

# Along the SHORELINE

FALL 2011

~ Your Guide to Healthy Living ~

PROGRAMS,  
CLASSES  
& EVENTS

*See page 4*

GIVING BACK TO  
THE COMMUNITY

*Our volunteers are busy*

DIABETES

*Are you at risk?*

MEET OUR NEW  
PHYSICIANS!

SOUTH HAVEN  
HEALTH SYSTEM

WWW.SH-HS.ORG

NEIGHBOR *Notes*



"I had a good experience. Everyone was kind and sweet. The nurses knew that I needed sleep so they would be very quiet when they came in to take my vital signs. Everyone at the hospital was great. I won't go anywhere else again."

—Linda Winslow, South Haven



"I was included in the discussions about my diagnosis and about my treatment options. The nurses made sure that all of my needs were met. Everyone on the staff is excellent, courteous, caring and compassionate."

—Barbara Carey, South Haven



"The nurses explained everything really well, were efficient and gave me everything I needed."

—A., Chicago

## SOUTH HAVEN HEALTH SYSTEM LAUNCHES PATIENT SAFETY PROGRAM!



Something very exciting is happening in our community at South Haven Health System (SHHS). The hospital is partnering with The Risk Management and Patient Safety Institute to implement a comprehensive three-year obstetrical patient safety program called the MORE<sup>OB</sup> (Managing Obstetrical Risk Efficiently) Program.

SHHS understands the importance of investing in preventive measures and education to bring the best

care to our patients. The MORE<sup>OB</sup> Program enhances and promotes a culture of patient safety in the hospital's Obstetrics Department by involving the physicians, midwives, nurses and senior leadership who support every woman who gives birth at SHHS.

This program benefits health care providers by improving their teamwork and communication skills while emphasizing the importance of providing safe care for mothers and infants. We're very excited about introducing this program to our community, labor and delivery providers and hospital staff.

On behalf of SHHS, the MORE<sup>OB</sup> Program Core Team cordially invites you to our official program launch on Nov. 3. Here, you will meet the Core Team, learn more about the program and enjoy some light refreshments. Watch for more details about this exciting event. We look forward to seeing you!

Joanne Urbanski, MSN, MHA, FACHE  
President/CEO  
South Haven Health System

## WHAT'S NEW ON *the Web?*



The following information and services are available on our website. Visit us at [www.sh-hs.org](http://www.sh-hs.org).

- >> Physician Search
- >> Pre-Registration
- >> Online Bill Pay
- >> Shoreline Wellness Center Membership and Events
- >> Follow us on Facebook!

# OUR VOLUNTEERS ARE MAKING A DIFFERENCE!

The South Haven Health System (SHHS) Auxiliary consists of more than 60 volunteers who generously and unselfishly give of their time to assist our patients, visitors and employees. The Auxiliary operates the Coffee/Gift Shop, where you'll find a variety of good food and gifts and cards for all occasions. They also hold book fairs and bake sales to raise funds, and all proceeds are donated to SHHS. At this year's Volunteer Luncheon, the Auxiliary presented Joanne Urbanski, President/CEO of SHHS, with a check for \$16,000!

However, the Auxiliary does more than just raise money for the hospital; it also gives back to the community throughout the year. It coordinates three Red Cross blood drives and the annual Michigan Harvest Gathering food drive held every October. The food drive benefits the We Care Food Bank, which distributes food to the neediest members of our community.

Another way the Auxiliary makes a difference is by awarding three \$1,000 scholarships to high school seniors who are furthering their education in the health care field. The 2011 scholarship recipients are graduates of South Haven High School:

- Arturo Barajas
- Rachel Dewitte
- German Gonzalez •





**WE NEED YOU!**

To learn more about volunteer opportunities, visit [www.sh-hs.org](http://www.sh-hs.org), or call 269-637-5271, ext. 2203.

**➔ WHY VOLUNTEER?\***

**Personal reward and sense of achievement:** Volunteering is about donating your time, energy and skills. Volunteers generally convey a sense of achievement and motivation, which ultimately is generated from the desire and enthusiasm to help. For others, volunteering is simply a break in the everyday routine or an opportunity to create balance in their lives. Volunteering can also promote good health and longevity.

**Recognition:** Each year, SHHS recognizes and thanks volunteers for their time and dedication at an annual luncheon, which was held on April 13 this year. Guests enjoyed a delicious meal and entertainment from the South Haven High School Chorale, under the direction of the late Mr. Cole Tyrell.

The following volunteers were recognized for their years of service:

<p><b>25 Years</b></p> <p>Betty Griffendorff Hannah Schlecker</p>	<p><b>15 Years</b></p> <p>Mae Lindeman Laura Willett</p>	<p><b>5 Years</b></p> <p>Barb Dittlinger Jean Hirss Bea Suhr</p>	<p><b>New Volunteers</b></p> <p>Champayne Fleming Dawn Konneck Flozine King Marcia Lukens Doni Smith</p>
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\* Source: Corporation for National and Community Service, "The Health Benefits of Volunteering: A Review of Recent Research, 2007," [www.nationalservice.gov](http://www.nationalservice.gov); Alabama River Region Arts Center: Why Volunteer?" [www.arrac.org/WhyVolunteer.aspx](http://www.arrac.org/WhyVolunteer.aspx).

# Happenings at SOUTH HAVEN

CALENDAR OF PROGRAMS, CLASSES

## COOKING CLASSES WITH NUTRITION EDUCATOR CHRIS FLOOD

### Quick and Healthy Pasta Sauces

► **WHEN:** Wednesday, Sept. 21, 6:30 – 8:30 p.m.

► **COST:** \$10 for WC members; \$15 for nonmembers

Everyone loves pasta, but many of us get tired of topping it with the same old marinara or meat sauce. Learn to prepare three out-of-the-ordinary pasta sauces that are chock-full of healthy ingredients including olives, seafood and fresh herbs! Sample unusual sauces you might not have tried before and leave with five healthy pasta sauce recipes.

### Cooking the Low-Cholesterol Way

► **WHEN:** Wednesdays, Oct. 12, 19 and 26, 10 a.m. – noon

► **COST:** \$40 for WC members; \$60 for nonmembers

Check out this nutrition education and healthy cooking class rolled into one, three-session workshop! If you're trying to improve your health, lower your cholesterol and improve the condition of your heart and blood vessels, this cooking series is for you! Each week, you'll learn to shop for and prepare three nutritious, delicious, heart-healthy meals.

### Make-Ahead Casseroles Your Family Will Love

► **WHEN:** Wednesday, Nov. 9, 6:30 – 8 p.m.

► **COST:** \$10 for WC members; \$15 for nonmembers

Do you love casseroles? They can be healthy and tasty without being loaded with fat and calories! Learn how to prepare three classic make-ahead casseroles that have been lightened up with plenty of veggies and other healthy ingredients. Talk through the recipes, and taste a newer, lighter version of tortilla casserole; chicken and broccoli casserole; and tuna noodle casserole. Leave with five healthy casserole recipes.



## HEALTHY LIVING WITH NUTRITION EDUCATOR CHRIS FLOOD

### Snackin' for Energy

► **WHEN:** Thursday, Sept. 15, 9 – 10 a.m.

► **COST:** Free

Children need energy from nutritious snacks to learn, grow and play, and so do adults. Do you know what kinds of snacks to eat for energy? Leave this fun and informative class with 25 quick-to-fix energy-boosting snacks for people of all ages.

### Seven Secrets to Super Willpower

► **WHEN:** Thursday, Oct. 13, 9 – 10 a.m.

► **COST:** Free

Do you start a diet or new exercise routine every week only to find out that when you do, you actually eat more and exercise less?

The secret is in how you train your brain to consider food and physical activity. If you think it's all in your mind, you're right! Learn how to gain willpower by thinking differently and get on track to a healthier, happier, more dedicated you.

### 15 Foods That Boost Immunity

► **WHEN:** Thursday, Nov. 3, 9 – 10 a.m.

► **COST:** Free

It's cold and flu season. Are you doing everything you can to protect yourself? Learn about 15 healthy superfoods to include in your diet that may help fire up and boost your body's disease-fighting powers.

### 10 Diet-Smart Holiday Party Tips

► **WHEN:** Thursday, Nov. 17, 9 – 10 a.m.

► **COST:** Free

Don't skip the party just because you're afraid you won't stick to your diet. If your goal is to lose or maintain your weight this



# HEALTH SYSTEM

## & EVENTS

holiday season, you can reach your goal easily with a little motivation and a lot of pre-party know-how and planning. Don't stay home! Learn how to skillfully eat and drink your way through any holiday party without gaining an ounce.

### SUPPORT GROUPS

#### Multiple Sclerosis Support Group

► **WHEN:** Tuesdays, Sept. 13, Oct. 11 and Nov. 8, 6:30 p.m.

► **COST:** Free

Are you or a loved one living with multiple sclerosis? If so, join us for the MS Support Group at the Shoreline Wellness & Rehabilitation Center. Group leader Jennifer Emehiser is living with MS herself and she's passionate about supporting others in their dealings with the disease.

► **CALL:** 269-639-2838 to register.

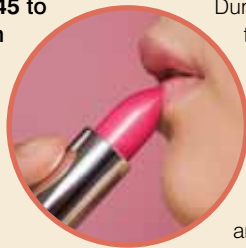
#### Look Good, Feel Better

► **WHEN:** Monday, Nov. 28, 5:30 p.m.

► **COST:** Free

► **CALL:** 1-800-227-2345 to register two weeks in advance.

"Look Good, Feel Better" provides information and cosmetic advice to women battling cancer. This training includes hands-on instruction about makeup and skin care, as well as suggestions for using wigs, turbans and scarves. It also includes tips on nail care while undergoing treatment. Cosmetics are provided for your personal makeover. Class is offered in partnership with the American Cancer Society, Hospice at Home and Lighthouse Oncology.



Lighthouse CARES (Cancer Awareness, Resources & Educational Support) is a community outreach program developed by Lighthouse Oncology to educate and support those whose lives have been touched by cancer, along with their loved ones, through the provision of support groups, educational programs and informational resources. Support groups are held the second Wednesday of the month and educational groups are held the fourth Wednesday of the month.

### GROUP TRAINING, FITNESS AND EDUCATION

#### Abs, Hips, Thighs and More

► **WHEN:** Mondays and Wednesdays, 6 – 6:50 a.m.

► **SESSION 1:** Sept. 26 – Oct. 19

► **SESSION 2:** Nov. 7 – Dec. 5

► **COST:** \$64 for WC members; \$80 for nonmembers

If you want a workout that's new, fun and challenging, then this class is for you! During these eight one-hour classes we'll target those stubborn areas you're always trying to reshape. Workouts provide a variety of exercises, including circuit and interval training. You'll learn strength, flexibility and cardiovascular exercises that are sure to tone your muscles, burn calories and rev up your metabolism. Taught by Janelle Hierholzer, NSCA-CPT.



#### Healthy Body, Healthy Weight

► **WHEN:** Mondays (call the Wellness Center for start date/time)

► **COST:** \$199 for WC members; \$299 for nonmembers

► **CALL:** Chris Flood at 269-639-2949 for more information.

If you've been trying to lose weight but struggle with what to eat or how to make the most out of your exercise routine, this 10-week class is just what you need to get on the road to success. A healthy food plan; quality, goal-based exercise; healthy recipes; new and exciting weekly challenges; and competitions will be part of this class led by Nutritionist Chris Flood and the Wellness Center Exercise Physiologists. Pre- and post-measurements, weekly weigh-ins and food journal reviews are part of this successful and motivating class.

Don't wait. Get on the path to a healthier you today!



#### Lighthouse Oncology CARES

► **WHEN:** Second and fourth Wednesday of every month, 6 p.m.

► **COST:** Free

► **CALL:** Kate Beckrow, Executive Director of Lighthouse Oncology, at 269-932-2268 for more information.



FOR A COMPLETE LIST OF COMMUNITY EVENTS AND CLASSES, VISIT [WWW.SH-HS.ORG](http://WWW.SH-HS.ORG).



## DIABETES AWARENESS

Monday, Nov. 14, is World Diabetes Day. The South Haven Health System (SHHS) Foundation will also sponsor its annual Diabetes Awareness Day on Nov. 14, to raise diabetes awareness in our community. Be sure to watch for details about a special presentation and the latest diabetes nutrition information. You'll have a chance to speak with SHHS's diabetes experts, and if you think you may be at risk, request a free hemoglobin A1c screening.

Whether you're newly diagnosed or have had diabetes for years, the Diabetes Education Program at SHHS is a great way to learn about the latest in diabetes care. We offer individualized counseling sessions and group classes to help those with diabetes and their families learn how to successfully manage the disease and live a full, healthy life.

For more information about the Diabetes Education Program, contact Registered Dietitian and Diabetes Educator Candence Lowman at **269-637-5271, ext. 2246.**

# REDUCE YOUR DIABETES RISK

**M**ore than 25 million Americans have diabetes, and millions more are at risk for this serious condition, according to the American Diabetes Association. Type 2 diabetes, the most common form of the disease, is a result of cells not properly using insulin. This leads to an increase in blood glucose (sugar) levels and associated long-term damage to the body.

If you're age 30 or older and have any risk factors for diabetes — excess weight, an inactive lifestyle, a family history of diabetes or being of African-American, Hispanic or American Indian descent — you should have your blood sugar checked.

It's possible to prevent or delay type 2 diabetes. A recent study showed that changes in diet and an increase in activity could reduce diabetes risk by almost 60 percent. The International Diabetes Federation recommends at least 30 minutes of daily activity, such as brisk walking, swimming, cycling or dancing. A well-balanced diet that includes whole grains and plenty of water is a healthful way to start. Cutting back on desserts and high-calorie snacks is also key. Keeping your blood glucose levels as close to the normal range as possible is vital because it can reduce or delay the risk of developing other health problems, such as heart disease. •



*A well-balanced diet* THAT INCLUDES  
WHOLE GRAINS AND PLENTY OF WATER IS  
*a healthful way to start.*

# FOUNDATION KEEPING BUSY

The South Haven Health System (SHHS) Foundation touched more than 3,000 lives this past year through a variety of educational and health and wellness events.

## SOMETHING FOR EVERYONE

This year, the Foundation staff hosted several events that were well attended by the community. Some of the highlights include:

- Heart-to-Heart Hot Spot and Blueberry Festival health fairs
- free cholesterol and diabetes screenings
- Back-to-School Bonanza school

supplies provided to more than 1,300 Van Buren County students

- first aid/CPR training classes
- Something to Talk About, a physician presentation about a timely health care topic. This spring, Jeanne Chesire, M.D., spoke about women's health issues.



## GOLFING FOR GOOD HEALTH

The Foundation accepts donations throughout the year, as well as at fund-raising events. One such event is the annual golf outing. On June 17, the second annual golf outing was held at HawksHead Links, co-sponsored by Chemical Bank and Lawn Boys. Other sponsors included Olson Brothers Company, Woodhams Ford Lincoln, Edward Jones, Channel Wine Bar, Dr. Hollis, Phoenix Street Cafe, MacDonald Drug Store, Lighthouse Oncology, Hospice at Home, Whiteford Tax & Financial Services, Bronson Healthcare Group, Wells Fargo, Fifth Third Bank, River Run Press, Accident Fund Insurance Company, Investment Services Group, CarePayment, Miller Johnson, Quality Air, Smith Haughey

Rice & Roegge, Exterior Site Services, ASR Corporation, FinCor Solutions, Plante Moran, Michigan Office Solutions, Dowden Custom Media, WorkflowOne, Quest Diagnostics, South Haven Health System and HawksHead Links.

The Foundation received about \$15,000 in donations, thanks to the generosity of our sponsors and golfers. Mark your calendar for next year's outing on June 15.

"Sharing the news about our success can't be done without mention of the resources required for these activities and thanking those who support the Foundation," says Bill Wood, SHHS Foundation Board President. Watch for more exciting events this fall! •



## SUPPORT A GOOD CAUSE

To learn more about Foundation events or to make a donation, contact Kim Wise at [kwise@sh-hs.org](mailto:kwise@sh-hs.org) or 269-639-2805.



## Apple-Nut Zucchini Bread

This mouth-watering sweet bread packs nutrition and flavor with a nutty crunch. Enjoy it with a meal or as a satisfying snack. Makes 24 servings

### Ingredients:

- ▶ 2 cups all-purpose flour
- ▶ 2 cups whole-wheat flour
- ▶ 2 tsp. baking soda
- ▶ 1 tsp. baking powder
- ▶ 2 tsp. ground cinnamon
- ▶ ½ tsp. ground nutmeg
- ▶ 1 cup egg substitute
- ▶ 2 large egg whites
- ▶ 1 (14 oz.) can crushed pineapple in juice, undrained
- ▶ 1½ cups granulated sugar
- ▶ 1½ cups packed brown sugar
- ▶ 1 Tbsp. vanilla extract
- ▶ 2 cups shredded zucchini
- ▶ 1 cup shredded apple
- ▶ 1 cup chopped walnuts

**Per serving:** 210 calories, 5 g protein, 2.2 g fat, 0 mg cholesterol, 45 g carbohydrates, 2 g fiber, 106 mg sodium

### Directions:

Preheat oven to 350 F. Spray three 8- x 4-inch loaf pans with cooking spray. Combine flours, baking soda, baking powder, cinnamon and nutmeg in a large bowl; mix well. Combine egg substitute and egg whites in a medium bowl; beat with electric mixer until frothy. Pour egg mixture into flour mixture. Add pineapple, sugars and vanilla extract; mix well. Fold in zucchini, apple and walnuts. Divide batter among loaf pans.

Bake 45 to 55 minutes or until toothpick inserted in centers of loaves comes out clean. Cool 10 minutes. Remove bread from loaf pans and cool completely before slicing. Bread can be frozen whole or sliced.



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# Welcoming...

## Shoreline Internal Medicine

965 S. Bailey Ave. / 269-639-2777

The following new physicians join Jerold Chip, M.D.

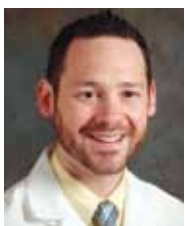
Internal medicine physicians manage, treat and prevent illnesses and diseases in adults.



### Pamela Cooper, M.D.

Dr. Cooper earned her medical degree from the Universidad Peruana Cayetano Heredia in Lima, Peru. She completed her residency in internal

medicine from Henry Ford Hospital in Detroit and was the Chief Resident for a fourth year to assist in instruction of other residents. Dr. Cooper is certified by the American Board of Internal Medicine.



### Colin Killeen, D.O.

Dr. Killeen earned his medical degree from the Michigan State University College of Osteopathic Medicine. He completed his residency training at the

University of Chicago, NorthShore University Health System and the McGaw Medical Center of Northwestern University in Chicago.



### Jerold Chip, M.D.

Dr. Chip earned his medical degree from Indiana University in Indianapolis. He completed his internal medicine residency and a

fellowship in cardiology at Indiana University Medical Center in Indianapolis. Dr. Chip is certified by the American Board of Internal Medicine.

## Advanced Radiology Services



### T. Johnson, M.D.

South Haven Health System recently contracted Advanced Radiology Services to provide radiology services and interpretations. Dr. Johnson

earned his medical degree from Wayne State University School of Medicine in Detroit. He completed both his medical internship and residency in diagnostic radiology at the San Antonio Uniformed Services Health Education Consortium. Dr. Johnson served as a major in the United States Air Force Medical Corps where he was the Chief of body computed tomography. He's certified by the American Board of Radiology.

## HOW TO CONTACT US

Main Hospital Line

**269-637-5271**

Shoreline Family Care

**269-639-2772**

Shoreline Center for Integrative Medicine

**269-639-2833**

Shoreline Internal Medicine

**269-639-2777**

Shoreline Occupational Medicine

**269-639-2787**

Shoreline Surgical Services

**269-639-2893**

Shoreline Women's Center

**269-639-2720**

South Haven Orthopedics

**269-639-2866**

Cooper Medical Clinic

**269-427-5811**

Covert Medical Center

**269-764-0005**

Shoreline Wellness Center

**269-639-2949**

Lighthouse Oncology

**269-639-2789**

Cardiac and Pulmonary Rehabilitation

**269-639-2794**

Home Health Care and Private Duty

**269-639-2888**

Rehabilitation Services (physical, occupational and speech therapy)

**269-639-2929**

South Haven Sleep Center

**1-877-787-5337**