

Well for Life

Fall 2022



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Spectrum Health
Zeeland Community Hospital

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Point of View

As we flip our calendars to August and transition into the fall season, for many it's a time to reset following the busy summer months. Whether that's gearing up for sending kids back to school or planning your annual harvest celebrations, the change in seasons is a great time to consider opportunities for preventive care for your body and mind. On page 4 of this Well for Life, you'll find a list of local primary care offices that help you get well, stay healthy or achieve your future health goals.



It's a season of progress for us at Spectrum Health Zeeland Community Hospital as well. We continue to grow to meet our community's needs. You can see the reveal of our surgery and lobby renovation on page 5. It has been incredibly rewarding to watch the benefits of this project come to life. We are so grateful to those who made investing in the health and wellness of our community a priority. Your partnership means a great deal to our entire team.

On the heels of that large project, we have embarked on another endeavor to increase the size of our outpatient lab. Through this expansion, we'll be able to provide outpatient lab services to more people in a larger, more comfortable space. Those benefits, coupled with our easy in/easy out access, will allow our phenomenal team to deliver exceptional experiences for those seeking our lab services.

You won't want to miss Katelyn Landaal's story about the critical importance of properly installed car seats on page 3. Her experience is a testimony to the impact our Spectrum Health Helen DeVos Children's Hospital Injury Prevention Program is having right here on the lakeshore. By providing education and hosting car seat installations, the team is making positive outcomes for families like the Landaals possible. This story and the other articles are examples of how our team continues to improve health, instill humanity and inspire hope in the communities we serve.

Thank you for taking the time to read Well for Life and for making healthy living a priority. May this fall be full of good health and thanksgiving for you and your loved ones.

Sincerely,

Bill Hoefler, FACHE
President
Spectrum Health Zeeland Community Hospital

Your solution for workplace health.

Now offering occupational health services at Spectrum Health Zeeland Community Hospital. Visit us at spectrumhealth.org/occhealth.

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

Ashley Kiekintveld, 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.

'Are the girls OK?'

A West Michigan mom credits a car seat safety program for helping her young daughters remain unharmed in a head-on crash.

It started as a typical midwinter day in West Michigan. The date: Feb. 21, 2022. The snow had nearly melted. Local roads were clear and dry. The sky was gray and slightly overcast. Perhaps a foreshadowing of the events to come.

Hamilton resident Kayleen Landaal and her daughters—Maycie, 3, and Quinn, 1—hopped into their F-150 pickup and ventured out for a quick errand on the north side of Holland.

In a split second, they were involved in a head-on collision. Their truck was totaled, with all the airbags deployed. Despite chest injuries from her seat belt and the impact with the air bag, Landaal's only concern was for her daughters.

"In that moment," she said, "I didn't think about my pain. I just thought, 'Are the girls OK?' I turned around and Maycie, who had been sleeping, all of a sudden started screaming and crying because the air bags came out and it was loud. Quinn, rear-facing, was sleeping. Neither of them had any injuries."

A decision Landaal made three years prior, while pregnant with Maycie, likely played a role in the girls emerging unharmed.

After learning about the Spectrum Health Zeeland Community Hospital education programs at one of her prenatal appointments, Landaal attended every recommended pregnancy and newborn parenting course. This included an infant car seat safety class.

In that initial class, Landaal received instruction and had a newborn car seat installed by a certified technician. She stayed connected to the program over the years.

The Spectrum Health Helen DeVos Children's Hospital Injury Prevention Program has been serving West Michigan families since 2009. The program's success relies on team members who are dedicated to the health and safety of local families. Katelyn Jansheski, health and wellness coordinator at Zeeland Community Hospital, is one of those individuals.

A certified car seat technician for the injury prevention program on the lakeshore, Jansheski spends her time educating

families about all aspects of car seat safety.

"When we initially meet with our first-time parents at the hospital before they're discharged, our goal is to help them keep their newborns safe and to safely get them home from the hospital," Jansheski said. "But we reinforce that we're here through each stage of car seat use. So that means all the way until 10 to 12 years old. We

want them to come back when their child needs to transition out of that infant seat to that next convertible car seat."

That's what Landaal did for her daughters. Just 11 months prior to the crash, the Landaals had Jansheski install new seats for both Maycie and Quinn.

After the crash, Landaal wasted no time scheduling an appointment to get the car seats replaced.

While her daughters suffered no injuries in the crash, that was not the case for Landaal.

Once the girls were safely in the care of her husband, who had hurried to the scene, an ambulance transported Landaal to Spectrum Health Zeeland Community Hospital. Doctors treated her for abdominal and chest contusions.

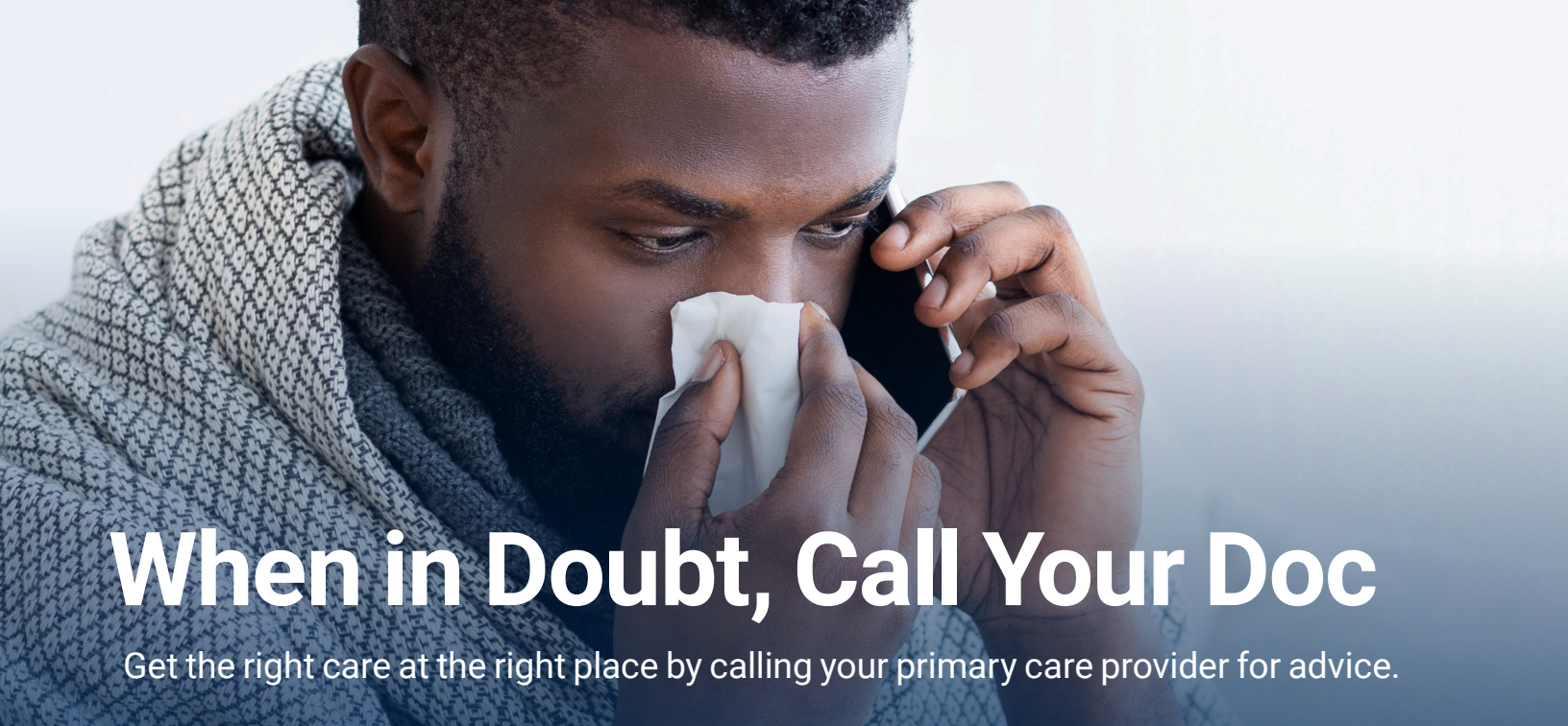
"For a solid two weeks I had a hard time, and my mom stayed with us to help with the kids," she said. "I still have very residual soreness depending on how I sleep or move."

But amid it all, the experience has only strengthened her devotion to her daughters' safety.

"Know your car. Know your car seat," Jansheski added. "Please always read both manuals and contact us at any time during the different stages of car seat use. That is super important because each stage is so different. Nothing is more important than keeping kids safe."



Courtesy of Spectrum Health Beat



When in Doubt, Call Your Doc

Get the right care at the right place by calling your primary care provider for advice.

Courtesy of Spectrum Health Beat

Nights. Weekends. Holidays. These are the worst times for medical problems. If only you could call your doctor’s office for advice and help.

You can. In fact, it’s often the most effective and least expensive care you can get with quick, knowledgeable answers and the lowest out-of-pocket costs.

Many offices, including all Spectrum Health primary care offices, have someone to take your call 24 hours a day. And yes, that means nights, weekends and holidays. The person who answers will take a few notes and have the doctor who is “on call” evaluate your concern.

Spectrum Health also offers the Spectrum Health app, which connects patients to physicians or advanced care providers through video calls or e-visits with private messages. It’s available to anyone in Michigan, including those who are not currently Spectrum Health patients. The Spectrum Health app is an excellent option to evaluate conditions such as cold, flu, diarrhea, earache, fever, nausea, pink eye, sore throat and such. It’s suitable for any non-emergency condition.

When to up the ante

There are times when you need help right away. Follow these basic guidelines:

Urgent care: If you need quick help but it’s not an emergency, find an urgent care center. It’s the right choice for most burns or minor wounds. Your doctor may also recommend urgent care for sprains or flu symptoms. (Call first for advice.) For Spectrum Health urgent care locations and hours, visit spectrumhealth.org/urgent.

Emergency department: Head to the emergency department for problems that could cause death, disfigurement or permanent injury if not treated right away. Examples include convulsions, severe burns, severe bleeding, amputations and unconsciousness.

911: Patients should always call 911 and head to the emergency room if they’re experiencing dizziness, numbness, paralysis, difficulty speaking or loss of consciousness, chest pain, shortness of breath, sweating, severe abdominal pain, seizures or any other condition that would require immediate medical care.

Accepting New Patients

Family Medicine & Pediatrics – Hudsonville
3152 Port Sheldon Road, Suite C
Hudsonville, MI 49426
616.669.9238

Family Medicine & Pediatrics – Zeeland
8333 Felch Street, Suite 200
Zeeland, MI 49464
616.748.2850

**Internal Medicine,
Family Medicine & Pediatrics – Grand Haven**
15100 Whittaker Way
Grand Haven, MI 49417
616.935.6320 Internal & Family Medicine
616.935.6300 Pediatrics

**Internal Medicine,
Family Medicine & Pediatrics – Holland**
588 East Lakewood Boulevard
Holland, MI 49424-2023
616.494.5900



Expanding for the Future of Health Care

This spring we celebrated the opening of the newly expanded surgery department and upgraded lobby of Zeeland Community Hospital. The \$8.72 million project consisted of a two-story addition of over 9,000 square feet and renovating an additional 5,000 square feet of existing space. A donor dedication, hosted by the Spectrum Health Foundation, was held in May to celebrate the collaborative spirit of the project and the generosity of our community.



Katie and Justin Cooke were the first family to benefit from the new C-section procedure room for the birth of their first daughter, Eviann, on Dec. 9, 2021. Justin shared his experience from a father's perspective at the donor dedication event.

"As the dad, I was brought in after Katie was prepped for the C-section. The first thing I noticed was the size of the room—it was much larger than I pictured, and even more impressive was the number of people who were positioned and ready to bring our daughter into the world. I was comforted by seeing all the equipment, including the Panda™ Warmer for the baby. When Eviann was born, I was able to hold her hand while on the Panda Warmer as she was getting checked out and cleaned up. After, they allowed me to hold her and bring her to Katie briefly before bringing her upstairs to the Family Birth Center. With us living in Zeeland, we drive by this hospital on almost a daily basis and are always reminded of the wonderful place and staff that brought this sweet girl into our lives. Thank you from the bottom of our hearts for your generosity. You all are truly amazing!"



Thomas Visser, MD
Chief of Surgery

"The Zeeland community continues to grow, and when you have a growing community, it's very similar to a growing family—you need more room at the table, and you need to make sure all of the needs are being met," said Thomas Visser, MD, chief of surgery, during his dedication address. "On behalf of our entire team at Zeeland Community Hospital, thank you for your thoughtful generosity that has given us an incredible new surgery space."

Upgrades That Deliver Exceptional Experiences



Dedicated C-Section Procedure Room



Entrance and Check-In



Dedicated Surgery Family Lounge



Post-Anesthesia Care Unit



A Healthy You

'Nobody Can Do It All'

Tips for the generation sandwiched between raising kids and caring for their aging parents.

Feeling like you're failing everyone. Never having time for yourself. Being afraid to ask for help. These are just some of the challenges facing people in what's called the "sandwich generation"—those caught between caring for their children and caring for their aging parents.

The unique struggles facing this generation is a topic that comes up frequently for Iris Boettcher, MD, division chief for geriatrics, home-based care, and home and community services for Spectrum Health Medical Group.

Dr. Boettcher urges people to make sure they account for four priorities: the dignity of the senior, the sanctity of their marriage (if that applies), the demands of being a parent and the mental health of the caregiver.



Courtesy of Spectrum Health Beat

Ideas for maintaining dignity and mental well-being:

Be a proactive planner: It's critical to have honest conversations about what lies ahead, Dr. Boettcher says. Talk about a topic like whether the aging parents value staying in their home or are open to going to a retirement community. Also, reassess as often as needed, she says. Decisions are always based on a balance between a parent's wishes and other factors.

Find support from friends, family, community: Nobody can do it all, Dr. Boettcher says. There are a number of community resources available to help with the care of elderly parents to reduce stress.

Maintain your health and relationships: Don't forget to take some time for yourself and your own relationships as well. After all, you cannot help anyone else if you don't take care of yourself first.

"If you have a spouse or partner, do not neglect that relationship," Dr. Boettcher says. "Find time for things you enjoy. Do not neglect the quality of your own life because you are taking care of others."

Partner with doctors: As a physician caring for elderly adults, Dr. Boettcher says she welcomes conversations with her patients' children, if permission is granted. The three "Ds" often come up: dementia, depression and driving. Partnerships with the doctor can help with decisions associated with those concerns. It's also important to be sure the doctor has a clear understanding of the patient's degree of impairment.

Seek creative solutions: Dr. Boettcher warns against falling into the temptation to separate the children's lives from the elderly parent's life. Rather, she says, try to creatively balance the two.

"If you are wondering if you should go to your kids' ball game or make sure your Dad eats his dinner, try to think of creative solutions," she says. "Maybe that's going to the game and then checking on Dad before or after. Or can you take Dad to the ball game?"

Classes and Events August 2022 to November 2022

Education, event participation and outreach allow Zeeland Community Hospital to support the vitality of our community in ways that go beyond health services. The 2021 Community Health Needs Assessment 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*
- Childbirth for new parents
- Infant car seat safety*
- Introduction to breastfeeding class
- Lactation consulting*
- Online childbirth, mother and newborn care
- Pointers from a pediatrician*
- Postpartum adjustment group*
- 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
- Healing the whole you provider series*
- 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

Mike's Milestone Offers the Gift of Life

The gift of blood is precious, perishable and vital. Zeeland resident Mike Walters, 60, understands the critical importance of blood and has been a faithful donor for more than half his life. This commitment, equating to roughly 80 donations, has recently earned him an astonishing 10-gallon milestone from Versiti™.

"I started donating blood in college," remembers Walters. "I went to Calvin College and walked by a mobile blood drive on campus and just stopped in. I wanted to help people and thought giving blood would be an easy way to do that. It usually takes less than an hour, and you're done. Doesn't get much easier than that."

We are inspired by donors like Mike, whom we rely on for the lifesaving gift of blood. In total, his 10-gallon donation had the potential to save 240 lives. To make a difference in someone's life by donating blood, visit versiti.org.



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



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Grand Rapids, MI 49503
616.772.4644
spectrumhealth.org/zeeland

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Pickleball Tournament to Benefit Enhanced Care

The Spectrum Health Foundation Zeeland Community Hospital is hosting its first-ever pickleball tournament. This two-day event will welcome over 150 participants to Helder Park in Holland Township on Sept. 24 and Sept. 25.

All proceeds will benefit Zeeland Community Hospital's Family Birth Center, providing resources and equipment for team members and families. Welcoming over 800 precious little lives each year is a big responsibility. It is our goal to provide everything families need to ensure their infant has exceptional care. This tournament will support the purchase of resuscitation mannikins for staff and parent training, breastfeeding supplies, car seats for the underserved, and swaddles for every infant as a part of our sleep safe program. Funds will also be used to purchase a CuddleCot™, which is a temperature-controlled basinet. The CuddleCot gives grieving families the gift of time by allowing precious, irreplaceable hours to bond during heartbreaking instances of infant loss.

For questions or sponsorship opportunities, contact Kris Palosaari at 616.970.7105 or kris.palosaari@spectrumhealth.org.

Your support is an incredible investment in our community!



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]

ATENCIÓN: Si usted habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1.844.359.1607 (TTY: 711).

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