

HEALTH

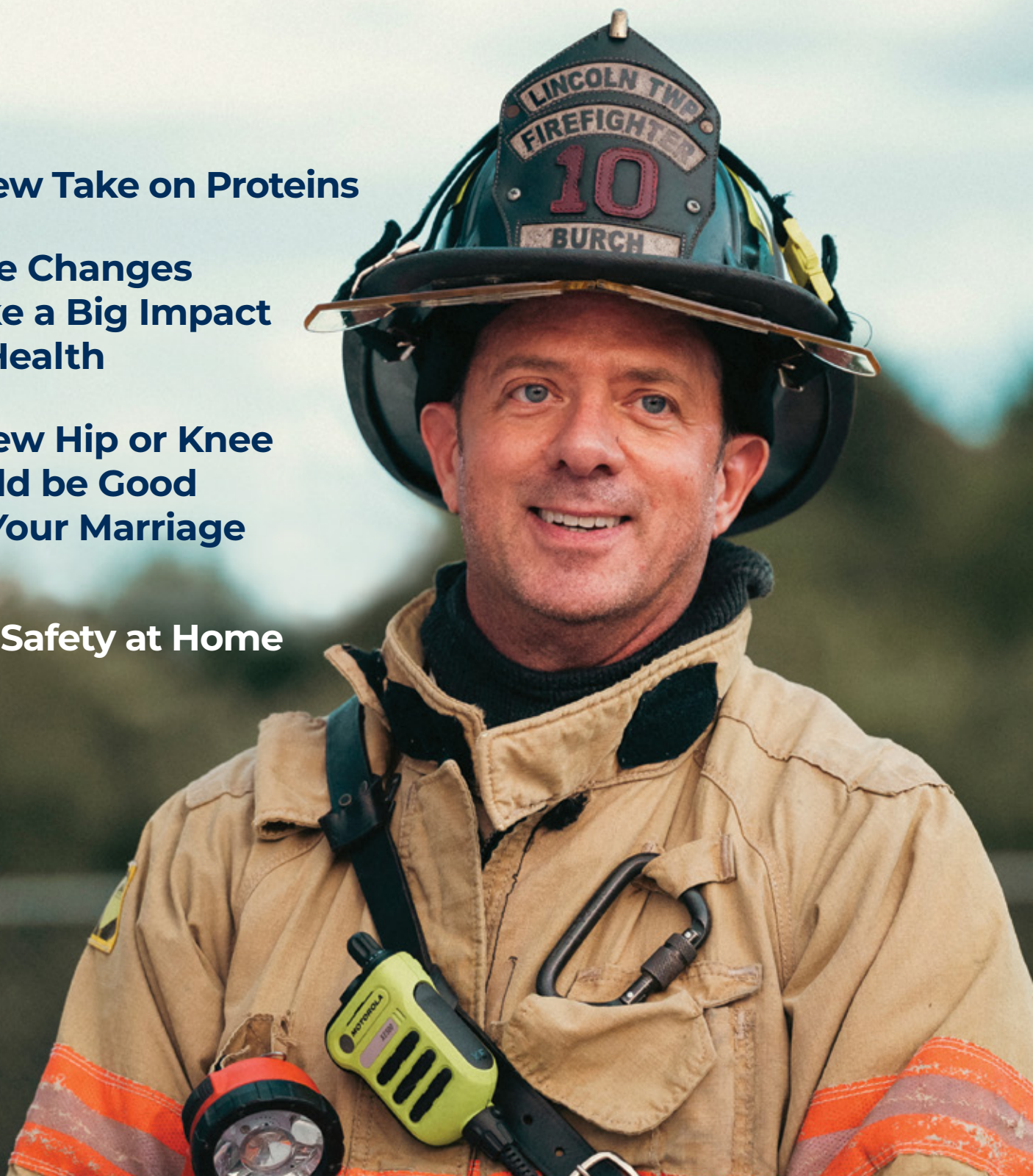
Currents

A New Take on Proteins

**Little Changes
Make a Big Impact
on Health**

**A New Hip or Knee
Could be Good
for Your Marriage**

Fire Safety at Home



Imyn B. | Benton Harbor
Strong and empowered
with mental health coaching

corewellhealth.org

Depression hit hard. Learned to fight back.

We can.



ON THE COVER

Wellness at Work

A good baseline of your overall wellness, especially if you work in a highly physical job, can alert you to major health changes, help prevent injuries and ensure you are well enough to perform your job safely. See page 4.



HealthCurrents is published by Corewell 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. If you have questions or suggestions regarding this publication, email chsinfo@spectrumhealth.org

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Never Miss an Issue

Go to spectrumhealthlakeland.org/healthcurrents
and sign up to have it delivered free to your mailbox.

Together We Can

Every person and object in this world is given one. It's often the first thing we ask when we meet someone new.

A name is an incredibly important part of our identity and individuality. It carries deep personal, cultural, and historical connections. As an organization, our name gives us a sense of belonging and establishes our place in the communities we serve.

Since we began offering quality, compassionate care to our friends and neighbors in the 1800s, we've had several names:

- Mercy Hospital
- Memorial Hospital
- Pawating Hospital
- Berrien General Hospital
- Community Hospital Watervliet
- Lakeland Regional Health System
- Lakeland Health
- Spectrum Health Lakeland

And last fall we announced our new name...Corewell Health.™



As you drive around Southwest Michigan, or visit one of our locations, you will soon see our name displayed on new signs outside of each of our facilities.

The words and logo that make up Corewell Health are very intentional and reflect who we are and what we do.

Corewell Health has brought two of Michigan's most respected health systems together in pursuit of better health. We put your health and wellness at our core because when people are healthier, they live better.

Through health care and health coverage, **we can** create more value.

Through compassion, collaboration, clarity, curiosity and courage, **we can** make anything and everything possible.

Through our people, **we can** care for the whole person with respect, dignity and love.

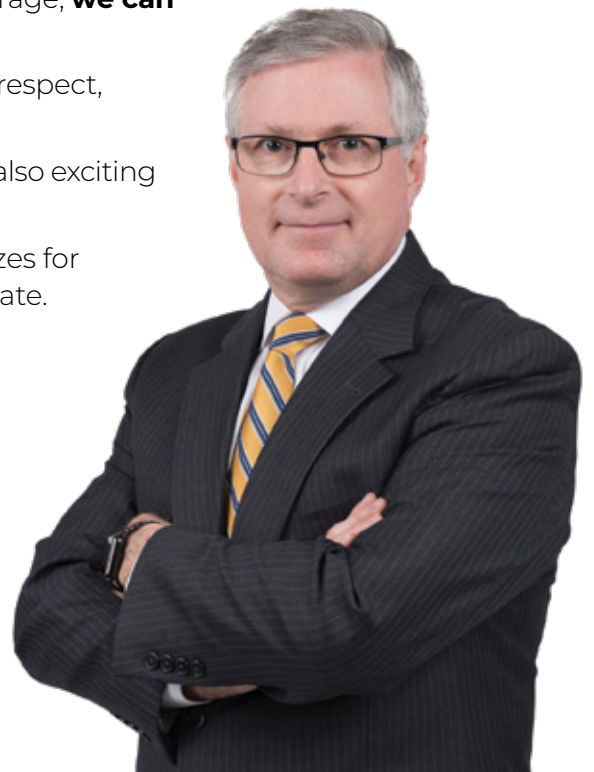
I know it can be difficult to part with a familiar name. And it's also exciting to be part of something bigger.

I'm proud of, and inspired by, what our new identity symbolizes for the future of health care in our community and across our state.

I hope you are too!

A handwritten signature in black ink that reads 'Loren B. Hamel'.

Loren B. Hamel, MD
President, Corewell Health in Southwest Michigan



New MyChart Addition Offers Online Access to X-ray Imaging

Whether you are traveling, at work or at home, you should have quick access to your medical information. MyChart provides you with a high-level summary of your medical chart that is easily accessible online. Inside the portal you can schedule or change an upcoming appointment, view current prescriptions, refill information, review or pay billing statements and view your latest test result.

Don't have an account? Sign up today by visiting spectrumhealthlakeland.org/mychart or call **1.800.525.3526**.



A new upgrade within MyChart now allows patients to view X-ray images, download them and save or share them via email.

Welcome New Providers

Visit spectrumhealthlakeland.org/physicians to learn more about the Corewell Health medical team taking care of our Southwest Michigan communities.



Rachel Albertin, PA
Orthopedics



Kamelia Burrell-Fowler, NP
Family Medicine



Barbara Glassford, NP
Family Medicine



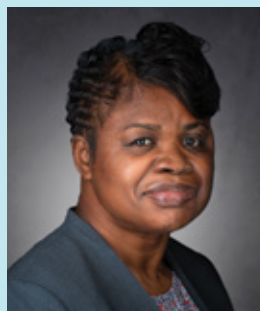
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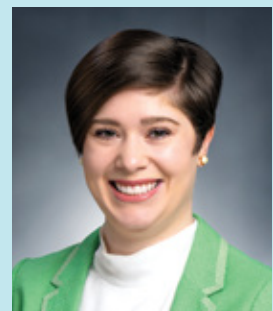
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Pansy Samuel, NP
Cardiology



Aubrey Tompkins, CNM
Obstetrics & Gynecology

The Importance of Good Health at Work

Our health affects every aspect of our life. If we are not feeling at our best, it can make home and work a real challenge. Spectrum Health Lakeland Occupational Health in St. Joseph provides local employers with a place to turn that can take the guesswork out of keeping their employees healthy and on the job.

“It is important to have a good baseline of your overall wellness, especially if you work in a highly demanding, physical job,” says **Edmond Feeks, MD**, occupational medicine physician, Corewell Health. “It can alert you to major health changes, help prevent injuries, and ensure you are well enough to perform your job safely.”

Occupational health services also focus on workplace safety, injury care and illness prevention to help maintain the physical and mental health of workers in all occupations.

“From work related injury care to pre-placement physicals, regulatory exams and testing and referral coordination—it’s important to keep employee’s health in mind,” says Dr. Feeks. “Our team helps businesses keep their employees safe from work hazards and return injured employees to full duty as quickly and safely as possible.”

Workplace Safety

Employers need to ensure their team members’ physical agility and medical condition make it safe for them to perform their jobs. Businesses must also comply with rules of state and national agencies, like the Occupational Safety and Health Administration (OSHA). Specialized examinations are unique to each employee and their job functions. Some exam services include:

- Department of Transportation examinations
- Fitness for duty exams
- Firefighter and public safety physicals
- Respirator fit testing and physicals
- Hearing, vision and TB testing
- Drug and alcohol testing
- Return to work exams
- Injury care and treatment



To schedule an appointment, set up an account, or for more information, call **269.408.4171** or visit **lakelandoccupationalhealth.com**.

Home Fire Safety: Is Your Family Prepared?



Each year, thousands of adults and children are injured or killed in home fires. Children are often curious about fire and may not understand the dangers. “In Berrien County we see upwards to 75 home fires each year,” says Brandon Chiarello, Fire Chief, Lincoln Charter Township. “A simple measure like sleeping with your door closed prevents smoke from entering your room and can help keep the fire from spreading. We like to say close before you doze.”

Is your household prepared in the event of a fire? Learn five tips you can put into action to keep your family safe:

- Install smoke alarms in your home, make sure they work correctly, and test them once a month.
- Teach children not to play with matches, lighters and other materials that can be used to start fires. Keep these materials out of children’s reach.
- Close bedroom doors before sleeping to help prevent fire and smoke from spreading.
- Create a fire safety action plan and practice it with your family.
- Teach kids how to call 911 or emergency services in case of fire. They should call from a cell phone or a neighbor’s phone only after they are safely out of the home. All children should memorize their street address for this purpose.



We encourage families to talk about their safety plans and the importance of fire safety. We recommend that you practice your escape plan and once you get out, you stay out! It’s important for children to know not to hide from firefighters. They may look scary in protective gear, but all of their instructions should be followed during a fire to get you out safely.”

– Brandon Chiarello
Fire Chief, Lincoln Charter Township



A healthcare professional, wearing a blue surgical mask and glasses, is assisting an elderly male patient on a stationary bike. The patient is wearing a green and black plaid shirt, dark pants, and a blue surgical mask. The professional is standing to the right of the bike, holding the patient's hand for support. The bike is a black, motorized model with a control panel. In the background, there is a window with a view of trees, a green examination table, and a treadmill. The text "Returning to a Team That Knows Me" is overlaid in large white font across the center of the image.

Returning to a Team That Knows Me

After multiple surgeries resulting in inpatient rehabilitation stays, 75-year-old **Kenneth Foyder** credits the team at Corewell Health Watervliet Hospital and his physical therapist for the progress he has made recovering over the past seven years.

Kenneth's rehabilitation journey began in 2016 following back surgery to remove a synovial cyst. He met with the rehab team again following a second back surgery in 2018.

"The attentiveness I received from the rehabilitation team is the type of care you want for anyone having physical setbacks," said Kenneth.

When Kenneth was faced with a bacterial infection that caused loss of feeling in his legs and left him temporarily unable to walk, he knew he needed inpatient care. He asked to return to Corewell Health Watervliet Hospital for a third time.

"If I had to be anywhere, Watervliet is where I preferred to be," said Kenneth. "They are there to help you and really do the job they are supposed to do—get you out of there. I was walking within a week."

During his time in rehabilitation, Kenneth completed over three hours of physical and occupational therapy every day. The personalized care he received provided quality time for him to bond with his care team.

"Everyone—nurses, physical and occupational therapists and hospitalists, are always right there for you, explaining things so you know where you stand and where you are going," said Kenneth. "They challenge you and expect you to work, but

in a way that is friendly and beneficial to the treatment you need."

Following his hospital stay, Kenneth continued physical therapy two times a week at the Center for Outpatient Services in St. Joseph. Having built a relationship with his therapy team after his back surgeries, he asked to work with the same individuals, which included physical therapist, **Cynthia Schlipp**.

"My therapy team is helping me progress a little more each time we meet," said Kenneth. "I enjoy working with Cynthia because she knows my previous injuries. It is a comfort to have someone like her by my side."

Looking forward, Kenneth hopes his rehabilitation will allow him to return to something he loves—working with kids. As a retired educator, one of his goals is to return to the classroom as a substitute teacher. He also plans to continue his work in the community as a court-appointed

special advocate. He and his physical therapy team have set dates on the calendar to reach these goals and are working together to achieve them.

"It's important to have goals as a motivating force and to have something to look forward to," said Kenneth.

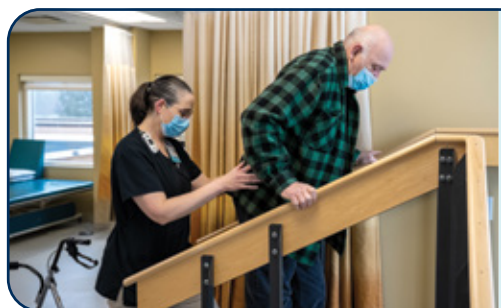
Throughout each of his stays, Kenneth said the entire health system worked well together, from the moment he was admitted, to where he is today.

"If anyone has a situation where they need physical therapy or occupational therapy, Corewell Health is the place to go."



I enjoy working with Cynthia because she knows my previous injuries. It is a comfort to have someone like her by my side."

—Kenneth Foyder



The rehabilitation services team at Corewell Health in Southwest Michigan helps patients work toward returning to their best life. For more information, or to schedule an appointment, call **269.463.2210** or visit **lakelandrehabilitation.com**.

Do You Know the Risk Factors for Heart Disease?

In Southwest Michigan, nearly 84,000 adults are at risk for developing heart disease. While age and family history are risk factors that are out of your control, here are seven things that you can do now:

- 1. Stop smoking.** Smokers are up to four times more likely to develop heart disease than nonsmokers.
- 2. Control high blood pressure.** High blood pressure (hypertension) occurs when blood pushes too hard against artery walls as it flows through them. This damages the artery lining.
- 3. Control high cholesterol.** Even a 10% reduction in your total cholesterol may lower your risk for heart disease.
- 4. Lose extra weight.** If you are obese, you increase the workload on the heart and blood vessels.
- 5. Get physically active.** Start with small goals and ask your health care provider before starting an exercise routine.
- 6. Control diabetes.** Ongoing high blood sugar scars the vessels and can cause heart attacks, strokes and narrowing of arteries to major muscles and organs such as the heart and brain.
- 7. Manage stress.** Positive mental health is linked to a lower risk of heart disease.

“While heart disease remains the number one cause of death for adults in the United States, there are other types of heart conditions that can shorten life expectancy and reduce quality of life. These include heart attacks, congestive heart failure, valvular heart disease and heart arrhythmias,” said **John-Philip Markovic, MD**, cardiologist, Corewell Health.

“At Corewell Health in Southwest Michigan, we are proud to offer the full range of procedural, surgical and medical treatments for each of these conditions, which is a gift for a community our size,” he added.

With heart and vascular offices in Benton Harbor, Coloma, Niles and St. Joseph, Corewell Health is committed to reducing heart disease through prevention, risk awareness, community education, rapid treatment and rehabilitation.

For more information, visit lakelandheart.com.

Cardiac Service Line of Excellence



Through a rigorous review process, the heart and vascular team at Corewell Health in Southwest Michigan is accredited through Corazon, Inc. This designation proves that the local cardiovascular expertise has met or exceeded the requirements established by the Michigan

Department of Community Health (MI DCH). The health system has also undergone detailed quarterly quality reviews to ensure outcomes and practices meet or exceed national and societal guidelines.

In addition to this accreditations, our cardiac care has received the 2023 Blue Cross Blue Shield of Michigan Blue Distinction Center+ designation.



Study Finds a New Hip or Knee Could be Good for Your Marriage

Could orthopedic surgery have major benefits to more than just the patient? A 2020 study presented at the American Academy of Orthopaedic Surgeons shows that patients' partners—and thereby their marriage—also reaped the benefits of the surgery.*

"It was obvious that patients have less suffering," said study author Michael Tanzer, MD, Jo Miller chair of orthopaedic research at McGill University Health Center in Montreal. "But that it actually improved their marital life, their relationship and their family life is not something I could have predicted beforehand."

In the study, spouses considered the main advantages to the patient's surgery as their own ability to carry on with social and leisure activities with their partner and no longer witnessing their spouse's suffering. About 54% reported experiencing diminished caregiver burden, increased sense of independence to resume their normal life, and/or improved marital relationship. About 27% reported an improved social and family life and/or freedom to travel.

"Patients locally are excited to get back to golfing, traveling, gardening and being present with their families. The one phrase patients include after all activities is 'without pain,'" said **Jeffrey Postma, DO**, Corewell Health orthopedic surgeon. "Surgery is a light at the end of the tunnel for patients who have experienced pain for years."

Throughout the study, patients reported that surgery had improved their mobility, allowed them to resume their favorite activities, improved their pain and improved their social and family life.

"A joint replacement surgery can be a positive, life-changing decision," says Dr. Postma. "I see the difficulty patients had with movements fade away. So many individuals had to set aside their dreams due to activity limitations and pain, but now they're setting goals and looking forward to planning their future."



54%

reported
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and improved
marital
relationship



27%

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and family life

Is Joint Replacement in Your Future?

Join Corewell Health orthopedic specialists across Southwest Michigan for a free 45-minute community education seminar where you'll learn about the latest techniques for addressing hip, knee and shoulder pain. Find out if it's time to consider joint replacement surgery and what improvements you can expect. Register to attend by calling **269.927.5361** or sign up online at spectrumhealthlakeland.org/joint-relief.

- **Wednesday, July 19** at 6 p.m. Van Buren Senior Center 8337 M-140, South Haven
- **Thursday, July 20** at 6 p.m. Coloma Public Library 151 W Center St., Coloma
- **Tuesday, July 25** at 6 p.m. Corewell Health St. Joseph Hospital, Frederick S. Upton Education Center 1234 Napier Ave., St. Joseph
- **Thursday, July 27** at 6 p.m. Corewell Health Care Center 2002 S. 11th Street, Niles

*Source: Michael Tanzer, MD, Jo Miller chair of orthopaedic research, McGill University Health Center, Montreal; March 24, 2020, American Academy of Orthopaedic Surgeons' virtual meeting



A Full-Circle Birth Journey

In a whirlwind couple of years, **Geena Seats-Pearson** got engaged, moved to another state and learned she was pregnant. Having just moved to Northern Indiana, she was hesitant to start her health care there. She quickly realized she was unhappy with the prenatal services she was receiving and looked to BellaNova Women's Health in Southwest Michigan for help.

"It was worth the drive for me; I appreciated getting to know each of the providers at

BellaNova," said Geena.

"I felt like my time was never rushed. No matter how many questions I came with, they were focused on getting the answers that would help me feel comfortable."

Nearing 40 weeks, Geena arrived at Corewell Health St. Joseph Hospital with her fiancé, Miles, and her mother. Geena was not dilated enough,



so she was given Pitocin, a drug to help induce dilation and labor. However, her baby's heart rate started slowing.

Benjamin Wood, DO, obstetrician and gynecologist at Corewell Health, counseled Geena on her options. He explained that they could administer more Pitocin to try to induce labor more quickly or could perform a cesarean section. Because her son's heart rate was a concern, she did not want to take any chances, so she chose a c-section.

"I was shaking as they took me into the operating room and moved me onto the table, but one of the nurses quickly calmed me," continued Geena. "She asked me what genre of music would I want my son to first hear when he entered the world."

Geena chose jazz. Both her son and fiancé are named after the musician Miles Davis Jr.

Geena's fiancé held her hand while she was on the surgical table. Once she heard her baby crying, she asked for him to be put on her chest.

"It was an amazing feeling to get that time with my baby, to be the first person he felt," said Geena.

"The moment MJ was born it almost felt like a dream," Geena shared. "My husband and I had been together for so long, and now we had this beautiful little family. It was perfect."

Geena attributes her happy delivery to the attention and kindness of her care team.

"Everyone listened to me when I needed to be heard," said Geena. "They made me feel safe and most importantly, they made me feel that my baby was safe. I couldn't have asked for a better experience."

"I was born in the same hospital where I had my son. It was nice to share that full-circle journey," added Geena. "Over the course of 27 years, Corewell Health in Southwest Michigan has been there for us."



Before your baby is even born, it is important to establish a relationship with your obstetrician and gynecologist or certified nurse midwife. They will give you the information and support for a happy, healthy pregnancy. Whether this is your first baby or you are continuing to build your family, the obstetric specialists and clinical team at Corewell Health are here to help you.

Learn more at spectrumhealthlakeland.org/baby.

Understanding Ovarian Cysts

Ovarian cysts are common in women of all ages. The ovaries are a pair of small, oval-shaped organs in the lower abdomen, and they produce the hormones that are part of pregnancy, menstrual cycles and breast growth. Cysts are fluid-filled sacs that form on or inside of an ovary.

The most common symptom of cysts is dull or sharp pain or pressure in the lower abdomen on the affected side. Other symptoms may include breast tenderness, pain during intercourse or during your period, trouble emptying your bladder fully or weight gain.

What to Expect if Diagnosed with Ovarian Cysts

Your primary care provider, obstetrician and gynecologist, a women's health nurse practitioner or midwife may diagnose the condition through a physical exam that will likely include a pelvic exam. During the pelvic exam, your provider may feel swelling on your ovary. If a cyst is suspected, follow up tests such as an ultrasound, MRI, pregnancy test or blood work may be requested.

Learn more and watch a short video by local OB/GYN, **Catharine Roos, MD**, as she explains the different types of ovarian cysts, what can cause them and how treatment is determined at: spectrumhealthlakeland.org/ovarian-cysts.

Different Types of Ovarian Cysts

A **functional cyst** is the most common and occurs in a person who has not gone through menopause. They can develop when an egg is not released, and keeps growing inside the ovary. Or, the sac around the egg doesn't dissolve after the egg is released.

Endometrioma is a cyst filled with old blood and tissue that looks like the lining of the uterus. Due to their dark color, they are often called chocolate cysts.

Dermoid cysts develop from ovarian cells and eggs. They may have hair, skin, teeth, or fat in them. These cysts are common in people of childbearing age.



Tips to Help Lighten Grief



When a loved one dies, life is never the same. We miss our person; roles are redirected and moves may happen. The death can rearrange our world in ways we may have never imagined.

“Gaining the tools and resources needed to mourn in a healthy way is vital to heal and find a new normal without the person who died,” said **Stephanie Kohler-Pagan**, director of bereavement and Lory’s Place.

As we learn coping skills and process thoughts, the overwhelming heaviness begins to lighten. The grief is still there, but it is not a continual heaviness. Sometimes it can even be overlooked for moments of time.

Eventually, grief can become something we wear. It is more manageable, less overwhelming and no longer a huge weight. Most days the grief is light enough to wear but other days the heaviness may return.

Grief itself also changes. It can surprise us. A smell, a taste, a song, a memory or a word, can bring a flood of thoughts and emotions. That is okay! That is how grief works. It is an ongoing, unpredictable process. But days turn into weeks, then months, then years. Life events like holidays, birthdays and weddings happen. We can learn to celebrate life’s milestones and carry grief at the same time.

Healing grief and learning to live without those we love can be hard, but love and loss can learn to walk together. By honoring our pain and the love we shared, we can find a way to participate in life’s celebrations.

Use these helpful grief management tips from Lory’s Place to help you navigate:

S

Search and savor

Search out your blessings and savor even the simplest moments.

M

Memories

By sharing things that mean the most to us we keep the memories of those we love alive.

I

Imagine

How would this time be celebrated if your loved one was here? Include that in the celebration.

L

Love

Love yourself, love others and allow love to help you learn to carry your pain.

E

Express emotions

Be open and honest while sharing your feelings.

ABOUT LORY’S PLACE

Lory’s Place, a program of Caring Circle now a part of Corewell Health, offers essential grief healing and education at no cost from their center in St. Joseph, Michigan. They serve both children and adults, across Southwest Michigan and Northern Indiana, who have experienced the death of someone significant in their lives. Lory’s Place provides grief programming and community outreach in several local schools and places of worship. Learn more at **lorysplace.org** or call **269.983.2707**.

Little Changes Make a Big Impact on Health





A resident of Granger, Indiana, **Kimberly Glover** knew about her family's history of diabetes, but never expected that she would be diagnosed with Type 2 diabetes in her 20s.

According to the Center for Disease Control and Prevention, one in 10 Americans has diabetes and the rate of diagnosis in children is increasing. Type 2 diabetes makes up the majority of diabetes diagnoses.

Over the years, Kimberly struggled to keep her blood sugar within the normal range. As a result, she developed diabetic retinopathy, an eye disease that can lead to vision loss.

When her eye doctor noticed swelling in her left eye, Kimberly was referred to Diabetes and Nutrition at Corewell Health in St. Joseph to get help managing her blood sugar levels. Although she lived 45 minutes away, Kimberly was desperate to get her A1C level to a normal range, which is under seven.

The A1C test, also known as the hemoglobin A1C or HbA1c test, is a blood test to determine how well a person with diabetes is managing their blood sugar levels or if they have diabetes.

Working with diabetes educator **Jessica Heckman RD, CDCES, CPT**, Kimberly's A1C level dropped from 8.1 to 6.6 over five months. She learned that stress and certain food choices played a large role in her high A1C levels. Most importantly, Kimberly received the support and tools she needed to make small lifestyle changes to regulate her diabetes.

"I have clarity and understanding about managing my diabetes that I didn't have before," said Kimberly. "Little changes in my life have made a major impact in controlling my health."

Kimberly adjusted her lifestyle by eating less bread, not snacking throughout the day and getting exercise by going to the gym or using the stairs at work instead of the elevator.

Kimberly also began using an insulin pump, a small device inserted under the skin of the abdomen that can be worn on a belt or placed in a pocket. The pump allows insulin to continuously flow into the body, so Kimberly no longer needs to measure her insulin or check her blood sugar because the device does it for her.

"Going from insulin injections to using the pump was a game changer," said Kimberly. "I learned how not to let diabetes control my life, but how to control the diabetes."

At 51, Kimberly is taking charge of her diabetes, sharing her journey with others and encouraging people with diabetes to know that they can control their A1C levels.

"I have a phenomenal support system that allows me to stay on top of my diabetes," said Kimberly. "It is invaluable."

Kimberly now has a renewed boost in confidence and is currently pursuing a second master's degree in special education administration. She is a special education instructional facilitator and an individualized education program coach for Benton Harbor Area Schools and enjoys reading, spending time with family and doing a variety of different crafts such as making gift baskets, drawing, painting and decorating.



Some people with Type 2 diabetes may be able to control their blood sugar with lifestyle changes. However, many people also require medication and/or insulin to assist in controlling their blood sugar. To learn more about controlling diabetes, call **269.556.2868** or visit **spectrumhealthlakeland.org/diabetes**.

A New Take on Proteins

The term “meatless” suggests going without. But choosing alternative protein sources for a meal or two per week can have you gaining benefits to your overall health.

All proteins provide raw materials for building muscle, bone and skin. But nonmeat protein sources often contain less saturated fat and additional good-for-you nutrients like fiber.

Try adding in some of the power packed protein from these easy-access sources:

Beans and lentils: Part of a vegetable food group called pulses, these small-but-mighty superfoods are filled with protein, iron and zinc. Add them to soups or salads, enchiladas or samosas, or even mash and bake them into cookies or brownies.

Nuts and seeds: Tiny kernels like almonds, pistachios and chia seeds are packed with protein. And they contain healthy fats, selenium and vitamin E. Add chopped nuts or nut butters to pancakes or oatmeal at breakfast. Sprinkle chia seeds on rice or yogurt. Or drizzle sesame paste—better known as tahini—over salads and slaws.

Whole grains: These are best known as being fiber-rich. However, some whole grains, like quinoa and amaranth seeds are also complete proteins. They contain all nine building blocks called essential amino acids. You can cook them in a rice cooker and serve them as you would rice or couscous. Craving something sweet? Bake bread, muffins and cakes with amaranth flour.

Dairy: For those who do not avoid all animal products, milk-based foods provide plenty of protein. They also offer bone-building calcium, vitamin D, and sometimes, gut-friendly probiotics. Add an ounce of string cheese to lunch, snack on nonfat Greek yogurt with granola, or make a smoothie with low-fat milk or kefir.

Tofu and tempeh: Soy is the thing here—tofu is soybean curd, while tempeh is fermented soybeans. You can add smooth, silken tofu to smoothies, puddings and dips. Or, turn extra firm tofu or tempeh into baked nuggets or a stir-fry.



Chickpea Tamales

Yield: 13 servings

Ingredients

- 1¼ cups chickpea flour
- 1 teaspoon baking powder
- 2½ cups vegetable broth, low or no salt added
- ½ cup diced onion
- 15 ounces canned black beans, low or no salt added, drained and rinsed
- 1¼ cups masa harina (often referred to as corn flour)
- ½ teaspoon kosher salt
- ¼ cup extra virgin olive oil
- 1 teaspoon minced garlic
- 13 frozen banana leaf pieces (thawed) or corn husks (soaked for 2 hours in warm water)

Instructions

1. In a large mixing bowl whisk together chickpea flour, masa harina, baking powder and salt.
2. Add in the vegetable broth and olive oil and stir together until dough forms. Cover with plastic wrap and set aside.
3. Heat a large nonstick sauté pan over medium heat. Add onions and garlic and sauté for 3 to 5 minutes until soft, adding small amounts of water if they start to stick.
4. Add black beans and ¼ cup of water, heat beans and smash beans until smooth. Take off heat and set aside.
5. Prepare a steaming pot or pot with steaming basket with water and bring to a boil.
6. Spread about a ¼ cup of chickpea flour mixture on each banana leaf or corn husks and top with about 1 tablespoon of bean mixture.
7. Wrap the tamales to seal the edges, and place in steamer.
8. Cook for 35 to 40 minutes.

Nutrition Information • Serving size: 1 Tamale

Calories: 146 calories, 5.2 g total fat, 5.3 g protein, 20 g carbohydrates, 4.4 g dietary fiber, 191 mg sodium

Source: GRCC Secchia Institute for Culinary Education



How Can Hospice Help?

Learning what hospice care is and how services can help extend quality of life, can help family and loved ones who may be afraid. The term “hospice” can bring up many emotions, partly because people have different thoughts about what it is.

“Hospice is high-quality care focused on managing discomfort, pain and related symptoms for a seriously ill person nearing the end of their life,” shares **Dan Wassenhove**, senior director of hospice and palliative care at Corewell Health.

Starting hospice care early has shown to prolong a person’s life. This is attributed to the pain and symptom management they receive in addition to support addressing their emotional and spiritual needs. Individuals are eligible for hospice if they are not responding to curative treatments, have decided to forgo further treatment or have a life expectancy of six months or less. It’s important to mention, that sometimes hospice patients enter and leave hospice care as their health improves or declines.

What Hospice is Not

- Choosing to receive hospice care does not mean a person gives up their rights and control. They can withdraw from services at any time.
- Hospice care does not mean people will be in your house 24 hours per day.
- Receiving hospice care does not mean a person will die sooner than without it.
- Medical treatment is not withheld during hospice care.

Benefits of Hospice

- Access to a coordinated team of physicians, nurses, certified nursing assistants, chaplains for spiritual care and medical social workers.
- Access to 24-hour on-call medical team and an after-hours nurse visit if needed.
- Medications, medical supplies and equipment are provided for comfort and pain management.
- Hospice provides a sense of dignity to the patient and honors their last wishes wherever an individual calls home.
- Greater patient and family control over medical care in familiar surroundings, decreased isolation and more access to loved ones.
- Medicare, Medicaid and most commercial insurance plans pay for hospice care. Hospice can reduce financial expenses (copays, deductibles) by decreasing recurring emergency visits or hospital stays.

It is Never Too Early to Reach Out

A person does not need a referral from their doctor to seek hospice. They or their caregiver can reach out to a hospice organization directly. If you are looking for hospice care or would like to learn more about the services provided locally, contact Caring Circle at **269.429.7100** or visit **caring-circle.org**.



A Solution to a Common Issue

Hernias are an incredibly common medical condition, and they can affect adults and children. While it is a common issue, it will not go away on its own.

“Hernias can develop in a number of different locations and can appear at birth or develop later in life,” said **Stephen Komara, DO**, general surgeon at Corewell Health. “It is important to identify a hernia and get it repaired if needed.”

A hernia is a weak area in your abdominal muscle layer where tissue can push through during or after strenuous activity. This often causes a bulge that you can see or feel under your skin. It is not uncommon for a hernia to “push out” and then return to what looks normal, but even a hernia that has disappeared from view should still be taken seriously.

A hernia can appear in a variety of areas on the abdomen—below the groin or in the groin area, at the navel, near surgical scars or at the midline of the upper abdomen. If not treated, a hernia can grow and lead to serious health complications. Fortunately, Corewell Health has a team of general surgeons who can quickly and safely repair a hernia using the da Vinci® Xi™ Surgical System.

“Robotically-assisted surgery can provide a number of benefits compared to a conventional surgical approach,” says Dr. Komara.

“Most patients experience minimal scarring, reduced risk of infection because of smaller incisions, less pain and fast recovery, which means they are returning home sooner.”

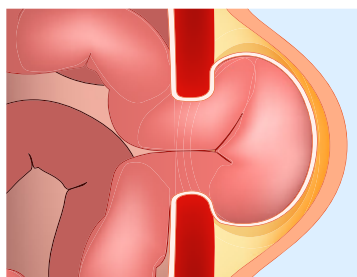
If you experience pressure or mild pain when lifting, coughing, urinating or doing other activities, contact your primary care provider to see if you may have a hernia. Most hernias can be diagnosed during a regular exam. It’s important to know that a hernia will not go away on its own.



Stephen Komara, DO

More than 14,000 robotic-assisted procedures have been performed for patients across Southwest Michigan and Northern Indiana. Dr. Komara is part of the surgical team specially trained to perform these modern, more gentle surgeries.

Learn more about surgical hernia repair options at spectrumhealthlakeland.org/hernia.



Types of Hernias

An epigastric hernia occurs in the upper abdomen at the midline

A femoral hernia occurs just below the groin

An incisional hernia occurs at the site of a previous surgical incision

An inguinal hernia occurs in the groin area

An umbilical hernia occurs at the navel

UPCOMING EVENTS

BLOOD DRIVES

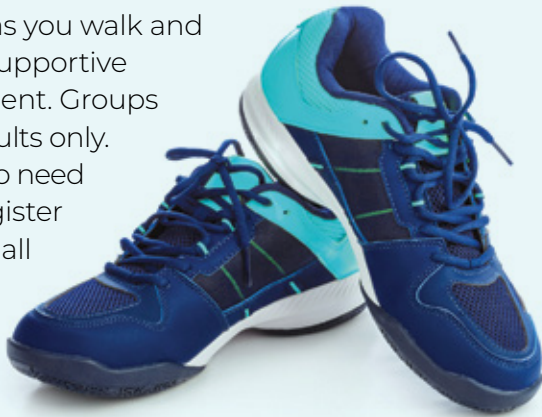
Make a life-saving difference and donate blood at one of our upcoming local drives. Register at [versiti.org](https://www.versiti.org).

FIRST AID

Give yourself peace of mind and get prepared to help a loved one or neighbor. The Red Cross offers in-person and virtual classes throughout the year. Learn more visit [redcross.org](https://www.redcross.org).

CARING CIRCLE WALKING GROUPS

Join with others who are grieving as you walk and talk in a supportive environment. Groups are for adults only. There is no need to pre-register or attend all sessions.



Stevensville

**Every Thursday now through September 28
9:30 to 10:30 a.m.**

Community Center Park
5575 S. Roosevelt Rd., Stevensville

Participants meet in the parking lot at the Community Center Park in Stevensville. For more information contact Jaime Hoover at **269.429.7100**.

St. Joseph

**Last Wednesday of each month,
now through September 27
9:30 a.m.**

Lory's Place
445 Upton Dr., St. Joseph

Enjoy a pleasant walk with others through St. Joseph. You will start and end at Lory's Place. For more information call **269.983.2707**.

YMCA VEGGIE VAN



Pick up a bag of free Michigan-grown fruits and vegetables at this mobile farmer's market.

Wednesday, July 19

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

Corewell Health Care Center
2002 S 11th St., Niles

LORY'S PLACE BOOK CLUB

Join Lory's Place and community members as they discuss the book - **The Return by Nicholas Sparks**. In the romantic tradition of Dear John, an injured Navy doctor meets two extremely important women whose secrets will change the course of his life in this #1 New York Times bestseller.

Books are not provided but can be ordered through Lory's Place. Reserve your seat by calling **269.983.2707**.

Monday, July 10

5 to 6:30 p.m.

Lory's Place
445 Upton Dr., St Joseph



LET'S ROAM ST. JOSEPH

Corewell Health Foundation Southwest Michigan will host a self-guided scavenger hunt around St. Joseph to benefit Caring Circle on **August 26, 2023**. The scavenger hunt will utilize the "Let's Roam" app, which will lead participants through a hunt around local attraction points. Learn more at [caring-circle.org](https://www.caring-circle.org)

REFLECTIONS REIMAGINED

Lory's Place invites you to the Black River Barn in South Haven for an evening of dinner and mingling.

Friday, July 21

5:30 p.m.

Black River Barn

07737 73rd Street, South Haven

Tickets | \$125 per person, includes one drink.

Proceeds from this annual event will help Lory's Place continue to provide essential grief services to local children and adults at no cost.

If you plan to attend, please RSVP by Friday, June 30 and purchase tickets at **lorysplace.org/reflections** or by calling **269.983.2707**.

CHALK THE BLOCK

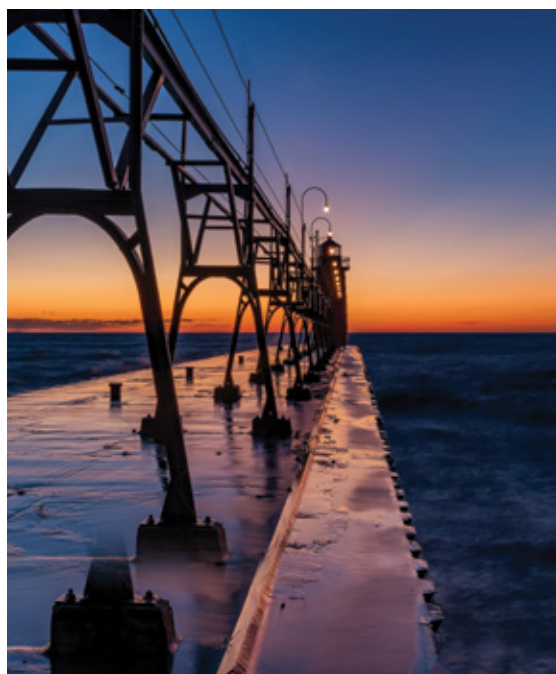
Summer is in full swing as artists take over Broad Street in downtown St. Joseph for the Chalk the Block event on **August 4-6**. Stop by the Corewell Health Foundation Southwest Michigan tent on Saturday or Sunday for an ice cream "friendraiser" in support of Lory's Place.



BERRIEN COUNTY YOUTH FAIR

Corewell Health is proud to be the opening day sponsor for this year's Berrien County Youth Fair on **Monday, August 14**. Community members can stop by the Commercial Buildings throughout the week to

meet with team members and learn about services intended to keep all of us feeling good and living well.



Wine and Beer Tasting

On Saturday, August 19, 2023, at 7 p.m., Caring Circle invites you to the Maritime Museum in South Haven. Enjoy beer and wine tasting from local vendors, a live band and help raise funds to provide essential hospice and bereavement services to support friends and neighbors in our community.

Saturday, August 19
7 p.m.

Maritime Museum
260 Dyckman Avenue
South Haven, MI 49090

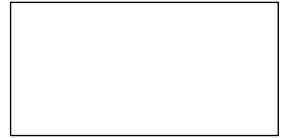
Event tickets | \$100

VIP tickets | \$150

Tickets are available online at **caring-circle.org/hospicebenefit**, all Caring Circle offices and the South Haven Visitors Bureau. VIP tickets allow participants early access (6 - 7 p.m.) to meet with the speaker and leaders of Caring Circle.



1234 Napier Avenue
St. Joseph, Michigan 49085



Corewell Health Care Center now open.

At our core, we are here to help people be well so they can live their healthiest life possible. This starts with an exceptional care team, brought together in a modern space, to ensure access to care is within reach for all.

The newly built Corewell Health Care Center houses a range of coordinated health services from diagnostics to primary and specialty care, all in one place. We are easy to find because we kept the same address, 2002 S. 11 Street in Niles. Community members will also find us directly next to the Holiday Inn Express Hotel & Suites on Moore Street.

And whether you're a current patient or not, our spacious Walk-in Clinic is open six days a week for urgent medical needs.



For hours and location details, call **269.687.0200** or visit **spectrumhealthlakeland.org/niles-medical**.