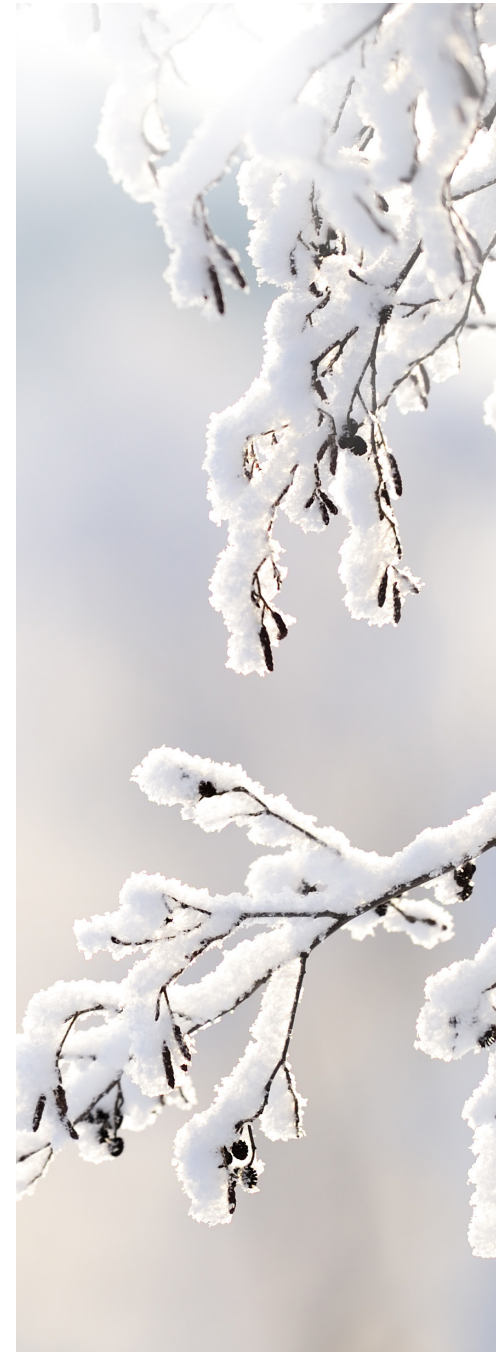


Well for Life

Winter 2023



'Back on Track'

Page 3

Welcome to Our Upgraded Outpatient Lab

Page 4



Spectrum Health
Zeeland Community Hospital

Contents

Features

- 3 'Back on Track'
- 4 Welcome to Our Upgraded Outpatient Lab
- 5 Investing in Our Children

Columns

- 2 Point of View
- 6 A Healthy You
- 7 Classes and Events

Beaumont +  **Spectrum Health**

Together, we are now



Disclaimer

Well for Life is a publication of Spectrum Health Zeeland Community Hospital intended to share updates about events and educate the community on a variety of health topics. The articles in this publication are meant to supplement, not replace, the advice and instruction of your physician. Good health practices include regular visits to your doctor. For help finding local physicians and advanced practice providers, visit findadoctor.spectrumhealth.org.

Well for Life Editor

Sara Donkersloot, manager, marketing and communications

For additional copies of this newsletter, contact us at 616.748.2834.

An electronic version of Well for Life can be found at spectrumhealth.org/wellforlife.

Point of View

To look back on this year and see where we've been as a health system and a local community hospital is extraordinary. In February, we officially launched the integration with Beaumont Health, creating a new health system that is For Michigan, By Michigan™. In October we announced our new name:



Corewell Health™. People are at the core of everything we do, and we are focused on helping keep people well to live their healthiest life possible. Next year we will continue melding our talented teams, processes and resources across the state to achieve the collective goal of delivering care that is accessible, affordable, equitable and exceptional.

Locally, it's been a tremendous year of revitalization for the Zeeland Community Hospital team. We kicked off the spring with the grand opening of our modernized and expanded surgery unit and renovated hospital lobby. As we moved through summer and into fall, the outpatient lab and pharmacy departments received upgrades to their spaces that provide both patient and team member benefits. Learn how the new outpatient lab team is delivering exceptional patient experiences on page 4 of this Well for Life.

Our building space isn't the only thing that has grown this year. On page 3 learn how our advancing rehabilitation services helped elite Zeeland East High School runner Allie Delost recover from a hamstring tear. Not only did physical therapy assist Delost in getting back to the track, but she continued on to break five school track records during her junior year.

The pages of this Well for Life share examples of how the team has partnered with our wonderful community to heal, support and educate in 2022. As we look forward to the fresh start of a new year, we will proudly (re)introduce ourselves as Corewell Health Zeeland Hospital. This new name brings a refreshing sense of hope, endless opportunities and a continued story of improving health.

Thank you for being a part of our story.

Sincerely,

A handwritten signature in black ink, appearing to read "B. Hoefer".

Bill Hoefer, FACHE
President

Spectrum Health Zeeland Community Hospital

'Back on Track'

Intense rehab helps high school sprinter Allie Delost overcome a severe hamstring injury—just in time for an impressive showing at the state finals.

Zeeland East High School student Allie Delost has always loved to run.

It started with neighborhood fun runs as a 3-year-old and, by fifth grade, it blossomed into competitive running.

"I really enjoyed it, and I was one of the faster kids," she said. "I could keep up with the boys."

Later, she found her calling in track and field.

In January, however, that excitement came to an abrupt halt when she suffered a severe hamstring injury in a single stride.

She was diagnosed with a hamstring tear. It would require extensive physical therapy.

With this type of injury, she knew she'd have to table her goals for the indoor track season and instead focus on healing in time for outdoor track.

She soon met with Zeeland Community Hospital physical therapist Eric Hamilton. She had already worked with him a few months prior for some chronic tendonitis in her ankle.

Hamilton quickly helped her put things into perspective.

"He said, 'If you genuinely want this and if you want to work hard enough for this—if you want it bad enough—you can do this,'" Allie said. "He did a really good job of making me feel like, at the end of the day, I did have control over a lot more things than I thought I did."

"Eric definitely kept me moving," Allie said. "I stretched every day. There were some funky stretches that stretched different parts of my hamstring that I hadn't stretched before. It was great."



Hamilton helped her set goals, too.

"Eventually, the goal was to qualify for state," Allie said. "Then, after that, the goal was to place at state."

Hamilton used blood-flow restriction techniques to build muscle, as well as massages, dry needling and electrical stimulation. He helped Allie follow exercises that replicated movements she'd use in track.

"We have the equipment to make it feel like she was running track again, which helps with the buy-in," Hamilton said.

With aspirations to run track in college, Allie knew that her performances in her junior and senior years would be important. She put full faith in Hamilton's approaches.

"I tell my patients to trust me and trust the process," Hamilton said. "She really did that. We were able to get her quickly back."

Allie met with her trainer every day and followed the regimen.

"She's a tough kid," Hamilton said. "I was able to push her probably more than I would be able to push other people."

Competing in the outdoor track season in her junior year, Allie went on to break Zeeland East girls track records in five events: the 60-meter dash, 100-meter dash, 200-meter dash and the 4×100 and 4×200-meter relays.

"Track, for me, relates to a lot of things in life," she said. "This injury is a good example. No matter what you do in life, there's always going to be bumps in the road. But it's how you react to those bumps."

To find a rehabilitation therapist near you or to learn more about Allie's story, visit spectrumhealth.org/lakeshore-rehab.



Welcome to Our Upgraded Outpatient Lab



We are thrilled to announce the opening of our expanded outpatient lab at Spectrum Health Zeeland Community Hospital!

Bright and early on September 12 we welcomed Zeeland resident Arthur Villareal as the first patient to utilize the new facility. Having experienced the previous space, Villareal noted the comfortable larger footprint and bright, welcoming feel of the updated department.

The reimagined lab offers visitors a more comfortable space, improved operational flow and quicker turnaround times.

"Our lab assistants are deeply dedicated to delivering exceptional patient experiences, and it was important for our facility to match the high quality of our phenomenal team," said Iselle Bracelly, lab manager. "This renovation affords us more space to meet the needs of our growing number of patients."

The new space spans across 1,000 square feet and includes five blood draw rooms and two private restrooms. Added security measures include call buttons in blood draw rooms for nursing and security assistance and cameras in hallways to monitor visitor traffic. New TV monitors, artwork from local artists, and a dedicated entrance and exit with extra-wide doors top off the list of enhancements.

"Our staff and patients appreciate the new space," added Bracelly. "What a delight it is when they come in and say, 'Oh, my, this is wonderful!'"

Before the renovation, the outpatient lab hosted an average of 100 patient visits per day. Annually, it served approximately 30,000 patients.

For early morning and late evening convenience, the outpatient lab's hours of operation are 5 a.m. to 9 p.m., Monday through Friday, 6 a.m. to noon on Saturday and closed on Sunday. Appointments are not required, but patients are required to register in the main lobby prior to blood draws or sample drop-offs.

Expanding Diagnostic Options With PET-CT Scans

PET-CT scans are now being offered at Zeeland Community Hospital to ensure that our community can receive exceptional health care close to home. The service is offered by a mobile unit stationed at the hospital every Saturday.

A PET-CT scan, which requires a physician's order, combines two types of imaging to gather precise information about how parts of your body look and function. It's a type of nuclear medicine scan. Physicians often use a PET-CT exam to help detect, diagnose or guide treatment of:

- Brain and nervous system disorders
- Cancer
- Heart problems

For more information, visit [spectrumhealth.org](https://www.spectrumhealth.org).



Investing in Our Children

CATCH program promotes physical activity and healthy food choices for children

One in three children in the United States are overweight or obese.

The 2020 Community Health Needs Assessment for Zeeland Community Hospital identified obesity as one of the top four significant health needs in our community. Ottawa County, like the rest of the nation, is faced with the challenge of increasing rates of obesity among children.

"We knew that we needed to address this problem, as overweight children and adolescents are at risk of health problems during their youth and as adults," said Amber TerHaar, regional manager, community programs. "Children are our future, and by investing in them now, we can positively impact generations to come."



Studies have shown that overweight youth are more likely to become obese as adults, and are at greater risk of developing cardiovascular disease, including health blood pressure, high cholesterol and type 2 diabetes.

Zeeland Community Hospital is partnering with two area schools to influence nutrition and physical activity by offering the Coordinated Approach to Child Health program. It pairs policy, system and environmental supports with direct education to influence nutrition and physical activity choices of school-age youth.

"We love having CATCH at our school," said Aubrey Anderson, first grade teacher at Jamestown Elementary School. "The CATCH program has given us the opportunity to try new things! Our students have become more aware of the importance of healthy eating and moving their bodies."

Schools participating in the program include New Groningen Elementary in Zeeland and Jamestown Lower Elementary in Hudsonville.

Why CATCH?

The two main behavioral targets of the CATCH program are helping children identify and choose healthy foods and participation in moderate-to-vigorous physical activity.

This program's training and curriculum provide the information and resources teachers and staff need to implement strategies to improve child health. The program is based on the Centers for Disease Control and Prevention's Whole School, Whole Community, Whole Child model. Through this platform, schools can improve the school health environment through policy, program development and culture change.

CATCH will be expanded to more schools in 2023. If your school is interested in the program, please email amber.terhaar@spectrumhealth.org.



Battle the Wintertime Blues With the Right Food

Include the “sunshine vitamin” in your meal plans to keep happy all season long



Courtesy of Spectrum Health Beat

Getting your share of vitamin D, sometimes called the “sunshine vitamin,” could make or break your mood this winter.

Did you know that a deficiency of vitamin D may be linked to multiple medical issues, such as obesity, diabetes, hypertension, cancer and depression, including seasonal affective disorder? Seasonal affective disorder is usually treated with light therapy and other techniques, but research indicates that getting enough vitamin D may also be a factor.

In a perfect world, you would get plenty of vitamin D when your skin is exposed to the sun. But long winters in northern climates and wise use of sunscreen leave many of us shortchanged. Approximately half of us are deficient in vitamin D, and our levels are lowest from February through April, concurrent with the Michigan winters.

Foods that are naturally rich in vitamin D

Adults between ages 19 and 70 should get 600 international units (IU) per day, and the recommendation goes up to 800 for those ages 71 and older. There’s a very short list of foods that are rich in vitamin D:

Oily fish: Trout, salmon, swordfish, mackerel, tuna, herring and sardines are all great choices. Fresh fillets and canned fish are similar in nutritional value, but fish canned in oil with small bones is often less expensive and you’ll reap the benefits of added omega-3 and calcium.

Certain mushrooms: Not all mushrooms are created equal. Some have been exposed to ultraviolet light, which boosts their vitamin D content. Avoid little white button mushrooms. Instead, look for portabella, shitake or other, more exotic varieties.

Beef or calf liver: Not everyone is a liver lover, but if you can tolerate it, you’ll reap the vitamin D benefits. Keep in mind, however, that although liver can be nutrient-rich, it’s also essentially a sponge that removes toxins from the body, so some people prefer to avoid it. The quality depends on the diet of the livestock (grass-fed is better).

Egg yolks: Eggs are relatively inexpensive and easy to prepare—think hard-boiled, scrambled or a whole-egg veggie omelet (egg whites do not contain vitamin D).

We all absorb and convert vitamin D differently, so ask your doctor to check your levels with a simple blood test. Once you’ve changed your diet, ask to get a follow-up test after a few months to see if it’s making a difference. If you’re low, vitamin D supplements are an easy and quick way to get your full dose if you use them correctly.



Classes and Events

December 2022 to March 2023

Education, event participation and outreach allow Zeeland Community Hospital to support the vitality of our community in ways that go beyond health services. The most recent Community Health Improvement Plan has identified three priority health areas for Ottawa County: access to care, mental health and healthy behaviors. The Zeeland Community Hospital community programs team uses these three priorities as a guide to select impactful ways to educate, engage and support the community.

Childbirth and Parenting

- Breastfeeding support group*
- Understanding birth
- Infant car seat safety*
- Understanding breastfeeding
- Lactation consulting*
- Pointers from a pediatrician*
- Telemedicine breastfeeding support*

Events

- Blood drives (held monthly)*

Prevention and Nutrition

- Boost your brain, boost your memory
- First aid and CPR
- Fit and healthy families
- Healthy habits walking support group*
- Mental health first aid
- Question, persuade, refer (QPR)
- Safe sitter® babysitting course
- Tai chi and qigong breathing
- Think smart, eat smart nutrition series
- Tobacco and nicotine treatment services*

* denotes classes that are free of charge

Keeping Children Safe

Katelyn Jansheski and Jessica Kupres love their job as injury prevention coordinators at Zeeland Community Hospital.

"We love keeping kids safe and educating our communities," said Jansheski.

"It is very important to us to help prevent childhood injuries," added Kupres.

Ensuring proper use and installation of car seats is one of the main goals of our injury prevention team. Ninety-seven percent of car seats are installed improperly, and our team is here to educate parents not only on the correct way to install a car seat, but also on the most appropriate seat based on the child's height and weight.

Since January, the team has educated hundreds of parents and grandparents and provided 96 eligible families with a free or discounted car seat. In our Family Birth Center, 454 new parents received instruction prior to taking their new baby home.

For more information on how to schedule an appointment for a one-on-one car seat safety check, attend an online infant care seat safety class or purchase a low-cost car seat (eligibility required), please call 616.748.2285.



Based upon federal and state regulations, and for the safety of our community, classes and events are subject to change. The most updated class information and schedules can be found at spectrumhealth.org/zeelandclasses. Register online or by calling 616.748.2834.



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Patient Transport Assistance Program

Our community is often under-resourced, and many of our neighbors lack transportation, which can be a serious stressor for patients of Zeeland Community Hospital.

We offer a patient transportation assistance program for patients who do not have the financial means for transport between home and medical facilities. These free transportation services, fully funded through donations, give elderly and low-income patients access to medically necessary, life-prolonging treatments that they might otherwise go without.

In 2021, we assisted over 100 patients with their transportation needs.

- Every gift of \$250 will help 10 patients secure transportation in 2023 to receive necessary health care services.
- A gift of \$2,500 can provide essential transportation for underserved patients for the entire year.

You can make a difference!

For questions or to learn more, please visit spectrumhealth.org/foundation/zeeland.



Join the conversation. Follow us on Facebook.

Search Facebook for **Spectrum Health Zeeland Community Hospital** to find out more about our services, events and ways to improve your health.

Spectrum Health complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.
[81 FR 31465, May 16, 2016; 81 FR 46613, July 18, 2016]

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Llame al 1.844.359.1607 (TTY: 711).

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