

ALONG THE Shoreline

A publication of South Haven Health System

Cold-Weather SAFETY

Shoreline Wellness Center
Classes and Events

Have an Emergency?
We're Here for You

Test Your
Heart Smarts

SOUTH HAVEN
HEALTH SYSTEM



What Your Neighbors Are Saying

"It was clear to me that the nurses put me, the patient, first. I never felt intimidated to ask a question. I was informed at all times and felt safe."

– Stephen Kalosky of Grand Junction

"Before my procedure I received a packet of information about expectations and pain management. Throughout my short stay, all members of the hospital staff I encountered voiced concern about any pain or discomfort I might have. It felt good to know that if I did experience pain, it would be taken care of. Congratulations to the caring and competent medical professionals who delivered on the message."

– Tom Nowak of Grand Junction



Message from the CEO

I am very pleased to announce that the most recent market share report for South Haven Health System reported an 18% increase in market share. I want to thank all of our new patients who have allowed us to earn their trust. This is a great testament to our efforts to inform and educate our service area in regard to the caliber of our physicians, nurses and staff; the depth and breadth of our services; and our investment in cutting-edge technology.

We also saw a 50% increase in general surgery and cardiopulmonary volumes, and a 20% overall increase in all of our medical specialties. I was delighted when a returning patient shared that since her last visit a year ago she noted that South Haven Health System had noticeably increased customer service efforts and that it was evident with the personal attention she and her family received from our team of health care professionals. Thank you so much for the kind words.

We continue to score over 95% patient satisfaction with many of our physician practices and our patient care areas. Our patient loyalty scores also continue to increase substantially. I invite you to experience the South Haven Health System difference if you have not yet had the opportunity. On behalf of all of us at South Haven Health System, I wish you and your family a joyous holiday season.

Sincerely,

Joanne Urbanski, President/CEO
South Haven Health System

Butternut Squash and Pear Soup

Serves 6

- 2 teaspoons olive oil
- 1 cup finely chopped onion
- 1 tablespoon curry powder
- 1 pound butternut squash (about ½ a medium squash, cut into 1-inch pieces)
- 2 ripe medium Bartlett pears, peeled, cored and cut into 1-inch pieces
- 3 ½ cups fat-free, low-sodium chicken or vegetable broth

Preparation

Heat oil on medium heat in Dutch oven or soup pot. Gently sauté onions until softened – about 5 minutes. Add curry powder and stir, sautéing for 1 minute. Add butternut squash and pear pieces. Sauté for 3 to 4 minutes. Pour in chicken broth and bring to a boil. Reduce heat to low, cover and simmer for 20 minutes until squash and pear are tender. Transfer soup to a food processor or blender and puree until smooth, working in two batches if necessary.

Per Serving: Calories 119, Total Fat 1.9g, Cholesterol 0mg, Sodium 38mg, Carbohydrate 23g, Fiber 3.2g, Protein 2.5g



Test Your Heart Smarts

Take this informative quiz to see how well you know your heart and how to keep it healthy.

- 1** Which of the following lifestyle changes can help individuals at risk for heart disease live long and productive lives?
 - a) Reduce sodium, fat and cholesterol from your diet.
 - b) Exercise 30 minutes a day, five days a week.
 - c) Avoid smoking and tobacco products.
 - d) All the above.
- 2** Which of the following conditions does not represent an underlying heart condition?
 - a) High blood pressure.
 - b) Shingles.
 - c) Arrhythmia.
 - d) Coronary artery disease.
- 3** Vascular disease often displays symptoms similar to heart disease. True or False
- 4** There are screening tests that can help detect the presence of vascular disease. True or False
- 5** When the carotid arteries, the main blood vessels to the brain, become blocked by plaque, the condition is known as:
 - a) Atherosclerosis.
 - b) An aortic aneurysm.
 - c) Congestive heart failure.
 - d) Stroke.



- 6** A stroke can occur in your brain or in your heart. True or False
- 7** An estimated 1 million Americans live with congestive heart failure, a chronic condition where the heart muscle weakens and is unable to circulate enough blood to meet the body's needs, resulting in the build-up of fluids. True or False

Heart to Heart

If you have concerns about your heart and the risk factors for cardiovascular disease and stroke, talk to your physician. He or she can recommend preventive screenings as well as nutrition and exercise tips to help keep your cardiovascular system in good shape. ■

ANSWERS:

- 1. d) All of the above.** In addition to eating a heart-healthy diet, following an exercise regimen (in consultation with your physician) and quitting smoking, reducing stress in your life is also recommended. The rapid heart rate and heavy breathing associated with stress may lead to increased blood pressure.
- 2. b) Shingles.** This is a painful skin rash caused by the same virus that causes chickenpox. Once a person has had chickenpox, the varicella-zoster virus lies dormant in the nervous system. Stress, immune deficiency or cancer can trigger the virus to reactivate and cause shingles. Shingles is not associated with heart disease.
- 3. False.** Vascular disease often strikes before any symptoms are present, catching its victims unaware. The American Vascular Association estimates that 20 million to 30 million Americans are at risk for various vascular diseases including stroke, peripheral arterial disease (PAD), carotid artery disease or aortic aneurysms.
- 4. True.** Vascular screenings include simple ultrasound tests that are quick and noninvasive. It is recommended that individuals over age 60 and at high risk for vascular disease get screened for aortic aneurysms, carotid artery disease and PAD. Risk factors include cardiovascular disease, diabetes, high blood pressure and smoking. Abnormal tests require further diagnosis by a cardiologist or vascular surgeon.
- 5. a) Atherosclerosis.** When artery blockage becomes severe, it can lead to stroke, which may cause permanent disability or death. An ultrasound scan of a person's back can detect blockage or narrowing of the carotid artery. When atherosclerosis blocks circulation to the arms and legs, it's known as PAD. Finding and detecting the disease early can help prevent stroke.
- 6. False.** A stroke occurs in the brain when blood flow to the brain is interrupted. This can lead to brain cell death from lack of

oxygen. Every minute counts when someone is having a stroke. Immediate treatment can save lives and enhance chances for successful recovery. Call 911 immediately if you think you or a loved one is having a stroke.

- 7. False.** An estimated 5 million Americans currently live with congestive heart failure, which usually develops slowly, often as a result of an underlying heart condition or as a complication of a heart attack. Although heart damage is often irreversible, many heart failure treatments can strengthen the heart and improve symptoms. ■

Sources: American Heart Association; MayoClinic.org; National Heart, Lung, and Blood Institute; National Institutes of Health; National Stroke Association.



Programs, classes and events at the Shoreline

Cooking Classes with Nutritionist Chris Flood

Easy Holiday Entertaining: Beyond the Veggie Tray

Date: Thursday, Dec. 9, 6:30 – 8 pm

Cost: \$15 for WC members; \$20 for nonmembers

A party isn't a party without great-tasting appetizers. This year why not make your appetizers the healthiest they can be? Make four easy (yet impressive) quick and healthy holiday appetizers with Nutritionist Chris Flood and Guest Chef Rebecca Russcher.

The Do's and Don'ts of Cooking with Whole Grains

Date: Tuesday, Jan. 18, 6:30 – 8 pm

Cost: \$10 for WC members; \$15 for nonmembers

Everyone knows they should eat more whole grains but the truth is, many people don't know how to cook them. Learn, step by step using a fool-proof cooking chart how to expand your cooking repertoire to include and enjoy more nutritious, fiber-packed whole grains such as quinoa, barley, buckwheat, brown rice and millet. Taste three new grain-based dishes you've never tried before and leave this class with 10 healthy whole grain recipes.

Healthy Crock Pot Suppers II

Date: Tuesday, Feb. 1, 6:30 – 8 pm

Cost: \$10 for WC members; \$15 for nonmembers

It's cold outside. Do you know how to fill your crock pot with hot, healthy (and tasty) ingredients your family will love? Back by popular demand, at this talk-and-taste session you'll learn how to prepare three nutritious crock pot meals using easy-to-come-by ingredients. Leave this class with five hearty and healthy crock pot recipes.



Kitchen Shortcuts: Whipping Prepared Foods into Healthy, Tasty Meals

Date: Tuesday, Feb. 22, 6:30 – 8 pm

Cost: \$15 for WC members; \$20 for nonmembers

Are you short on time? Who isn't? Learn time-saving kitchen tips for preparing healthy main and side dishes your family will enjoy. Taste three healthy dishes that you can make in 30 minutes or less. This class will be co-taught by Guest Chef Rebecca Russcher.

Nutrition Education with Nutritionist Chris Flood

Spice Up Your Holiday Meals

Date: Thursday, Dec. 9, 9 – 10 am

Cost: **FREE**

Are you tired of using table salt or seasoning salt to season everything you prepare? Learn how to use fresh and dried herbs and spices to add flavor to dishes without adding extra sodium, fat or calories. Leave with five spice-mix recipes.

How to Compete During the Winter Months

Date: Thursday, Jan. 13, 9 – 10 am

Cost: **FREE**

Put good nutrition on the top of your winter and/or indoor training program! This program dispels 10 common sports nutrition myths and provides information about what athletes should eat before and after they exercise to maximize their performance and reach their healthy body goals quickly!

Carbs Are Good for You ... Really!

Date: Thursday, Feb. 10, 9 – 10 am

Cost: **FREE**

Forget fads and hype. As with fats, there are good carbohydrates and bad carbohydrates. Which is which? Let Nutritionist Chris Flood show you how to choose the good carbs your body craves.

Free Exercise Educational Series with Clinical Exercise Physiologist Kevin Thompson

Bundle Up and Keep Moving! How to Exercise Outdoors Safely in Winter

Date: Wednesday, Dec. 22, 5:30 pm

Just because it's cold outside doesn't mean that we are stuck indoors. While there are worthwhile means of exercise inside during the winter, there are some great ways to still get outside and exercise. Learn what to consider when exercising in the cold.

Quality Exercise with a Troublesome Thyroid

Date: Wednesday, Jan. 19, 5:30 pm

People with thyroid issues often experience many body changes, and it can be very difficult for people to deal with. Adaptations can be made to one's exercise routine to help accommodate these issues.

Exercise Your Right to a Healthy Heart

Date: Wednesday, Feb. 23, 5:30 pm

Everyone has a right to be healthy, and exercise can keep your heart in top shape! Learn how to improve most modifiable risk factors for heart disease with one common theme – exercise!

Support Groups

Multiple Sclerosis Support Group

Dates: Tuesday, Dec. 14, 6:30 pm

Tuesday, Jan. 11, 6:30 pm

Tuesday, Feb. 8, 6:30 pm

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



Wellness Center. Everybody is invited!

For information and to register, call the Shoreline Wellness Center at 269-639-2949.



Look Good ... Feel Better

Date: Monday, Feb. 28, 5:30 pm
Cost: **FREE**

Look Good ... Feel Better provides information and cosmetic advice to women battling cancer. This training includes hands-on instruction on makeup, skin care and suggestions for using wigs, turbans and scarves. It also includes tips on nail care while undergoing treatment. Cosmetics are provided for your personal makeover. To register, call **1-800-227-2345**. Partnership with American Cancer Society and Hospice at Home.

Celiac Support Group

Dates: Wednesday, Jan. 26, 7 pm
Wednesday, Feb. 23, 7 pm
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.

Smoking Cessation

Dates: Mondays, 6 pm
Cost: \$10/session

Are you ready to quit smoking? If so, we have the class for you! The smoking cessation classes are facilitated by the staff of South Haven Health System's Cardiopulmonary Department, which consists of compassionate personnel who want to help you kick the habit. To register, call Cardiopulmonary Director Mike Musgrove at **269-639-2799**.

Better Breather's Club

Dates: Thursday, Dec. 2, 10 am and 5 pm
Thursday, Jan. 6, 10 am and 5 pm
Thursday, Feb. 3, 10 am and 5 pm
Cost: **FREE**

The Better Breather's Club provides an opportunity for lung disease patients and their families to meet and learn about their condition from concerned health care professionals in a supportive environment. To reserve your spot in one of the sessions, call Cardiopulmonary Director Mike Musgrove at **269-639-2799**.

Group Training Fitness

Boot Camp

Dates: Tuesdays, 6:30 – 7:30 pm
Sessions: Jan. 4 – March 1
Cost: \$64 for Wellness Center members;
\$80 for nonmembers

This high-energy conditioning class is designed to burn calories while challenging your strength and endurance! During the training sessions we will explore the creative side of exercise with a variety of strength, balance, core and cardiovascular exercises. Taught by Kevin Thompson, CES.

Kettlebell Classes

Instructor: Kevin Thompson
Dates: Tuesdays and Thursdays, noon – 1 pm
Sessions: Dec. 7 – 30
Jan. 4 – 27
Feb. 22 – March 17
Instructor: Dawn Thomas
Dates: Mondays and Wednesdays, 6 – 7 am
Sessions: Jan. 3 – 26
Feb. 7 – March 2
Cost: \$64 for Wellness Center members;
\$80 for nonmembers

Kettlebell training is a unique and excellent change from a regular workout routine. It involves 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, power, flexibility, balance, coordination and endurance.

Abs, Hips and Thighs

Instructor: Janelle Hierholzer
Dates: Wednesdays, 6:30 pm
Sessions: Jan. 5 – Feb. 23
Cost: \$64 for Wellness Center members;
\$80 for nonmembers

During these classes, we will target those stubborn areas you struggle to tone. You will get a mixture of strength, flexibility and cardiovascular exercises that are sure to tone your muscles and burn some calories.

Healthy Body, Healthy Weight: Winter 2011

Dates: Mondays, 6 – 8 pm
Session: Starts in January
Cost: \$139 for members; \$159 for nonmembers

If you've been trying to lose weight but struggle with what to eat or how to make the most of your exercise routine, this eight-week class is just what you need to put you on the road to success. Healthy eating habits and a quality, goal-based exercise regimen are taught in this class led by Nutritionist Chris Flood and the Shoreline Wellness Center exercise physiologists. Two sessions with physician advisor Dr. Lori Dotson, pre- and post-measurements, weekly weigh-ins and food journal reviews are part of this very successful and motivating class. Don't wait! Get on the path to a healthier you! Call Chris Flood at **269-639-2949** if you have questions.



For a complete list of community events and classes, visit www.sh-hs.org.

COLD-WEATHER SAFETY

Stay Warm

The body's natural reaction to cold temperatures is to pump blood to the core, leaving hands and feet particularly vulnerable to frostbite. Wearing mittens or two pairs of gloves – a thin pair beneath a thicker wool- or fleece-lined pair – may help protect your hands, and slightly oversize shoes allow you to wear extra-thick socks. A hat is essential to retaining body heat.

If the weather is extremely cold and windy, it's best to stay indoors. If you must go out, even for a short time, dress in layers and cover exposed skin. Children and adults should wear a water-resistant coat and boots, plus a hat, scarf and mittens. Before you head outside, check the temperature and the wind chill (keep in mind that activities involving fast speeds, such as running or skiing, can affect wind chill).

Familiarize yourself with the symptoms of hypothermia and frostbite.

Know the Signs of Hypothermia

Hypothermia, or abnormally low body temperature, occurs when the body loses more heat than it can produce. Victims may have trouble thinking clearly or moving well, so they may be unable to recognize a problem and take action. If you notice these symptoms of hypothermia, begin warming the person and seek medical attention:

- » Shivering
- » Confusion
- » Fumbling hands
- » Memory loss
- » Exhaustion or drowsiness
- » Slurred speech
- » In infants, signs include bright red, cold skin and very low energy

Our emergency room is open around the clock to treat cold-related injuries.

Stay Dry

Dress in layers to help regulate your body temperature. For the layer closest to your skin, choose a fabric that wicks away moisture.

Silk, wool, polyester and polypropylene are good options that also dry quickly and insulate well. Avoid cotton, which stays wet next to your skin. Consider fleece or wool for the second layer, and top it off with a waterproof but breathable top layer. Another advantage of dressing in layers: You can remove items as you become warm, then pile them back on as you get chilled.

Be Smart with a Shovel

Many people suffer back injuries as a result of shoveling snow. The American Physical Therapy Association recommends shoveling in the afternoon, when the body is warmed up and there is less fluid pressure in the back. Move smaller loads of snow, and bend at the knees and lift with your legs rather than your back. Take frequent breaks – stand up straight and walk around for a bit. Don't recruit young children to shovel; lifting heavy snow can strain their muscles. ■

CAUTION: Ice!

Whether you're trekking across a frozen lake or trudging your way into work, icy conditions can be hazardous to your health. These guidelines can help you stay safe:

- » **Select footwear with traction;** grooved soles made of nonslip neoprene or rubber are best.
- » **Walk like a penguin:** feet spread apart and pointed out, arms out to your sides for balance. Take small steps and keep feet flat on the ground.
- » **Check on current conditions** at a local resort or bait shop before walking onto a frozen body of water. And always have a plan if you break through. Bring rope and ice picks, and wear a flotation vest.



Emergency Department: Here If You Need Us



Gordon Bleil, M.D.



Iris Ford, D.O.



Daniel Makande, M.D.



John Owens, M.D.



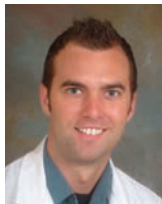
Elizabeth Spaulding, M.D.



Paul Wahby, D.O.



Evan Gillo, PA.-C



Joshua White, PA.-C



Vicki Meachum,
R.N., Emergency
Department Director

The Emergency Department at South Haven Health System provides one of the most important community services to you 24 hours a day, every day of the year. Our skilled professionals offer compassionate care to those experiencing a medical emergency.

A team of highly skilled, board-certified physicians, physician assistants, nurses and technicians staff the Emergency Department. They work closely with area paramedics for your pre-hospital care. They also work in collaboration with a regional committee for community emergency medical preparedness in the case of a disaster.

With more than 14,300 visits last fiscal year, the Emergency Department is a busy place. The staff understands the importance of assessing your emergency and caring for you in a safe and efficient manner, while focusing on your comfort. If your emergency is such that the physician feels a more intensive level of care is needed, they will arrange for a seamless transfer of care. ■



Go Red

South Haven Health System will join companies and organizations across the country to celebrate "Go Red For Women" on Friday, Feb. 4.

The Go Red For Women program was established by the American Heart Association in an effort to raise awareness that heart disease is the primary killer of women over the age of 20.

The public is encouraged to come to the Shoreline Wellness and Rehabilitation Center on Friday, Feb. 4, between noon and 2 pm for a host of activities. Those who are wearing red and complete six laps around the indoor track, either walking or running, will be entered into a drawing for various prizes. Additional literature on heart disease will be available at an information table located in the main lobby of the hospital throughout the day. So join us on Friday, Feb. 4, and don't forget to wear red!



Heart-to-Heart Screening

Do you know your numbers? South Haven Health System invites the community to find out their cholesterol level by attending our annual Heart-to-Heart Screening. We are very excited to announce that this year's event is fully funded by the South Haven Health System Foundation, which means that you can receive a complete blood cholesterol profile and blood pressure check for FREE.

The Heart-to-Heart Screenings will take place at the Shoreline Wellness and Rehabilitation Center on Tuesday, Feb. 8; Wednesday, Feb. 9; and Thursday, Feb. 10, from 6 to 8 am. Screenings will also take place at the Cooper Medical Clinic in Bangor on Tuesday, Feb. 8, and Wednesday, Feb. 9, from 7 to 8:30 am, and at the Covert Medical Center on Thursday, Feb. 10, from 7 to 8:30 am. To make an appointment for a screening, call **269-639-2805**. Due to the popularity of this event, walk-ins will not be allowed.



Diabetes Education

Announcing a new program – starting in January

The diabetes disease process hasn't changed, but the best way to manage it has! Diabetes education will be provided at South Haven Health System to help patients and families learn how to successfully manage and live with diabetes. Our curriculum focuses on a new, non-diet approach that includes your favorite foods.

Following individualized sessions with our educators, patients will attend a class where a variety of diabetes care topics will be discussed.

Your doctor can make a referral for you and a support person to attend classes that give you the tools to better manage your disease process. Whether you are newly diagnosed or have had diabetes for years, this class is a great way to get back on track and get updated on the latest information about diabetes care. For more information about the diabetes education program, contact Candence Lowman, Registered Dietitian and Diabetes Educator, at **269-637-5271, ext. 2246**.

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955 S. Bailey Ave.
South Haven, MI 49090

www.sh-hs.org

Making Charitable Gifts Part of Your Legacy

With creative giving strategies, assets you leave to a nonprofit organization may not decrease the amount ultimately available to your family – or at least not by as much as you might imagine. Making charitable gifts part of your estate plan can have benefits for you, your family and the charities you choose to support.

Many Ways to Give

Consider the following strategies to support organizations that you consider to be worthy of a donation.

Use appreciated assets. When you make an outright gift of assets you've held at least one year or use them to fund a charitable trust or annuity, you may be able to claim a charitable deduction for the asset's full fair market value. And you avoid paying capital gains tax on the asset's appreciation.

Set up a charitable remainder trust. You can donate property to a charity through the trust and direct the income produced by the property to you, a family member or anyone you choose for a specified time. When the term ends, remaining assets pass to the charity. Alternately, a **charitable lead trust** pays the charity a certain portion of the trust's assets for a specified term. At the end of the period, remaining assets pass back to you or a designated beneficiary.

Designate a charity as your beneficiary. Naming a charity instead of family members as the beneficiary of a retirement plan can spare your heirs from a potentially hefty income tax bill on the proceeds. The charity will not owe taxes on a retirement plan balance, as your family members

would. You might want to leave a retirement plan to charity and bequeath assets that won't be so heavily taxed to your family.

Use life insurance. You can name a charity as the beneficiary of your life insurance policy or make a gift during your lifetime of ownership of the policy.

Bequeath U.S. Savings Bonds. You or someone to whom you give U.S. Savings Bonds would normally owe income tax on the deferred interest. But you can avoid the tax by bequeathing the bonds to charity.

Set Your Plan in Motion

Select the charitable organization(s) dearest to your heart and discuss your goals with your spouse and/or other family. Set up a meeting with a financial advisor or estate planning professional to run the numbers and devise a giving strategy that's best for your situation. You'll feel good about making a difference now and in the future. ■

Note that this institution does not give tax advice. Consult a qualified tax advisor for guidance about your situation.

Planned giving
helps The South Haven
Health System Foundation
continue to improve the quality
of health care in the South
Haven area for years to come.
For more information about
the various ways you can give,
please contact us at
269-639-2803.