

HEALTH *currents*

The Magazine of Lakeland Health



A Fresh Take
ON FOOTBALL SEASON

**Win a Programmable
Slow Cooker**

A Pain in the Back –
AS COMMON AS A COLD

Two New Hips and a
SECOND CHANCE AT LIFE

If It Hurts— Let's Fix it Together

Lakeland Health continues to provide the highest quality and safety for orthopedic patients, outranking local health systems and others across the country.

Advanced medical techniques and modern procedures in repairing joints have shortened hospital stays, sped up recovery times, and kept infection rates and other risks of complications low.



Lakeland Hospital, Niles
Lakeland Hospital, Watervliet
Lakeland Medical Center, St. Joseph



Visit www.lakelandhealth.org/ortho to read about people in our community who are now living pain free.

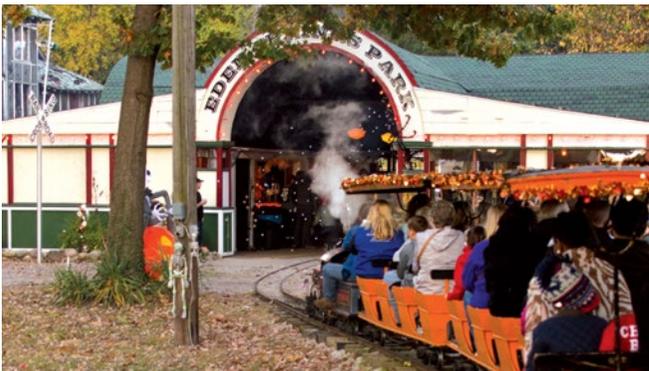


Find an orthopedic surgeon at www.lakelandhealth.org/physicians

on the cover

All Aboard!

Community members of all ages enjoy visiting the old train depot at Eden Springs Park to take a ride on the second oldest running miniature railway in the world. In October, the train depot is transformed into a spooky spectacular for the Halloween season.



HEALTHcurrents

The Magazine of 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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The Future of Health Care in Southwest Michigan

Welcoming a newborn into the world, deciding to take a promotion at work, or selling your house and moving to a new city or state – all of these are major milestones in life that often require a great deal of planning and preparation. While none of us know exactly what the future may hold, here at Lakeland we also spend a great deal of time planning for the future healthcare needs of our community.

We not only focus on how we can provide perfect patient care tomorrow or next week, we also look 10 to 20 years ahead when assessing what our community will need to stay healthy and enjoy a good quality of life. That's why for the past several months, the Lakeland Health Board of Directors has been asking the tough questions such as: what do we need to replace soon and what will be needed to position Lakeland as a world-class medical center in the decades to come?

The result of that exploration was a plan to build a new medical and surgical pavilion at Lakeland Medical Center, St. Joseph – a mission-critical project that will benefit our community in many ways.

Since the current Medical Center was built over 30 years ago, equipment such as the da Vinci® Xi™ robot, and the teams needed to use advanced equipment, have expanded and require more room to ensure the most gentle treatment possible, the best patient outcomes, and top decile safety.

In planning for the new facility, state-of-the-art surgery suites and imaging centers will be centralized to improve patient transitions between multiple care points along their journey in our hospital. The new pavilion will also provide enhanced privacy and amenities for families and visitors, including private corridors for patient transport within the hospital, ease of access and wayfinding both inside and outside the hospital, and generous natural light, offering a healing environment. An updated education center will include community-focused areas for learning healthy living and additional outreach programs.

Just like any other major milestone, the new pavilion will take years of planning and preparation. We will break ground in October and construct the facility in three phases with an estimated completion date of 2020.

Although there is work to do, as, we are excited about what the future of health care in southwest Michigan holds. Over the next three years we plan to ensure that we are equipped to provide the highest quality and safest care to our friends and neighbors for many years to come.

Sincerely,



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

View an architectural animation of our new hospital, visit www.lakelandhealth.org/pavilion



Back-to-School Backpack Safety

According to pediatric physical therapist **Amanda Trail, PT**, a backpack that fits improperly or is too heavy can cause children to alter their postures. This can lead to back, neck, or shoulder pain, muscle strain, tingling, and numbness or weakness in the arms and hands. How much do you know about your child's backpack? Answer the questions below to find out:

- 1. Key components of a "safe pack" include:**
 - a. Wide and padded shoulder straps
 - b. Lightweight design to avoid adding additional weight to the load
 - c. Quality construction
 - d. All of the above
- 2. When full, the backpack shouldn't be more than _____% of your child's total body weight.**
 - a. 5 to 10
 - b. 10 to 20
 - c. 30 to 40
 - d. 50
- 3. Heaviest items should be located where?**
 - a. In the front of the backpack
 - b. At the bottom of the backpack
 - c. Closest to the child's back
 - d. At the top of the backpack
- 4. The backpack should fit snugly on your child's back and be positioned:**
 - a. In the middle of the back
 - b. Below the waist
 - c. Two inches above the waist
 - d. On one shoulder

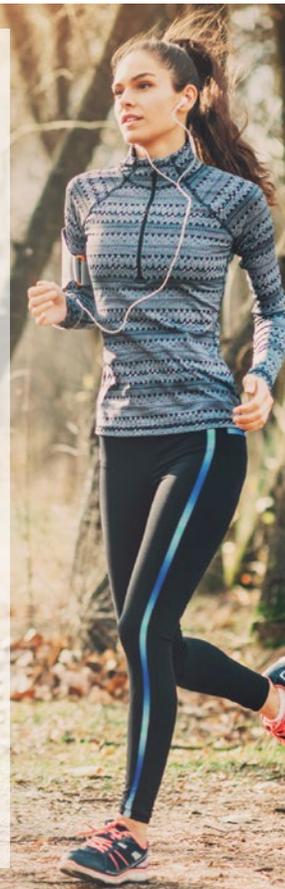


Answers: 1. D, 2. B, 3. C, 4. C

A Winning Workout Playlist

However you choose to get moving, our Get Fit in the Mitt® Community Partners have compiled a playlist sure to keep you motivated and on track this season.

-  **Me Too**
Meghan Trainor 3:02
~ Beverly Manuel
Jazzercise Niles
-  **Awake**
Tycho 4:44
~ Brooke Vladic, Yoga Life Studio
-  **Can't Stop the Feeling**
Justin Timberlake 4:45
~ Lacey Peters, Niles-Buchanan YMCA
-  **Let's Get Ridiculous**
Redfoo 3:33
~ Karen Zielke
Cardio Drumming at Nutri-Zone



How to Have a Healthy Halloween

It's estimated that during the week of Halloween, Americans purchase 90 million pounds of chocolate. However, candy is what we call "empty calories," meaning that it has no nutritional benefit. This is why consuming candy in large quantities can often lead to weight gain.

Furthermore, have you experienced a nauseous, tired, dizzy feeling in the morning? That's called hypoglycemia. Your body is trying to compensate for the amount of sugar in your blood stream with insulin.

This year, put a spooky spin on your Halloween festivities with these non-candy treats that trick-or-treaters are sure to love:

- Temporary tattoos
- Stickers
- Pencils
- Glow sticks
- Bubbles
- Bouncy balls
- Play dough/Silly Putty



A Heads Up for Football Safety

A new school year means a new season of high school sports, and with that comes a new season of potential injuries. According to the Centers for Disease Control and Prevention, the amount of reported concussions has doubled in the last 10 years. Football is still the leading cause of sports-related injuries for children in the U.S.

Keep in mind you can't see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks later. If a head injury does occur, parents and coaches should be able to recognize key symptoms such as:

- Confusion
- Difficulty walking
- Headache
- Loss of consciousness
- Memory loss
- Vision problems

If a parent or coach suspects that someone has experienced a concussion, the player should be immediately removed from play and evaluated by a qualified professional as soon as possible. Players should never go back to playing without a thorough and personal return to play plan closely guided by a provider who is up to date on concussion management.

Certified athletic trainers at Lakeland Health work with area high school athletic programs to provide triage for common injuries, such as sprained ankles, stretched ligaments, and injured shoulders, as well help prevent those injuries by taping, bracing, and conditioning. Get to know your high school's athletic trainer at: www.lakelandhealth.org/athletictraining

Fall Produce Favorites

Everyone knows summer is a season full of tasty fruits and vegetables ripe for the picking. But when the air becomes cooler and the leaves begin to fall, don't miss out on the delicious offerings of the autumn harvest, available on grocery store shelves or at your local farmer's market.



APPLES

high in soluble fiber and vitamin C

BEETS

a versatile vegetable that offers a variety of vitamins and minerals including potassium, magnesium, and fiber, among others



CRANBERRIES



rich in phytonutrients and a good source of vitamin A, vitamin C, and dietary fiber

GRAPES

contain vitamin K, vitamin C, and antioxidants



SWEET POTATOES



offer a rich, sweet flavor loaded with vitamin E, potassium, and copper

WINTER SQUASH

a hearty fruit that is low in fat and full of dietary fiber



Lakeland Health Expands Medical Practice Services

FAMILY MEDICINE

New Lakeland Facility in Buchanan

Family doctor **Roy Parke, DO** has retired after 26 years of outstanding service. The Buchanan Family Medical Center, a facility located at 1045 E. Front Street, will now be known as Lakeland at Buchanan. Current providers, **Derek Henderson, PA** and **Julia Tkachuk, FNP**, have joined Southwestern Medical Clinic, a Lakeland Health Affiliate, which has committed to serving patients at that location. Lakeland Health is currently in the process of recruiting a new physician for the community. To schedule an appointment, call (269) 695-5540

DERMATOLOGY

New Dermatologist Seeing Patients in St. Joseph

Stonegate Dermatology, a Lakeland Health Affiliate, has recently opened within the Stonegate Medical Center on Hollywood Road in St. Joseph. Dermatologist **Riddhi Shah, DO**, will begin seeing patients in October.

Dr. Shah completed her fellowship and residency training with Lakeland Health. During that time, she served as Chief Resident and was an active member of the Graduate Medical Education committee. Prior to relocating to southwest Michigan, Dr. Shah completed a dermatology internship at the University Hospitals Richmond Medical Center in Richmond Heights, Ohio. She earned her medical degree from Midwestern University, Chicago College of Osteopathic Medicine in Downers Grove, Illinois.

To schedule an appointment with Dr. Shah, call (269) 408-4265

PULMONOLOGY

Lakeland Pulmonology Welcomes Two New Physicians

Lakeland Pulmonology, formerly Pulmonary Partners, PC, recently joined Lakeland Health.

Furqan Siddiqi, MD, and **Michael Burton, MD**, will see patients at the practice and within the critical care units at Lakeland Medical Center, St. Joseph, enabling access to immediate pulmonary consultations for those admitted to the hospital.

The care team at Lakeland Pulmonology, located at 3904 Stonegate Park in St. Joseph, diagnoses and treats conditions involving the lungs, respiratory tract, and other breathing problems, including asthma, chronic bronchitis, chronic obstructive pulmonary disease (COPD), lung cancer, and pneumonia, among others.

To schedule an appointment, call (269) 982-5864



TWO NEW HIPs

and a Second Chance at Life

Albert Thomas, 65, of Benton Harbor, knows the value of a second chance. As a young man, he had robbed a grocery store and from 1973 to 2014, Albert was in prison, serving what he believed would be a life sentence. However, in late 2013, Albert's case was presented in front of the parole board who determined his sentence was disproportionate to the crime and released him the following January.

Even after regaining his freedom, Albert still had major struggles to overcome. He was in extreme pain after being assaulted by another prisoner while incarcerated. The constant ache in his hips and legs made it nearly impossible to complete everyday tasks.

"I could hardly walk," he said. "I came out of prison with a cane."

Taking quick action, Albert turned to orthopedic surgeon, **Jeffrey Postma, DO**. Dr. Postma determined that, although both of Albert's hips needed to be replaced, the left hip was a more urgent case. "The x-rays showed it was bone-on-bone," said Albert.

In late 2014, Dr. Postma performed hip replacement surgery on Albert's left hip. The surgery was successful, with no complications. Albert's recovery was speedy, due to his commitment to follow Dr. Postma's instructions for rest, rehabilitation, and care.

In January of 2016, after Albert had fully recovered from his first surgery, Dr. Postma performed a second hip replacement, this time on his right hip. The second time around, rehabilitation was much more difficult for Albert. He had always been very active and fit, but abstaining from strenuous exercise after the first surgery had taken a toll on his body. Still, Albert looked forward to a full recovery.

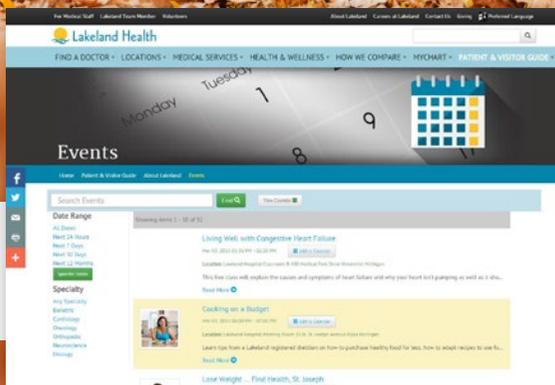
"I lost a lot of years but I want to live to see many more: 90, 95, 100 years. I have to take care of myself to get there," he said.

During Albert's journey through surgery and recovery, he valued the relationship he formed with Dr. Postma.

"Dr. Postma is not only a great doctor, but also has a wonderful personality," said Albert. "I felt well-informed throughout both of my surgeries and am thankful that Dr. Postma kept a close watch on my progress. It doesn't get any better than what he did for me."

Recently, Albert has been speaking to young people and hopes that by sharing his story he can help keep the younger generation from repeating his mistakes. He is also enjoying his second chance at life and making up for lost time with family and friends. His favorite new joint-friendly activity is riding his bike with his childhood friend and now fiancé, Shirley Wills.

calendar of events



New event listings are posted daily on our website, can be searched by date range or specialty, and then directly added to your personal calendar.

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

NEW Prevent. Protect. Correct.

Join Skincare Specialist, **Almond Pond** of BellaNova Women's Health Medical Spa, and a representative from SkinCeuticals®, to discuss the best way to care for your skin. Topics covered include how to know what corrector you need, what an antioxidant is and why we need it, and what sunscreen does and how to know if your sunscreen is good enough. Guests will also have an opportunity to use a Skin Scope, a machine that shows sun damage underneath the skin's surface. Preregistration is required; seating is limited, call (269) 429-8010

Tuesday, October 25

6:00 to 8:00 p.m.

BellaNova Women's Health
Health Park Medical Suites, St. Joseph

NEW Physician Speaker Series: Plastic Surgery Secrets

Do you have questions about plastic surgery, but are too afraid to ask? Join plastic surgeon, **Karen Powers, MD**, for a talk and free refreshments as she discusses everything you need to know about aesthetic and reconstructive plastic surgical care, including information about breast reduction surgery and other common procedures. Dr. Powers will also discuss noninvasive procedures offered at Stonegate Plastic Surgery such as Botox and advanced fillers. Preregistration is encouraged; walk-ins are welcome, call (269) 927-5361

Tuesday, November 15

6:00 to 7:00 p.m.

Hilton Garden Inn

 **event locations** SEE PAGE 13

Community Flu Shot Clinics

Is having a flu shot part of your annual wellness plan? The Centers for Disease Control and Prevention recommend getting a flu vaccine every year for the best protection throughout the flu season.

The 2016–2017 flu vaccine provides protection against H1N1 influenza as well as types A and B influenza. Lakeland’s flu clinics are open to adults age 18 and over.

The cost of the flu shot is \$30.00. Cash and credit cards are accepted. Lakeland Health will bill Medicare for the flu vaccine with proper documentation. Please call (269) 556-2808 or (866) 260-7544 for more information

Niles

Fridays, October 7, November 4, December 2

7:00 to 10:00 a.m.

Lakeland Rehabilitation Services, Niles
Located at Niles-Buchanan YMCA

St. Joseph

Wednesdays, October 5, November 2, December 7

7:30 to 11:30 a.m.

Center for Outpatient Services, St. Joseph



Jazzercise

Get Fit in the Mitt® with jazzercise instructors during a free community fitness class. Jazzercise combines dance-based cardio with strength training and stretching for a total body workout that helps strengthen your heart, tone your muscles, and improve your overall health. Each session is limited to 20 participants. To register, call (574) 208-5169

Thursday, October 6

Session 1 - 5:00 to 5:45 p.m.

Session 2 - 6:00 to 6:45 p.m.

Jazzercise Niles



Watch the Get Fit in the Mitt team move and groove their way to health at www.getfitinthemitt.com

Community CPR Classes

About 92 percent of sudden cardiac arrest victims die before reaching the hospital, but statistics prove that if more people knew CPR, more lives could be saved. Immediate CPR can double, or even triple, a 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. Cost is \$25 which includes a training manual and two year certification. Preregistration is required; please call (269) 556-2808

Tuesday, October 18

6:00 to 9:00 p.m.

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

NEW Lakeland Medical Center Pavilion Groundbreaking

Community members are invited to learn more about what the future of health care in southwest Michigan will look like during a ceremonial groundbreaking in celebration of the new Lakeland Medical Center Pavilion. Guests will enjoy refreshments, activities, and the opportunity to learn more about the project, including renderings and fly through videos of the new building.

Wednesday, October 19

6:00 to 6:30 p.m.

Lakeland Medical Center, St. Joseph
(At the helipad located near the Emergency Department)

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, October 19

Wednesday, December 21

12:00 to 6:00 p.m.

Lakeland Hospital, Niles
Large Meeting Room

Friday, October 14

Friday, December 9

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

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



Fall Wellness Tip

Raking leaves is not only a fall necessity, it’s a great way to burn calories. Don’t forget to warm up before raking and practice good posture, keeping your body straight and tall.

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 Caring Circle at (269) 429-7100

Tuesdays, September 6 to October 18

3:30 to 5:00 p.m.

Caring Circle, St. Joseph

Thursdays, September 8 to October 20

2:30 to 4:00 p.m.

Caring Circle, South Haven

Thursdays, September 8 to October 20

3:30 to 5:00 p.m.

Caring Circle, Buchanan



Holiday Blues

This annual program offers an opportunity to participate in meaningful sharing and gain renewed strength to walk through grief during the holiday season. For more information, call Caring Circle at (269) 429-7100

Thursday, November 10

12:00 p.m.

Caring Circle, St. Joseph

Monday, November 14

5:00 p.m.

Lory's Place, St. Joseph

Wednesday, November 16

12:00 p.m.

Lakeland Hospital, Watervliet

Thursday, November 17

4:00 p.m.

Caring Circle, Buchanan

Thursday, November 17

1:30 p.m.

Caring Circle, South Haven

Summer HealthCurrents Prize Winner!

Ernestine Thomas, a Benton Harbor resident, was the lucky winner of our Summer *HealthCurrents* vegetable gift basket courtesy of Alex's Veggies. We had over 550 people from all over southwest Michigan enter this drawing.

"I love veggies and I love to cook, this is such a great surprise."

— Ernestine Thomas



Fall Wellness Tip

Avoid spending time cooped up at home, suffering from fever, fatigue, and an achy body. Flu season peaks during the winter months. It's best to get a flu shot each fall as soon as the vaccine is available in your area.

International Survivors of Suicide Day

One million people die by suicide every year, leaving behind countless family members and friends to make sense of it. If you have lost someone to suicide, this conference is for you. You'll hear from other survivors about how they cope. The program also features experts sharing what we now know about suicide and grief. To register, call (269) 983-2707

Saturday, November 19

1:30 p.m.

Lory's Place, St. Joseph

BellaNova Women's Health Medical Spa Holiday Open House

Learn more about the services and products available at the medical spa. All products will be discounted 20 percent during this special event, and treatments will be discounted with prepayment. Guests may also enter to win door prizes and receive free product samples and complimentary makeovers from a professional makeup artist. Light refreshments will be served. For more information, visit www.bellanovahealth.com or call (269) 429-8010

Saturday, December 3

10:00 a.m. to 1:00 p.m.

BellaNova Women's Health
Health Park Medical Suites, St. Joseph

cancer care

Art Play Workshops

Therapeutic art workshops are being offered by the Berrien County Cancer Service for children and adults, whose lives have been impacted by cancer of a family member or close friend as well as stable pediatric oncology patients. The event is offered from 5:30 to 7:00 p.m. in conjunction with the Rainbows of Hope Cancer Support Group at the Marie Yeager Cancer Center. For more information, call (269) 429-3281 or visit www.bccancerservice.org

Thursday, October 13

Thursday, November 10

Thursday, December 8

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 Tuesday of the month in the Marie Yeager Cancer Center at the Health Park.

Class size is limited; call (269) 556-7197 to register

Tuesday, October 11
Tuesday, November 8
Tuesday, December 13



Nutrition Matters in Cancer Treatment

This free nutrition class is led by a registered dietitian and meets from noon to 1:00 p.m. in the Houseworth Conference Room at the Marie Yeager Cancer Center. A complimentary bag lunch is provided. Participants will receive information about healthy eating habits, ways to enhance overall well-being and quality of life during and after cancer treatment, and how to manage side effects while maintaining adequate nutrition. To register, call (269) 556-2808 or (866) 260-7544

Wednesday, October 26
Wednesday, November 30
Wednesday, December 28

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 \$180.

A physician's order is required. For more information and eligibility requirements call (269) 556-2885 or visit www.lakelandhealth.org/lung-cancer-screening-program

Tai Chi for Health

This free class is led by a certified Tai Chi for arthritis instructor and meets Tuesdays from 1:00 to 2:00 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

Managing Diabetes — It's Not Easy, But It's Worth It

Don't let diabetes complicate your life. Join endocrinologist, **Amanda Morris, DO**, and Lakeland Certified Diabetes Educators **Erin Salvagione** and **Nicole Morissey**, to learn how you can stay on track this year. Taste test new recipes for healthy eating, get the latest updates on medications, and hear practical tips for managing diabetes. For more information and to reserve your spot, call (269) 556-2868

Tuesday, November 15
6:00 to 7:30 p.m.
 Center for Outpatient Services, St. Joseph

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, October 6
5:00 to 7:00 p.m.
 Lakeland Hospital, Niles
 Buchanan Area Health Resource Library

Thursday, November 3
10:00 a.m. to 12:00 p.m.
 Center for Outpatient Services, St. Joseph
 Pharmacy Conference Room

Thursday, December 1
1:00 to 3:00 p.m.
 Lakeland Hospital, Watervliet
 Classroom B



Fall Wellness Tip

Summer isn't the only season for fresh produce. Stock up on tasty, in season vegetables such as cabbage, carrots, cauliflower, kale, and squash.

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

family/parenting

Expectant Parents

Lakeland's free expectant parent classes include Preparing for Childbirth, Welcome Baby, a physician-led lecture on Caring for Your Newborn, as well as Boot Camp for New Dads and Maternal Connections for first-time moms. Preregistration is required. Call (269) 927-5355 for more information

Thinking About Breastfeeding?

Breastfeeding 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 is \$30 and due at registration. To register, call (269) 927-5355

All classes are from 6:00 to 8:30 p.m.

Monday, October 24

Lakeland Hospital, Niles
Meeting Room

Tuesday, November 15

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



Fall Wellness Tip

During the Halloween season, be sure to place lighted pumpkins away from curtains and other flammable objects. Have children draw a face on the outside of the pumpkin and only allow parents to do the cutting.

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/breastfeeding or call a Lakeland Lactation Consultant at (269) 927-5355, Monday through Friday from 8:30 a.m. to 4:00 p.m.



general health

A Plan for Health

Join Lakeland Clinical Educators for a discussion about personalized lifestyle changes to help improve your health and general well-being. Topics discussed include managing blood pressure, nutrition and exercise tips, stress management techniques, and available community resources. Preregistration is required by calling (269) 556-2808 or (866) 260-7544

Thursday, December 15

5:00 to 6:00 p.m.
Elite Barbershop
Benton Harbor

Wellness Workshop

Join Community Health and Wellness for a free community heart health screening, education and health coaching event. The screening will include a fasting cholesterol lipid panel, blood pressure, and body mass index (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. Refreshments will be provided. Registration is required; however, walk-ins will be accepted if space is available. For more information and to make an appointment, call (269) 556-2808 or (866) 260-7544.

Thursday, December 1

8:30 to 10:30 a.m.
Elite Barbershop
Benton Harbor



 **event locations** SEE PAGE 13



MyPlate 101

This class will help participants understand the importance of proper nutrition. You will learn how to read labels and how to avoid portion distortion. You will also walk away with tips for making a great plate and eating better on a budget. For questions, please call (269) 556-2808 or (866) 260-7544

Monday, October 17

11:00 a.m. to Noon

Buchanan Area Senior Center

Monday, November 21

2:30 to 3:30 p.m.

Niles First Presbyterian Church

Fitness 101

Explore the different elements of fitness and the various benefits that you can add to your overall health and wellness. We will discuss realistic ways to incorporate activity into your daily lives while finding and keeping the motivation that will help you reach your health goals. We will identify barriers that may be holding you back and discover solutions that will help you move forward. For questions, please call (269) 556-2808 or (866) 260-7544

Tuesday, December 13

1:30 to 2:30 p.m.

Hartford United Methodist Church

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:

October 4 – 27; November 1 – 29 and December 1

Center for Outpatient Services, St. Joseph

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

Tuesdays, 2:00 to 4:00 p.m.

Niles-Buchanan YMCA

Wednesdays, 3:00 to 6:00 p.m.

Marie Yeager Cancer Center
Ward and Kinney Conference Room

Thursdays, 4:00 to 7:00 p.m.

Health & Inner Harmony

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.

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

Stress Management 101

This presentation will help participants identify the stressors in their lives and learn how they affect the physical, social, mental and emotional areas of their health. Practical solutions for reducing or managing stress will be discussed.

For questions, please call (269) 556-2808 or (866) 260-7544

Tuesday, October 11

1:30 to 2:30 p.m.

Hartford United Methodist Church

Stroke 101

Knowing the signs of a stroke is the first step in stroke prevention. This class will provide you with the most current information on the treatment of strokes including the benefits and importance of calling 9-1-1, identifying the warning signs and how you can actively take steps to decrease your risk of having a stroke. For questions, please call (269) 556-2808 or (866) 260-7544

Monday, October 17

2:30 to 3:30 p.m.

Niles First Presbyterian Church

NEW What's in Your Toolbox?

Are you interested in sharing valuable health and wellness information with your employees, church group, or community organization? Instructors from Community Health and Wellness at Lakeland Health offer a series of free courses to help participants learn more about fitness, nutrition, heart health, and stroke, among others. For more information or a full list of available classes, visit www.lakelandhealth.org/chw

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.

Lakeland Rehabilitation Services, Niles
inside the Niles-Buchanan YMCA

Walk-In Wednesdays

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

Center for Outpatient Services, St. Joseph

Buchanan Area 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



Fall Wellness Tip

As the days begin to grow shorter, we tend to hibernate inside. Find time to get outside and enjoy the beautiful colors of the changing leaves while soaking up the necessary vitamin D your body needs from the sun.



heart care

Live Well with Heart Failure

This free class explains 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

Tuesday, October 4

5:00 to 6:00 p.m.

Lakeland Hospital, Niles
Buchanan Area Health Resource Library

Tuesday, November 1

10:00 to 11:00 a.m.

Center for Outpatient Services, St. Joseph
Pharmacy Conference Room

Tuesday, December 6

1:00 to 2:00 p.m.

Lakeland Hospital, Watervliet
Classroom B



🕒 Emergency and Urgent Care Wait Times Now Online

There's never a good time for an emergency to happen. But when one does, Lakeland Health is committed to care for you and your family in a timely manner. Wait times for each of our three Emergency Departments and Walk-in Clinics are now listed online at www.lakelandhealth.org.

Average times are updated every five minutes, from when a patient first enters the Emergency Department to when they are seen by a doctor. Patients with life-threatening emergencies will always receive immediate care. If you or someone else is having a medical emergency, call 9-1-1.



weight management

Lose Weight ... Find Health

Join Lakeland Health Comprehensive Weight Loss Center physicians **Michael Schuhknecht, DO**, and **Jill Gorsuch, DO**, to learn about the latest 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, October 19

Wednesday, December 21

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

Wednesday, October 26

Lakeland Medical Center, St. Joseph
Community Room

Wednesday, October 5

Wednesday, November 16

Wednesday, December 7

Lakeland Medical Suites, Niles
Community Conference Room



Lifestyle Enhancement through Activity and Nutrition (LEAN)

The Lakeland Comprehensive Weight Loss Center offers non-surgical weight loss options that include an initial consultation appointment with a nurse practitioner and a registered dietitian as well as participation in shared medical visits twice a month. Sign up by calling (269) 687-4673



event locations

Benton Harbor

Elite Barber Shop

1301 Pipestone Road

Hilton Garden Inn

1300 Cinema Way

Buchanan

Buchanan Area Senior Center

810 Rynearson Street

Caring Circle, Buchanan

4017 Chamberlain Road

Hartford

Hartford United Methodist Church

425 E. Main Street

Niles

First Presbyterian Church

13 S. 4th Street

Jazzercise Niles

226 ½ E. Main Street

Lakeland Hospital, Niles

31 N. St. Joseph Avenue

Lakeland Medical Suites, Niles

42 N. St. Joseph Avenue

Niles-Buchanan YMCA

905 N. Front Street

St. Joseph

BellaNova Women's Health

3950 Hollywood Road, Suite 100

Caring Circle, St. Joseph

4025 Health Park Lane

Center for Outpatient Services, St. Joseph

3900 Hollywood Road

Lakeland Medical Center, St. Joseph

1234 Napier Avenue

Lory's Place

445 Upton Drive

Marie Yeager Cancer Center

3900 Hollywood Road

Stevensville

Health & Inner Harmony

1816 W. John Beers Road

South Haven

Caring Circle, South Haven

05055 Blue Star Memorial Highway

Watervliet

Lakeland Hospital, Watervliet

400 Medical Park Drive

A Fresh Take on Football Season

Nothing says fall quite like the start of football season. Whether you're a season ticket holder or simply enjoy watching the game on TV with friends, there's sure to be a tailgate or two in your future.

While pizza and chicken wings are likely to be found at any tailgating party, indulging in these foods may result in a personal foul to your health. To help keep you on track, and score a touchdown with your fellow football fans, try a few of these healthy recipes recommended by Lakeland Diabetes Educator and registered dietitian, **Nicole Morrissey, RD**.

Love Your Heart Buffalo Wing Hummus

Slightly adapted from Food Network Magazine

Yields 12 servings (¼ cup each)

Ingredients:

- 2 cans chickpeas, drained and rinsed
- 2-3 cloves garlic
- ¼ cup tahini (found in the ethnic food aisle)
- ¼ cup fresh lemon juice
- 1½ tsp paprika
- 3 Tbsp calorie-free wing sauce
- 2 Tbsp cayenne hot sauce
- 1 Tbsp distilled white vinegar
- ½ tsp Kosher salt

Directions:

Put the chickpeas, garlic, tahini, lemon juice, paprika, wing sauce, hot sauce, vinegar and 1½ teaspoons salt in a food processor. Puree until smooth and creamy.

Nutrition Information (per serving):

99 calories; 3.4 g fat; 0 mg cholesterol; 231 mg sodium;
11.8 g carbohydrate; 4.2 g fiber; 4.6 g protein



Vegetarian Quinoa Chili

Submitted by Kim of Feed Me Seymour Blog

Yields 8 servings (about 1⅓ cup each)

Ingredients:

- 1 cup dry quinoa, rinsed well
- 1 Tbsp olive oil
- 3 garlic cloves, minced
- 2 yellow onions, diced
- 1 (28 oz) can crushed tomatoes
- 1 (15 oz) can no salt added tomato sauce
- 1½ Tbsp chili powder
- 2 tsp cumin
- 1 tsp sugar
- ½ tsp cayenne pepper
- 1 cup water
- ¼ tsp salt and black pepper, to taste
- 1 (15 oz) can black beans, drained and rinsed
- 1 (15 oz) can kidney beans, drained and rinsed
- 1½ cups frozen corn
- Juice of one lime

Directions:

1. Prepare quinoa according to package directions.
2. Meanwhile, in a large pot or dutch oven heat olive oil over medium-high heat. Add onion and stir; cook 5-7 minutes or until translucent and softened. Add garlic and saute until fragrant, 30 seconds.
3. Add in crushed tomatoes, tomato sauce, chili powder, cumin, sugar, cayenne pepper, water, and quinoa and stir well to combine. Season with salt and pepper. Reduce heat to low and simmer 30 minutes.
4. Add in beans, corn, and lime juice; simmer an additional 5 minutes.

Nutrition Information (per serving):

300 calories; 4.4 g fat; 55.3 g carbohydrates;
13.3 g sugar; 594 mg sodium; 12 g fiber;
13.4 g protein; 0 mg cholesterol





I'll Catch You if You Fall

What seemed to be just another day at home for **Steve Nitz**, 59, a Berrien Center resident, quickly took a drastic turn for the worse while attempting to repair an electrical issue on his Bobcat skid-steer loader. It was a rainy afternoon, so Steve parked the Bobcat under a lean-to behind the barn. He placed a post under the machine's lift arms – assuring himself that it couldn't come down unless the machine was running.

As Steve began to work on the Bobcat he saw a slow movement out of the corner of his eye, quickly realizing that the lift arm was coming down on top of him. He was trapped between the heavy steel arm and the machine across the back of his hips.

"No one was home and my neighbors were out of town, so I decided to start the machine and attempt to lift it off of me," recalls Steve.

This proved to be a mistake as Steve shifted the wrong way, causing the lift arm to clamp down on him, completely crushing his pelvic bones. Luckily, he found his phone and was able to dial 9-1-1.

A police officer arrived on the scene shortly after and helped drag him out of harm's way. Within seconds the paramedics arrived and transported Steve to a trauma unit in Kalamazoo. For the next four weeks he was in

an induced coma as he underwent seven different surgeries to repair the broken pelvic bones and the other internal damage.



Steve and Cindy

Steve then spent four weeks undergoing rehabilitation at Lakeland Hospital, Watervliet to help him regain his strength to walk again and prepare him to return to life at home.

"What a great staff of therapist and nurses – very organized, very caring, and all determined to get me home as quick as I was able," said Steve. "On the day I was given the okay by my doctor to try and walk again I remember asking my physical therapist, **Cindy Forrester**, 'You just want me to get up and walk?' She smiled and said, 'Yes, I'll catch you if you fall.' I stood to my feet with her help and we walked – in that moment I have never felt so tall."

After those initial first steps, Steve's care team continued to help him take strides toward a full recovery.

"My therapists pushed me to the limit because they knew I wouldn't recover as well if they didn't – and what a blessing it was when I realized I could move both of my feet again," said Steve.

Since completing rehabilitation, Steve has returned home to his wife Joie, and is finishing his recovery with the help of nurses from Lakeland Homecare.

A Pain in the Back – as Common as a Cold

According to the American College of Rheumatology, back pain strikes nearly as often as the common cold — in fact, nearly 80% of people develop back pain at some point in their life. It's also a leading cause of disability and work challenges.

Back pain can feel sharp, aching, dull, tingling, or burning. The pain comes from damaged muscles, ligaments, and nerves, or from the spine.

A car accident, a sports injury, and lifting a heavy object are obvious causes of back pain. But lifestyle factors can cause back pain, too. Being overweight—especially having excess abdominal fat—strains the lower back. Lack of exercise, poor posture, and sitting too much can also weaken and stress back muscles. Fortunately, there are steps you can take to keep your back healthy and keep back pain away.

Preventing Pain

Acute back pain will usually go away on its own within one to six weeks. Although it might be difficult, it's better to move about than stay in bed, as long as you take it easy. Taking an over-the-counter pain reliever and applying ice or hot packs can ease pain and stiffness.

If you suffer from ongoing back pain or frequent bouts of acute back pain, and you don't have an underlying medical condition that's causing it, lifestyle habits may be the problem. Follow these steps for a healthier back:

- Lift safely. Bend your legs and keep your back straight.
- Do aerobic exercise, stretch, and strength-train regularly.
- Improve your posture. Don't slouch or sit in one position for too long without a break.
- Manage your weight through exercise and a healthy diet.
- Find time to relax. Stress can aggravate back problems.

How Much Do You Know About Taking Care of Your Back?

- 1. It's easy to find the cause of lower back pain.**
 - a. True
 - b. False
- 2. Low back pain is a rare problem.**
 - a. True
 - b. False
- 3. Surgery is the main treatment for low back pain.**
 - a. True
 - b. False
- 4. Which of these is the proper way to lift a heavy object?**
 - a. Squat and keep your back flat
 - b. Squat and keep your back rounded
 - c. Bend at the waist and flex your knees as you lift
 - d. Bend at the waist and keep your knees straight as you lift
- 5. Which position helps your back when you sleep?**
 - a. Lying on your stomach
 - b. Lying on your back with your knees straight out
 - c. Lying on your side with a pillow between your knees
 - d. Sitting up in a chair
- 6. When sitting down, keep your knees slightly higher than your hips.**
 - a. True
 - b. False

Answers: 1. B, 2. B, 3. B, 4. A, 5. C, 6. A

Still in pain? Working with a physical therapist can help ease back pain as they guide you through various exercises to help strengthen the muscles that support your back. To learn more, visit www.lakelandhealth.org/backpain



LUNCHROOM

Table Talk

All of the activities children take part in during a typical day at school – using both brain power and muscle power – can use up a lot of energy. It's up to you to ensure that your kids are refueling their bodies each and every day. It only takes a few minutes, and a little creativity, to gather up ingredients for a healthier brown bag lunch.

Healthy Choices Start at Home

Even before kids start going to school, they're learning about food every day – through their parents.

"Children learn at very young age about eating habits," explains family medicine physician, **John Howard, MD**. "If parents eat well and instill good eating habits in their children, they tend to carry those habits with them throughout their lives."

Be a role model – choose healthier snacks for yourself such as whole-grain granola bars over icing-covered snack cakes, or pretzels instead of potato chips. Kids mimic your behavior whether you realize they're watching or not.

Kids may be more likely to eat a lunch they helped to pack, so involve them in selecting items at the store or the farmer's market. Try making a game out of how many colors of the rainbow they can include: green lettuce on a sandwich, a red apple, and orange carrots.

While giving kids a say in their lunch food choices is important, keep in mind that the options they choose from should ultimately be decided upon by an adult.

What Goes Into a Healthy Lunch?

(And What Should Stay Out)

Most of the time, foods found around the edges of a grocery store make for the healthiest choices. Think of items such as fresh fruits and vegetables, whole-grain breads, and low-fat dairy products. When weighing your lunch food choices, focus on fresh instead of pre-packaged options.

"Foods that are less processed have fewer preservatives and less sodium," said Dr. Howard.

And even though juice boxes are convenient, you may want to think twice about adding them to your child's lunch. Encourage kids to buy low-fat or skim milk at school or send a thermos of cold water.

"Remember, even if a fruit juice is all-natural, it is essentially concentrating the amount of sugar in eight to 10 pieces of fruit," advises Dr. Howard.

Earn an **A+** with These Healthy Lunch Ideas:

- Liven up a plain old peanut butter and jelly sandwich by cutting the bread into fun shapes
- Toss sliced apples or berries on top of low-fat plain yogurt
- Put a slice of low-fat or fat-free cheese on whole-grain crackers
- Make a whole-wheat pita pocket with hummus, lettuce, tomato, and cucumber
- Pop some low-fat popcorn
- Put a refreshing twist on chicken salad by adding grapes and walnuts
- Dip sweet pepper slices, celery, or carrots in fresh salsa or hummus





STAYING HEALTHY

During a Hectic Holiday Season

Although the holidays are often seen as a joyous and memorable time with family and friends, for those in charge of tasks like cooking, buying presents, and organizing family gatherings, it can also be stressful and potentially put women at risk for heart problems.

“We have seen more than a few cases of stress-induced cardiomyopathy around the holidays,” said **Abhimanyu Beri, MD**, Medical Director of Electrophysiology, Lakeland Health. “This occurs especially in women when they are under great amounts of stress for a short period of time and that stress is compounded with another traumatic event, such as a death in the family, a car accident, loss of money, etc. If it is ignored, it can be fatal.”

Stress-induced cardiomyopathy occurs when stress hormones weaken the left ventricle, the heart’s main pumping chamber. The condition is most common among women in their late 50s to mid-70s.

“Someone experiencing this condition might develop chest pain or shortness of breath after severe stress, either emotional or physical,” said Dr. Beri. “In most cases it can be treated with medication, but it’s important to talk with your doctor as soon as possible if you are experiencing any symptoms.”

During the holidays, many women may experience a spike in blood pressure, which puts them at increased risk for chest pain, heart palpitations, or even a stroke. Women with a history of high blood pressure require close monitoring when under stress.

Make Holiday Time a Happy Time

While you need a certain level of stress to function optimally, too much stress can take a toll on both your physical and emotional well-being. In order to successfully manage your stress load during the upcoming holiday season, try these simple tips from **Marcia Wiinamaki, PsyD**, Director of Christian Counseling and Psychological Services at Southwestern Medical Clinic:

- Set more realistic expectations for yourself – keep in mind there is no such thing as the “perfect” holiday gathering.
- Make sure to sleep more and build in some down time for yourself.
- Start shopping, wrapping, cooking, baking, or decorating earlier in the season to decrease last minute overload.
- Exercise – either walking or running, yoga, meditation, a nice stroll with a loved one, whatever it takes, make it happen.
- When you’re facing a stressor, pause for a moment. Then take a deep breath and slowly breathe out as you count to 10.
- Remember, no one can do it all alone. Don’t be afraid to ask for help.

A Heart in Our Hands

Karl Bayer, 69, of Watervliet, is a man on the go. He's been the publisher and editor of the Tri-City Record newspaper for 32 years and currently serves on the board for a number of community organizations. If that doesn't keep him busy enough, he's also the proud father of three and grandfather of nine.

That's why last fall, after feeling overly tired, Karl decided to make an appointment with cardiologist **Don Brooks, MD**. Dr. Brooks explained that one of the valves in Karl's heart had calcified. As a result, the valve was not closing properly and would need to be replaced.

"I just knew that I needed to meet Dr. Baghelai before the procedure took place – after all he was going to have my husband's heart in his hands," said Anne.

Dr. Baghelai's hands were to be trusted, as Karl recovered very quickly from the valve replacement.

"In a day's time they had me walking up and down the halls," said Karl. "The staff makes you feel like they genuinely care for you – and they do. I was glad to return home, but there's a lot of people on my care team who I miss."

"I was so well-prepared – there was no fear." – Karl Bayer

Around Thanksgiving, Karl could not walk to the mailbox without feeling out of breath. After additional tests, Dr. Brooks concluded that it was time to take action and referred Karl to cardiologist, **Y. Christopher Chiu, MD**. Dr. Chiu recommended that they complete the valve replacement sooner rather than later while Karl was still healthy enough to recover.

Shortly before the surgery, Karl's wife, Anne, realized that although she had talked to almost everyone on the surgical team, she had yet to meet cardiothoracic surgeon **Kourosh Baghelai, MD**, the doctor who would perform the valve replacement. Dr. Baghelai came to the room immediately and took the time to chat with Anne and answer any questions she had.

Karl attributes the success of his surgery not only to the proactive action of his physicians, but also to the ways in which Lakeland kept him informed throughout the entire process.

"I was so well-prepared – there was no fear," he said.

Karl said he particularly enjoyed having online access to his medical records through Lakeland MyChart.

"It was step by step: what to expect, how it's going to happen, and what's going to happen," said Karl. He could also easily share information with his family and kept everyone informed about what was happening with his care.

Today, Karl continues to tackle cardiac rehabilitation with a positive attitude. "I recently got an email from **Troy Teagardin, PA**. I asked him if there were any limitations and he said, 'Flap your wings and fly!'"



Karl Bayer on a treadmill during his cardiac rehabilitation



Kourosh Baghelai, MD and Karl Bayer

WELCOME *New Medical Staff*



Sally Birger, NP
General Surgery



Michael Burton, MD
*Pulmonary and
Critical Care*



Ethan Ebner, DO
Hospitalist



Heather Grothous, DO
Emergency Medicine



Seth Hauschild, DO
Hospitalist



**Sambhavi
Krishnamoorthy, MD**
Nephrology



Joan Madsen, NP
Pediatrics



Stefan Meyering, DO
Emergency Medicine



Mandy Mills, NP
Pediatrics



Amanda Morris, DO
Endocrinology



Mike Morris, DO
Hospitalist



Jessica Schulte, NP
General Surgery



Furqan Siddiqi, MD
*Pulmonary and
Critical Care*



Deb Tenter, NP
General Surgery



Meet Our Medical Staff

Lakeland Health makes getting to know our medical staff easy. By adding video profiles to our online physician directory, YouTube channel, and Facebook page, our community has an opportunity to meet doctors before an initial appointment.

Visit www.lakelandhealth.org/physicians, www.youtube.com/lakelandhealth, or find us on Facebook.

Lakeland Health Foundations Award \$126,000 in Scholarships and Grants

Through the Allied Health Careers Scholarship program, the Lakeland Health Foundations provided a total of \$126,000 in the form of 49 scholarships and 49 department grants to Lakeland Health professionals and students interested in pursuing a career in health care. The awards were distributed at a reception at the Howard Performing Arts Center on the campus of Andrews University in Berrien Springs.

Over the past 24 years, the Lakeland Health Foundations have awarded over \$1 million in scholarships and grants to Lakeland team members, departments, and volunteers. This has been made possible largely through endowments from community members designed with the sole purpose of investing in healthcare education and training.

"We are very grateful to the generous friends of Lakeland who have selflessly contributed funds, making it possible for the Foundation to award scholarships and grants each

year," said **David Burghart**, Vice President of Philanthropy and President of Lakeland Health Foundations. "Through the creation of memorials and other endowed funds, Lakeland team members are advancing their clinical skills for providing exemplary care to our community."

During the scholarship ceremony, Burghart presented **Bart Berndt**, Executive Director of Diagnostic Services, with the organization's Leo Soorus Leadership Award to honor his exemplary leadership in key projects related to upgrades of the Catheter Lab and the purchase of new, state-of-the-art equipment for patient care. The Leo Soorus Leadership Award and grant, developed through the Lakeland Health Foundations, honor Soorus' many contributions to southwest Michigan as a Lakeland executive and as a leader of many community and professional organizations.



An Investment in the Next Generation of Physicians

The 2019 class of medical residents recently celebrated their first day at Lakeland Health by each receiving an iPad mini™ on behalf of the Lakeland Health Foundations. Since the Graduate Medical Education (GME) program was established in 2011, the Foundation has provided around 68 resident physicians with an iPad mini – an investment worth over \$32,000. Medical residents use the iPads during their training to access patients' electronic medical records and chart patient care, as well as research medical journals and take notes.

"The Foundation, like Lakeland, supports the medical residency program and is honored to invest funds in a way that will positively impact the educational experience of our residents," said **David Burghart**, Vice President of Philanthropy and President of Lakeland Health Foundations. "Not only is this an

investment in the residency program itself, it is an investment in our community, because many of the resident physicians choose to continue practicing medicine in southwest Michigan long after graduation."

"I am blown away by the generosity of the Foundation and their dedication to our continued education," said Tiffany Proffitt, DO, Emergency Medicine. "The iPads will be a great resource in the advancement of our clinical acumen."



CALENDAR



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

October 9

A Taste Sensation – St. Joseph
Supports Hospice at Home,
a Lakeland Health Affiliate

November 12

Lakeland Health Foundation Gala – Benton Harbor
Supports the New Lakeland Medical Center Pavilion

November 29

#GivingTuesday
Supports purchase of infusion equipment
for the Emergency Department

Is it Time for Your **Annual Mammogram?**

WE SUPPORT ALL SHAPES AND SIZES!



Lakeland Health offers early hours and Saturday appointments at three convenient locations.

You do not need a doctor's order or a referral to make a mammography screening appointment at our imaging centers.

Important things to know:

- **Mammograms can save your life.** Women should begin having mammograms yearly at age 40, or earlier if they're at high risk.
- **Don't be afraid.** Mammography is a fast procedure (about 20 minutes), and discomfort is minimal for most women.
- **Free.** Most mammograms are considered a preventative health test, and covered 100% by insurance.



Call (800) 791-2810

to make an appointment in Niles, Watervliet, or St. Joseph.

www.lakelandhealth.org/mammo



STAY CONNECTED: www.lakelandhealth.org