Orthopedics**

Struggling with joint pain or an injury? Join **Kenneth Edwards, MD**, of Southwest Michigan Center for Orthopaedics and Sports Medicine, to learn how the latest advances in orthopedics can help you get back to the activities you enjoy as quickly as possible. Hors d'oeuvres begin at 5:30 p.m., followed by the presentation from **6:00 to 7:00 p.m.** To register, call (269) 556-2808 or (866) 260-7544.

Thursday, May 21

Lakeland Medical Center, St. Joseph
Frederick S. Upton Education Center

Thursday, June 4

Niles District Library





Babysitting with Confidence

This free course covers topics that give adolescents the confidence and knowledge for caring for small children. Preregistration is required; call (269) 556-2808 or (866) 260-7544. Participants must be in the fifth grade or 11 years of age or older to register for the class.

Saturday, May 16

8:30 a.m. to 12:30 p.m.

Lakeland Hospital, Watervliet
Classroom A & B

Monday, June 22

8:30 a.m. to 12:30 p.m.

Lakeland Medical Center, St. Joseph
Frederick S. Upton Education Center

Blood Drives

Patients at all Lakeland hospitals benefit from community blood drives, including those receiving treatment for trauma, surgery, those with bleeding disorders, as well as those undergoing treatment for cancer. Make a lifesaving difference and donate blood at one of these drives:

Wednesday, April 15

Wednesday, June 17

11:00 a.m. to 6:00 p.m.

Lakeland Hospital, Niles
Large Meeting Room

Friday, May 22

9:15 a.m. to 3:30 p.m.

Lakeland Medical Center, St. Joseph
Frederick S. Upton Education Center

Community CPR Classes

Immediate CPR can double, or even triple, a cardiac arrest victim's chance of survival. This course is for anyone with limited or no medical training who needs a course completion card in CPR and AED use to meet job, regulatory, or other requirements. Participants will earn a two-year certification for HeartSaver® CPR AED from the American Heart Association. Attendees must be at least 16 years old. Course fee is \$25 and includes training manual. Preregistration is required.

Saturday, April 18

9:00 am to 12:00 p.m.

Lakeland Medical Center, St. Joseph
Frederick S. Upton Education Center, Rooms 5 and 6



Good Grief

This program is for grieving people and covers topics such as why you feel the way you do; how to cope with loss, guilt and regret; and finding a sense of peace. Each seven-week session meets for an hour and thirty minutes of information and sharing, and is free of charge and open to anyone in the community. For more information, call Hospice at Home at (269) 429-7100.

Tuesdays, May 5 to June 16

3:30 to 5:00 p.m.

Hospice at Home, St. Joseph

Thursdays, May 7 to June 18

1:30 to 3:00 p.m.

Hospice at Home, South Haven

Thursdays, May 7 to June 18

2:30 to 4:00 p.m.

Hospice at Home, Buchanan



Lory's Place Run, Walk and Rock

Run, walk, or rock to benefit the bereavement programs and other unique services provided for free by Lory's Place. Presented by the McLoughlin Family Foundation, this event takes walkers and runners through St. Joseph's Edgewater area and along Lake Michigan. To learn more and to register, visit www.lorysplace.org or call (269) 983-2707 or (800) 717-3812.

Saturday, May 16

Registration from 7:00 to 8:15 a.m.

5K run/walk starts at 8:30 a.m.

All events start and finish at Lory's Place, St. Joseph

 **event locations** SEE PAGE 16

Senior Expo

Lakeland Health is sponsoring the Health Pavilion at this year's Senior Expo. Stop by for health education and free screenings. No special preparation is required for the screenings, and results will be available immediately for participants to share with their physicians. To learn more, call (269) 556-2808 or (866) 260-7544.

Friday, May 15

10:00 a.m. to 3:00 p.m.

Lake Michigan College Mendel Center
Grand Upton Hall

cancer care

Look Good... Feel Better

This free class is for women who are currently undergoing chemotherapy. Cosmetologists provide cosmetic advice, information on skin care, and suggestions for the use of wigs, turbans, and scarves. Participants receive a free makeup kit valued at \$300 from the Personal Care Products Council. This two-hour class meets at 5:30 p.m. on the second Monday of the month in the Marie Yeager Cancer Center at the Health Park. Class size is limited; call (269) 556-7197 to register.

Monday, April 13

Monday, May 11

Monday, June 8

Lung Cancer Screening Program

Are you a smoker or former smoker? Are you concerned about your lung health? The Lakeland Lung Cancer Screening Program offers eligible participants a CT scan lung cancer screening for \$150. For more information about the Lung Cancer Screening Program, eligibility requirements, or to schedule an appointment, call (269) 556-2885, or visit www.lakelandhealth.org/healthylungs



Tai Chi for Health

This free class is led by a certified Tai Chi for arthritis instructor and meets Wednesdays from noon to 1:00 p.m. in the Kinney and Ward Conference Rooms at the Marie Yeager Cancer Center. The class helps improve muscle strength, flexibility, and balance for patients, caregivers, and volunteers of the Cancer Center. Preregistration and a physician's release are required. To register, call (269) 556-2808 or (866) 260-7544.

Volunteers Needed for Road to Recovery

Cancer patients without reliable rides may have to miss or delay cancer treatment, which could have devastating effects on their health. To make sure that patients have transportation, the American Cancer Society, in partnership with Lakeland Health is searching for volunteer drivers in and around Berrien County for the Road To Recovery® program. If you are interested in volunteering, call (800) 227-2345.

diabetes care

Pre-Diabetes Class

This free group class helps participants with higher-than-normal blood sugar levels learn about lifestyle changes which may help avoid or delay the onset of diabetes. Preregistration is required; for more information or to register, call (269) 556-2868.

Thursday, April 9

Thursday, June 4

5:30 to 7:30 p.m.

Center for Outpatient Services, St. Joseph
Pharmacy Conference Room

Thursday, May 7

5:30 to 7:30 p.m.

Lakeland Hospital, Niles
Buchanan Area Health Resource Library





Diabetes Education – Group & Individual

Lakeland offers ongoing diabetes self-management education in Niles, St. Joseph, and Watervliet. Registered nurses and registered dietitians who are certified diabetes educators lead the sessions. Topics covered include: type 1 and type 2 diabetes; gestational diabetes; medication and insulin management; and insulin pump and continuous glucose monitoring management. A physician's referral is required. For more information, call (269) 556-2868.

Ongoing Diabetes Support - St. Joseph

Anyone with diabetes, along with their family or friends are welcome to join this meeting. Topics will include tips on healthy eating, new recipes, and daily care updates. Meets the first Wednesday of every month from 6:30 to 7:30 p.m. in the Community Room at Lakeland Medical Center, St. Joseph. For more information, call (269) 556-2868.

Ongoing Diabetes Support - Niles

This weekly group offers support for people living with diabetes. The focus will be on exercise, recipes, and daily management tips. Meets at the Ferry Street Resource Center. For more information, call Sue Polishuk (269) 687-9860.

family/parenting

Expectant Parents

Lakeland's free expectant parent classes include Preparing for Childbirth, Welcome Baby, as well as Boot Camp for New Dads and Maternal Connections for first-time moms. Preregistration is required. Call (269) 927-5355 for St. Joseph-area classes and (269) 687-1829 for Niles-area classes.

Thinking About Breastfeeding?

Monthly Class for Moms and Dads

Learn about breastfeeding from delivery room to postpartum, types and use of breast pumps, weaning, returning to work, and more. Cost: \$30. To register, call (269) 556-2808 or (866) 260-7544.

All classes are from 6:00 to 8:00 p.m.

Tuesday, April 21

Monday, June 15

Lakeland Medical Center, St. Joseph
Frederick S. Upton Education Center

Monday, May 18

Lakeland Hospital, Niles
Meeting Room

Breastfeeding Resources

The Breastfeeding Boutique is located at the Center for Outpatient Services, St. Joseph. All services are by appointment and include private lactation consults, baby weight assessments, and custom bra fittings. The boutique offers a full line of Medela® products, including breast pumps for purchase or rental. Nursing apparel and accessories are also available. Free product delivery to moms at the Lakeland hospitals in Niles and St. Joseph. Visit www.lakelandhealth.org/lactation or call a Lakeland Lactation Consultant at (269) 927-5355, Monday through Friday from 8:30 a.m. to 4:00 p.m., or call (866) 260-7544.

Breastfeeding Support Group

Lakeland Community Health and Wellness is now holding a Breastfeeding Support Group for all breastfeeding mothers (and their babies) as well as expectant mothers. Led by Certified Lactation Consultant **Denise Lenardson, RN, CCE, IBCLC**, the group provides a forum for breastfeeding women to gain confidence, support, and guidance. A scale for weighing babies will also be available during the meetings. For more information, call (269) 927-5355.

Every Wednesday (except holidays)

11:00 a.m. to noon

Center for Outpatient Services, St. Joseph
Pharmacy Conference Room

 **event locations** SEE PAGE 16

general health

Bones in Balance

This four-week class teaches those diagnosed with osteoporosis and osteopenia how to successfully live with these conditions through self-management. Classes include valuable self-management tips from a pharmacist, specially trained physical therapists, registered dietitian, nurse educator, and counselor. A physician order is required; the class is billable to your insurance. There is a \$25 registration fee. To register, call (269) 556-7150.

All classes are 9:00 to 11:30 a.m. or 5:00 to 7:30 p.m.

Tuesdays/Thursdays:

April 7 – 30

May 5 – 28

June 2 – 25

Center for Outpatient Services, St. Joseph

Cooking for Your Heart

This presentation includes a cooking demonstration by a Lakeland registered dietitian, with taste-testing of the demonstrated recipe and tips on heart-healthy cooking techniques. Attendees will also learn about easy ingredient switches designed to help raise “good” cholesterol (HDL) and lower “bad” cholesterol. Preregistration is required. Please call (269) 556-2808 or (866) 260-7544 to register.

All classes held from 6:00 to 7:00 p.m.

Monday, April 6

Lakeland Hospital, Niles Meeting Room

Tuesday, April 14

Lakeland Medical Center, St. Joseph Frederick S. Upton Education Center, Room 3

Friday, April 24

Center for Outpatient Services, St. Joseph Pharmacy Conference Room

Tuesday, April 28

Lakeland Hospital, Watervliet Boardroom



Win May Flowers!

Just in time for Mother’s Day, enter our drawing to receive a spring floral bouquet courtesy of Lakeland. Entries must be received by Monday, April 27. To enter and for a complete list of rules, visit www.lakelandhealth.org/flowers



Cooking on a Budget

Learn tips from a Lakeland registered dietitian on how to purchase healthy food for less, how to adapt recipes to use foods that are available, and how to build a pantry that can be used to create many different meals at any time. Cooking demonstrations and taste-testing will be included. Preregistration is required. Please call (269) 556-2808 or (866) 260-7544 to register.

All classes held from 6:00 to 7:00 p.m.

Wednesday, May 6

Lakeland Hospital, Niles Meeting Room

Tuesday, May 12

Lakeland Medical Center, St. Joseph Frederick S. Upton Education Center, Room 3

Friday, May 22

Center for Outpatient Services, St. Joseph Pharmacy Conference Room

Wednesday, May 27

Lakeland Hospital, Watervliet Boardroom



Reduce Anxiety, Stress, and Pain with NADA and Healing Touch

Certified NADA (National Acupuncture Detoxification Association) instructors provide ear acupuncture to help restore balance to the body and Healing Touch to clear, balance, energize, and support the human energy system. Benefits include increased calmness, better sleep, less agitation, stress relief, and reduced cravings for alcohol and drugs, including nicotine. Registration is not required. A suggested donation of \$15 per 45-minute session helps defray costs. For more information, call (269) 449-4494 or (269) 449-5465.

Wednesdays

4:00 to 7:00 p.m.

Marie Yeager Cancer Center Ward and Kinney Conference Room

Ready to Quit Smoking and Start Your Smoke-Free Life?

Your healthcare provider strongly recommends that you stop smoking as soon as possible. Join Lakeland Health's tobacco treatment specialist **Margaret Clayborn** for a six-week smoking cessation program. Receive the tools you need to kick your tobacco habit for good. Classes are one hour each, provided free of charge and open to the community.

Mondays, April 13 to May 18

Lakeland Hospital, Niles
Health Resource Library

Tuesdays, April 14 to May 19

Lakeland Medical Center, St. Joseph
Community Room

Thursdays, April 16 to May 21

Lakeland Hospital, Watervliet
Classroom A

For more information on upcoming classes, call (269) 927-5403 or email smokefreelife@lakelandhealth.org

Stress Management 101

This free, interactive class will explain the signs and symptoms of stress as well provide stress management techniques. Preregistration is required by calling (269) 556-2808 or (866) 260-7544.

Wednesday, April 15

10:00 to 11:00 a.m.

Niles District Library

Stroke 101

Learn all about strokes, including risk factors, ways to decrease your risk, and the warning signs of stroke. The presentation will also discuss the importance of early treatment by calling 9-1-1. Preregistration is required by calling (269) 556-2808 or (866) 260-7544.

Friday, May 1

12:30 to 1:30 p.m.

Salvation Army, Niles

Tuesday, May 5

12:30 to 1:30 p.m.

North Berrien Senior Center, Coloma

Tuesday, May 12

11:00 a.m. to 12:00 p.m.

Benton Harbor Public Library

 **event locations** SEE PAGE 16



Fitness 101

Regular physical activity performed on most days of the week reduces the risk of developing or dying from some of the leading causes of illness in the United States. This class explores the different elements of fitness and its benefits on an individual's overall health. Practical ways to incorporate daily fitness and forming an individualized fitness plan will be discussed. Preregistration is required by calling (269) 556-2808 or (866) 260-7544.

Thursday, May 14

6:30 to 7:30 p.m.

Niles District Library

MyPlate 101

This class will help you understand the importance of proper nutrition and how it impacts your general health and well-being. You will learn how to read food labels and how to avoid "portion distortion." You will get tips on making a great plate and eating better on a budget. Preregistration is required by calling (269) 556-2808 or (866) 260-7544.

Saturday, June 6

10:00 to 11:00 a.m.

Niles District Library

Free Screening and Wellness Workshop

Community Health and Wellness of Lakeland Health will offer a free fasting cholesterol lipid panel, blood pressure and BMI screening. The cholesterol lipid panel includes total cholesterol, HDL, LDL, triglycerides and blood sugar. A 12-hour fast (no food, only water) is required. Participants must be age 18 or older. Following your screening, stay and enjoy free refreshments and talk one-on-one with health coaches. Registration is required; walk-ins will be accepted if space is available. To make an appointment, call (269) 556-2808 or (866) 260-7544.

Wednesday, June 17

8:00 to 10:30 a.m.

Ferry Street Resource Center, Niles



Walk-In Health Screenings

First on Fridays and Walk-In Wednesdays provide convenient, confidential wellness screenings in St. Joseph and Niles.

Participants receive a free blood pressure screening with any paid service below. Learn more, call (269) 556-2808 or (866) 260-7544.

Screenings offered include:

- Cholesterol lipid panel (12-hour fasting): Includes total cholesterol and HDL, LDL, triglycerides, and glucose; TC/HDL ratio is provided to determine risk of heart disease. Cost: \$39.
- Bone density screening for women: The Achilles Express uses ultrasound to evaluate bone status in the heel, providing a T-score for determining bone density. Cost: \$29.
- Body composition analysis (body fat percentage): Determines accurate body composition in less than 10 seconds. Analysis calculates the amount of fat mass to be lost to achieve a healthy body fat percentage. Cost: \$29.

First on Fridays

First Friday of the month from 7:00 to 10:00 a.m.

Inside the Niles-Buchanan YMCA at Lakeland Rehabilitation Services, Niles

Walk-In Wednesdays

First Wednesday of the month from 7:30 to 11:30 a.m.

Center for Outpatient Services, St. Joseph

Health Resource Library

Looking for information on a disease, condition, or procedure? The Buchanan Health Resource Library in Niles provides easy access to free, up-to-date health information. Call (269) 687-1868 for more information.

Buchanan Area Health Resource Library
Lakeland Hospital, Niles



Now Available! Lakeland Annual Report

Did you know that Lakeland provided a total of more than \$22 million in community benefits last year? Find details on our financials, our commitment to the community, and much more in our annual report, available at www.lakelandhealth.org/report



heart care

Eating Right for a Healthy Heart

Learn how better food habits can help reduce your risk of heart disease and stroke. A registered dietitian will provide tips on following the American Heart Association's eating plan. A 24-hour advance registration is requested. A minimum of six participants is needed for class to be held. To register, call (269) 556-2808 or (866) 260-7544.

Tuesday, April 14

1:00 to 2:00 p.m.

Lakeland Medical Center, St. Joseph
Community Room

Wednesday, May 13

6:00 to 7:00 p.m.

Lakeland Medical Center, St. Joseph
Community Room

Wednesday, June 17

5:00 to 6:00 p.m.

Lakeland Medical Center, St. Joseph
Community Room



 **event locations** SEE PAGE 16

Living Well with Congestive Heart Failure

This free class will explain the causes and symptoms of heart failure and why your heart isn't pumping as well as it should. You'll learn new daily routines for managing this chronic disease and how to take control of your health. Preregistration is required; please call (269) 556-2808 or (866) 260-7544.

All classes held from 5:30 to 6:30 p.m.

Tuesday, April 7

Tuesday, June 2

Center for Outpatient Services, St. Joseph Pharmacy Conference Room

Tuesday, May 5

Lakeland Hospital, Niles Buchanan Area Health Resource Library



weight management

Fitness and Lifestyle Improvement Plan (FLIP)

FLIP is an eight-week program that combines the three essential components for permanent weight loss: nutrition education, behavior modification, and exercise. Cost is \$250 and includes all pre-program health and fitness assessments, a two-month fitness membership, and weekly education classes. Preregistration two weeks in advance is required. Call (269) 556-7171 for more information.

All classes held from 5:00 to 6:00 p.m.

Wednesdays, April 8 to May 27

Wednesdays, June 3 to July 22

Center for Outpatient Services, St. Joseph Pharmacy Conference Room



Lose Weight ... Find Health

Michael Schuhknecht, DO, Medical Director of Bariatric Services at Lakeland Health, will discuss options for losing weight and local resources, including bariatric surgery. To learn more, call (269) 687-4673 or (877) 467-3858.

All seminars are 6:30 to 8:00 p.m.

Wednesday, April 1

Wednesday, June 3

Lakeland Medical Suites, Niles Community Conference Room

Wednesday, May 6

Wednesday, July 1

Lakeland Medical Center, St. Joseph Frederick S. Upton Education Center, Room 4



Weight Loss Support Group

The Lakeland Comprehensive Weight Loss Center offers a free support group for individuals who have undergone weight loss (bariatric) surgery or medical weight loss. The program is open to former patients of the weight loss center as well as those who've had surgery at other facilities. All sessions are from 6:00 to 7:00 p.m.; topics vary monthly. Registration is encouraged by calling (269) 687-4673.



support groups

Support groups can be found on Lakeland Health's website at www.lakelandhealth.org/support



Lakeland Hospital, Niles VIP Club

This club is for anyone who wants access to special discounts and community events at Lakeland Hospital, Niles. Membership is FREE and joining is easy!

Simply visit www.lakelandhealth.org/vipniles and fill out the registration form; or call (269) 687-1401 for more information.

Participants will receive a personalized card that allows them to take advantage of a variety of perks. Club members will also be mailed a newsletter describing the many wellness programs, health screenings, physician lectures, luncheons, discounts and promotions. You do not need to be a patient to join.



VIP Benefits Include:

- Early notice of public health clinics and screenings, flu shots and more
- Access to a variety of single and multi-day trips at discounted rates
- Discounted monthly glucose, cholesterol, and blood pressure screenings
- Free monthly "lunch and learn" educational series
- Guaranteed seating at any physician seminar



www.lakelandhealth.org/vipniles



event locations

Benton Harbor

Benton Harbor Public Library
213 E. Wall Street

Lake Michigan College Mendel Center
2755 E. Napier Avenue

Buchanan

Hospice at Home, Buchanan
4017 Chamberlain Road

Coloma

North Berrien Senior Center
6648 Ryno Road

Niles

Ferry Street Resource Center
620 Ferry Street

Lakeland Hospital, Niles

31 N. St. Joseph Avenue

Lakeland Medical Suites, Niles

42 N. St. Joseph Avenue

Niles-Buchanan YMCA

905 North Front Street

Niles District Library

620 E. Main Street

Salvation Army of Niles

424 N. 15th Street

St. Joseph

Center for Outpatient Services, St. Joseph

3900 Hollywood Road

Hospice at Home, St. Joseph

4025 Health Park Lane

Lakeland Medical Center, St. Joseph

1234 Napier Avenue

Lory's Place

445 Upton Drive

Marie Yeager Cancer Center

3900 Hollywood Road

South Haven

Hospice at Home, South Haven

05055 Blue Star Memorial Highway

Watervliet

Lakeland Hospital, Watervliet

400 Medical Park Drive

Celebrate Cinco de Mayo with a Fresh Take on Burritos

There's no better excuse to enjoy south-of-the-border-inspired flavor than Cinco de Mayo, a holiday that honors the Mexican army's victory over France in the Battle of Puebla. Your whole family will love these burritos, and you'll be just as pleased with the budget-friendly ingredients.

"This super-inexpensive recipe is a definite crowd-pleaser!"

– Heather Rudnik, Lakeland Health Registered Dietitian

Winter Squash Burritos

Makes six burritos

Ingredients

- 1 butternut squash (or other winter squash), cut into ½ inch cubes
- 1-2 tablespoons canola oil
- 1 onion, diced
- 1 (15 oz.) can black beans, rinsed
- 2 teaspoons taco seasoning*
- 6 whole-wheat tortillas

Serving Size One Burrito: Calories: 268, Protein: 8g, Carbohydrates: 40g, Dietary fiber: 8g, Total Fat: 10g, Saturated Fat: 1g, Sodium: 282mg

Directions

Preheat oven to 425 °F.

Toss cubed squash with canola oil and place in a single layer on a baking sheet.

Roast in the oven for 10 minutes, stir, and cook for another 10-15 minutes or until tender.

While the squash is roasting, cook the diced onion over medium heat until soft. Stir in the black beans and the squash when it is finished cooking.

Season with taco seasoning and spoon onto whole-wheat tortillas.

Roll, serve, and enjoy!

** Make your own taco seasoning to save money and control sodium content: mix together 1 tablespoon chili powder, 1½ teaspoon cumin, 1 teaspoon of pepper, 1 teaspoon salt (optional), ½ teaspoon paprika, and ¼ teaspoon each of garlic powder, onion powder, crushed red pepper, and dried oregano.*



Looking for more great recipes and healthy cooking tips? Turn to the calendar on page 12 for details on our upcoming cooking classes, and find more information at www.lakelandhealth.org



Program Offers New Hope for Feeding Challenges



Coloma resident **Amy Masiker** remembers a time when her son, **Maxtyn**, would eat just about anything.

"He used to eat everything on our plates when he was about one year old," Amy said. "But when he got sick, everything changed."

At age two, Maxtyn began struggling with cyclic vomiting syndrome (CVS), a condition characterized by episodes of severe nausea and persistent vomiting. He was later diagnosed with a physical delay, and his physicians also suspected autism or mitochondrial disease. As a result of these health problems, Maxtyn had trouble eating certain foods, which kept him from gaining weight.

"The only things Maxtyn ate were corndogs and pizza—anything new was scary to him," Amy said. "Because of his issues with motor skills, he wasn't able to use utensils."

But Amy didn't give up on helping Maxtyn overcome his difficulties with eating. After getting a referral from his pediatrician, Maxtyn began therapy at the Lakeland Outpatient Rehabilitation Center in Coloma, just down the street from the family's home. A year later, Maxtyn's therapists recommended him for a new program being launched at the center, the Lakeland Intermediate Feeding Experience (LIFE) program.

Before starting the program, Speech Language Pathologist **Lisa Sutton** and Occupational Therapist **Kristen Hankamp** evaluated Maxtyn to determine an appropriate individualized feeding program. Treatments can include sensory integration, behavioral modification, oral motor training, and family education.

"Our approach for each child is different based on what we find in the evaluation," Kristen said. "We've worked with kids from four months old on up, and trouble with feeding can be the result of any number of things, including sensory issues, undeveloped motor skills, or an undiagnosed gastrointestinal problem."

Amy brought Maxtyn to see Lisa and Kristen twice a day, two to three days a week, for six weeks. During that time, the therapists worked with Maxtyn on exercises with his mouth, holding a spoon, and trying new foods. Throughout the program, Amy was able to watch Maxtyn's progress from a monitor in a separate room and learn valuable tactics she could use during mealtime at home.

Today, Amy continues to introduce Maxtyn to new foods. Although there are certain things he still won't eat, his list of favorite foods is longer than ever—macaroni and cheese, sandwiches, noodles, and eggs, to name a few.

"It was so helpful to have the tools that Kristen and Lisa taught us," Amy said. "He's so much more willing to try new things, and he realizes it's not as scary. He will even put the spoon in his mouth now."

Does Your Child Have a Feeding Disorder?

Pediatric feeding disorders are on the rise. If you answer yes to any of the following questions, the Lakeland Intermediate Feeding Experience program may be able to help you find a solution.

- Does your child frequently cry or refuse food whenever meal time comes around?
- Does your child have frequent bouts of spitting up or vomiting associated with eating?
- Is your child unable to gain weight because they don't consume enough calories or diagnosed with "failure to thrive"?
- Does your child gag when trying new foods?
- Has your child been diagnosed with Gastroesophageal Reflux Disease (GERD) or are you have difficulty weaning your child off their feeding tube?
- Has your child been diagnosed with dysphagia?
- Does your child have a cleft palate or some structural abnormality making it difficult to eat?



macaroni and cheese
bread
lunch meat
cheese
noodles
eggs



For more information or a free telephone screening, call (269) 468-4318

Two New Board Members Join Lakeland Foundation in Niles

The Lakeland Health Foundation, Niles, recently welcomed two Board members, **Jose Ontiveros** of Niles and **Michael Westfall, DO, FACEP**, of Stevensville.



A Berrien Springs High School graduate, **Jose Ontiveros** earned the Bachelor of Business Administration degree with additional certification in Human Resources from Ferris State University in Big Rapids. He serves as a Branch Manager for Honor Credit Union and is involved in several local organizations, including the Big Brothers Big Sisters Bowl-a-Thon, Junior Achievement, the Niles Four Flags Area Chamber of Commerce, the Niles Noon Optimist Club, and United Way of Southwest Michigan.



In addition to serving as the Medical Director of the Emergency Department at Lakeland Hospital, Niles, **Michael Westfall, DO, FACEP** is the Quality Director of Emergency Medicine and played a vital role in the implementation of Lakeland's electronic health records system. He earned his Doctoral degree in Osteopathic Medicine and completed his residency in Emergency and Internal Medicine at the Chicago College of Osteopathic Medicine at Midwestern University in Illinois. He serves on the board for PACE (Program of All-Inclusive Care for the Elderly) of Southwest Michigan.

Save the Date

Mark your calendar for fun events that make a difference. For more information, visit www.lakelandhealthfoundations.org/events, or call (269) 927-5143



May 7

Hope Grows Annual Luncheon - Niles
Proceeds support free cancer screening services

May 16

Lory's Place Run, Walk, and Rock - St. Joseph
Presented by the McLoughlin Family Foundation
Proceeds support grief healing programs and services at Lory's Place

June 26

Gordon Knutson Memorial Golf Tournament
Watervliet
Proceeds support projects and services at Lakeland Hospital, Watervliet

July 11-18

Tour de Mitt – a Bike Ride for Hospice
Mackinaw City to Stevensville
Proceeds support end-of-life care at the Merlin and Carolyn Hanson Hospice Center

July 24

Reflections Dinner and Auction
St. Joseph
Proceeds support outreach programs and community bereavement education from Lory's Place

August 1

Hospice at Home Wine & Beer Tasting Benefit
South Haven
Proceeds support Hospice at Home and South Haven Area Hospice Foundation

November 7

Lakeland Health Foundations Annual Gala
St. Joseph
Proceeds support Lakeland initiatives that benefit the community

Lung Cancer Screening Program

Are you a smoker or former smoker? Are you concerned about your lung health? The Lakeland Lung Cancer Screening Program offers eligible participants a low-dose helical CT (Computed Tomography) scan for a cost of \$150*, which will be read by a physician. The results will then be reviewed with you. As a participant in the Lung Cancer Screening Program, two additional CT Scans over the next two years or as clinically indicated are available for the same low cost.

Who is eligible?

If you meet the following criteria, you would be eligible for this screening.

- Age 55 – 74 years **AND**
- ≥ 30 pack per year history of smoking **AND**
- If you are a former smoker, your date of quitting was within the last 15 years

Why you should be screened

- There were 108 people in Berrien County diagnosed with lung cancer in 2013.
- Lung cancer is primarily caused by cigarette smoking.
- Most lung cancers are detected when they cause symptoms (i.e., coughing, shortness of breath, weight loss and fatigue).
- One of the keys to more successful treatment of lung cancer is the early detection of the disease.

For more information or to schedule an appointment, call (269) 556-2885, or visit www.lakelandhealth.org/healthylungs

* Check with your insurance carrier for coverage details.

