

Along the SHORELINE

WINTER 2011

~ Your Guide to Healthy Living ~

PROGRAMS,
CLASSES
& EVENTS

See page 4

MANAGING
CHRONIC ILLNESS

We can help

EASE
PRE-SURGERY
JITTERS

A HEALTHY HEART
Foods to keep yours fit

SOUTH HAVEN
HEALTH SYSTEM

WWW.SH-HS.ORG

NEIGHBOR *Notes*



"It's comforting to know we have a community hospital we can depend on. I've always had very good interactions with South Haven Health System and the staff."

—Carolyn Moore, South Haven



"The nurses really care about their patients. You aren't treated like a number here."

—Paul Enders, South Haven



"I recently had knee surgery at South Haven Health System and had a great experience. Jeffrey Postma, D.O., is the best. The pre- and post-op and operating room staff members were terrific. Everyone was thorough, professional and caring."

—Paul Layendecker, South Haven

You HAVE INFLUENCE



South Haven Health System (SHHS) kicked off fiscal year 2012 (July 1, 2011 to June 30, 2012) with a program for our employees and medical staff called Success Countdown to 2012. At the kickoff, we talked about the **influence** each of us has on SHHS' continued success. As a trusted leader in health and wellness, SHHS wants to be your first choice. Building a patient-centered care strategy and creating a culture

of excellence is not only the right thing to do, but also necessary for SHHS to survive and thrive in today's economic uncertainty.

We did not end last fiscal year where we wanted to be financially, but so far, in fiscal year 2012, we are meeting our budget, over which you have **influence**. Thank you for choosing SHHS for your health care needs. You, along with our physicians and employees, are the most influential individuals when it comes to the hospital's success.

We all have the ability to create a positive or negative response in a split second. So, I ask, what is that story you are telling about SHHS? Some call it an elevator story ... a story that can be told as quickly as it takes you to ride to the next level. The story you tell can **influence** the health care choices that will be made by your family, friends and neighbors.

We share a dream to continue thriving as a community hospital and providing superior quality and responsive patient care from skilled and compassionate professionals. Our culture is our biggest competitive edge; come experience **hospitality** at SHHS.

Sincerely,

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.

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

WANT A FIT HEART?

Try three Fs to make the grade

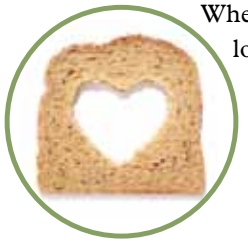
Fish, fruit and high-fiber foods contain nutrients that make them the tops for heart protection. Making them a regular part of your meal plan is a painless and easy way to lower your risk for coronary heart disease. Here's why:

1 Fish. Fish containing omega-3 fatty acids can boost heart health.



Omega-3s help stop blood clots from forming, cut the risk of irregular heartbeats, slow the growth of artery-clogging plaque and lower blood pressure. Try mackerel, lake trout, herring, albacore tuna and salmon.

2 Fiber. Fiber helps lower blood cholesterol, which may reduce your risk of heart disease.



When reading labels, look for the terms soluble fiber and insoluble fiber; soluble fiber helps lower cholesterol.

Insoluble fiber, while good for digestion, doesn't seem to lower cholesterol. Several health organizations suggest eating 5 to 10 grams of soluble fiber daily. You can get your fill of fiber by eating oatmeal, bran flake cereals, beans, whole-wheat bread, fruits and vegetables.

3 Fruits and vegetables. Eating four to five servings a day of fruits and three to five servings of vegetables provides a variety of the vitamins, minerals, fiber and phytochemicals your body needs to reduce the risk of heart disease — and stroke and cancer, too. Fruits and vegetables seem to reduce the buildup of fatty plaque that can cause heart attacks. And they don't need to be fresh; frozen and dried provide the same benefits.



Paying attention to the three Fs,

FORGET THE COLD WEATHER!

We're offering the following community events while the winter winds blow:

♥ The South Haven Health System Foundation is hosting its annual Heart-to-Heart cholesterol screenings, Feb. 7, 8 and 9 in South Haven, Bangor and Covert. These free screenings are offered as part of the foundation's mission to improve our community's health. To schedule your free cholesterol screening, call Theresa Ruppert at **269-639-2838**.

♥ Join us for the hottest event in town, the second annual Heart-to-Heart Hot Spot on Tuesday, Feb. 7, 4:30 – 7 p.m. at the Shoreline Wellness Center. At 5:30 p.m., you're invited to our version of "The Doctors," as local physicians discuss the health care topics you want to know about.

For more information about these and other events, visit the community calendar at www.sh-hs.org.

getting regular exercise and not smoking are all great strides toward making the grade for a fit heart. •



Sweet Potato Lentil Stew Serves 6

Ingredients:

- ▶ 4 cups vegetable broth
- ▶ 3 cups (1 ¼ pounds) sweet potatoes, peeled and cubed
- ▶ 1 ½ cups dried lentils, rinsed
- ▶ 3 medium carrots, cut into 1-inch pieces
- ▶ 1 medium onion
- ▶ 4 garlic cloves, minced
- ▶ ½ tsp. ground cumin
- ▶ ¼ tsp. ground ginger
- ▶ ¼ tsp. cayenne pepper
- ▶ ¼ cup minced fresh cilantro
- ▶ ¼ tsp. salt

Directions:

In a slow cooker, combine the first nine ingredients. Cover and cook on low for 5 to 6 hours or until vegetables are tender. Stir in cilantro and salt.

Source: South Haven Health System



Happenings at SOUTH HAVEN

CALENDAR OF PROGRAMS, CLASSES

Note: Pre-registration is required for all classes including free classes. We reserve the right to cancel a class if registration is low. If a class is cancelled, you will be notified by phone the day before the class.

COOKING CLASSES WITH NUTRITION EDUCATOR CHRIS FLOOD

Five Quick and Healthy Ideas for Rotisserie Chicken

Start with a rotisserie chicken, add a few healthy ingredients, and presto, you can put a healthy dinner on the table in 20 minutes or less! Leave this class with five healthy recipes.

- ▶ **WHEN:** Wednesday, Jan. 25, 6:30 – 8 p.m.
- ▶ **COST:** \$10 for WC members; \$15 for nonmembers

Soup's On!

When it's cold out, nothing is more satisfying than a bowl of hot homemade soup. And you can make it in 30 minutes or less! Learn how to make and taste kale and two-bean soup, hot and spicy shrimp noodle bowl and Cincinnati turkey chili.

- ▶ **WHEN:** Wednesday, Feb. 22, 6:30 – 8 p.m.
- ▶ **COST:** \$10 for WC members; \$15 for nonmembers

HEALTHY LIVING WITH NUTRITION EDUCATOR CHRIS FLOOD

Top 10 Diet and Nutrition Resolutions

When it's resolution time, the first thing on your list may be to lose weight and eat more healthfully. But how exactly do you go about that — and how do you keep yourself from becoming a resolution dropout before the end of the month? Learn how at this class.

- ▶ **WHEN:** Thursday, Jan. 12, 9 – 10 a.m.
- ▶ **COST:** Free



10 Super Foods You Should Eat This Year

Pomegranates have up to three times the antioxidants of red wine and green tea, but they're not the only food that should be in your grocery cart every week. Find out what else should fill your grocery cart in 2012 for best health.

- ▶ **WHEN:** Thursday, Jan. 19, 9 – 10 a.m.
- ▶ **COST:** Free

NEW! The Great Weight-Loss Challenge

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 put you on the road to success. A healthy food plan, goal-based exercise, healthy recipes and exciting weekly challenges with prizes and a chance to earn back what you paid for the class make up this revised, healthy weight-loss program.

- ▶ **WHEN:** Monday evenings for 10 weeks. Call Shoreline Wellness Center for January start date and time.
- ▶ **COST:** \$199 for WC members; \$229 for nonmembers.
- ▶ **CALL:** Chris Flood at 269-639-2949 for more information

What to Eat to Beat Osteoporosis

Getting your recommended daily dose of calcium, vitamin D and other minerals helps protect your bone health, and so can staying away from foods that may rob your body of these nutrients. Learn more about how to eat to prevent osteoporosis.

- ▶ **WHEN:** Thursday, Feb. 16, 9 – 10 a.m.
- ▶ **COST:** Free

SUPPORT GROUPS

Multiple Sclerosis Support Group

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 Emenhiser is living with MS, and she's passionate about supporting others in their dealing with the disease.

- ▶ **WHEN:** Tuesdays, Jan. 10, Feb. 14 and March 13, 6 p.m.
- ▶ **COST:** Free
- ▶ **CALL:** 269-639-2805 to register

Lighthouse Oncology CARES

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.



- ▶ **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

GROUP TRAINING, FITNESS AND EDUCATION

FYIs

1. The Truth about Carbohydrates

Learn the good, the bad and the ugly truth about carbs; what they are and how they're an important factor in losing weight and



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increasing energy during exercise. Join Dawn Thomas as she explains the benefits and myths about carbohydrates.

- ▶ **WHEN:** Saturday, Jan. 21, 11 – 11:45 a.m.
- ▶ **COST:** Free

2. Exercise with Purpose and See Results!

For years, people have been told to sustain moderate-intensity exercise for 60 minutes each day to lose or maintain weight loss, but who has that amount of time? Join Jeremy Wheaton and discover how to exercise with more intensity for less time and get better results.

- ▶ **WHEN:** Saturday, Feb. 18, 11 – 11:45 a.m.
- ▶ **COST:** Free

3. March on Tradition

We'll explain the good and bad behind traditional strength training. Learn new methods and techniques to improve the quality and efficiency of your workout. Join Jeremy Wheaton as he discusses traditional strength training and compares it to more modern exercise styles.

- ▶ **WHEN:** Saturday, March 17, 11 – 11:45 a.m.
- ▶ **COST:** Free

Basic Kettlebell

You'll participate in a variety of interval, circuit and Tabata training that introduces different exercises to involve multiple muscle movements. In just eight weeks you're sure to improve strength, balance and endurance while burning calories and increasing muscle tone and your metabolism. Not recommended for all fitness levels, or those with osteoporosis or back problems. Class meets once a week and is limited to 10 people.

- ▶ **WHEN:** Thursdays, Jan. 5 – Feb. 23, 5:15 – 6 p.m.
- ▶ **WHERE:** Spin Studio
- ▶ **COST:** \$64 for WC members; \$80 for nonmembers



Abs, Hips and Thighs

Stay on track and keep motivated after the holidays. During these eight one-hour fun and challenging classes we'll target those stubborn areas you're always trying to reshape. Class is limited to 10 people.

- ▶ **WHEN:** Tuesdays, Jan. 10 – Feb. 28 and March 6 – April 24, 5:30 – 6:30 p.m.
- ▶ **WHERE:** Spin Studio
- ▶ **COST:** \$64 for WC members; \$80 for nonmembers

New! Armed and Dangerous

This fun class targets your shoulders, arms, back and chest. Start now and begin seeing results just in time for spring break. During eight one-hour classes you'll improve muscle strength and tone, increase your metabolism and burn

calories. Class meets twice a week and is limited to 10 people.

- ▶ **WHEN:** Mondays and Wednesdays, Jan. 9 – Feb. 1 and Feb. 13 – March 7, 5:15 – 6 p.m.

- ▶ **WHERE:** Aerobic Studio
- ▶ **COST:** \$64 for WC members; \$80 for nonmembers

Abs, Hips and Thighs

Need a great workout to target those stubborn areas you've been trying to tone for years? Then this class just might be the one for you! Classes are 50 minutes long; each session meets two times a week for four weeks.

- ▶ **SESSION 1:** Jan. 9 – Feb. 1, Mondays and Wednesdays, 7 a.m.
- ▶ **SESSION 2:** Jan. 10 – Feb. 2, Tuesdays and Thursdays, 6 a.m.

- ▶ **SESSION 1:** Feb. 13 – March 7, Mondays and Wednesdays, 7 a.m.
- ▶ **SESSION 2:** Feb. 14 – March 8, Tuesdays and Thursdays, 6 a.m.

- ▶ **SESSION 1:** March 19 – April 11, Mondays and Wednesdays, 7 a.m.
- ▶ **SESSION 2:** March 20 – April 12, Tuesdays and Thursdays, 6 a.m.
- ▶ **COST:** \$64 for WC members; \$80 for nonmembers

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 Class times are subject to change.
 Contact the Wellness Center to confirm.

FOR A COMPLETE LIST OF COMMUNITY EVENTS AND CLASSES, VISIT WWW.SH-HS.ORG.

South Haven Health System's surgical team — highly skilled with sensitivity that comforts.



GET READY, GET SET, FOR SURGERY



EXPERT CARE, RIGHT HERE

Alan Caudill, M.D., and Maura Buckingham, D.O., are seeing patients at the Shoreline Surgical Services office in the Shoreline Medical Building on Blue Star Highway. To make an appointment, call **269-639-2893**.

When it comes to surgery, studies have shown that the Boy Scouts' "be prepared" principle can ease preop anxiety, reduce your hospital stay and speed recovery. Research shows that the more prepared and less anxious someone is about surgery, the

faster that person heals. Knowing what to expect can defuse stress and help you approach surgery day calmly.

Your physician will take care of all the necessary tests that you'll need before the procedure, but it's your responsibility to make sure you're informed and prepared for

TAKE CONTROL OF YOUR HEALTH

To make informed decisions about your care, ask your physician these questions:

- What are my options, surgical and nonsurgical?
- What will happen if I decide not to have the surgery?
- What should I expect this procedure to accomplish?
- What are the risks?
- How will I feel after surgery?
- Are there any special postoperative limitations for which I will need to make preparations?





South Haven Health System welcomes

➔ **ALLAN CAUDILL, M.D.**



Allan Caudill, M.D., joined the staff of South Haven Health System (SHHS) in November. He comes to SHHS from northern Michigan, bringing more than 20 years of surgical experience. Dr. Caudill is board certified in general surgery. His surgical residency training was completed at Medical College of Wisconsin in Milwaukee and Radcliff Infirmary in Oxford, England. He earned his medical degree from Indiana University School of Medicine in Indianapolis.

Dr. Caudill joins **Maura Buckingham, D.O.**, also a board-certified general surgeon at SHHS. Both physicians are highly skilled in performing a wide variety of procedures, including:

- laparoscopic minimally invasive surgeries such as cholecystectomy (gallbladder removal), hernia repair, appendectomy and colon surgery
- open surgical procedures of the bowel, breast, lymph nodes, thyroid gland and skin and soft tissue; surgery to resolve hemorrhoids and rectal problems; vasectomy; and vascular access port placement
- endoscopy for screening and diagnostic colonoscopies
- critical/intensive care and associated procedures such as central line placement, tracheostomy, feeding tube placement, peritoneal dialysis catheter placement and chest tubes

"When you need surgical treatment, you deserve quality, state-of-the-art care from surgeons who will treat you with respect and compassion," says SHHS President and CEO Joanne Urbanski. "We're happy to provide our community with specialized care from these two highly skilled surgeons."



the operation. Here are some ways to make your time before surgery, during your hospital stay, and after your return home run more smoothly:

BEFORE YOUR PROCEDURE

- Follow your physician's instructions about refraining from smoking, eating and drinking before the procedure.
- Ask your physician about taking aspirin or other anti-inflammatory drugs before surgery. Because they're blood thinners, these medications may cause excessive blood loss.
- Tell your physician which prescription and over-the-counter drugs you take. This includes vitamins and herbs: Certain herbal remedies, such as St. John's wort or kava, may extend the effects of anesthesia or create other complications.
- You won't be allowed to drive after your procedure, so make reliable transportation arrangements.
- Organize your home. Make sure you have groceries or frozen meals on hand.

- Practice techniques such as meditation or yoga. These will help calm you and speed postoperative healing.

DURING YOUR HOSPITAL STAY

Having family and friends visit will bolster you, but don't be afraid to set limits: you'll need time to rest and recuperate. If allowed, bring your cozy robe or a favorite photo.


HOME AGAIN

A little help from your family or friends can come in handy. If worries about housework or errands are nagging at you, ask someone to take care of these chores. In the meantime, the relaxation methods you used before surgery can help you feel better now. With guided imagery, picture yourself in the near future feeling good and doing something you enjoy. •

This publication does not constitute professional medical advice. Although it is intended to be accurate, neither the publisher nor any other party assumes liability for loss or damage due to reliance on this material. If you have a medical question, consult your health care professional.

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HELP FOR CHRONIC ILLNESS

Having an illness can be overwhelming, but receiving treatment shouldn't be. If you or someone close to you needs infusion therapy or blood transfusions, you understand firsthand how the disruption to your daily routine adds to the strain of an already stressful situation.

Infusion therapy involves administering medication intravenously (IV) or by injection through a needle, catheter or port. Patients who have chronic conditions such as cancer, rheumatoid arthritis, multiple sclerosis, Crohn's disease, dehydration or immune deficiencies may receive infusion therapy.

South Haven Health System's Infusion and Treatment Center is available for those who require these types of outpatient therapies. "Moving through the experience of a serious or chronic illness can be challenging," says Center Director Nan Edwards. "We're here to guide and support you as you receive care in our comfortable surroundings.

For those who are visiting or live in the area but want a specialist out of town, we offer a convenient care option." •

Chris Ball, R.N., with an infusion patient



CARE THAT'S PERSONAL

The Infusion and Treatment Center is staffed with specially trained and experienced registered nurses. They offer compassionate care and support, not only to the patient, but to the patient's family as well. The Center offers these drug therapies and services:

- blood transfusions and blood therapies
- chemotherapy
- consultation and education
- IV hydration and IV therapy (such as antibiotics or medication for rheumatoid arthritis)
- medical injections
- nutritional supplements
- pain medication
- platelet transfusions
- wound care

To receive care at the Center, your physician must order your personalized plan. We'll work under his or her direction, providing direct feedback and reporting on your progress, so you'll have a seamless continuum of care. To learn more, call **269-639-2965**.

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