A Story of SURVIVORSHIP

Win a Nutri Ninja™ Pro Blender

The Miracle OF MOTHERHOOD

Spring Clean YOUR HEALTH
Dear Friends and Neighbors,

Over the last few years, we have been on a journey to deliver perfect patient care – every day, everywhere and with every patient. Through a series of initiatives beginning in 2011, including “Bring Your Heart to Work” and “Touching Hearts,” we’ve built countless healing relationships with our patients as we work to maintain patient satisfaction scores among the best in the nation. The next chapter in this journey is “Listening with Heart.” This new initiative kicked off March and focuses on how we can all work to become better listeners.

Good listening skills, according to research, are the most important part of good communication. Whether that success is measured by healing the sick and injured, being an effective team member, or simply enjoying meaningful relationships with our friends and family – it all depends on good listening.

So how do we know it’s working? We’ve been listening. We’ve read the countless satisfaction surveys, letters to the editor, and Facebook comments you’ve shared about your care with us. You’ve let us know what health topics interest you and we’ve used that information to design upcoming physician seminars.

We created an online community that allows users to provide valuable feedback on issues that directly impact their health choices. We’ve also held a number of focus groups to learn more about what makes it hard for you to be healthy as well as the biggest health issues you and your family are facing.

Although we know perfect patient care is a lofty goal, we also know the journey is never over. Our ears are always open. We are constantly looking for and listening to ways we can continue to improve the care we provide for our patients.

Sincerely,

Loren B. Hamel, MD  
President & CEO

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**on the cover**

**A Buzz of Activity**

Gary Kelley and Phil Hempel of Blossomland Bee Supply in Buchanan tend to beehives which can house up to 50,000 bees. As the weather gets warmer and early blossoms begin to appear, the bees are busy bringing pollen into the hive.

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**Let us know how we’re doing:**

Facebook.com/LakelandHealth  
lbhamel@lakelandhealth.org  
www.lakelandhealth.org
New Physicians

Stephen Bachmeyer, MD
Hospitalist

Ian Jackson, MD
Family Medicine

New Medical Providers

Alexis Izumi, PA
Hospitalist

Becky Markus, NP
Geriatrics

Meet Our Physicians
Video Profiles Available Online

Lakeland Health has made getting to know our medical staff a little easier. 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. Learn about the doctors’ education, areas of specialty or interest, and what motivates them to provide excellent patient care to our community.

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

Check out our new physician video profiles:
- Glen Hastings, MD
- Katherine Kwon, MD
- James Maskill, DPM
- Robert Ward, III, DO

One Hour Could Change Your Life!

Watch Physician Seminars Online!

If you miss one of our physician seminars, don’t worry. Recordings of our most popular presentations are now available online – view anytime, from the convenience of your computer!

To view seminars, visit www.youtube.com/lakelandhealth, and look for the “Free Physician Seminars” playlist.

Presentations include:
- Back Surgery: Types, Recovery, Risks, and Benefits by Christian Sikorski, MD
- Dealing with Heal and Ankle Pain by James Maskill, DPM
- Living Well with Gout by Nina Ramessar, MD
- Living with Atrial Fibrillation: Treatment Options as a Patient by Abhimanyu Beri, MD
- Overcoming Impotence with Penile Implants by Benjamin Stockton, MD, FACS
- What You Need to Know About Lung Cancer by Kourosh Baghelai, MD, Peter Lai, PhD, MD, and Edmund Paloyan, MD
At age 24, Katie Hess, now 37, was diagnosed with an aggressive form of stage three breast cancer. She had no family history of cancer and was shocked when she heard the news. Now in remission, Katie shares, “I had plans for a career and to hopefully get married and start a family – not one of them included cancer.”

Despite her circumstances, she was able to find an inner strength and a desire to fight. Katie’s boyfriend proposed to her in the midst of her diagnosis, telling Katie that he wanted to fight with her. They spent the next year of her cancer journey planning their wedding, while she worked full-time to keep her insurance to pay for treatments – fighting cancer became her life.

Katie was treated locally by now retired oncologist Eric Lester, MD, and completed radiation therapy at Lakeland Health. She received a partial mastectomy and was given minimum time to heal before she began an aggressive treatment of chemotherapy and radiation.

After what seemed like a lifetime, Katie finally got the news that she was cancer free. “I celebrated and thought that I could finally get back to my normal life,” Katie recounted. “But the truth is, you never feel how you did before cancer.”

Katie recalls how she had to grow up a lot – both mentally and physically. Treatments put her into early menopause and she said that her body felt run down and tired. Even after all of these years, Katie said she is still dealing with a lot of the same emotions and feelings. “Things didn’t suddenly get easy once treatment was over,” said Katie. “I was starting the next part of the cancer process – the recovery.”

Part of that recovery involved wondering if her body was healthy enough to become pregnant. Katie explained that her menopause didn’t last, but she was still concerned about everything her body had gone through.

Although Katie and her husband got the “go ahead” from the doctor, having children didn’t come easy. Katie had two miscarriages before her three daughters were born. Now seven, four, and two, she says, “They are my true miracles, and what I live for every day.”

Katie also revealed her struggle with depression and anxiety, how she constantly wonders if her cold is more than just a cold, if her headache is more than just a headache. “I wish that I could say that after years of being a survivor that these feelings go away but they don’t,” she said. “I’ve come to accept that this is who I am now.”

Reflecting on her experience, Katie said she’s become a member of a club she never wanted to be part of, but she is grateful at the same time.

“You can’t go back. Life after cancer will seem alien to you, and there are many of us who are willing to go through it with you,” Katie urged. “Don’t be afraid to reach out, utilize the resources available to you and find your group of people who can make you feel better.”

If you have recently been diagnosed with cancer, are currently going through treatment, or are on your own recovery journey – you are not alone. Visit www.lakelandhealth.org/cancer to learn more.
Don’t Stomach the Pain

Rosemary Stull, a 67-year-old resident of Decatur, Michigan, was diagnosed with a large hernia in 2010 and soon discomfort became a regular part of her life. During that time, Rosemary accidentally breathed in one of her vitamins, which brought on a vicious coughing spell. To further investigate the coughing, she went in for a chest x-ray that revealed a preexisting hernia had become a more serious issue and could no longer be managed with medication alone.

After some consideration, Rosemary scheduled an appointment with general surgeon Craig Kline, MD, in St. Joseph.

During her appointment, Dr. Kline discussed the results of her CT scan, which revealed that 75 percent of Rosemary’s stomach was situated above her diaphragm.

“Hiatal hernias are quite common, but in some cases, the hernia can enlarge and allow a significant portion of the stomach to protrude into the chest cavity,” said Dr. Kline. “These patients can experience shortness of breath, severe indigestion, heartburn, and pain.”

From there, a surgery date was set. Dr. Kline explained to Rosemary that her surgery would be performed using the da Vinci® Xi™ system – a robotic surgical system utilized by highly-trained doctors that may enable shorter hospital stays, quicker recoveries, and faster return to normal daily activities.

By the time Rosemary returned for her surgery her stomach had risen completely above her diaphragm and was a constant source of discomfort in her life.

“My recovery was unbelievable – it was almost like there was no recovery at all.”

— Rosemary Stull

In the months leading up to the surgery, Rosemary had difficulty with everyday tasks, such as breathing and climbing the stairs. But soon after returning home she was able to breathe easily, and left with little to no discomfort.

Since then, Rosemary continues to meet with Dr. Kline and his staff. She is no longer on any medications and says that she “feels wonderful.”

Looking back, Rosemary said there was no reason for her to be nervous or fear having surgery. “If anyone is hesitant to have surgery, they should know they are in good hands.”

On the day of the procedure, Rosemary admitted to feeling a bit nervous. However, any uneasiness was quickly overcome upon her interactions with both Dr. Kline and his staff.

“Everyone was absolutely wonderful,” she said. From there things only looked up. “Compared to the discomfort I was previously experiencing, the surgery was nothing.”

However, the real relief came at the end of the surgery, and Rosemary returned home the next day.

“My recovery was unbelievable – it was almost like there was no recovery at all,” said Rosemary. “Immediately after surgery I began feeling better. It was almost as if I were years younger.”

Questions about hernias?

Join certified robotic surgeons, Craig Kline, MD, and Roy Winslow, MD, on Wednesday, June 15 as they discuss the latest technology and treatment options available. Turn the page for more details!
Physician Speaker Series: State-of-the-Art Hip and Knee Replacements

Join orthopedic surgeon Kenneth Edwards, MD, Medical Director of Surgical Services at Lakeland Health, as he discusses new less-invasive surgical techniques to treat worn out hip and knee joints. Learn how the latest advances in orthopedics are providing higher quality outcomes, so that you live the life you love — pain free. Light refreshments will begin at 5:30 p.m., followed by a one-hour presentation.

Tuesday, April 26
6:00 to 7:00 p.m.
Niles District Library

Thursday, April 28
6:00 to 7:00 p.m.
Vineland Center, St. Joseph

Physician Speaker Series: Robotic Hernia Repairs

Do you experience pain with something as simple as coughing, bending over, or lifting a heavy object? Join certified robotic surgeons, Craig Kline, MD, and Roy Winslow, MD, as they discuss the latest technology and treatment options available for those suffering from a groin hernia. Preregistration is encouraged; call (269) 927-5361.

Wednesday, June 15
6:00 to 7:00 p.m.
Lakeland Medical Center, St. Joseph
Frederick S. Upton Education Center
Physician Speaker Series:
Women’s Health
It’s no secret...women have different health needs than men. Join Alissa Conklin, MD, and Bobbi Brown, CNM, WHNP to learn more about abnormal uterine bleeding including the latest treatment options as well as common health concerns faced by women over the age of 35. Preregistration is encouraged; call (269) 927-5361.

Abnormal Uterine Bleeding
Wednesday, May 4
6:00 to 7:00 p.m.
Lakeland Hospital, Watervliet
Classrooms A & B

Common Health Concerns for Women Over 35
Thursday, May 26
6:00 to 7:00 p.m.
Lakeland Medical Center, St. Joseph
Frederick S. Upton Education Center

Cardio Drumming at Lincoln Township Library
Get Fit in the Mitt® with cardio drumming instructors from Nutri-Zone at a free community fitness class. Cardio drumming combines traditional aerobic exercise along with movements to the beat of some of your favorite songs to help you improve your brain and heart health. Each session is limited to 20 participants. To register, call (269) 429-9575.

Wednesday, May 4
Session 1 – 4:30 to 5:15 p.m.
Session 2 – 5:30 to 6:15 p.m.
Lincoln Township Library
Lawrence Room

Watch a video featuring this high-energy exercise at www.getfitinthemitt.com

Spring Wellness Tip
Spring into health with seasonal foods. Fresh spinach is loaded with vitamins and minerals. Use it as a salad base or a sautéed side dish, or add to sauces or soups.

Stonegate Plastic Surgery Spring Open House
Visit Stonegate Plastic Surgery to meet the doctors, take a tour, and learn more about aesthetic and reconstructive plastic surgical care, as well as services offered by the medical spa. Guests will enjoy free samples, drawings for door prizes, discounts on products, and live demos of Botox® and fillers. Representatives from product manufacturers will be present to answer questions. Light refreshments will be served.

Thursday, April 28
4:00 to 8:00 p.m.
Stonegate Plastic Surgery

Saturday, April 30
10:00 a.m. to 1:00 p.m.
Stonegate Plastic Surgery

Silver Screenings
Free movies and educational opportunities offered in collaboration with Lakeland Homecare. Event includes free popcorn and drink. For more information call (269) 985-4457.

Wednesday April 20
2:00 to 4:30 p.m.
St. Joseph First United Methodist Church
Fellowship Hall

Baby-Sitting 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. (Completion of this class is required to take the CPR for Babysitters course scheduled on June 22 in St. Joseph.) Participants must be in the fifth grade or 11 years of age or older to register for the class.

Saturday, May 21
8:30 a.m. to 12:30 p.m.
Lakeland Hospital, Watervliet
Classrooms A & B

Monday, June 20
8:30 a.m. to 12:30 p.m.
Lakeland Medical Center, St. Joseph
Frederick S. Upton Education Center

CPR for Babysitters
This American Heart Association course is designed to teach the essentials of CPR including how to save children and infants from choking, cardiac arrest, respiratory arrest, and the proper use of an AED. Cost is $25 and includes booklet and certification card upon completion. To register, call (269) 556-2808 by June 15.

Wednesday, June 22
8:30 to 11:30 a.m.
Lakeland Medical Center, St. Joseph
Frederick S. Upon Education Center, Rooms 5 & 6
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. For more information or to register, call (269) 556-2808.

Tuesday, April 19
6:00 to 9:00 p.m.
Lakeland Medical Center, St. Joseph
Frederick S. Upton Education Center, Rooms 5 & 6

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 20
Wednesday, June 15
12:00 p.m. to 6:00 p.m.
Lakeland Hospital, Niles
Large Meeting Room

Friday, April 29
Friday, June 24
9:30 a.m. to 3:30 p.m.
Lakeland Medical Center, St. Joseph
Frederick S. Upton Education Center

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 3 to June 14
3:30 to 5:00 p.m.
Hospice at Home, St. Joseph

Thursdays, May 5 to June 16
2:30 to 4:00 p.m.
Hospice at Home, South Haven

Thursdays, May 5 to June 16
1:30 to 3:00 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 21
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

Senior Expo
Visit Lakeland Health at this year’s Senior Expo for valuable health education and screening information. To learn more, call (269) 556-2808 or (866) 260-7544.

Friday, May 13
10:00 a.m. to 3:00 p.m.
Lake Michigan College Mendel Center
Grand Upton Hall

Spring Wellness Tip
Fresh strawberries are abundant during spring. Serve these nutritional powerhouses sliced on top of cereal or yogurt, or puréed as a smoothie.

Now Available!
Lakeland Annual Report
Find details on our financials, our commitment to the community, and much more in our annual report, available at www.lakelandhealth.org/annualreport
cancer care

Art Play Workshops
Therapeutic art workshops offered by the Berrien County Cancer Service for children whose lives have been impacted by cancer of a family member or close friend as well as stable pediatric oncology patients. Offered in conjunction with the Rainbows of Hope Cancer Support Group at the Marie Yeager Cancer Center and at various times and locations throughout Berrien County. For more information, call (269) 429-3281.

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 11
Monday, May 9
Monday, June 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, April 27
Wednesday, May 25
Wednesday, June 29

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. 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/lung-cancer-screening-program

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.

Spring Wellness Tip
To avoid spring allergy flare-ups, exercise outdoors when pollen counts are at their lowest — before dawn and in the late afternoon and early evening.

diabetes care

How to Navigate the Grocery Store with Diabetes
Join registered dietician, Nicole Morrissey, to learn how to make the most of your trip to the grocery store. Cost is $5 per person; includes samples and recipes at the end of the tour. Tours are limited to 10 participants each and are 60 minutes in length. For additional questions or to register, call (269) 556-2868

Tuesday, May 10
Five tours; every two hours from 10:00 a.m. to 6:00 p.m.
Martin’s Super Market, Stevensville

Thursday, May 12
Five tours; every two hours from 10:00 a.m. to 6:00 p.m.
Martin’s Super Market, Niles

event locations

SEE PAGE 14
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 7
5:00 to 7:00 p.m.
Center for Outpatient Services, St. Joseph
Pharmacy Conference Room

Thursday, May 5
5:00 to 7:00 p.m.
Lakeland Hospital, Niles
Meeting Room

Thursday, June 2
5:00 to 7:00 p.m.
Lakeland Hospital, Watervliet
Classroom B

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
Community members 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 every Wednesday from 1:00 to 2:00 p.m. at the Ferry Street Resource Center. For more information, call (269) 687-9860.

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?
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) 927-5355.

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

Monday, May 23
Lakeland Medical Center, St. Joseph
Frederick S. Upton Education Center, Room 4

Monday, April 18
Monday, June 20
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/breastfeeding or call a Lakeland Lactation Consultant at (269) 927-5355, Monday through Friday from 8:30 a.m. to 4:00 p.m.

Spring Wellness Tip
With warmer weather, you may be tempted to start working full throttle on those outdoor activities. But a sudden increase in activity after winter hibernation may not be your best move. Don’t forget to spend about five to 10 minutes warming up your muscles.
Breastfeeding Support Group
The Center for Health Enhancement is now holding a Breastfeeding Support Group for all breastfeeding mothers (and their babies) as well as expectant mothers. Led by a certified lactation consultant, 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

Spring Wellness Tip
Take time to allergy-proof your house by washing all linens and blankets since the majority of dust mites live in the bedroom.

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 5 – 28; May 3 – 26; June 7 – 30
Center for Outpatient Services, St. Joseph

Cooking from the Pantry
In this class you can watch and learn how to use foods like dried beans and how to cook using shelf stable ingredients. In addition to watching the meals being prepared you will also be able to taste them at the end of the demonstration!

Tuesday, April 19
10:00 to 11:00 a.m.
Niles District Library

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.

Tuesday, May 17
10:00 to 11:00 a.m.
Niles District Library

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 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.

Fridays, April 15 to May 20
Lakeland Medical Center, St. Joseph
Community Room

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

### 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.

**Monday, April 4**
5:00 to 6:00 p.m.
Lakeland Hospital, Niles
Buchanan Area Health Resource Library

**Tuesday, April 12**
10:00 to 11:00 a.m.
Lakeland Medical Center, St. Joseph
Community Room

**Monday, May 2**
5:00 to 6:00 p.m.
Lakeland Hospital, Niles
Buchanan Area Health Resource Library

**Thursday, May 19**
12:00 to 1:00 p.m.
Lakeland Medical Center, St. Joseph
Community Room

**Monday, June 6**
5:00 to 6:00 p.m.
Lakeland Hospital, Niles
Buchanan Area Health Resource Library

**Tuesday, June 14**
1:00 to 2:00 p.m.
Lakeland Medical Center, St. Joseph
Community Room

### 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, April 5**
1:00 to 2:00 p.m.
Center for Outpatient Services, St. Joseph
Pharmacy Conference Room

**Tuesday, May 3**
5:00 to 6:00 p.m.
Lakeland Hospital, Niles
Buchanan Area Health Resource Library

**Tuesday, June 7**
5:00 to 6:00 p.m.
Center for Outpatient Services, St. Joseph
Pharmacy Conference Room
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 6 to May 25**
Center for Outpatient Services, St. Joseph
Pharmacy Conference Room

**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, April 20**
**Wednesday, May 4**
**Wednesday, June 15**
Lakeland Medical Center, St. Joseph
Frederick S. Upton Education Center, Room 4

**Wednesday, April 6**
**Wednesday, May 18**
**Wednesday, June 1**
Lakeland Medical Suites, Niles
Community Conference Room

**Lifestyle Enhancement through Activity and Nutrition (LEAN)**

LEAN is a one-hour, twelve-week course for only $125 per person and is available to anyone interested in losing weight and creating lasting change in their life. Each week, LEAN challenges individuals to identify areas in their lives that they want to improve, and then teaches them how to apply new skills. For more information or to sign up, contact the Lakeland Comprehensive Weight Loss Center at (269) 687-4673.

**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.

**NEW!**

**Wednesday, April 13**
Lakeland Hospital, Watervliet
Classrooms A & B

**Visiting Patients at Lakeland Medical Center, St. Joseph**

Planning to see a friend or family member staying at Lakeland Medical Center, St. Joseph? To protect the safety and privacy of our patients and team members, check in first at the Information Desk in the Welcome Center (Napier Avenue entrance). Our greeters will provide you with a visitor’s pass and help you find your way. Please note that you will be unable to access some areas of the hospital without a visitor’s pass.
Spring has sprung! The snow is melting, flowers are beginning to bloom, and days are growing longer. With a new season comes an annual rite of passage most people dread – spring cleaning. But what if you focused on cleaning your health in addition to the dust bunnies living under your bed? Lakeland Health family medicine resident, Daniel Benson, DO, shares four simple tips for a happy and healthy spring season:

1) **Clean Out your Medicine Cabinet** – Take some time to sort through your medicine cabinet and properly dispose of any unused medications or antibiotics. Organize what’s left and be sure to separate vitamins or daily supplements from any prescription drugs. Don’t forget you can drop off any expired or unneeded medications, no questions asked, at the new drop-off box at the Lakeland Pharmacy Shoppe, located inside the Center for Outpatient Services in St. Joseph.

2) **Get Moving** – The cold, winter months often cause many people to stay indoors and live a more sedentary lifestyle. With warmer temperatures on the way, spend more time outdoors simply going for a walk or completing a few of the household chores you’ve been putting off. Be sure to gradually build up your stamina and stretch well before completing any strenuous activity.

3) **Eat Local** – The spring season abounds with fresh, seasonal foods so why not serve them to your family and friends? Asparagus, spinach, and strawberries are all at the peak of their season, offering more nutritional value than those out-of-season.

4) **Schedule a Wellness Checkup** – Fall is often the busy season for doctors’ offices as many people try to fit in their yearly wellness exam. If it’s been more than a year since you’ve seen your doctor, beat the rush and schedule an appointment.

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**Top 10 Health Apps**

We know you live a busy life, and sometimes staying healthy isn’t always easy. What if you had the ability to manage your health right at the tip of your fingers? With over 100,000 apps dedicated to mobile health, we want to help you find the one that will have the most impact on your journey to healthy living. Visit [www.getfitinthemitt.com](http://www.getfitinthemitt.com) each month to view a new list of health apps recommended by experts at Lakeland Health.
Blend Your Way to Better Health

Smoothies have quickly become a refreshing and tasty health trend among kids and adults of all ages. If made correctly, smoothies are packed with nutrient-dense ingredients that provide fiber, antioxidants, vitamins and minerals your body needs for good nutrition — not to mention the convenience and ease of consumption.

However, smoothie success starts with the right formula.

“Typically, people use fruit juice, flavored yogurts, and added sweeteners in their smoothies that provide a lot of unnecessary sugar and calories,” said Shelli Meulemans, Registered Dietitian.

“It is important that your smoothie has a good protein source, however, many protein powders are full of sugar or artificial sweeteners, are highly processed, and not a nutritious choice.”

It’s also important to account for calories when adding a smoothie to your usual meal pattern. Even a healthy smoothie can contain between 300 – 400 calories and many people don’t realize how it will impact their overall diet.

“If you’re trying to lose weight, smoothies should be used to replace a meal, such as dinner, not in addition to your regular caloric intake,” said Shelli.

Making a delicious, healthy smoothie is a snap — all it takes is a blender and a few simple ingredients. Follow these tips to get started:

1) Follow the 60/40 formula: 60% fruits to 40% vegetables

2) Blend in stages to avoid leafy chunks
   - Blend your leafy greens with a liquid base first.
   - Add in fruits and blend again.

3) Balance frozen ingredients for desired chill
   - Freeze your favorite fruits like ripe bananas (peel first, then freeze), berries, grapes, pineapple, or buy frozen.
   - Consider replacing 1/2 cup frozen fruit with 1/2 cup ice to decrease calories.
   - Freeze your leafy greens too to keep them longer and add to blender frozen.

4) Use raw, natural sweeteners
   - Flavor your smoothie with naturally sweet fruits, like bananas.
   - Avoid adding processed sugars and artificial sweeteners.
   - To make a dessert-like smoothie, consider adding a bit of maple syrup or honey with unsweetened cocoa powder.

5) Ensure sure your smoothie has good protein source
   - Protein helps to stabilize blood sugars and keep you feeling full longer.
   - If you’re not using a protein-containing base, consider adding nut butter.
   - When adding protein powder, chose one that does not have any added sugars or artificial sweeteners.

6) Prepare smoothies ahead of time for the perfect on-the-go snack
   - You can blend your green smoothie the night before and store it in the refrigerator (for up to two days).
   - Use an airtight lid to reduce oxidation and keep it as fresh as possible.
   - If using wheat germ, flaxmeal or chia, consider adding these ingredients right before eating to reduce how thick it will get.

See our recipe card insert for a simple and delicious green smoothie formula!
The Miracle of Motherhood

A Love That Knows No Boundaries
Sharon and Andrew Beck, Three Oaks

When Sharon Beck learned she was pregnant with her third child, she couldn’t imagine her husband Andrew not being present for the birth. However, the Beck family knew this was a possibility since Andrew, a Specialist and Explosive Ordnance Technician in the United States Army, was currently stationed overseas in Afghanistan.

“No one wants to miss the birth of their child, but I knew this was a sacrifice I might have to make when I joined the Army,” said Andrew.

However, Sharon was determined to make it possible for Andrew to witness the birth of their first son no matter how far away he may be. She began talking with Brenda Schwartz, RN, Manager of the BirthPlace at Lakeland Medical Center, St. Joseph, about her idea to Skype with Andrew overseas during the birth.

“To be a part of the miracle of birth is a privilege and honor for us,” said Brenda. “Sharon’s desire to have her husband be part of the birth of their son touched me deeply. Bringing this family together during this special time became our goal.”

Although they were thousands of miles apart, the Beck family never felt closer as Andrew watched the birth of their first son Ashton.

“The fact that the staff at Lakeland made it possible for me to witness the birth of my first son means everything to me,” said Andrew. “Even though I wasn’t able to be there in person, I was still able to talk to my wife and hear my son cry for the first time.”

A Gentle Welcome to the World
Torey and Wade Schultz, Sawyer

As a former labor and delivery nurse, Torey Schultz has helped numerous families celebrate one of the most memorable times in their life.

When the Schultz family found out they were expecting their second child, they were determined to make the birthing experience different than that of their first son, Corban, who was delivered three years ago by an emergency caesarian section.

Torey knew she would have to undergo another C-section, but after doing some research of her own, the Schultzs decided they wanted their daughter’s birth to mimic a vaginal birth as much as possible – an idea Torey calls a “gentle birthing experience.”

The gentle C-section the Schultz family had in mind focused on both parents being present and engaged in the birth, as well as initiating skin-to-skin contact and beginning to breastfeed as soon as their daughter was ready. Clear drapes were also used allowing both parents to experience the birth more visually.

“Thanks to the staff at the BirthPlace, the birth of my daughter Selah was a completely different experience for me, both physically and emotionally,” said Torey. “I was so glad that Wade and I were able to experience Selah’s birth in this way and that we could form a bond within the first few hours. I have Lakeland to thank in a lot of ways for that.”
Connecting in a New Place

Jenny and Blake Ryan, St. Joseph

New to the area, Jenny Ryan was nervous about choosing a medical provider to care for her and her baby through pregnancy and delivery. She worried about being shuffled between doctors at a large practice or failing to connect with someone new. With the advice of her friends, Jenny decided to give BellaNova Women’s Health in St. Joseph a try.

“At first I wondered if it would be the right choice for me,” said Jenny. “But then I met Dr. [Alissa] Conklin, and we had a great connection. She made it feel intimate.”

Throughout her pregnancy, Jenny was repeatedly put at ease by the friendly, personal care she received at BellaNova. When it was time for Jenny to deliver, her labor progressed quicker than originally planned and she had to have a natural birth without pain medication or an epidural. One of BellaNova’s midwives, Bobbi Brown, CNM, WHNP, stayed with Jenny through her labor, providing continuous support and reassurance.

Forty-five minutes after her water broke, Jenny welcomed daughter Emery into the world. After mom and baby settled in, Jenny emailed Dr. Conklin, who came to visit and check in with Jenny and Emery.

“The staff at BellaNova were always willing to do what I needed done; they made it personal for me,” said Jenny. “You can tell that they’re called to their profession.”
Back on Their Own Two Feet

Raymond Kilbourn and Doug Mundt were used to living an active lifestyle. If Raymond isn’t on the lake fishing you can find him playing a round of 18 on the golf course. Doug also enjoys spending much of his time outdoors. However, after both men suffered ankle injuries, they were forced to put their favorite pastimes on hold.

Doug Mundt, 46, Watervliet

One afternoon while trying to get on a horse, Doug slipped out of the stirrup causing him to land sideways on his right foot. The fall resulted in three fractures. Doug’s wife Tara drove him to the Emergency Department at Lakeland Hospital, Watervliet where medical staff splinted his foot and leg in order to provide temporary relief. The following day, Doug made an appointment with foot and ankle specialist, James Maskill, DPM.

“During our initial visit, Dr. Maskill was very thorough. He went over the treatment options and discussed the pros and cons of surgical versus nonsurgical treatment with my wife and I,” said Doug. “Dr. Maskill had a lot of patience as we arrived with many questions and were undecided on what would be the best course of treatment.”

After all their questions were answered, Doug and Tara decided on foot surgery to repair the broken bones. The surgery was scheduled for the following week at Lakeland Hospital, Watervliet. Everything went as planned and two weeks after Doug’s surgery he reported experiencing minimal pain.

“Dr. Maskill and his staff were very encouraging throughout the whole process,” said Doug. “They made a difficult situation easier by bringing their hearts to work and simply taking the time to listen to all my questions – I never felt rushed.”

Raymond Kilbourn, 80, Olivet

Ever since a beam fell on Raymond’s ankle at work a number of years ago, he had been dealing with slight pain in his right ankle. It wasn’t until three years ago that the pain became so severe it began to interfere with his daily activities. Raymond wasn’t able to go fishing as often as he liked because it was hard for him to get in and out of the boat. His game on the golf course also suffered because he wasn’t able to put his full weight on his ankle while swinging the club.

Raymond had been seeing a foot and ankle specialist in Marshall for a number of years who told him there was no solution for the pain. He and his wife Carolyn weren’t aware that ankle replacement surgery was even an option until his orthopedic doctor referred him to James Maskill, DPM.

“Dr. Maskill and his staff were very encouraging throughout the whole process.”

- Doug Mundt

To read the rest of Raymond’s story, visit www.lakelandhealth.org/kilbourn
The Lakeland Health Foundations recently participated in #GivingTuesday, a global day of giving that harnesses the collective power of individuals, communities, and organizations to encourage philanthropy and to celebrate generosity worldwide. #GivingTuesday inspires people to take action to improve their local communities and give back to the charities and causes they celebrate.

“We began the initiative with a goal of raising $5,000 and due to the generosity of our friends and neighbors we were able to more than double that,” said David Burghart, President of the Lakeland Health Foundations and Vice President of Philanthropy, Lakeland Health.

Funds raised through #GivingTuesday donations will support the Lakeland sexual assault treatment program, which helps survivors of all ages, 24 hours a day.

Paul Smith Jr., a Berrien Springs resident, is the newest board member for the Lakeland Health Foundation in Niles. He graduated from Andrews University with a Bachelor of Business Administration degree in Accounting. He went on to earn a Master’s of Science degree in Accountancy from Indiana University.

Paul currently serves as a senior manager in the audit business unit of Crowe Horwath, LLP in South Bend. He has over 20 years of audit experience, most of that time in the healthcare industry. He is also involved in several local organizations including Michigan Blood, Illinois Medical District Guesthouse Foundation, and the Center for Transfusion and Transplant Medicine.

During the last 12 months, the program served 192 cases locally, and is the only service of its kind in Berrien, Cass, and Van Buren counties.

In addition to performing comprehensive medical exams, nurses connect victims with counseling and other local support services, educate schools and community groups about sexual assault and sexual abuse, and provide forensic documentation and courtroom testimony to help convict criminals.

“The #GivingTuesday initiative is a great way for us to support a program that does so much in our community,” said David. “Although Giving Tuesday only takes place for one day, the funds donated will make an impact in the lives of community members for many years to come.”

Kylie Mellinger joins the Community Hospital Foundation, Watervliet bringing over ten years of banking experience. She currently serves as the Coloma Brach Manager for Edgewater Bank and is enthusiastic about helping others find solutions to their financial needs.

A Bangor High School graduate, Kylie earned a degree in applied science from Kalamazoo Valley Community College. She’s been involved Junior Achievement, Teach a Child to Save, coaching little league softball, and volunteering at local pageants.

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

May 5
Hope Grows Annual Luncheon – Niles
Supports free cancer services

May 21
Lory’s Place Run, Walk, Rock – St. Joseph
Presented by the McLoughlin Family Foundation
Supports grief healing programs and services

June 24
Gordon Knutson Memorial Golf Tournament – Watervliet
Supports Lakeland Hospital, Watervliet
Heart Care Begins with You

Women often don’t realize their symptoms can be related to heart trouble. It’s not always painful, and it’s not always in the chest. Do you know what your risk is for developing heart disease? If your heart’s in trouble, your body will let you know. It’s up to you to notice the warning signs and talk to your doctor.

Visit www.lakelandhealth.org/heart to learn more and get to the heart of the problem.

Lakeland Hospital, Niles and Lakeland Medical Center, St. Joseph are accredited Chest Pain Centers by the Society of Chest Pain Centers.