

Well for Life

Spring/Summer 2023



2022 at a Glance

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We can.™

Disclaimer

Well for Life is a publication of Spectrum Health Zeeland Community Hospital, part of Corewell Health, 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

Meredith Schrottenboer, lead communications specialist

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

Spring is here and with it comes warmer weather, longer days and a sense of reawakening. Very soon the trees will start budding with the promise of new leaves, and tulips will emerge from the ground. The anticipation of a new season is here.



That's true for all of us at Corewell Health's Spectrum Health Zeeland Community Hospital as well. In many ways the adoption of our new name, thanks to the 2022 integration with Beaumont Health, represents a rebirth. We've united two great organizations, and together, we will leverage our complementary strengths to innovate and make a positive impact for our communities and their health.

We recently launched a new campaign that makes the statement, 'We can.' These words embody our continuous pursuit of making health better for our patients, team members and communities. We look forward to bringing the inspiring stories of how we can do this to life on billboards, social media and television commercials.

When you walk through our doors, you can be confident you will receive outstanding care. Our 2022 numbers speak for themselves. From 758 births to seven awards won for safety, our teams have so much to be proud of.

And so does our community. Teachers and staff at both Zeeland East High School and Zeeland West High School recognize the importance of real-world experiences in helping students chart their vocational journeys. I'm so proud of the way our staff is collaborating with school leadership to give students hands-on medical experiences as they explore whether a career in health care is right for them. Read about this collaboration on page 4.

The theme of new life continues as you read the story of Jill Dykhouse, who is now living free from pain after undergoing bariatric surgery. You'll love reading about the impact the bariatrics team had on her life and journey to wellness.

Speaking of warmer weather, make sure you take it easy with spring cleanup. We have tips to help you ease into seasonal tasks so an injury doesn't sideline you from all the fun the spring and summer seasons bring in West Michigan.

Sincerely,



Bill Hoefer, FACHE

President

Spectrum Health Zeeland Community Hospital



2022 at a Glance












2022 was a tremendous year of growth for Zeeland Community Hospital. In April, community and hospital staff celebrated the opening of the newly expanded surgery department and upgraded lobby. The \$8.72 million project consisted of a two-story addition of over 9,000 square feet and renovation of an additional 5,000 square feet of existing space. During the summer and fall months, the outpatient laboratory and pharmacy departments received upgrades to their spaces, providing both patient and team member benefit.

“It’s so rewarding to see the hospital continue to expand and meet community needs,” said Bill Hoefer, president, Zeeland Community Hospital. “We also listened to our community. Two nurse midwives, who work in collaboration with our physicians, were added to our team.”

Despite the challenges of continued illness in the community, the hospital provided numerous outreach opportunities:

- Offered in-person and virtual community education classes from childbirth to CPR
- Partnered with the YMCA Veggie Van to provide fresh fruit and vegetables to lakeshore residents

	758	Births
	27,262	Emergency room visits
	2,812	Inpatient admissions
	911	Inpatient surgeries
	2,311	Outpatient surgeries
	21,080	Patient meals
	66,687	Radiology procedures
	11,803	Respiratory tests and EKG
	15,384	Urgent Care visits
	7	Designations and awards for quality, safety and patient experience

- Kicked off the CATCH program in two area schools, which promotes physical activity and healthy food choices for children
- Supported community initiatives, including the Cultural Lens series at the Holland Museum, medication and take-back events, blood drives and the Zeeland Zoom

“It is our privilege to serve this community,” added Hoefer. “And in 2023, we will support substantial efforts to continue our legacy of providing the most exceptional care to the lakeshore community, as nothing is more important than ensuring quality, safety and a personal experience for those we serve.”



The Z-Experience

Connecting students with health care careers

Teachers and leaders at Zeeland East and West high schools are passionate about equipping students for their future and helping them envision what their career might be. Over the past several years they have developed an emphasis on career-based learning. It's called the Z-Experience.

"We want students to be able to explore and fall in love with what they might pursue for the rest of their lives," said Jessica Knoth, principal, Zeeland East High School. "It's bringing them the opportunity to be immersed in a career. To spark the passion, the idea, that the best days are ahead of them."

Current Z-Experience offerings include engineering, journalism and computer science. They added health care careers to the list thanks to a partnership with Zeeland Community Hospital.

"We are truly excited about this partnership, having our students go to the hospital and see firsthand what it's like to work in health care today," said teacher Mike Reynolds.

Reynolds teaches the course that explores health care careers with a foundation in anatomy, physiology and community.

"We've been very fortunate that Zeeland Community Hospital has been so supportive. They've provided tours, informative sessions, physical therapy simulations and came to our school for a splinting exercise. The students absolutely love it. A week later a student would say, 'When do we get to go to the hospital again?'"

Senior Adam Sandberg says the Z-Experience has been life-changing for him. "I started the year thinking I wanted to pursue nursing, but now I think I might want to go the pharmacy route," he explained. "It's been such a nice thing to be able to figure out early, before going to college."

Knoth is always looking for more businesses willing to participate. "If you'd like to get involved just email me at jknoth@zps.org."

"We are so grateful to Corewell Health for partnering with us."

-Jessica Knoth, principal, Zeeland East High School

"Students absolutely love it."

-Mike Reynolds, teacher, Zeeland East High School





'It Was Time to Do Something'

Courtesy of Spectrum Health Beat

Jill Dykhouse is all too familiar with the ups and downs of weight loss. Six years ago, keeping a careful eye on portion control and following a meal-delivery plan, she lost 130 pounds.

But in 2017, when she sustained injuries in a car accident, she became less active, and her healthy eating plan fell by the wayside.

"I realized I wasn't as happy with my life as I was before," Dykhouse, 34, said. "One of my favorite things is taking my dogs for walks, and I really couldn't do that without pain. It was time to do something."

A winning combo

Dykhouse connected with Joshua Smith, MD, bariatric surgeon with Spectrum Health Bariatrics, part of Corewell Health.

"I walked into the office thinking, 'I don't know if this is the road I want to take,'" Dykhouse said. "Talking to Dr. Smith made me feel really good about it. The excitement I heard from him was just wonderful."

"That first meeting is the hardest one," Dr. Smith said. "A lot of patients have been thinking about weight loss surgery for years and have just never had the courage to take the first step."

Having all services in the same building helps set patients at ease, as it allows them to meet with dietitians, doctors and psychologists all in the same office.

Dr. Smith helped determine which type of bariatric surgery would be best for Dykhouse—gastric bypass or gastric sleeve surgery.

Both are performed in a minimally invasive procedure, with small incisions. And both typically involve a one-night stay in the hospital.

Both procedures limit the amount of food a patient can eat. Where gastric sleeve surgery makes patients less hungry, gastric bypass decreases the vitamins and minerals absorbed.

Dykhouse, who is a phlebotomist lab assistant at Zeeland Community Hospital, opted for gastric sleeve surgery. She underwent surgery on June 7, 2022.



Celebrating victories

At her eight-month follow-up appointment Jill was down 121 pounds from her highest weight, and she is thrilled with her results so far.

"The most rewarding thing is having my energy level back to get out and enjoy walking with my dogs."

Spectrum Health Zeeland Community and Blodgett hospitals are the only two hospitals in Michigan listed on Money.com's first-ever Best Hospitals for Bariatric Surgery list. For more information, visit spectrumhealth.org/services/bariatric-surgery.



A Healthy You

Four Tips to Avoid Springtime Injuries

Warmer weather can be a great motivator to get active. Easing your body into seasonal activities can help you avoid injury.

Jason Kooi, supervisor, physical therapy, Zeeland Community Hospital, shares these tips.

1. Set realistic expectations

Anytime we engage in something new, our body needs time to adapt to new stresses. Even if you've been cycling, running or weight training all winter, the demands of raking, pulling weeds and picking up yard waste will still be different for your body.



2. Don't forget to warm up

Warming up your body is more important than stretching prior to activity. While maintaining adequate flexibility is important overall, it is more important to make sure that your body is warmed up prior to engaging in any activity.

3. Stay hydrated

Our bodies are made of around 60% water, and it is vital to most of our body processes, including thinking, muscle contraction and carrying oxygen to our tissues. It's important to make sure your body has enough of it to function optimally.

4. Try lifting weights

Think of resistance training as building muscle strength in your tendons, ligaments and bones, which will reduce injury.

Keys to Preventing and Detecting Breast Cancer



Exercise: "Regular exercise can both decrease the development of breast cancer as well as decrease the risk of recurrence. Women who exercise regularly have a 20% lower risk of developing breast cancer. Women who are post-menopause see the greatest benefit," said Thomas Visser, MD, a surgeon who provides breast care at Zeeland Community Hospital.

"Something as simple as 30 minutes of walking per day has been shown to decrease the risk. Exercise may boost the immune system's ability to identify and kill, or slow the growth of cancer cells," he said.

Weight control: "Leaner women have lower risks than heavier women. Being active will bring down circulating levels of estrogen. Women with lower blood levels of estrogen have lower risk of breast cancer," explained Dr. Visser.

Limit alcohol intake: At the very least, limit your intake. Even better? Don't drink. Even one glass a day can be too much, raising your risk by 5% to 10%.

Healthy diet: Studies show that a Mediterranean diet, which incorporates plant-based foods like whole grains, nuts, seeds, fruits, non-starchy vegetables and legumes, correlates with breast cancer risk reduction, explained Jessica Thompson, MD, a fellowship-trained breast surgeon joining Visser and Sean Goodwin, MD, in providing services at Zeeland Community Hospital.

"Evidence also suggests reducing the amount of processed meat and red meat consumed may also decrease risk," said Dr. Thompson.

What is a must? Get your mammogram.

"Mammograms enable earlier detection of breast cancer and can identify tumors before they are felt during breast examination," explained Dr. Thompson. "When diagnosed in an early stage, breast cancer can often be treated with less extensive therapies. Women who are considered high risk for breast cancer should talk to their providers about starting mammography exams before the age of 40."

Zeeland Community Hospital is one of many locations that offers mammograms. For more information, visit spectrumhealth.org/mammogram.

Classes and Events April 2023 to August 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 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
- Understanding breastfeeding
- Virtual infant car seat safety*
- Lactation consulting*
- Telemedicine breastfeeding support*

Events

- Blood drives*
- Car seat safety checks*

Prevention and Nutrition

- First aid and CPR
- Fit and healthy families*
- Healthy habits walking support group *
- Mental health first aid*
- Safe sitter babysitting course
- Think smart, eat smart nutrition series
- Tobacco and nicotine treatment services*

* denotes classes and events that are free of charge

Fit and Healthy Families in the Kitchen



“How many fruits and veggies do we need in a day?” asks Heidi Lynema during her Fit and Healthy Families in the Kitchen class. “Five!” answers 11-year-old Reina Hori.

With a wonderful mix of instruction, cooking demonstrations and sensory activities, Lynema is nurturing a love for nutritious foods and empowering families of young children to take what they’ve learned and implement it in their home kitchens.

This series of classes was offered at no cost thanks to a partnership with the Community Action House (CAH) in Holland. While classes like this one had been taught at the hospital, bringing them out into the community, to places like CAH and the Outdoor Discovery Center, reaches a new audience.

“We should use all five senses as we eat,” Lynema tells the group. As a community health program specialist and registered dietitian, Lynema is passionate about empowering everyone to practice mindfulness while eating. “Don’t rush. Let your body catch up to that sense of fullness.” It’s great advice no matter what your age.

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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Caring for Neighbors Fund

The Caring for Neighbors fund supports patients who are facing a financial barrier in their medical care by helping with medical and transportation costs. In 2022 we helped over 200 patients.

You can make a difference!

To make a gift, search for Caring for Neighbors at spectrumhealth.org/foundation/zeeland.

For more information, contact Janine Dalman at janine.dalman@corewellhealth.org or 269.945.3651.



Mark Your Calendar

Grab your clubs and paddles to support patients and families at Zeeland Community Hospital, part of Corewell Health, through your participation in our summer sporting events!

Golf Benefit

July 24, 2023
Macatawa Golf Club, Holland

2nd Annual Pickleball Tournament

August 19 & 20, 2023
Helder Park, Holland

For more information, contact tamara.elhart@corewellhealth.org.

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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