



HEALTH

Currents



**Pickleball:
A New Hit
in Town**

**Prioritizing
Health May
Mean a New Hip**

**What is the Trouble
with Gluten?**

**How to Talk About Death
and Grief with Children**



New Pharmacy Location Offers Extended Hours for Your Convenience

The Pharmacy Shoppe is now open within the Corewell Health Lakeland Hospital at 1234 Napier Avenue in St. Joseph.

This is the only retail pharmacy in Berrien County offering these extended hours, which includes staying open until midnight even during holidays.

Hours

- **Monday - Friday: 8 a.m. to midnight**
- **Saturday and Sunday: 4 p.m. to midnight**

The pharmacy is located directly inside the main entrance just past the gift shop.

Learn more at spectrumhealthlakeland.org/pharmacy or call **269.556.2888**.

ON THE COVER

Hitting Your Way to Better Health

Pickleball players like Teresa Getman enjoy this easy-to-learn aerobic workout that can be played indoors and outside. This fun game can help boost your fitness and heart health.



HealthCurrents is published by Spectrum Health Lakeland, now 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 shlinfo@spectrumhealth.org

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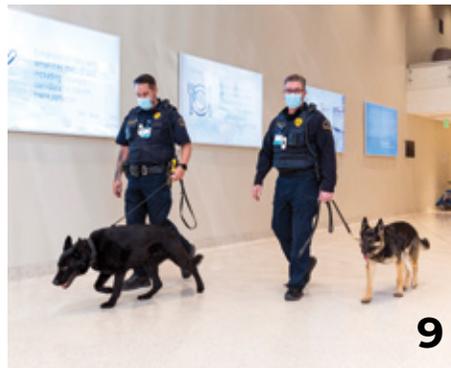
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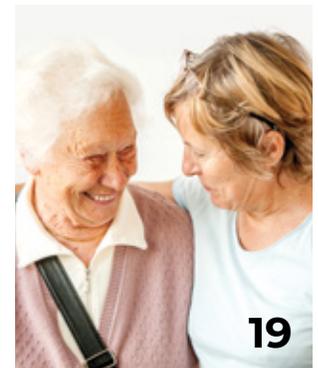
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Never Miss an Issue

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

The Pavilion: Bigger than a Building



260,000

square feet of new construction

250 MILLION

pounds of dirt excavated

90,000

square feet of space renovated

497

households and organizations donating to support the vision

\$6.4 MILLION

philanthropic dollars raised

*An investment in our community
decades in the making*

More than 20 years ago, our board of directors and leadership team established a long-term vision to invest in the health care of our friends and neighbors for generations to come. This required great insight, careful planning, and a forward-thinking approach to how our community would grow and change.

The Pavilion was a labor of love. We broke ground at the St. Joseph hospital over six years ago. Yet the journey to get to where we are today started long before that.

The Pavilion was the second phase of a hospital replacement strategy to transform many of our clinical areas to modern, high-tech spaces. Some spaces of the facility were built more than 50 years ago and the technology and needs of our teams have certainly changed. This approach to construction allowed us to deliver uninterrupted care within the current hospital—ideally located at the intersection of the Benton Harbor and St. Joseph communities.

Today, the newly renovated Main Street features a welcoming entryway with multiple visitor amenities and an enhanced wayfinding experience for all clinical services within the hospital.

Progress Continues

In 2022, we also celebrated the opening of the French Family Heart Center and the Hunter Foundation Surgery Center within our Niles hospital. These facilities will help ensure that families in the Niles community and beyond have access to high quality cardiac and surgical care for years to come.

In January 2023, we began construction on the 26,000-square-foot Center for Better Health and Wellness expansion. The center will provide residents of Benton Harbor and the surrounding communities with increased access to health screenings and education, mental health services, and social resources such as housing, food and transportation.

Most recently, we welcomed patients into the new Corewell Health Care Center and Southwestern Medical Clinic in Niles.

Looking ahead, we will continue to upgrade several of our medical office buildings across Southwest Michigan, while relocating other clinical services within the hospital to expand access and enhance convenience for patients.

And yet, with each project, it is so much more than a beautiful building.

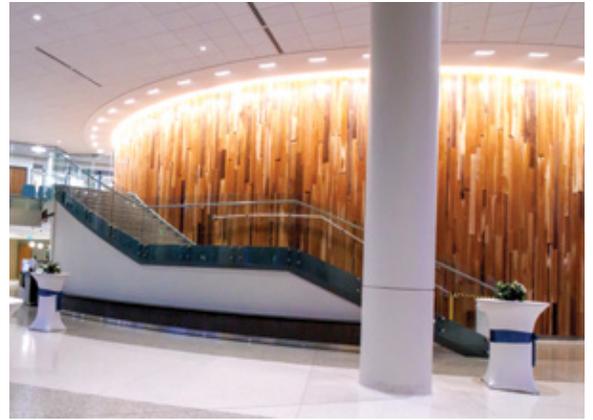
It's the caring, compassionate individuals who bring the building to life.

It's the high-tech modernizations that help us recruit providers seeking to advance in their field and practice medicine with the best tools and technology available.

It's the thoughtful design and exceptional patient experiences that come from dedicated space for both privacy and gathering.

It's a healing environment where patients can be close to family—which research shows helps them recover faster and have better outcomes.

And most importantly, it's a monumental step forward in our vision as we strive for a future where health is simple, affordable, equitable and exceptional for all.



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

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



Navigating the New Corewell Health Lakeland Hospital in St. Joseph

The final phase of the Corewell Health Lakeland Hospital in St. Joseph expansion project opened in November 2022 providing 80,000 square feet of renovated space. Learn more about these updated spaces and what they bring to our community:

Main Street Entrance

A modern, welcoming entryway that includes admitting and patient registration, expanded gift shop, information desk, Java City coffee shop and convenient access to all clinical services.



Pulmonology and Neurosurgery Practices

To better serve patients, pulmonology and neurosurgery have moved from Lakeland Health Park to the hospital. With this move providers are now minutes from hospitalized, critically-ill patients, which in turn opens more availability for patient appointments.

Medical and Surgical Short Stay Units

Opening in 2023, these units will help improve convenience and lower costs for patients who do not need to stay in the hospital more than 24 to 48 hours after a surgical procedure.

Surgical Waiting Area

With natural light, private rooms and proximity to the Healing Garden and Atrium Café, this large social waiting area is designed to enhance the experience of those waiting for a loved one who is undergoing surgery.

Enhanced Space

This five-story expansion opened in 2020 as the second phase of a hospital replacement strategy. In addition to surgical and procedural services, this addition also includes an 18-bed intensive care unit, Hanson Heart Center, imaging departments and endoscopy.



Extended Emergency Department

The newly renovated emergency department will have convenient access to Main Street and other clinical services throughout the hospital. Additionally, the extended space will include 34 patient beds, 12 observation beds and additional treatment areas for the 45,000 patients we see each year at this location.

Chapel

Set to open in 2023, a new chapel will provide a convenient, quiet and safe space for individuals to connect with their spiritual beliefs and practices. An important reminder that for many, spiritual health is integral to physical and mental wellbeing.

Flexible Workspace

This impressive technology-focused space provides a dedicated area for team members on the go. It includes multiple desk options, private meeting rooms and team member gathering space.

Pharmacy

The Pharmacy Shoppe has a new home in the hospital. This convenient new location is open seven days a week, 365 days a year, including holidays. For current hours, visit spectrumhealthlakeland.org/pharmacy.



Commemorative Beams

The exposed construction beams are permanent pieces of Corewell Health Lakeland Hospital history, representing our team members who are the foundation of our mission to improve health, instill humanity and inspire hope.

Gala Raises Over \$500,000 for Nurse Education

More than 300 community members came together in November *At the Heart of Healing Gala* hosted by the Corewell Health Foundation — Southwest Michigan.

Through sponsorships, ticket sales and silent and live auctions, the gala raised over \$500,000 to help fund higher education opportunities for local Corewell Health nurses. Over the coming years, the Foundation will work to support 85 nurses by increasing access to and minimizing the cost of achieving their advanced degrees in Southwest Michigan.

To learn more about this initiative and the foundation, visit lakelandhealthfoundations.org.



“We are blessed and humbled by our community’s generosity and support to ensure the future of health care in our community. This event was a special occasion to celebrate the dedication and hard work of our team members. We are so thankful for their continued commitment.”

Soroya Pierre-VanArtsen
President, Corewell Health Foundation — Southwest Michigan
Vice President, Philanthropy

Determined to
Find Relief



Coloma resident, **Valerie Krieger** led a full and active life. As an elementary school teacher, she was often on her feet for hours at a time. When she felt a twitch of pain in her hip, she assumed it would go away with over-the-counter pain medication. But things did not improve and Valerie found herself living with considerable chronic pain.

At her annual physical, Valerie mentioned the hip pain to her primary care provider, **Jennifer Williams, NP**. They both agreed that her discomfort could be connected to the pain she was also experiencing in her feet. During the exam, Jennifer diagnosed Valerie with hammertoe, a foot condition in which the toe is abnormally bent and can sometimes make it difficult for people to walk normally and without pain.

"I was referred to a podiatrist but there were so many challenges involved with taking a day off of work that I kept putting it off for three years," said Valerie. "The pain was not going away, and my quality of life began to suffer."

Basic things like driving or getting in and out of bed were difficult. It was painful for her to lay down, sit and walk. Her lack of physical activity resulted in the regaining of weight she had worked hard to lose.

Finally ready for relief, Valerie met with Corewell Health

foot and ankle specialist, **James Maskill, DPM** at Community Bone and Joint in Coloma. Following a thorough exam and X-rays of her feet, Dr. Maskill recommended foot reconstruction surgery to fix the problem.



"I was afraid of having surgery at first, but after talking with Dr. Maskill, I felt confident that it was the right choice for me," said Valerie. For eight weeks after her surgery, she visited the practice to get her cast changed.

"Going to Community Bone and Joint always felt like I was catching up with old friends," she added. "Everyone knew me by name and were genuinely interested in how I was doing."

Making Health a Priority Meant a New Hip in Her 50s

Though her foot surgery was successful and she had a remarkable recovery, Valerie's hip pain still lingered and worsened. Dr. Maskill then referred her to see another Corewell Health physician, orthopedic surgeon,

Jeffrey Postma, DO.

"I had full trust in Dr. Postma and knew him already because he had operated on my daughter's knee and repaired a torn meniscus," said Valerie.

Dr. Postma discovered that her hip bones were grinding against each other. And at 52 years old, it was recommended that Valerie get a total hip replacement.

"I was so mentally ready to get it done," she said. "I had seen myself hunched over, straining to walk, in a home video clip my daughter had taken. I didn't realize how much I was compensating for the pain."

Dr. Postma and the surgical team at Corewell Health Watervliet Hospital reassured her that she would be in great care. Valerie was eager to feel relief.

"The care at the hospital was phenomenal," she recalled. "The entire process from check-in to prepping me for surgery, my overnight stay and post-op care went smoothly."

"Right after my release, I was walking with no pain and moving freely. Dr. Postma truly gave me my life back."

"Surgery may seem scary, but the relief I feel now made it all worth it," said Valerie.

She is now back to enjoying the things she loves such as shopping and walking on the beach. She has enthusiastically returned to teaching in the very same classroom where she once sat as a little girl.



Orthopedic specialists are trained to relieve pain and restore mobility and independence in patients so they can return to their normal daily lives. To find an orthopedic specialist near you, visit spectrumhealthlakeland.org/ortho.

A New Hit in Town



◀ *Three new pickleball ball courts at the Senior Services of Van Buren County were made possible by a \$50,000 donation from the Community Wellness Endowment. Corewell Health Foundation — Southwest Michigan manages the fund which supports programs that help improve the health of our neighbors in Berrien, Cass and Van Buren counties.*

Pickleball is one of the fastest-growing sports in the country. Why the popularity? The game is easy to learn, good for any age or skill level and is a fun aerobic workout. The sport blends tennis, badminton and ping-pong. Two or four players use paddles to hit a light plastic ball over a net.

It comes with health benefits too. Racket sports can boost the cardiovascular system and help prevent unwanted conditions like hypertension, heart attack and stroke. Playing pickleball can also offer a workout with less strain on joints and muscles than other high-impact sports.

Teresa Getman began playing pickleball eight years ago. It quickly became a new hobby.

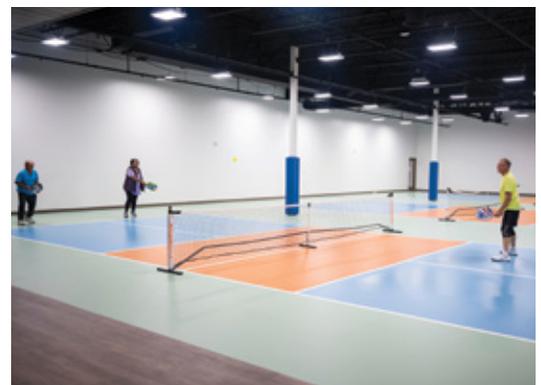
“I love playing pickleball; it is something I can do every day,” said Teresa. “We have had three generations in my family, ranging from 3 to 58 years old, all playing pickleball together.”

Teresa meets with friends to play on the indoor pickleball court at the Senior Services of Van Buren County in South Haven.

“I love having a designated indoor space,” she added. “We know the weather can really dampen plans in Michigan, so it is nice that rain or shine, we can play pickleball.”

The smaller-sized court requires less running and less wear and tear on knees, hips, ankles, back and joints. Pickleball is an excellent choice for people who want lower impact exercise but still want to be active.

“I am back playing again after an injury, and it was a great way to ease back into feeling good again,” said Teresa. “I am not a gym person, but if you ask me to play pickleball, I am in.”



K-9s Keep Hospitals Safer and Friendlier

You may have seen Inez and Hiro, 7- and 4-year-old German shepherds walking the halls of our hospitals with their K-9 officer handlers. Both K-9 dogs are highly trained in detecting explosives. Another important part of their job is to support the safety of team members and visitors alike and deliver a comforting, friendly presence.

“In most situations, including tense ones, when someone sees a dog walk in, they become much calmer,” said **Al DiBrito**, manager security services, Corewell Health. “The first thing they say is, ‘Can I pet your dog?’ or ‘Is your dog friendly?’”

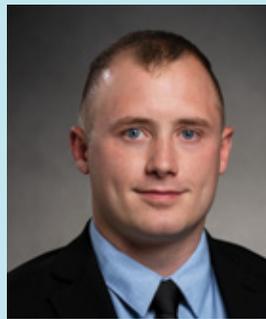


Why the need for added support? Health care workers are five times more likely to be victims of workplace violence than any other profession. Safety and security dogs help de-escalate aggressive situations and keep team members, patients and visitors safe.

The K-9 Division works and trains at Corewell Health facilities across Southwest and West Michigan. Through these ongoing security collaborations, our friends and neighbors can expect to see more friendly and furry faces in the future.

Welcome New Providers

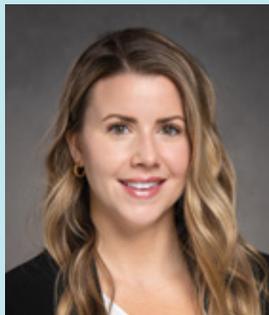
Visit spectrumhealthlakeland.org/physicians to learn more about the medical team taking care of the greater Southwest Michigan region.



James Bozyk, PA
Orthopedics



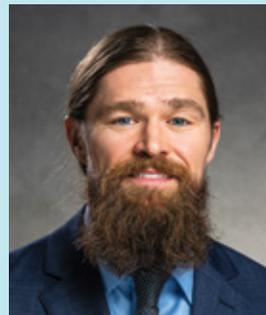
Nancy Fantetti, NP
Primary Care



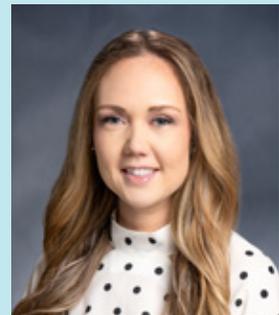
Ingrid Kwak, NP
Cardiology



Eli Sager, DO
Primary Care



Max Schaefer, DO
Primary Care



Chelsea Wagner, NP
Pediatrics

Accessible Services Improve Health



Thirty years ago, **Wilma “Willie” Enix**, of St. Joseph, was diagnosed with Type 2 diabetes, although she did not take the diagnosis seriously. A symptom of this type of diabetes, Willie experienced issues with her eyesight. A neurologist found a tumor around the optic nerve of her left eye. Afraid of other symptoms that could arise, Willie was ready to change her eating habits and take advice to lower her blood sugar level.

Now at 75, Willie seeks out opportunities to take care of her health. She was able to find information and support at the Center for Better Health and



Wellness in Benton Harbor. Willie had heard about the center’s convenient location and helpful services from other residents in her Lake View Terrace building. She decided to see for herself how the center could help her better manage her diabetes. Willie called the center and connected with their staff right away.

“They scheduled a free virtual appointment for me to meet with a primary care provider,” said Willie. “They also helped to arrange pick-up times for my medications filled at the Lakeland Pharmacy Shoppe. They even offered bus tokens so I could travel for free. Otherwise, it costs three dollars each way.”



Avoid Diabetes by Getting Your Blood Sugar Checked Regularly

One out of every three people with diabetes are unaware that they have this chronic condition. There are three main types of diabetes:

- Type 1 (which usually begins in early childhood)
- Type 2 (which has a later onset)
- Gestational Diabetes (which occurs during or immediately following pregnancy)

The most common type of diabetes is Type 2—often triggered by poor diet and lack of exercise. People with Type 2 diabetes have trouble processing a hormone called insulin. Without insulin, the body cannot process sugar. The result is a blood sugar level that is unhealthy, and this can eventually lead to serious complications including heart attack, stroke, kidney disease and blindness. Lower your risk of developing diabetes by making healthy lifestyle choices and getting your blood sugar checked regularly. Learn more at lakelanddiabetes.com.

In addition to her virtual visit, **Mary Harris, RN, BSN** and **Michael Rushlow, RN**, performed health screenings to test Willie's cholesterol, triglycerides, HDL, LDL and glucose and A1C levels. Her tests results show that Willie's health improves when she decreases her sugar intake and checks her blood sugar level more often.

"The services are wonderful and I've really been able to get my blood sugar under control," she said. "It feels good to know that I'm making better decisions to improve my overall wellbeing."

When she first visited the center, Willie's A1C was 8%, which is 1.5% higher than the recommended 6.5%. Now she has lowered it to 6.3%.

Willie encourages her neighbors to visit the center, especially those who have diabetes.

"I think everyone should try the services provided by Corewell Health in downtown Benton Harbor because they can assist with many different needs," said Willie. "The online doctor visits are also convenient."

To learn more about services at the Center for Better Health and Wellness, call **269.408.2258** or visit shlcenterforbetterhealth.org.



Congestive Heart Failure: Getting Proper Care

If you or a loved one has heart failure, you may have questions about the diagnosis. Having an open and honest talk with your health care provider about any concerns is important.

“Heart failure education and patient-physician communication are key,” said **John-Phillip Markovic, MD**, cardiologist, Corewell Health. “It is important for patients to understand heart failure and how to implement certain day-to-day lifestyle changes to manage symptoms and prevent hospitalizations.”

You may want to ask your health care provider questions like these:

- What is my diagnosis and will my condition get worse?
- What are the treatment options and are there side effects?
- Why do I need this medicine and what should I do if I miss a dose?
- Will I be able to take care of myself in the weeks and months ahead? If not, what help might I need?
- What can I do to manage my condition?
- Which activities can I do and which should I avoid?
- What symptoms may mean that my condition is worsening?
- When should I call for immediate medical attention?

Do not be embarrassed to ask your doctor to slow down or repeat something. You need to clearly understand your treatment, your medicines and how to manage your condition. You may also want to have paper and a pen ready so you can take notes.

Information to Share with Your Doctor

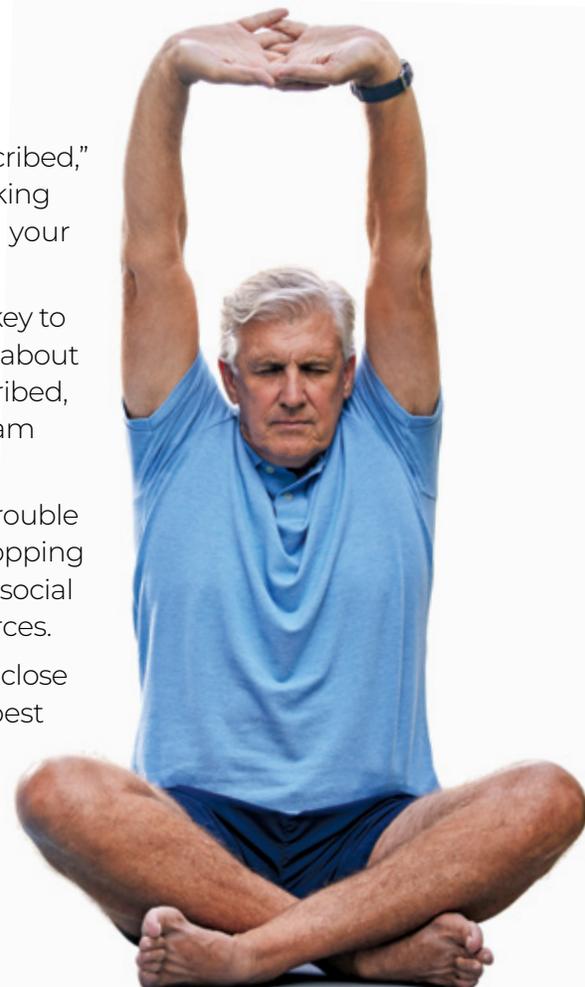
There is a lot you can do at home to track your health. “Log your weight, blood pressure and symptoms. Take your medicines as prescribed,” said Dr. Markovic. “And never stop taking your medication before talking with your doctor. These steps will help your doctor judge how well your treatment is working.”

Tell your doctor about your symptoms and how you are feeling. It is key to let them know about any changes or problems you have. Be honest about whether you have been able to follow the diet, medications as prescribed, exercise and other advice you have been given. Your health care team needs to know where you are having trouble so that they can help.

Your doctor may refer you to a registered dietitian if you are having trouble sticking to your diet. They will work with you to make meal plans, shopping lists and recipes. Heart failure teams also work alongside counselors, social workers and mental health specialists to help find additional resources.

“Patients should be encouraged to take an active role and develop a close working relationship with their doctor so that they can obtain the best care possible,” said Dr. Markovic.

To learn more about congestive heart failure visit spectrumhealthlakeland.org/heart.



The Longer You Wait, the Higher the Risk

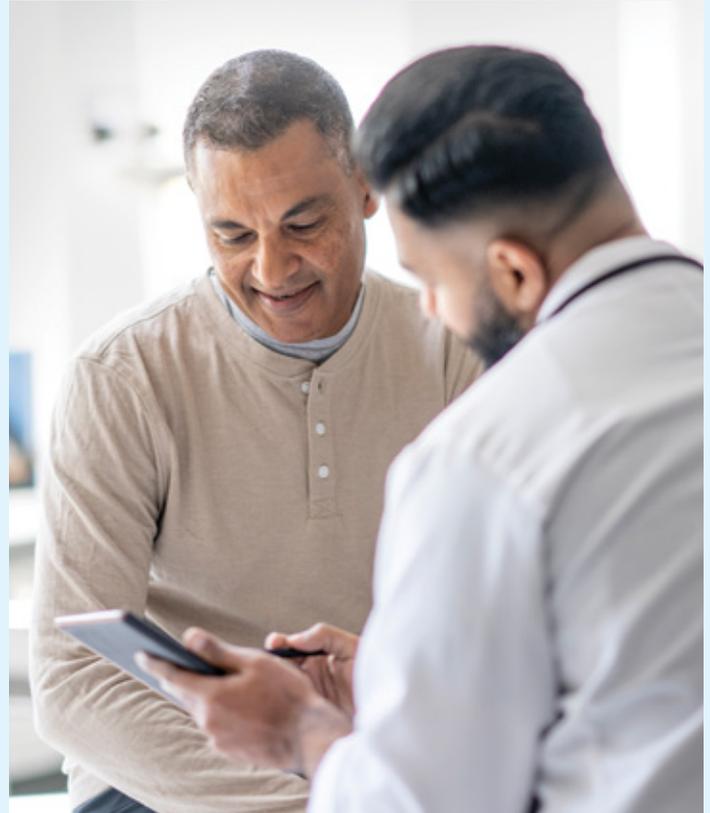
Colorectal cancer is the fourth leading cause of cancer locally, in Michigan, and throughout the United States.* The American Cancer Society recommends most people get a colonoscopy starting at age 45. Understanding your colorectal cancer risks and family history is a key to staying healthy.

Factors that can put you at higher risk for colorectal cancer:

- If you have a family history of colon cancer, rectal cancer or polyps, you may need to be tested earlier and more often.
- Your heritage, African Americans have the highest incidence and death rates from colon cancer in the United States.
- Personal history of inflammatory bowel disease.
- Type 2 diabetes.

Regardless of your age, be aware of colorectal cancer symptoms and pay attention to changes such as:

- Cramping or stomach pain
- Unintended weight loss
- Rectal bleeding with bright red blood
- A change in bowel habits that lasts more than a few days
- Feeling like you need to have a bowel movement after you have had one
- Weakness and fatigue



If you experience any of these symptoms or have a family history of colorectal cancer or polyps, growths that can turn into cancer over time, talk with your health care provider.

Be Proactive and Talk to Your Doctor About Screening

Adults often choose to avoid scheduling a colonoscopy. Some do not want to go through the all-day laxative prep or are afraid the procedure is too painful or invasive.

“Newer preps require the patient to drink less fluid and I have been told they are tolerated much better,” said **Allison Hoch, DO**, general surgeon, Corewell Health. “I always tell patients that the prep is the hardest part and the day of colonoscopy, they get to relax and nap while I do the work.”

A Colonoscopy Can Detect Cancer and Other Diseases

While it may be tempting to delay a colonoscopy, it is recommended that you follow the colonoscopy screening guidelines set by your doctor.

“Getting a colonoscopy is extremely important because it allows us to identify and remove pre-cancerous lesions, preventing them from becoming colon cancer,” said Dr. Hoch. “This can decrease the likelihood of patients needing to undergo a colectomy and potential chemotherapy.”

To learn more or to schedule a colonoscopy visit spectrumhealthlakeland.org/earlydetection.

**Marie Yeager Cancer Care Report, data collected in 2021.*

Community Support Helped Me Beat Breast Cancer Twice



Despite her commitment to a healthy diet and frequent exercise, **Carolyn Jones** was surprised by a breast cancer diagnosis—not just once, but twice.

“I prided myself on being a mom, wife and friend who educated others on how to live healthy,” said Carolyn. “Breast cancer runs in my family, but we never discussed the disease or talked about our risk of getting it.”

As a 75-year-old woman of color, Carolyn’s risk of death due to breast cancer was higher than many others. Black women are 40% more likely to die of the disease and twice as likely if they are older than 50, according to the American Cancer Society (ACS).

“My husband and I were eager to learn more about breast cancer treatments from my doctor and by doing our own research,” she added.

They decided she would have a lumpectomy to remove a portion of the cancerous breast tissue and chose care through the Marie Yeager Cancer Center, part of Corewell Health in St. Joseph, so she could get quality health care close to home. A patient navigator shared additional information about Carolyn’s symptoms and causes of breast cancer, as well as options for treatment.

Carolyn enjoyed 14 years of good health following her treatments before the cancer resurfaced. Based on her previous experience, she felt comfortable returning to local cancer specialists for chemotherapy and radiation treatments. Carolyn said she received exceptional care from oncologist, **Gerald Kozuh, MD**.

“I appreciated Dr. Kozuh for taking the time to address all of my questions and concerns throughout my care journey,” said Carolyn. “He was very knowledgeable and reassuring.”

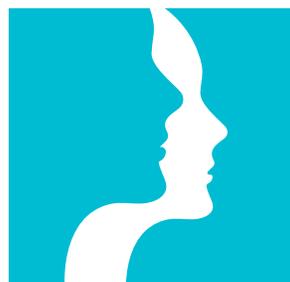
Through 36 radiation treatments and multiple chemotherapy sessions, Carolyn was supported by several friends and family members who she calls her “guardian angels.” She found strength in the Strong Women of Faith Breast Cancer Support Group, a local resource for Black women and others

at high risk for breast cancer. Group members showed up for her in many ways, giving her the encouragement she needed to get through the cancer treatments. As a supportive sisterhood, they helped Carolyn stay active by joining her for water aerobics, drumming classes, talks at local cafes, dance classes and outdoor walks.

“The medical care I received helped me beat breast cancer twice,” said Carolyn. “But it was the support of my family and friends that got me through it. I never felt alone.”

Now Carolyn strives to provide that same kind of support to others. As an advocate for healthy living, she shares her story and encourages women of all ages to care for their bodies. She also volunteers at the Marie Yeager Cancer Center to make a difference in the lives of breast cancer survivors and women who are most at risk for the disease.

“Whether someone is young or an older adult, I’m a believer in helping others by bringing out the healthier sides of themselves,” said Carolyn. “We must continue to educate and support our community, so they become aware of diseases like breast cancer early on.”



The wide difference in breast cancer death rates between Black and White women likely reflects fewer cancers being diagnosed at early

stages, as well as less access to high-quality treatment. According to the American Cancer Society, breast cancer can often be treated and cured when detected early. At 40, women should begin annual screenings with a mammogram every year.



You can schedule your yearly mammogram through Lakeland MyChart or by calling **800.791.2810**.

Source: American Cancer Society. Cancer disparities in the Black Community. American Cancer Society. (n.d.). Retrieved November 9, 2022, from <https://www.cancer.org/about-us/what-we-do/health-equity/cancer-disparities-in-the-black-community.html>

What is the Trouble with Gluten?

Are you paying attention to how foods and drinks make your body feel? According to the National Institutes of Health, about 2 million people in the United States experience celiac disease or gluten-sensitive enteropathy. It can be experienced by people of all ages, including children. This condition is a digestive and immune sickness that is a reaction to gluten proteins found in grain foods, like wheat, barley and rye. It affects tiny, fingerlike stalks, or villi, living in the small intestine. Celiac disease damages the villi making it difficult to absorb the nutrients you need.

If you think you may have celiac disease or need help managing the condition, contact your primary care physician to see if you may benefit from a celiac blood test. Symptoms can vary widely, some people have none and some may experience:

- Stomach pain, cramping, swelling or bloating
- Stool changes
- Bone or joint pain
- Iron deficiency
- Tiredness and loss of energy
- Mood changes, irritability or depression
- Unexplained elevated liver test results
- Canker sores or tooth enamel problems

Changing Your Lifestyle

People who have been diagnosed with celiac disease have strict dietary guidelines which can make it tricky to enjoy eating meals away from home. It is important to follow a consistent, gluten-free diet daily, even if you currently do not have symptoms. These dietary changes can help you feel better and can even help reverse damage to your small bowel.



Where is Gluten Hiding?

Gluten is mostly found in foods made with wheat flour. These include bread, pasta, cake and cereal. Many beers, gravy, salad dressing and packaged food may contain gluten. It is even found in some non-food products, like certain medicines and cosmetics. A dietitian can offer support and education about which items you should avoid.

GLUTEN-FREE RECIPE

Dietitian **Lucy Frey**, with Helen DeVos Children's Hospital Pediatric Gastroenterology Clinic, and chef **Samantha Sherman**, with the lifestyle and culinary medicine program at Corewell Health, share these two easy, delicious gluten-free recipes.

Apple Cinnamon Baked Oatmeal Cups

Ingredients

- 3 cups rolled oats
- 1 teaspoon ground cinnamon
- 1 teaspoon baking powder
- ½ teaspoon kosher salt
- 1 ½ cups unsweetened soy milk
- 1 cup diced apple - divided
- ½ cup applesauce
- ¼ cup maple syrup
- 2 tablespoons ground flaxseed
- 2 tablespoons almond butter
- 1 teaspoon vanilla extract

Instructions

1. Heat oven to 350 degrees. Line a 12-cup baking pan with paper liners.
2. In a large bowl, stir together the oats, cinnamon, baking powder and salt.
3. In a medium bowl, whisk together the soy milk, ¾ cup of apple, applesauce, maple syrup, flaxseed, almond butter and vanilla. Let mixture sit for 5 minutes.
4. Pour the liquid mixture into the large bowl and stir until combined.
5. Scoop ⅓ cup of the oatmeal mixture into each baking cup.
6. Top the oatmeal with the remaining apple.
7. Bake for 20 minutes. Cool for about 10 minutes before eating.

Nutrition Information • Serving size: 2 oatmeal cups
367 calories, 8 g fat, 21 g protein, 64 g carbohydrates,
8.4 g fiber, 310 mg sodium

Source: Adapted from Eating Bird Food



GLUTEN-FREE RECIPE

Chicken Pomegranate Quinoa Salad

Ingredients

- 8 ounces chicken breast, cubed
- 1 ¾ cups water
- ¾ cup uncooked quinoa
- ¾ teaspoon kosher salt, divided
- ¼ cup orange juice
- ¼ teaspoon ground black pepper
- 2 cups chopped fresh spinach
- ½ cup diced apple
- ½ cup pomegranate seeds
- ⅓ cup chopped green onions
- ⅓ cup chopped fresh cilantro
- ¼ cup chopped fresh mint
- ¼ cup chopped fresh parsley
- ¼ cup slivered almonds, toasted

Instructions

1. Heat oven to 400 degrees.
2. Line a baking sheet with parchment paper.
3. Place chicken on baking sheet and bake until internal temperature reaches 165 degrees.
4. Meanwhile, in a small saucepan, over high heat, add water and quinoa. Bring to a boil. Reduce to a simmer. Add ¼ teaspoon salt, cover and cook for 15 minutes, until quinoa is tender.
5. Transfer quinoa to a large mixing bowl and let cool for about 10 minutes. Stir periodically.
6. In a small bowl, whisk together orange juice, ½ teaspoon salt and black pepper. Set aside.
7. Add chicken and remaining ingredients to the quinoa.
8. Stir in the orange juice dressing.

Nutrition Information • Serving size: 1½ cups
202 calories, 5 g fat, 16.4 g protein, 24 g carbohydrates, 3.9 g fiber, 325 mg sodium

Source: Adapted from The Institute for Functional Medicine



Plan Ahead to Make Caregiving a Rewarding Experience

As your loved ones age, it is important to understand how they would like to receive care. Having these conversations may feel awkward at first, and it can be helpful discussing important details while they are healthy. Regardless of your particular circumstances, planning ahead can make the caregiving journey less stressful and improve quality of life for the entire family.

Get siblings and other family members involved. Who will be part of the support circle that assists in your loved one's care? If you have siblings, for example, talk with them first. Who will lead the discussions? What topics should be brought up? Find out what role(s) everyone wants to play.

Plan time to talk openly. A good time to have these conversations is during a holiday or a time when family members are in good spirits and are most likely to be together.

Get access to important health information. Loved ones can give you permission to access their health records by signing a medical authorization to release information form. This allows health care providers to share information about their medical care.

Make sure you have proxy access to your loved one's MyChart. This allows you to stay current on your loved one's health and any medical appointments they may have.

Talk about finances. Caring for a loved one can become expensive whether they decide to live in their home, an assisted living facility, a nursing home or with family. You need to understand their preferences and what resources are available to them. Medicare, Medicaid, a supplemental health plan, long-term care insurance, pensions and retirement plans (such as a 401K or IRA) or life insurance may be available to help with funding.

Make sure your loved one's plans are in writing. Documents such as a power of attorney, living will and advance care directives ensure your loved one's wishes are known and followed. An advance care planning facilitator can help you prepare the right documents and ensure your loved one is covered within your state's guidelines. You can download these documents at spectrumhealthlakeland.org/acp.

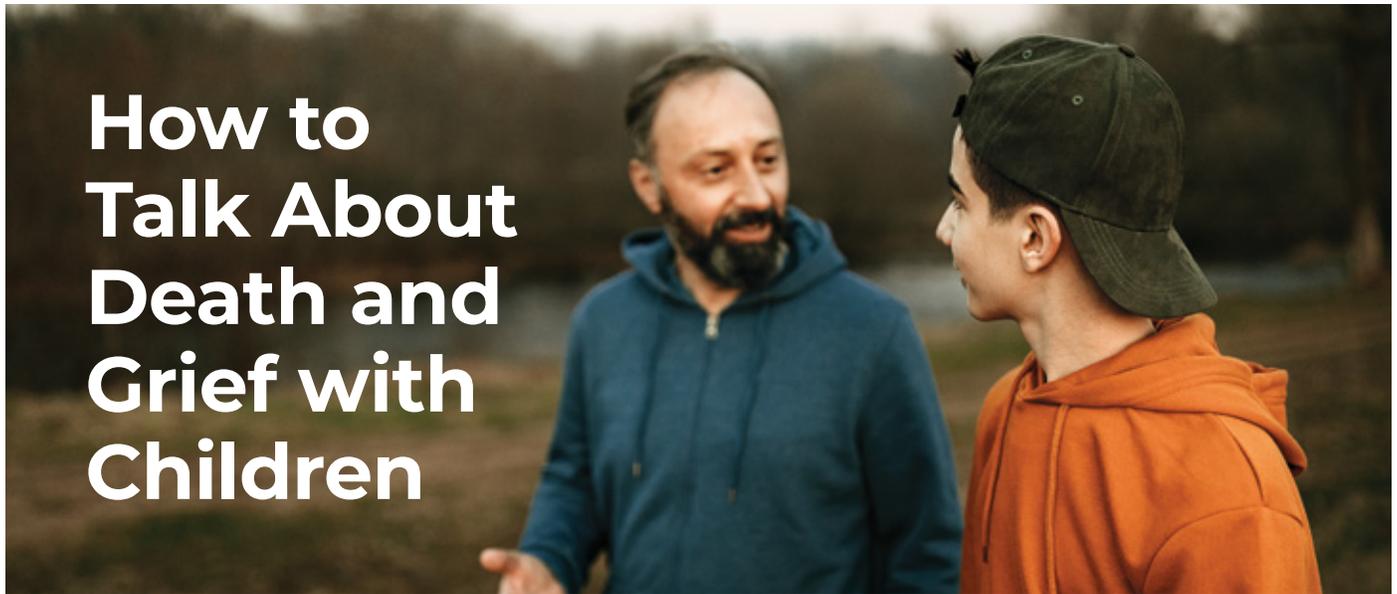
Make sure the plan is available to everyone

who needs it. Plans are only good if they can be followed. Ensure that all those involved with care and your local health system get a copy of your loved one's health care power of attorney or advance directive and medical authorization release information form.

If you have questions or need help preparing documents locally, call **269.983.8166** to speak with an advance care planning facilitator at Corewell Health.

Interested in getting helpful information for caregivers? Visit caring-circle.org to sign up to receive our monthly "Tips for Family Caregivers" newsletter and learn more about our services.





How to Talk About Death and Grief with Children

When a person in a child's life dies, it may be challenging to speak to them about it. However, children grieve too. We cannot shield them from the pain, but we can help them cope healthily.

- Find a comfortable, quiet place where the child feels safe. Be honest and talk in age-appropriate language they understand. If a child is told that "we lost dad," they might not understand what that means. They may think that dad is alive and can be found.
- Encourage the child to express what they are thinking and feeling. They may feel sad and cry, or they may ask to go out to play after learning of the news. This is normal.
- They may ask the same questions repeatedly. This is an important part of the grieving process for children. Listen patiently and answer their questions the best you can.
- Keeping structure and sticking to routines as much as possible is important. It helps children feel secure and know they have people who love and care for them.
- Encouraging children to share happy memories of their loved ones can help healing too. They can paint, draw, journal, look at pictures, anything that comforts them.
- Seek help from Lory's Place, a program of Caring Circle at Corewell Health. They offer free grief healing and education from their center in St. Joseph, for both children and adults. Lory's Place also offers a school outreach program in elementary, middle and high schools across Southwest Michigan.

Grief Support is Not a One-Size-Fits-All

In 2019, Benton Harbor community leaders partnered with Lory's Place to create a Community Grief Alliance, to address the unique grief needs they observed in individuals of color.

Grieving is difficult enough, but for some, particularly people of color living in areas with health disparities and higher death rates, there can be different reasons that impact healing. **Ronnika Williams**, an alliance member, shared that she would ask friends if they talked openly about their grief stories and the answer was usually no.

The Community Grief Alliance is going strong and recently received a grant to further support its mission. A series of free events have brought together Benton Harbor residents to talk openly about the importance of healthy mourning. The events are free and take place in a safe, confidential environment. Participants expressed feeling relief and said the heavy weight of their grief lessened after attending.

For more information about community grief events, visit lorysplace.org or call **269.983.2707**.

UPCOMING EVENTS

CAREGIVER SUPPORT GROUP

Caregivers can meet and discuss their experiences. These events are available in person or virtually through Zoom. Register with Caring Circle at 269.429.7100.

Third Tuesday of Every Month 1 to 2 p.m.

Caring Circle, St. Joseph
4025 Health Park Lane

GRIEF SUPPORT GROUPS

Just Coffee

Lory's Place understands when you are grieving it can be tough getting out and socializing again. Having a familiar, comfortable place to go can help ease the transition. Come join us for coffee and conversation. Register at 269.983.2707.

Second Friday of Every Month 9 to 11 a.m.

Lory's Place
445 Upton Drive, St. Joseph

Good Grief

Join Caring Circle bereavement care coordinators for a seven-week program. Topics include how to adjust to loss, why you feel the way you do, and how to cope with guilt and regret. Anyone in the community can join free of charge. Register by calling 269.429.7011.

Tuesdays, May 2 - June 13 3 to 4:30 p.m.

Caring Circle, St. Joseph
4025 Health Park Lane

Wednesdays, May 3 - June 14 12:30 to 2 p.m.

Memorial Library, South Haven
314 Broadway Street

Tuesdays, May 2 - June 13 10:30 a.m. to noon

Niles/Buchanan YMCA
905 North Front Street

Run Walk Rock to Support Grief Education and Care

Help Lory's Place continue their grief support services by participating in the 19th annual Run Walk Rock 5K event on Saturday, May 20 at 8:30 a.m. Join us at the starting line at Lory's Place, at 445 Upton Drive, St. Joseph.

Race Fees

\$25 Register by March 31
\$30 Register April 1 to 30
\$35 Register May 1 to 18
\$40 Register May 19 to 20

Make a difference in the lives of friends and neighbors while you run or walk alongside the shoreline of Lake Michigan. Looking for a slower pace? Enjoy all the fun in a restful rocking chair near the start or finish line.

To register, visit lorysplace.org/rwr. Sponsorships are available by calling **269.983.2707**.

Register on or before May 19 to receive a \$5 discount for groups of four or more.

Participants are guaranteed a t-shirt if they register before April 30. All participants are eligible to win a signature rocking chair.





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