

HEALTH *currents*

The Magazine of Lakeland Health



New Treatment
FOR HEART RHYTHM
PROBLEMS

Win a KitchenAid® Mixer

***Stonegate
Plastic Surgery***
JOINS LAKELAND

Make Your Own
VALENTINE'S
DAY TREATS

Dear Friends and Neighbors,

New Hope for Addiction

You might think of a drug epidemic as something faced in bigger cities, not within our own community. However, the prescription drug and heroin epidemic is here in our own backyard. Berrien County has ranked in the top five counties in Michigan for heroin overdose in recent years. Prescription drug and heroin abuse isn't limited to a particular age group or income level, according to the Centers for Disease Control and Prevention (CDC), making it more likely that any of us could know someone struggling with addiction.

To raise awareness of this problem and find new ways to help, community members have joined together to present "Voice Change Hope" conferences on prescription drug and heroin addiction. Lakeland Health has awarded a \$20,000 grant to support this program through the Lakeland Health Foundations' Community Wellness Endowment, which is designed to help local groups promoting health and wellness.



Lakeland Health presents the "Voice Change Hope" coalition with a \$20,000 check for drug addiction education efforts.

The Berrien County Health Department applied for the grant, which will be used to directly support the work of many community members collaborating on this project, including representatives from the Michigan State Police, Lakeland Health, the Berrien Community Foundation, Berrien County Sheriff's Department, and Families Against Narcotics.

Our medical community is also taking a closer look at how we prescribe prescription pain medications to patients. Reports show that those who are addicted to prescription opioid painkillers — which can include Vicodin, OxyContin and morphine — are 40 times more likely to be addicted to or abuse heroin. Talk to your provider if you have questions about managing pain, and do not share your medications with friends and family members. (See page 13 for information on disposing of your unused prescriptions.)

We look forward to starting new conversations in the community about prescription drug and heroin abuse, and we hope to continue to provide the education and support necessary to fight addiction. For more information about the prescription drug and heroin addiction conferences, call (269) 683-4411 ext. 649.

Sincerely,

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



on the cover

Stir It Up

St. Joseph High School culinary program students Cira Vance (left) and Alaina Riedel prepare sugar-free chocolate peanut butter cups. Flip to page 15 for the recipe, and visit www.lakelandhealth.org/peanutbutter to watch the girls make this delicious Valentine's Day treat.



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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Wellness Services Come to Harbor Towers

Lakeland Health and the Benton Harbor Housing Commission have partnered to provide wellness services at Harbor Towers, a high-rise apartment complex for the elderly and disabled at 250 E. Wall Street, Benton Harbor.

This new wellness center, called Lakeland at Harbor Towers, is staffed by a team of healthcare professionals who provide wellness screenings and one-on-one health consultations to Harbor Towers residents during set office hours Monday, Wednesday, and Friday. Monthly community health education events for the general public will be announced as they are scheduled.

“As part of Lakeland’s mission to enhance health and serve our community, we recognize how important it is to meet our patients where they are, in their own neighborhoods,” said **Joseph Effa**, Director, Lakeland at Home. “We are excited to work with the Benton Harbor Housing Commission on this initiative, and we look forward to making a positive impact on the health of the residents of Harbor Towers and the surrounding area.”

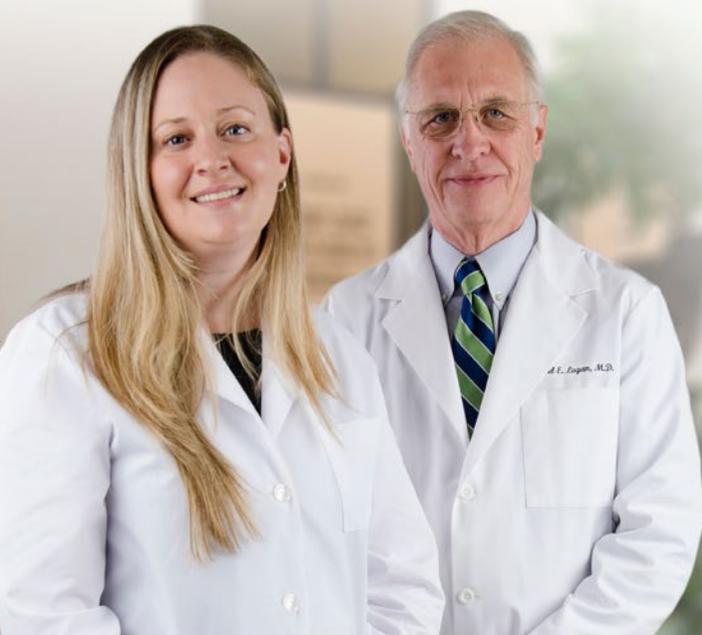
For more information, call Mary Harris, Manager Patient Care Services, Lakeland Health at (269) 985-4455.



The Harbor Towers Health and Wellness Steering Committee includes (seated, from left): Harbor Towers residents Lucretia Williams, Sandra Daniels, Marie Oliver, and Beatrice Johnson (not pictured is Ruddell Howlin). Lakeland team members on the committee include (standing, from left): Margaret Clayborn, Pam Williams, LPN, and Tami Goslee, RN.

Stonegate Plastic Surgery Joins Lakeland Health

Stonegate Plastic Surgery Center and The Spa at Stonegate have joined Lakeland Health, and are now known as Stonegate Plastic Surgery, a Lakeland Health Affiliate.



Located in a 7,000 square-foot facility at 3901 Stonegate Park in St. Joseph, Stonegate Plastic Surgery provides aesthetic and reconstructive plastic surgical care and a medical spa for non-invasive procedures. The practice includes a fully-accredited surgical facility on site, which enhances safety, efficiency, and privacy for patients.

“This integration is a natural extension of the strong relationship Stonegate Plastic Surgery and Lakeland Health have had since we started our practice 25 years ago,” said **Samuel Logan, MD, PhD, FACS**.

Practicing alongside Dr. Logan is **Karen Powers, MD**, who recently joined Lakeland Health after serving as an Assistant Professor in the Division of Plastic Surgery at the University of Texas Medical Branch in Galveston. Prior to teaching, Dr. Powers earned her medical degree at the University of Michigan Medical School and completed her plastic surgery residency at the Medical College of Virginia in Richmond. She also completed a Breast Reconstruction Fellowship at the University of Utah in Salt Lake City.

Compassionate Care with Every Step

For St. Joseph resident **Linda Dokter**, pain was a constant companion she only escaped while sleeping. With severe osteoarthritis from two bad falls, she was left with excruciating pain in her right leg and throughout her knee.

Linda had visited various physicians seeking a solution to her pain, but she didn't feel the trust and security needed to take the next step toward healing until talking with orthopedic surgeon **Jeffrey Postma, DO**.

From the moment Linda met Dr. Postma, she felt at ease. He not only did a thorough examination of her knee, he told her, "I don't want you to leave until all of your questions are answered." He answered her questions, addressed her concerns, and reassured her. For the first time, Linda felt comfortable pursuing a knee replacement, and it was due to the compassionate, personable care of Dr. Postma.

Dr. Postma performed Linda's knee replacement at Lakeland Hospital, Watervliet. It went smoothly, and the next step was rehabilitation. After coordinating with Dr. Postma and her family physician, Linda decided to start her rehab at Pine Ridge Rehabilitation Center in Stevensville, and follow that up with Home Care physical therapy.

"I wanted to be able to water my flowers, and he helped me learn how to navigate through my yard with my walker."

– Linda Dokter

Linda was pleased with the level of physical therapy she received through Pine Ridge and Home Care, but she was especially impressed by **Kevin Kutchie, PTA**, one of her Home Care therapy providers. Kevin made a point of encouraging Linda as she regained strength to return to the activities she loved.

"I wanted to be able to water my flowers, and he helped me learn how to navigate through my yard with my walker," said Linda.

Similarly, Kevin helped prepare Linda for her return to work, helping her adjust to getting in and out of her car and easing her transition back to work.

"I am so thankful, blessed, and glad to have it done," said Linda. "It has made such a difference. I can now walk or stand without pain or a limp, and I no longer dread going to the store because I have to walk. I can now carry my grandson without any pain."



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

New Ablation Procedure

Helps Patients with Heart Rhythm Problems

Rosalie Johnson will always remember that October day when she had trouble breathing.

"I've never been so scared in my life," the Watervliet resident said.

Knowing that something wasn't right, Rosalie flagged down her husband, Don, who was cutting grass outside, and told him she needed to go to the hospital. Don drove Rosalie to the Emergency Department at Lakeland Medical Center, St. Joseph for treatment. Rosalie was evaluated by two cardiology providers, **Dilip Arora, MD, FACC**, and **Dave Chalupa, PA**, who then referred her to their colleague, **Abhimanyu Beri, MD**, a cardiac electrophysiologist specializing in treating rhythm problems of the heart.

"Electrophysiology is the study of the electrical functioning of the heart and the disorders that can happen when something goes wrong with it," said Dr. Beri. "Patients may experience symptoms such as the feeling that their heart is racing, palpitations, their heart may beat too fast or too slow, and sometimes they can feel lightheaded or pass out from these conditions."

Dr. Beri explained to Rosalie that she had a heart arrhythmia—a problem with the rate or rhythm of the heartbeat—and talked with her about treatment options. Rosalie was intrigued to learn about catheter ablation, a procedure in which a catheter is guided through a blood vessel to the heart. Energy is sent through the catheter to destroy small areas of heart tissue responsible for an arrhythmia.

"Dr. Beri explained everything about the procedure," Rosalie said. "Catheter ablation was something new to me, but I thought it sounded really interesting."

Rosalie was relaxed but awake for the procedure, which took about 90 minutes. When the ablation was over, Rosalie recovered in the Heart Center, where she was closely monitored. After returning home, she soon resumed her usual activities, including walking outdoors and keeping up with her grandchildren.

"When Rosalie initially presented, her heart function was found to be reduced, and she was developing congestive heart failure," said Dr. Beri. "After ablation, her heart function completely normalized and she was back to living her normal life."

Today, Rosalie continues to take medications to help control her heartbeat and checks in regularly with Dr. Beri and her longtime family physician, **Mark Smalley, DO**. She is thrilled that she was able to have such an advanced procedure at Lakeland, and doesn't hesitate to share her story with friends and family.

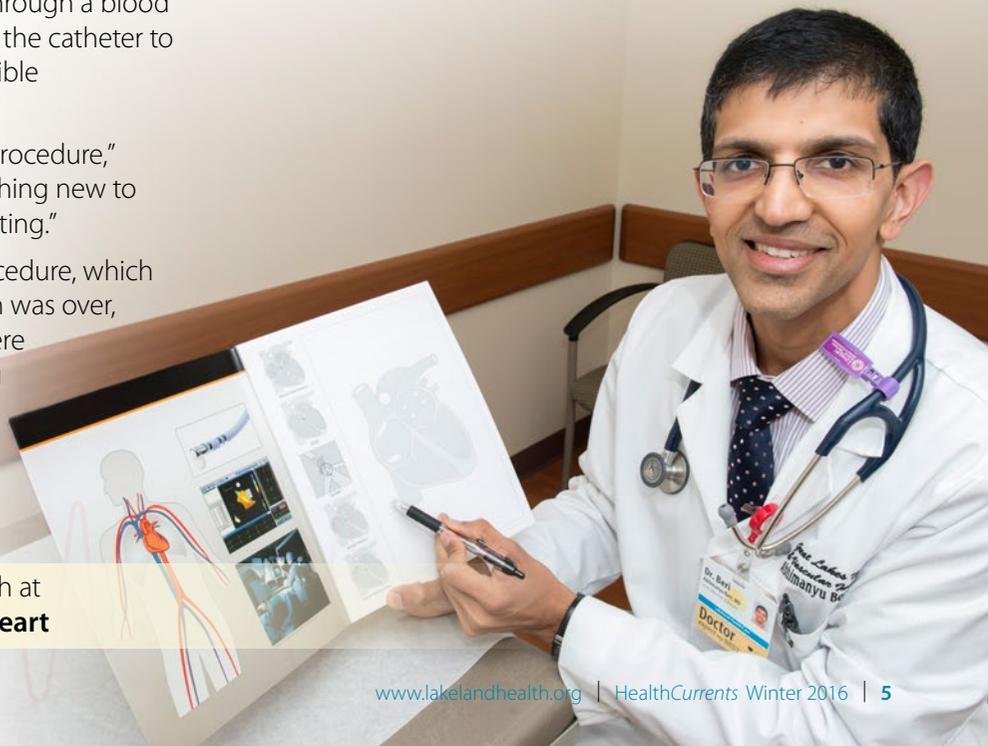
"Dr. Beri has done wonders for me," Rosalie said. "I feel like a new person. It is so wonderful to have the technology we have today."

Questions about heart rhythm disorders?

Meet Dr. Beri at a free one-hour physician seminar on **Thursday, February 18**, at Lakeland Medical Center, St. Joseph. Look for details in the calendar on the next page!

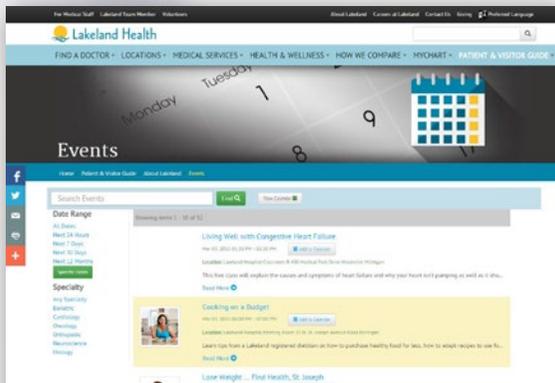


Learn more about heart health at
www.lakelandhealth.org/heart



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

Physician Speaker Series: Dealing with Heel and Ankle Pain

Is heel or ankle pain slowing you down? If you're struggling with arthritis, fallen arches, injuries, or another condition, there's new hope for getting back on your feet again. Join **James Maskill, DPM**, foot and ankle surgeon, to learn about the latest treatments for heel and ankle pain, from simple self-care to complex surgical options. Preregistration is required; call (269) 927-5361.

**Wednesday, February 3
6:00 to 7:00 p.m.**

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

Physician Speaker Series: Living with Atrial Fibrillation: Treatment Options as a Patient

Join **Abhimanyu Beri, MD**, cardiac electrophysiologist, to learn the symptoms of an abnormal heart rhythm, when you should talk to a doctor, and how electrophysiology studies can be used to diagnose and treat these disorders. You'll also hear how the latest treatment options can help you quickly return to your favorite activities. Preregistration is required; call (269) 556-2808 or (866) 260-7544.

**Thursday, February 18
6:00 to 7:00 p.m.**

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

 **event locations** SEE PAGE 14

Physician Speaker Series: Living Well With Gout

Do you struggle with intense episodes of painful swelling in one of your joints? It might be gout, a complex form of arthritis that can affect anyone. Join **Nina Ramessar, MD**, Rheumatologist, to learn how gout can be successfully treated, and how you can reduce your risk that gout will recur. Preregistration is required; call (269) 556-2808 or (866) 260-7544.

Tuesday, March 8

6:00 to 7:00 p.m.

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

Thursday, March 24

6:00 to 7:00 p.m.

Lakeland Hospital, Niles
Meeting Room

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 16 in St. Joseph.) Participants must be in the fifth grade or 11 years of age or older to register for the class.

Saturday, March 19

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

Lakeland Hospital, Niles
Meeting Room

Saturday, May 21

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

Lakeland Hospital, Watervliet
Classrooms A & B

Save the Date! Growing in Grace— an Emotional Wellness Conference for Our Community

Join Southwestern Medical Clinic's Christian Counseling and Psychological Services and Well of Grace Ministries for a day-long conference. **Sharon Jaynes**, author, national speaker, and spiritual leader, will deliver the keynote speech. Workshops with focus on strengthening your interpersonal relationships while delivering practical skills for everyday life. Registration fee is \$25, and scholarships are available. Preregistration is required; call (269) 429-7727 or visit www.swmc.org to learn more.

Saturday, March 19

8:30 a.m. to 4:00 p.m.

The Chapel, St. Joseph



Winter Wellness Tip

Falls are a major cause of winter injuries. Keep your shovel and salt indoors, so that you don't have to step on a slippery sidewalk to get them.

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:

Friday, January 8

Friday, March 4

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

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

Wednesday, February 17

12:00 to 6:00 p.m.

Lakeland Hospital, Niles
Large Meeting Room

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.

Mondays, January 4 to February 15

3:30 to 5:00 p.m.

Hospice at Home, St. Joseph

Thursdays, January 7 to February 18

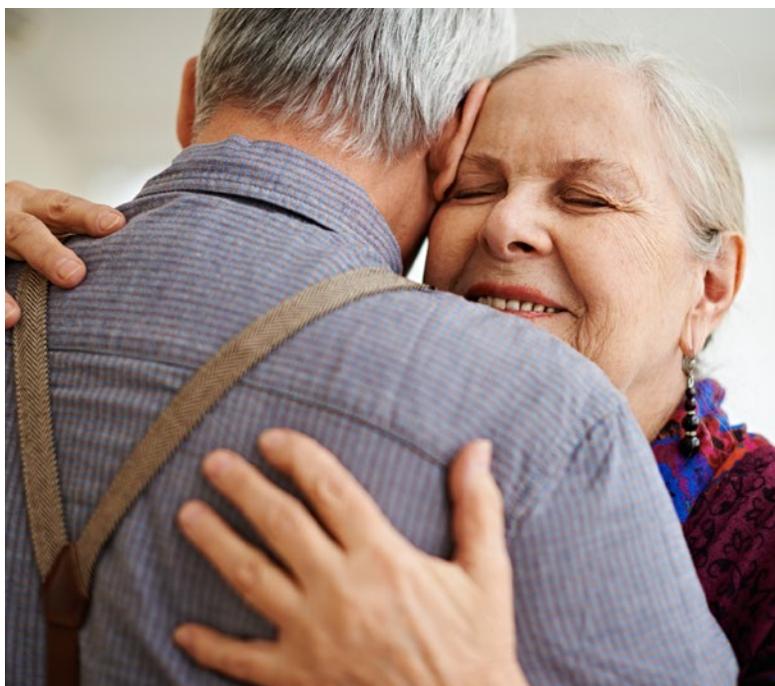
2:30 to 4:00 p.m.

Hospice at Home, South Haven

Thursdays, January 7 to February 18

1:30 to 3:00 p.m.

Hospice at Home, Buchanan





cancer care

Look Good... Feel Better

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

Monday, January 11
Monday, February 8
Monday, March 14

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.

Colorectal Cancer Screening

In March, Lakeland Health will offer free colorectal cancer screening kits. This test does not require following a limited diet or change in medications before screening, and it's easy to administer at home. It detects hidden blood in the stool, a first step in screening for colon cancer. Free screening kits will be available at several Lakeland locations on **Tuesday, March 22, through Thursday, March 24**. For kit distribution locations or more information about colorectal cancer screening kits, call (269) 927-5404 or (269) 683-5510 ext. 5404.

3 Steps to Protect Your Family from Sepsis

Sepsis is the body's response to infection, and can lead to tissue damage, organ failure, and even death. Fortunately, there are some simple ways you can prevent sepsis.

1. Get vaccinated against the flu, pneumonia, and any other infections that could lead to sepsis. Talk to your doctor for more information.
2. Prevent infections that can lead to sepsis by cleaning scrapes and wounds and practicing good hygiene, such as washing your hands and bathing regularly.
3. If you have an infection, seek medical treatments for signs of sepsis like fever, chills, rapid breathing and heartrate, rash, confusion, and disorientation.

To learn more about sepsis, visit www.lakelandhealth.org/sepsis



diabetes care

Pre-Diabetes Class

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

Thursday, January 7
10:00 a.m. to 12:00 p.m.

Center for Outpatient Services, St. Joseph
 Pharmacy Conference Room

Thursday, February 4
1:00 to 3:00 p.m.

Lakeland Hospital, Niles
 Meeting Room

Thursday, March 3
10:00 a.m. to 12:00 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

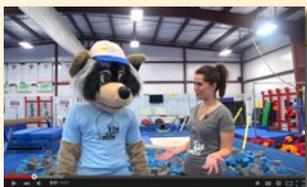
Community members with diabetes, along with their family or friends, are welcome to join this meeting. Topics will include tips on healthy eating, new recipes, and daily care updates. Meets the first Wednesday of every month from 6:30 to 7:30 p.m. in the Community Room at Lakeland Medical Center, St. 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.

New Video! Flippin' for Fitness

In the latest Get Fit in the Mitt® feature episode, we visit Power in Motion Gymnastics, where kids are encouraged to get up and get moving. Meet some of the kids who love to run, jump, and tumble, and learn about the health and educational benefits of gymnastics from Power in Motion Founder and Owner **Amber Williams**.



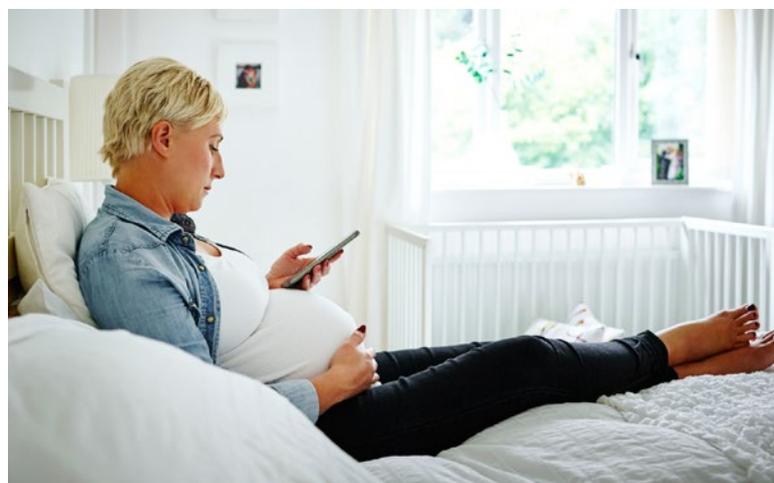
To watch all the fun unfold, visit www.getfitinthemitt.com



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; for more information or to register, call (269) 927-5355.



Thinking About Breastfeeding?

Monthly Class for Moms and Dads

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

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

Wednesday, January 13

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

Monday, February 29

Lakeland Hospital, Niles
Meeting Room

Monday, March 28

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



Winter Wellness Tip

On cold nights, dress your baby in a warm one-piece sleeper and wearable blanket. But don't add a blanket, pillows, or bunting to the crib, as these increase the risk of SIDS (Sudden Infant Death Syndrome).

 **event locations** SEE PAGE 14

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., or call (866) 260-7544.

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 Certified Lactation Consultant **Denise Lenardson, RN, CCE, IBCLC**, the group provides a forum for breastfeeding women to gain confidence, support, and guidance. A scale for weighing babies will also be available during the meetings. For more information, call (269) 927-5355.

Every Wednesday (except holidays)

11:00 a.m. to noon

Center for Outpatient Services, St. Joseph
Pharmacy Conference Room



general health

Bones in Balance

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

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

Tuesdays/Thursdays:

January 5 to 18

February 2 to 25

March 8 to 31

Center for Outpatient Services, St. Joseph

MyPlate 101

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

Tuesday, March 15

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



Community Wellness Workshop

February is American Heart Month. Please join Community Health and Wellness at Lakeland Health 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.

Wednesday, February 24

8:30 to 10:30 a.m.

Boys & Girls Clubs of Benton Harbor
Fettig Youth Campus



Winter Wellness Tip

Stay hydrated with water, even when the temperature drops. Avoid alcohol and caffeine since these beverages can quickly lead to dehydration. Energy drinks may be tempting, but the excess sugar and caffeine can place you at risk for dehydration.



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.
(No screenings on January 1; screenings resume February 5)

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



One Hour Could Change Your Life!

Watch Physician Seminars Online!

If you couldn't make it to our physician seminars, you can still see what you missed. 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:

- Arthritis Treatments for the Hip by **Jeffrey Postma, DO**
- Back Surgery: Types, Recovery, Risks, and Benefits by **Christian Sikorski, MD**
- Is It an Addiction, Habit, or Obsession? by **Richard Watson, MA, LPC, LLP**
- Lose Weight, Find Health by **Michael Schuhknecht, DO**
- 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**
- Why See a Rheumatologist for Joint Pain? by **Amrit Anand, MD**



Winter Wellness Tip

Looking to incorporate more vegetables into your winter meals? Sweet potatoes — fiber-rich and a good source of vitamin A and potassium — can be sliced into chips or fries and roasted, or pureed and added to macaroni and cheese or oatmeal.

heart care

Because Every Heart Matters: Early Heart Attack Care

Did you know that heart attacks have beginnings? This class provides information about the early symptoms of heart attack for you and others, the importance of early treatment and calling 9-1-1, and ways to decrease the risk of heart disease. Refreshments will be provided. Preregistration is required by calling (269) 556-2808 or (866) 260-7544.

Tuesday, February 9

6:00 to 7:00 p.m.

Center for Outpatient Services, St. Joseph Pharmacy Conference Room



Tuesday, February 16

10:00 to 11:00 a.m.

Niles District Library

Tuesday, February 23

6:00 to 7:00 p.m.

Lakeland Hospital, Watervliet Classrooms A & B



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, January 11

5:00 to 6:00 p.m.

Lakeland Hospital, Niles Health Resource Library

Thursday, January 21

10:00 to 11:00 a.m.

Lakeland Medical Center, St. Joseph Community Room

Monday, February 8

5:00 to 6:00 p.m.

Lakeland Hospital, Niles Health Resource Library

Tuesday, February 23

1:00 to 2:00 p.m.

Lakeland Medical Center, St. Joseph Community Room

Monday, March 7

5:00 to 6:00 p.m.

Lakeland Hospital, Niles Health Resource Library

Tuesday, March 22

10:00 to 11:00 a.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, January 5

1:00 to 2:00 p.m.

Center for Outpatient Services, St. Joseph Pharmacy Conference Room



Tuesday, February 2

10:00 to 11:00 a.m.

Lakeland Hospital, Niles Buchanan Area Health Resource Library

Tuesday, March 1

10:00 to 11:00 a.m.

Lakeland Hospital, Watervliet Classroom B



Winter Wellness Tip

To keep your skin healthy this winter, switch to an oil-based moisturizer that includes sun protection factor. Reapply throughout the day if you'll be outside.

 **event locations** SEE PAGE 14

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, January 20 to March 9

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, January 6

Wednesday, February 17

Wednesday, March 2

Lakeland Medical Center, St. Joseph

Frederick S. Upton Education Center, Room 4

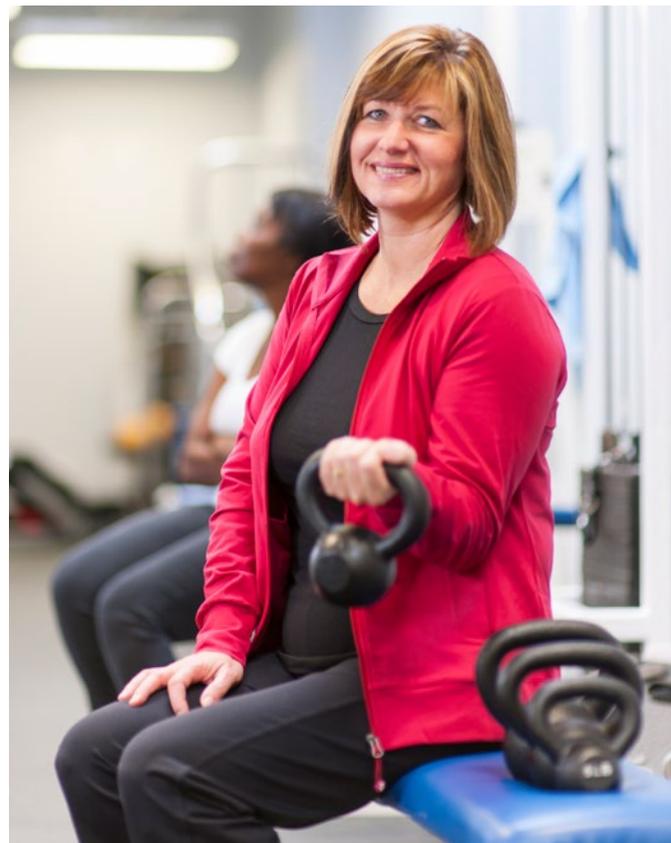
Wednesday, January 20

Wednesday, February 3

Wednesday, March 16

Lakeland Medical Suites, Niles

Community Conference Room



Winter Wellness Tip

Hitting the slopes? Be sure to warm up before your activity. Cold muscles, tendons, and ligaments are at increased risk for injury.

Lifestyle Enhancement through Activity and Nutrition (LEAN)

LEAN is a one-hour, eight-week course for only \$80 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.

Visit www.lakelandhealth.org/lean for more information.

Sign up by calling 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.

Don't let your old prescriptions end up in the wrong hands!

Safely dispose of any expired or unneeded medications, no questions asked, at a new drop-off box at the Lakeland Pharmacy Shoppe, located inside the Center for Outpatient Services in St. Joseph. The box is provided through a collaboration of Lakeland Health, the Berrien County Health Department, and the Berrien County Sheriff's Department. The Pharmacy Shoppe is open Monday through Friday from 8:30 a.m. to 4:30 p.m. For more information, call the Lakeland Pharmacy Shoppe at (269) 556-2888.





support groups

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



New! Mobile App for Older Adult Patients and Family Members

If you are an older adult or are caring for an aging family member, check out the new Patients+Family Mobile App from NICHE (Nurses Improving Care for Healthsystem Elders). With this app, seniors and their caregivers can use their smartphones or tablets to access valuable health information, plus resources such as checklists to help prepare for hospital stays and other transitions.



As part of the NICHE program, Lakeland recognizes that older adult patients have specialized needs, and that patient- and family-centered care helps create a positive experience for aging patients. To download this free app and to learn more about how Lakeland meets the needs of older patients, visit www.lakelandhealth.org/niche

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.

event locations



Benton Harbor

Boys & Girls Club
Fettig Youth Campus
600 Nate Wells Sr. Drive

Buchanan

Hospice at Home, Buchanan
4017 Chamberlain Road

Niles

Lakeland Hospital, Niles
31 N. St. Joseph Avenue
Lakeland Medical Suites, Niles
42 N. St. Joseph Avenue

Niles-Buchanan YMCA

905 North Front Street

Niles District Library

620 E. Main Street

St. Joseph

Center for Outpatient Services, St. Joseph
3900 Hollywood Road

The Chapel

4250 Washington Avenue

Hospice at Home, St. Joseph

4025 Health Park Lane

Lakeland Medical Center, St. Joseph

1234 Napier Avenue



Marie Yeager Cancer Center

3900 Hollywood Road

South Haven

Hospice at Home, South Haven
05055 Blue Star Memorial Highway

Watervliet

Lakeland Hospital, Watervliet
400 Medical Park Drive



Celebrate Valentine's Day

with Sugar-Free Chocolate Peanut Butter Cups



Nothing says Valentine's Day like chocolate. But instead of buying a box of candy for your sweetheart, why not try making a healthier version of your favorite treat?

"These sugar-free chocolate peanut butter cups utilize two ingredients that may offer a nutritional edge: coconut oil and stevia," said **Nicole Morrissey**, Registered Dietitian and Certified Diabetes Educator, Lakeland Health. "Together with peanut butter and fiber-rich cocoa powder, these sweet treats are sinless and delicious!"

Unlike most saturated fats, coconut oil does not pose the same artery-clogging risk, because it is a medium-chain

triglyceride. In other words, coconut oil diffuses from the GI tract into the bloodstream without first going through the heart. It is absorbed very quickly, almost effortlessly, by the body. Similar to all fats, however, coconut oil is very high in calories and should be used in moderation and as a part of a balanced diet.

Stevia is the latest sugar-free sweetener to arrive to market. Similar to other sugar substitutes, it is calorie-free and does not increase blood sugar. Many consumers prefer its taste when compared to other sugar substitutes. It is 150 times sweeter than table sugar, so a little bit goes a long way.

Sugar-Free Chocolate Peanut Butter Cups

Makes 11 peanut butter cups.

Ingredients

Bottom Layer:

2 Tbsp coconut oil, melted
1/4 cup smooth peanut butter
1 tsp pure vanilla extract
1/4 cup unsweetened cocoa powder
2 packets stevia

Top Layer:

2 Tbsp coconut oil, melted
1/4 cup natural smooth peanut butter
1/2 tsp pure vanilla extract
1 packet stevia

Directions

Line a mini muffin tray with 11 paper liners.

Stir all ingredients for the bottom layer together until smooth and divide between the wells (each should be about half full). Put the tray in the freezer on a flat surface and freeze until solid (about 15 minutes).

Meanwhile, stir all ingredients together for the top layer until smooth and divide on top of the set chocolate mixture. Return to the freezer and freeze until solid. Store the treats in the freezer and enjoy.



Hungry for more?

Visit www.lakelandhealth.org/peanutbutter to watch St. Joseph High School students prepare the recipe!

Nutrition Information (per cup): 116 calories; 11.1 g fat; 0 mg cholesterol; 55 mg sodium; 3.6 g carbohydrate; 1.5 g fiber; 3.2 g protein
(0 carb choices per cup or 1/2 carb choice for 2 cups)

An Experience Worth a Thousand Words

Daniel Krajecki woke up one morning with a tingling feeling in his arm. He didn't think much of it — assuming he had slept on it — and continued with his morning routine. It was only after getting out of the shower that he looked in the mirror and noticed that one side of his face was drooping. Right away, he called his mom to take him to the hospital, but soon thought it was better to call 9-1-1.

Daniel had a massive hemorrhagic stroke. A stroke is caused when an area of the brain does not receive the blood it needs. Strokes can be caused by blood clots, but also by bleeding, or hemorrhaging, in the brain. Because blood-deprived brain tissue can cause serious disability or death, it is important to get the right treatment as soon as possible by calling 9-1-1.

Daniel spent that night in the Intensive Care Unit at Lakeland Medical Center, St. Joseph, before transferring to the Ortho/Neuro floor for the rest of the weekend. On Monday, Daniel was transferred to Lakeland Hospital, Watervliet, where he began six weeks of inpatient rehabilitation.

"One of our acquaintances did rehabilitation there, and they had really great things to say about it, so we through it was worth trying," said Daniel.

When he arrived, Daniel found a staff that was reassuring and enthusiastic about helping him heal.

"I couldn't ask for a better group to take care of me," said Daniel. "We love them; they made a difficult time easier.

Brian Ward, the program director, was a big encouragement. He made it a point to come around and see all of the patients every day, and even did my therapy one day."

Daniel was also pleasantly surprised when Brian gave the OK for his dog, Oreo, to visit.

"Oreo brightened up the whole floor," said Daniel. "Having your dog really boosts your spirits, and makes it just like being at home."

Every morning, Daniel would see beautiful sunrises from the window in his room, and he asked if he could take some pictures to occupy his time. A longtime photography enthusiast, Daniel wanted to show the human side of stroke recovery.

"When you hear about stroke, you don't hear about who's around you. But you end up relying on everyone," said Daniel. "You need good family, friends, and caregivers to support you."

"I couldn't ask for a better group to take care of me, we love them; they made a difficult time easier."

– Daniel Krajecki



To hear more about Daniel's experience, visit www.lakelandhealth.org/krajecki



Above: Photos taken by Daniel Krajecki.
Left: Daniel and his dog, Oreo.



While he was at Lakeland Hospital, Watervliet, Daniel took photos of his care team, including from left: Lee Harton, RN, Ann Turner, RN, and Kristy Bradford, CNA.

While re-learning how to walk, he took pictures of his nurses and therapists cheerleading for him. Throughout his entire experience, he documented his healing process and highlighted touching moments of care from staff. Daniel compiled all of the pictures he'd taken during his stay and presented the staff with a book at the rehabilitation reunion dinner.

"They were really excited to receive it," said Daniel. "I just can't explain how amazing they were."

Act FAST

Calling 9-1-1 at the first signs of stroke, as Daniel Krajecki did, can mean the difference between life and death.

"Too many stroke patients are coming to a Lakeland hospital by car rather than by ambulance," said **Robert Ward, III, DO, FACN**, Medical Director of the Stroke Center, Lakeland Health. "This is an alarming trend. You risk death or disability by not calling 9-1-1 at the first signs of stroke."

Know the signs of stroke, and do not wait to get help – this is a medical emergency:

FACE

Does the face look uneven? Ask the person to smile.

ARM

Does one arm drift down?
Ask the person to raise both arms.

SPEECH

Does their speech sound strange? Ask the person to repeat a simple phrase; for example, "The sky is blue."

TIME

If you observe any of these signs, then it's time to call 911.



Lakeland Health is proud to have earned the Gold Seal of Approval for Primary Stroke Centers from The Joint Commission. This distinction recognizes centers that make exceptional efforts to foster better outcomes for stroke care.

How Much Do You Know About Stroke?

Stroke is a leading cause of death and a leading cause of serious, long-term disability, according to the American Heart Association and the American Stroke Association. Take this quiz to test your stroke knowledge.

1. What is another name for a stroke?

- A. Heart attack
- B. Brain attack
- C. Myocardial infarction
- D. None of the above

2. Which of these is a symptom of stroke?

- A. Sudden confusion
- B. Sudden weakness in an arm or leg
- C. Sudden severe headache with no cause
- D. Sudden trouble seeing
- E. All of the above

3. Which of these lifestyle factors almost doubles a younger adult's risk for stroke?

- A. Overweight
- B. Little or no exercise
- C. High blood pressure
- D. Smoking

4. Which type of medicine is given to help prevent a stroke?

- A. Medicine to prevent clots from forming
- B. Blood-thinner medicine
- C. Clot-busting medicine
- D. A and B
- E. All of the above

5. Which of these may be a long-term problem after a stroke?

- A. Paralysis or weakness on one side of the body
- B. Problems with thinking or memory
- C. Problems with language
- D. Pain in the hands and feet
- E. All of the above

Answers: 1. B; 2. E; 3. D; 4. D; 5. E

welcome

New Physicians



Angela Caffrey, MD
Geriatrics



Ashley Dupuis, DO
Obstetrics & Gynecology



Benjamin Nicholson, MD
Ophthalmology



Gina South, MD
Hospitalist - Pediatrics

New Medical Providers



Betsy Becker, NP
Pediatrics



Jennifer Benson, PA
Gastroenterology



Krysta Berg, PA
Hospitalist



Carly Gietler, PA
Orthopedics



Mona Hale, NP
Palliative Medicine



Lynette Polinder, CNM
Obstetrics & Gynecology



Katie Sibbold, CNM
Obstetrics & Gynecology



Meet Our Physicians Video Profiles Available Online

Get to know the physicians of Lakeland Health by viewing their video profiles through our online physician directory, YouTube channel, and Facebook page. 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.com/lakelandhealthcare, or find us on Facebook.





2015 Gala

Queen of Hearts

Lakeland Gala Raises Record-High \$105,000 for Health Programs and Services

Nearly 300 southwest Michigan residents recently attended the annual Lakeland Health Foundation Gala, held at the Inn at Harbor Shores in St. Joseph. Through sponsorships, ticket sales, a silent auction, and a raffle, the Gala raised \$105,000 – the highest amount generated at a Foundation event to date – to benefit patient care at Lakeland and to support key wellness initiatives in the community.

“Over the years, with our community’s help, the Foundation has helped bring our area many wonderful services – things like robotic surgery, the Merlin and Carolyn Hanson Hospice Center, and the Marie Yeager Cancer Center,” said **David Burghart**, President of the Lakeland Health Foundations and Vice President of Philanthropy, Lakeland Health. “By being here tonight, you are supporting not only great patient care at Lakeland, but also the well-being of everyone in southwest Michigan.”

The event’s theme, “Queen of Hearts,” referred not only to Lakeland’s continued focus on cardiac care, but also to the organization’s commitment to touching the hearts of patients, their family members, and the community.

Loren B. Hamel, MD, President and CEO of Lakeland Health, discussed several examples of

how Lakeland touches hearts in the community every day, including the organization’s parish and senior center nurses who care for local residents in churches and senior centers, and the Healing Paws program, which uses a grant from the Lakeland Health Foundation to bring therapy dogs to area nursing homes and other facilities.

“We are privileged to touch hearts every day by helping to provide exemplary, compassionate care for our friends and neighbors in southwest Michigan,” said Dr. Hamel. “Lakeland is not only in the business of healthcare, but the business of love.”



L to R: Robert and Carol Starks and Mike and Lynn Todman

Save the Date

Mark your calendar for fun 2016 events that make a difference. For more information, visit www.lakelandhealthfoundations.org, or call (269) 927-5143.

May 5

Hope Grows Annual Luncheon - Niles

Proceeds support free cancer screening services

May 21

Lory's Place Run, Walk, and Rock

Presented by the McLoughlin Family Foundation

St. Joseph

Proceeds support grief healing programs and services at Lory's Place

June 24

Gordon Knutson Memorial Golf Tournament

Watervliet

Proceeds support projects and services at Lakeland Hospital, Watervliet

July 15

Reflections Dinner and Auction - St. Joseph

Proceeds support outreach programs and community bereavement education from Lory's Place

August 6

Hospice at Home Wine & Beer Tasting Benefit - South Haven

Proceeds support Hospice at Home and South Haven Area Hospice Foundation

November 12

Lakeland Health Foundations Annual Gala - St. Joseph

Proceeds support Lakeland initiatives that benefit the community

Date TBD

A Taste Sensation Culinary Cook-Off - Berrien Springs

Proceeds support the Merlin and Carolyn Hanson Hospice Center

Want a Healthier Community? Here's Your Chance!

By completing a short online survey, you can help Lakeland Health and the Berrien County Health Department find new ways to make our community a better, healthier place. Your feedback will help us understand the health-related needs of southwest Michigan residents, and to guide how we work with our community partners to address them.

Visit www.lakelandhealth.org/CHNA to answer the following questions:

1. What are the biggest health issues in your community?
2. What makes it hard to be healthy in your community?
3. What makes it easy to be healthy in your community?
4. In an ideal world, what would a healthy community look and feel like?
5. Do you have any ideas about how to improve health in your community?

You may be asked to take an additional survey or be part of a focus group for the Community Health Needs Assessment. We encourage you to participate in these opportunities.

What Is a Community Health Needs Assessment?

As part of the Affordable Care Act, hospitals must assess the health of the communities they serve, not just the patients who walk into their buildings. The data collected from the community health needs assessment is a valuable tool in helping Lakeland and other organizations obtain funding and develop programs for improved population health outcomes.

