

# Along the SHORELINE

SUMMER 2011

~ Your Guide to Healthy Living ~

**BUILDING THE  
FOUNDATION**

**EXERCISE  
MYTHS**  
*Truth vs. fiction*

**SEASONAL  
SAFETY TIPS**

**PROGRAMS,  
CLASSES  
& EVENTS**

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**SOUTH HAVEN  
HEALTH SYSTEM**

[WWW.SH-HS.ORG](http://WWW.SH-HS.ORG)

NEIGHBOR *Notes*



"While working on a pump-hose fitting, a coupling came off and hit me in the face. I was taken to the Emergency Department at South Haven Health System. From the moment I arrived until I was released, the care was wonderful and the staff was courteous and professional. My broken nose and facial cuts are healing well thanks to the great care that I received from the nurses, physician assistant and X-ray technician."

—Henry Compton, South Haven



"When I joined the Wellness Center about a year ago, my total cholesterol was 219. I use the treadmill and weight machines regularly and now my cholesterol is down to 163. I feel better and stronger than before."

—Betty Dykstra, South Haven

PROVIDING FOR OUR COMMUNITY  
TODAY AND INTO THE FUTURE



As a new fiscal year begins, I am reminded once again of how fortunate we all are that South Haven Health System (SHHS) is here to provide the very best health care to our community.

SHHS exists to serve our patients. We are an outstanding hospital, offering comprehensive care with around-the-clock Emergency Services and a

skilled and compassionate medical staff trained to treat many health issues. We are prepared to care for you when you need us. We want to be your first choice for your health care needs.

Here at SHHS, we understand that the health care environment continues to evolve as the Patient Protection and Affordable Care Act is put into effect. The health care challenges we face, not only as a hospital but as a nation, are staggering. The new law, which is changing our health care system dramatically, is a complex, 2,000-page document that reaches out to 2019.

While no one has all of the answers, SHHS has a talented team ready to help our community navigate these complexities and achieve the end goal of quality and affordable health care for everyone. I want to assure you that we realize the magnitude of these issues and changes and have developed strategies to guide us into the future.

I welcome you to visit us on our website at [www.sh-hs.org](http://www.sh-hs.org).

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!

# BUILDING THE FOUNDATION

The South Haven Health System Foundation has come full circle. With monies raised from last year's golf outing we were able to hold events at little or no cost to the community. We look forward to continuing the success with this year's golf outing on June 17.

## RESPONDING TO YOUR NEEDS

More than 1,000 people participated in our Foundation's health and wellness events last year. Participants received diabetes screenings and education and blood pressure and cholesterol testing, and enjoyed a healthy lifestyle fair and speaker presentation. The Foundation awarded 15 Shoreline Wellness Center scholarships, which positively impact recipients' lives. "If it weren't for the scholarship, I'd be sitting at home in my wheelchair. I'm so glad I can exercise, improve my balance and increase my strength and mobility," says Maria. "Being able to exercise has helped me immeasurably," says Dan, who prior to being disabled by a nervous system disease held a full-time job and enjoyed long-distance bicycle rides. "Exercise

strengthens my legs and helps my balance so I can still be mobile and handle everyday tasks," he adds.

"The Foundation raises money to ensure that our hospital responds to the needs of our diverse community," says Bill Wood, Executive Director of the South Haven Hospital System Foundation. "Keeping donations in the community to support the work of the hospital is important to us in our partnership with you. Since we're a not-for-profit health system operating with decreasing state and federal funding, support from our friends is now more important than ever."

## UPCOMING EVENTS

The golf outing is just one of the activities that keeps the Foundation going with your support. Other events include the Blueberry Festival Health Fair, which will be held downtown on Friday, Aug. 12, from 10 a.m. to 1 p.m. and the 5K Run/Walk on Saturday, Aug. 13. To register for the 5K, visit [www.classicrace.com](http://www.classicrace.com). We greatly appreciate your support! •



## JOIN US FOR A GOOD CAUSE!

If you have questions about the Foundation or any of its events, contact Kim Wise at [kwise@sh-hs.org](mailto:kwise@sh-hs.org) or 269-639-2805.



## Watermelon-Blueberry Banana Split

Preparation time: 15 minutes / 4 servings

### Ingredients:

- ▶ 2 large bananas
- ▶ watermelon "scoops" — a watermelon ball created with an ice cream scoop
- ▶ 2 cups fresh blueberries
- ▶ ½ cup low-fat vanilla yogurt
- ▶ ¼ cup low-fat granola

### Directions:

Peel bananas and cut in half crosswise, then cut each piece in half lengthwise. For each serving, lay 2 banana pieces against the sides of a shallow dish. Place a watermelon "scoop" at each end of the dish. Fill the center space with blueberries. Stir yogurt until smooth, spoon over watermelon "scoops." Sprinkle with granola.

**Per serving:** Calories 160, calories from fat 10, total fat 1 g, saturated fat 0 g, trans fat 0 g, cholesterol 0 mg, sodium 40 mg, total carbohydrate 38 g, dietary fiber 4 g, sugars 23 g, protein 4 g  
**Source:** Centers for Disease Control and Prevention, Produce for Better Health

# Happenings at SOUTH HAVEN

CALENDAR OF PROGRAMS, CLASSES

## COOKING CLASSES WITH NUTRITION EDUCATOR CHRIS FLOOD

### Strawberry Fields Forever (We Hope!)

**WHEN:** Thursday, June 30, 9 – 10:30 a.m.

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

Spinach and strawberry salad, strawberry crepes, strawberry chicken salad ... you get the picture. There are loads of healthy main and side dishes you can make that feature ripe, red strawberries. Learn to prepare (and taste!) three very different dishes that feature our own locally grown, nutritious and delicious strawberries.

### Fast and Healthy Summer Sides

**WHEN:** Friday, July 22, 9 – 10 a.m.

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

Are you tired of fixing the same old coleslaw, potato salad, or pasta salad? Wake up your tastebuds! At this "talk and taste" healthy cooking class, learn how to make three unique summer

side dishes you'll love that feature fresh-from-the-garden veggies and herbs.

### Salsa Tonight!

**WHEN:** Friday, Aug. 5, 9 – 10:30 a.m.

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

Are you in love with salsa? Do you eat salsa on everything? There are lots of different ways to make and enjoy fresh salsa. Learn to prepare three low-fat vitamin-packed salsas using inexpensive, seasonal fruits, vegetables and herbs.

## HEALTHY LIVING WITH NUTRITION EDUCATOR CHRIS FLOOD

### Buy Local, Eat Fresh

**WHEN:** Thursday, July 14, 9 – 10 a.m.

**COST:** Free

Everyone knows that fresh, locally grown food tastes great, but is local food nutritionally superior? Find out at this class where three local farmers explain why locally grown foods are best for your body and your bank account. Leave with heart-healthy

recipes and menu ideas that feature seasonal fruits and vegetables.

### True Blueberries

**WHEN:** Thursday, July 28, 6 – 8 p.m.

**COST:** Free

Got the blues? If not, you'll definitely want them after this class! Back by popular demand — and for the third time — this class, co-led by Nutrition Educator Chris Flood and local guest food expert and blueberry enthusiast Patrice Hartmann, will teach you how to prepare five different healthy dishes using (you guessed it) locally grown blueberries! Sponsors: True Blue Farms and The Blueberry Store.

## KIDS COOKING CLASSES

### Young Chefs

**SESSION:** "Just Desserts," July 25 to 28

"Just Mexican," Aug. 8 to 11

"Just Pizza," Aug. 15 to 18

**WHEN:** 1:30 – 3:30 p.m.

**COST:** \$65 for WC members; \$75 for nonmembers

Do you have a budding young chef in your family? Do you want him/her to learn how to prepare meals and snacks that are tasty and healthy? If so, he or she will love this class for boys and girls ages 12 to 15. Aspiring young chefs will learn basic food safety and food prep skills while making delicious and nutritious dishes that their friends and family will love. Each session includes a 20- to 30-minute Stay Fit break. Register early. Class limited to 12 students.

### Mini Chefs

**SESSION:** "Just Sundaes," July 25 to 28

"Just Healthy Snacks," Aug. 8 to 11

"Just Desserts," Aug. 15 to 18

**WHEN:** 9:30 – 11 a.m.

**COST:** \$50 for WC members; \$60 for nonmembers

It's never too early to teach children how to appreciate, enjoy and prepare healthy foods. This class is for boys and girls ages 7 to 11. Mini chefs will learn kitchen safety and food prep basics while preparing quick and tasty snacks, desserts and main dishes. Register early. Class limited to 12 students.



FOR MORE INFORMATION AND TO REGISTER, CALL THE SHORELINE WELLNESS CENTER AT 269-639-2949.

# HEALTH SYSTEM

## & EVENTS

### SPECIAL SUMMER PROGRAMS

#### 10 Steps to Lose Weight Workshop

**WHEN:** Monday, June 20, 8:30 a.m. – noon

**COST:** \$35 for WC members; \$45 for nonmembers

If you're struggling to lose weight, then you already know it's the little things that add up. But what if you knew 10 key things you could do every day to increase your weight-loss success? This half-day workshop, complete with a healthy low-calorie lunch, will teach you how you can shed those 10 pounds before the summer ends. Bring a buddy and receive a 10 percent discount. Cost includes lunch, handouts and a healthy weight journal.



#### First-Timer's Club

**WHEN:** Starts Wednesday, June 22, 6 p.m.

**COST:** \$55 for WC members; \$65 for nonmembers (includes Blueberry Festival 5K registration fee)

Have you always wanted to train to run or walk a 5K but aren't sure how to get started? If so, we can help! Enroll in the "First-Timer's Club" and learn how to develop and stick to a training program that will have you walking or running your own 5K in just seven weeks. You'll get valuable advice on how to safely pump up your routine, stay motivated and keep improving. You'll get tips on proper nutrition and you'll start the race day with a healthy pre-race breakfast at the Shoreline Wellness Center, where you'll be given your race packet for the 5K.

### SUPPORT GROUPS

#### Multiple Sclerosis Support Group

**WHEN:** Tuesdays, July 12 and Aug. 9, 6:30 p.m.

**COST:** Free

Are you or a loved one living with multiple sclerosis? If so, please join us for the MS Support Group at the Shoreline Wellness & Rehabilitation Center. Group leader Jennifer

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

#### Celiac Support Group

**WHEN:** Wednesday, June 29, 7 p.m.

**COST:** Free

Celiac disease is an allergy to wheat, rye, barley and sometimes oats. This disease is managed solely by diet, not medication.

The support group meets the last Wednesday of every month to share information, tips, recipes, challenges and success stories.

#### Look Good, Feel Better

**WHEN:** Monday, Aug. 29, 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. You'll receive hands-on instruction about makeup and skin care, and suggestions for using wigs, turbans and scarves. The class also includes tips on nail care while undergoing treatment. Cosmetics are provided. The program is offered in partnership with the American Cancer Society and Hospice at Home.

#### 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.

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 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

#### Kettlebell Training

**WHEN:** Mondays and Wednesdays, June 13 to July 11, 6 – 6:50 a.m.

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

Kettlebell training is an excellent change from your regular workout routine, involving multiple joint movements that target multiple muscle groups for a better and healthier body. With the help of an exercise physiologist, kettlebell training enhances strength, flexibility, balance, coordination and endurance. Classes are led by Dawn Thomas, M.A., Exercise Physiologist/Certified Personal Trainer.

#### Girls' Fundamental Basketball Clinic

**WHEN:** Tuesdays and Thursdays, June 14 to July 7, 5:30 – 6:30 p.m.

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

This clinic, geared toward girls ages 6 – 11, concentrates on basic skills such as dribbling, passing, rebounding, layups, agility and foot work. Class size is limited to 10 girls.

#### Girls' Basketball Shooting Clinic

**WHEN:** Tuesdays and Thursdays, July 19 to Aug. 4, 4 – 5 p.m.

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

This clinic, geared toward girls ages 12 – 17, concentrates on correct release point, quick release in shooting, shooting off the dribble, the art of free throws, becoming a scorer and conditioning. Class size is limited to 10 girls.

#### Boot Camp

**WHEN:** Tuesdays, July 5 to Aug. 23, 6:30 – 7:30 p.m.

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

This high-energy group conditioning class is designed to burn calories while challenging your strength and endurance! During the eight, one-hour training sessions we'll explore the creative side of exercise with strength, balance, core and cardiovascular exercises. Taught by a Certified Personal Trainer.



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



# YOUR SUMMER SAFETY GUIDE

**A**h ... the promise of summer: sunny days and lazy evenings, barbecues and picnics, a day at the beach and good times. To make sure those times really are good, heed these seasonal safety tips from the health care providers at Shoreline Family Care, Cooper Medical Clinic and Covert Medical Center.

## SUN SMARTS

Avoid the sun between 10 a.m. and 3 p.m. If that puts a crimp in your summer plans, apply plenty of sunscreen and a lip balm with an SPF (sun protection factor) of at least 30, 15 to 30 minutes before going out in the sun. Reapply sunscreen every

two hours after swimming or if you're sweating. Keep your head and body covered in light, loose layers. Wear a wide-brimmed hat and sunglasses.

If you do get sunburned, apply aloe vera gel right away. Pain relievers like aspirin, ibuprofen or naproxen may ease minor discomfort. Call your health care provider if your skin blisters or if you develop chills, fever or nausea.

## STING SAVVY

If you or your child is stung by a bee, wasp or hornet, remove the stinger and venom sac by scraping it with your fingernail or a credit card. Don't squeeze and pull or you'll release

more venom. Wash the site with soap and water and apply an ice pack to ease swelling. Be alert for allergic reactions, such as wheezing, labored breathing, nausea or vomiting. Head to an emergency room should any of these symptoms develop. (If you or your child is allergic to stinging

*If you or your child is stung* BY A BEE, WASP OR HORNET, REMOVE THE STINGER AND VENOM SAC BY SCRAPING IT WITH YOUR FINGERNAIL OR A CREDIT CARD.



insects, ask your health care provider about prescribing an emergency kit and keep it handy when outdoors.)

**WATER WISDOM**

Don't leave your common sense at home when you head for the beach, lake or poolside. Keep a close eye on children and make sure all family members wear Coast Guard-approved life jackets when riding in a boat.

**PLANT PATROL**

The best way to avoid contact with poison ivy, poison sumac or poison oak is to know what they look like. Poison ivy has smooth, shiny leaves that occur in groups of three. Poison oak grows in shrubs and its leaves more closely resemble oak leaves. Poison sumac is far less common but far more toxic. It resembles a shrub or a small tree, and its leaves are arranged in groups of seven to 13 pointed leaflets. From late



THE BEST WAY TO AVOID CONTACT WITH *poison ivy*, POISON SUMAC OR POISON OAK IS TO KNOW WHAT THEY LOOK LIKE.

summer to early spring, the plant has clusters of white berries. If you come into contact with any of these plants, wash immediately with soap and water. Oatmeal baths and calamine lotion may provide relief from mild symptoms, or check with your health care provider about over-the-counter anti-itch preparations. Note: Wash any clothing that comes in contact with the plants in a chlorine-based detergent.

**LYME ELIMINATION**

When planning a family hike, find out if the wooded area you'll be traveling to is Lyme disease country. Deer ticks

carrying the virus hang out on plants and leaves close to the ground, so it's easy to pick one up without realizing it. Wear long-sleeved shirts and tuck pant legs into knee socks. See your physician immediately if you develop a red, bull's-eye rash after an outing or develop flu-like symptoms. A course of antibiotics within the first 72 hours will stop the progression of Lyme disease. Left untreated, it can cause heart, joint or nervous system problems.

If you do find a tick on your body, and successfully remove it, save it in a sealed container and bring it with you to your physician's appointment. •



**MEETING YOUR HEALTH CARE NEEDS**

Shoreline Family Care, Cooper Medical Clinic and Covert Medical Center provide high-quality, personalized and accessible care for the entire family. Together, the skilled and compassionate team of Pediatricians and Family Practitioners cares for the people in our communities from the day they're born, through all the stages of life. If you require a specialist, we'll arrange for a referral, while we continue to monitor your care. Call one of our three convenient locations below to schedule an appointment:



Arlyne Eisner, M.D.  
Family Practice



Cassandra Kovach, M.D.  
Family Practice



Sylvia Mustonen, D.O.  
Family Practice



Matt Small, M.D.  
Family Practice



Karen Janson, M.D.  
Pediatrics



"Dr U." Udoro  
Uwedjojevwe, M.D.  
Pediatrics



Anne Slachta,  
P.A.-C



Holly Husted,  
F.N.P.

➡ Shoreline Family Care, South Haven: 269-639-2722 ➡ Cooper Medical Clinic, Bangor: 269-427-5811  
➡ Covert Medical Center, Covert: 269-764-0005

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## EXERCISE MYTHS WORTH TOSSING ASIDE

When it comes to physical fitness, there's a lot of conflicting information going around. What's the truth about exercise, and what's mere myth? Have a look.

- **Long, low-intensity workouts are best.** Start off slowly, especially if you haven't worked out in the past. Gradually increasing your workout intensity as you get stronger is the most efficient way to lose weight.

- **No pain, no gain.** Slight discomfort is one thing; actual pain is a signal that you're injuring yourself. Stop immediately if exercise hurts. If you have sore muscles the day after a workout, it will probably go away by itself in a day or two — next time, ease up a little.

- **Women bulk up like men from lifting weights.** False. Male hormones help men build bulky physiques. Women who lift weights for fitness become toned and firm.



- **Everyone burns calories at the same rate during exercise.** Not true. Someone who weighs 200 pounds burns about twice the calories of a 100-pounder performing the same aerobic exercise at the same rate. It's a physics thing — the heavier the mass, the more energy (calories) used to propel it.

- **Morning workouts are best.** In fact, the best time is whatever's best for you. If you work out at night, make sure it isn't affecting your ability to fall asleep. The stimulant hormones released by exercise stay in your system for several hours afterward.

- **Drinking water during a workout causes cramps.** Actually, not having enough water in your system during exercise is the cause of most cramps.

Drink plenty — before, during and after your workout.

Certain medical conditions can make exercise risky. See your physician to discuss an exercise plan for you. •



### WANT TO START RUNNING?

Have you always wanted to train to run or walk a 5K but aren't sure how to get started? If so, we can help! Sign up for the First-Timer's Club and learn how to develop and stick to a training program. We'll have you walking or running your own 5K in just seven weeks. You'll get tips on good nutrition, how to safely pump up your routine, stay motivated and improve your form. Start the Blueberry Festival race day with a healthy pre-race breakfast at the Shoreline Wellness Center.

Classes start on **Wednesday, June 22 at 6 p.m. at the Shoreline Wellness Center.** The cost is \$55 for WC members and \$65 for nonmembers (see page 5). This includes your Blueberry Festival 5K registration fee. For more information or to register, call **269-639-2949** and ask for Chris Flood.