

# Well for life

Spring/Summer 2021



**This is big.**

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**The bariatric journey, then and now**

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**Spectrum Health**  
Zeeland Community Hospital

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## Point of view



As I transitioned into the role of interim president of Spectrum Health Zeeland Community Hospital, I had the opportunity to take a step back and view our team and their contribution to the community from a fresh lens. It's been a privilege to witness daily examples of our team displaying the organizational values of curiosity, compassion, collaboration, and perhaps most notably at this point in history, courage. Their sacrificial service and steadfast dedication to shepherding our community toward health and wellness has been a career highlight.

Inspiring hope is the first priority of Spectrum Health's mission. On Dec. 14, 2020, tangible hope was delivered in the form of the COVID-19 vaccine. Thousands of tiny vaccine vials were delivered throughout the Spectrum Health System, changing the course of the year-long global pandemic. Learn more about the COVID-19 vaccination and the status of public distribution on page 3.

For an added dose of inspiration, we had the pleasure of catching up with three of our former bariatric surgery patients. After enduring the stress and isolation of a year like no other, discover on pages 4 and 5 how Jaclyn, James and Phill continue their health journeys with renewed focus on achievable, back-to-basics goals and holistic self-care.

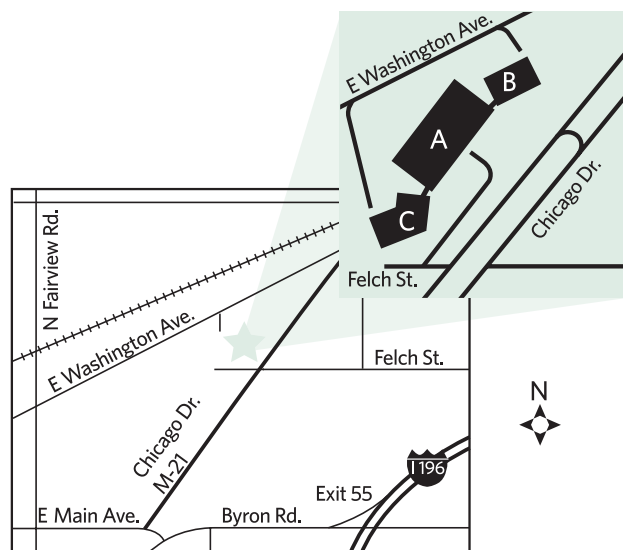
Although COVID-19 has taken over the headlines of the past year, ordinary, everyday illnesses and injuries have not disappeared. Our hospital services continue to develop and expand to meet the community's changing needs. You'll see on page 6 that the Spectrum Health Urgent Care – Zeeland recently extended its hours, offering more convenient options for treatment.

Over the past year, we have seen a shift in care from treatment of sick care to proactive preventive care. With greater educational opportunities and expanded access, more people are taking control of their health while they are healthy. Take a look at the community education class events on page 7 to see how you can get involved in programming designed to improve your health and wellness.

Thank you for taking the time to learn how our team continues to improve health, inspire hope and save lives through COVID-19 and beyond. We are hopeful that the next year will bring restoration and rebuild the health of our community.

Sincerely,

Joe Klesney  
Interim President and Chief Operating Officer  
Spectrum Health Zeeland Community Hospital



### Map Key

- A** Spectrum Health Zeeland Community Hospital
- B** DeWitt Administration Building
- C** Medical Office Building

### Disclaimer

Well for life is a publication of Spectrum Health Zeeland Community Hospital intended to update the community 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](http://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/zeelandclasses](http://spectrumhealth.org/zeelandclasses).





# This is big.

**“There’s joy, there’s excitement, there’s hope.”**

The initial COVID-19 vaccinations administered at Spectrum Health Butterworth Hospital on Dec. 14, 2020, marked a historic milestone in the world’s unprecedented cooperative mission to control and end the COVID-19 pandemic. Spectrum Health Zeeland Community Hospital followed suit with its first team member clinic on Dec. 23. In the initial wave of front liners was Annica Waalkes, MD, hospitalist, Spectrum Health Medical Group.

“There’s joy, there’s excitement, there’s hope,” shared Waalkes. “This is just a tool we have in the arsenal to fight this virus.”

As an advocate for receiving the vaccine, Dr. Waalkes answered some commonly asked questions about the vaccine.

**Q. How does the COVID-19 vaccine work?**

Vaccines trick the immune system into creating antibodies to fight infection. The COVID-19 vaccine uses just pieces of the virus to target a protein on the surface of the virus—which promotes an immune response. It is important to understand that you cannot get COVID-19 from the vaccine.

**Q. Will the vaccine cause side effects?**

Like many vaccines, the COVID-19 vaccine can have some side effects, which include muscle soreness at the injection site, headache, fever, chills or body aches.

This is your body’s immunity ramping up. It is responding and creating antibodies. Even though you may feel a little down, this is your way of knowing the vaccine is working.

**Q. How does Spectrum Health determine the order of who gets vaccinated?**

Spectrum Health is working with state and local health departments, area hospitals, pharmacies and other partners to implement the Michigan Department of Health and Human Services plan for a phased approach to distribution.

**Q. Will there be more community clinics at Spectrum Health Zeeland Community Hospital?**

Spectrum Health has vaccination sites in Grand Rapids and across West Michigan, including at Zeeland Community Hospital. Working with community partners and area health departments, Spectrum Health plans community clinics based on vaccine availability.

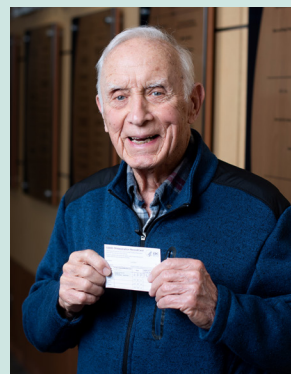
**Q. How do I register to receive a vaccine?**

There are step-by-step registration instructions at [spectrumhealth.org/vaccine](https://spectrumhealth.org/vaccine). Individuals who register for the vaccine do not have to be Spectrum Health patients. Once you are eligible for a vaccine, and vaccine supply is available, you will be notified to schedule your vaccination appointment.

The response by individuals wanting the vaccination has been incredibly encouraging. I’m looking forward to seeing as many get vaccinated as possible so that we’re protecting ourselves as

**Former city of Zeeland mayor among the first community members vaccinated**

Among the first community members vaccinated was Zeeland resident Les Hoogland. Hoogland, the former



**Les Hoogland, 91**

city of Zeeland mayor, accompanied by his son, traveled to the 60th Street high-capacity clinic in Grand Rapids to receive his first dose of the vaccine. Nearing his 91st birthday, he felt it was important to receive the vaccine without delay.

“Knowing I have the protection lets me relax,” expressed Hoogland with appreciation. “Driving to

Grand Rapids was no trouble for such an important reason. I’m hopeful life can slowly return to normal.”



**For more information or to register for a COVID-19 vaccination, visit [spectrumhealth.org/vaccine](https://spectrumhealth.org/vaccine).**

**If you are eligible for a vaccine and unable to complete your registration online, call 833.755.0696.**

# The bariatric journey, then and now

Three former bariatric patients check in with Well for life to share an update on their health and wellness.



**Phill Carr, 46**

In his case, the results were almost immediate, and weight seemed to melt off his 6-foot-1 frame.

Three years after surgery, Carr has hit and surpassed his goal weight of 240 pounds and continues to advocate for bariatric surgery as an important weight loss tool.

"I would tell anyone that it's a great opportunity for them," added Carr. "However, it will only be successful if they are willing to accept the necessary lifestyle changes and put in the work."

Even during the stress of COVID-19, his wellness journey was at the top of mind. Despite a slight increase in weight due to limited gym access, Carr is proud of his current weight of 235 pounds. His commitment is renewed, and his health continues to benefit from the outcome of bariatric surgery.

## **Phill Carr**

turned to bariatric surgery at Spectrum Health Zeeland Community Hospital in May 2018, after reaching 408 pounds at age 44. With the oversight of James Foote, MD, bariatric surgeon, Carr proceeded with a sleeve gastrectomy to reduce the size of his stomach.

"Before my surgery, I was on the verge of sleep apnea and had borderline high blood pressure," Carr shared. "Now those are no longer concerns. I'm able to shop at normal-size clothing stores, and I'm no longer hesitant to go on planes or amusement park rides because of being afraid I won't fit in the seats."



**Jaclyn Folkema, 41**

## **Jaclyn Folkema**

was born with a heart defect; however, with surgical intervention in infancy and minor lifestyle modifications, she was able to grow up with few health problems. That was until she reached a weight of 335 pounds in her 30s.

With this weight gain came some byproducts of obesity, including high blood pressure, high cholesterol and severe sleep apnea. After being told by her cardiologist that she would have five years to live if she continued with her unhealthy lifestyle, Folkema turned to bariatric surgeon Jon Schram, MD, for help.

After initially losing a total of 173 pounds, Folkema admits that she had some weight creep back during the pandemic.

"At first I felt like a failure and beat myself up about the gain," she added. "But then I reset myself and focused on what I had learned during the process. I started the first week of January by keeping a food diary and closely watching what foods I was eating."

Four years after surgery, Folkema continues to believe in the benefits of bariatric surgery. She encourages those contemplating surgery to attend a seminar and learn about the options to determine which type of surgery is right for them.

"My cardiologist is quite pleased with how well weight loss has affected my heart health. My self-esteem and confidence levels are through the roof, and I am just overall happier these days," Folkema shared. "It's the best decision I have ever made for myself!"



James Root, 63

"It was March 2018 that I went in to see Dr. Jon Schram," Root said. "I was at 49.8 body mass index at that point."

Root lost 120 pounds within the first 13 months after his vertical sleeve gastrectomy in December 2018. He did not realize it at the time, but he was about to achieve so much more in his life than just weight loss.

From 2014 to 2016, Root had been treated by several cardiologists for atrial fibrillation, a condition that causes an irregular and often rapid heart rate and advanced heart failure. At the weight of 390 pounds, it was determined too risky for Root to undergo the lifesaving operation he desperately needed.

After his weight loss success resulting from bariatric surgery, Root was released from his heart medication, and the atrial fibrillation returned. This time, Root was at a healthy weight, and doctors were able to move forward to repair his mitral heart valve.

## James Root

tried various diets over the years, but even when he lost weight, he invariably found he would gain it back again—and then some. After regaining the 100 pounds he lost in 2008, Root decided to investigate bariatric surgery.

"On April 7, 2020, I was finally able to have open heart surgery," added Root. "The success of this operation was in large part due to my weight loss. I credit Dr. Schram and his team with helping to save my life."

Now off blood thinners and blood pressure medications, Root continues to focus on eating plenty of proteins, tracking his food intake with an app and staying active by walking and riding the stationary bike.

"Don't wait, even if you are just evaluating and exploring the options. I wish I had the surgery 10 years ago," he added. "The medical team's support throughout pre-surgery, surgery and post-surgery was fantastic. I appreciated their help through every step of the journey."

To learn more about these patients' stories, visit [healthbeat.spectrumhealth.org](http://healthbeat.spectrumhealth.org).



## Considering bariatric surgery? What you need to know:

Patients who are 100 or more pounds overweight and haven't been successful at losing weight through diet, exercise and behavior modification may be eligible for bariatric surgery.

Body mass index (BMI) is another important consideration. Surgical weight loss candidates usually have a BMI of 40 or higher, or a BMI of at least 35 as well as other obesity-related health conditions.

The first step in the surgical weight loss process is to attend one of our free surgical weight loss seminars. To start your journey, visit [spectrumhealth.org/zeelandbariatric](http://spectrumhealth.org/zeelandbariatric) or call 616.267.7400.





# Make it a safe summer

## Pediatric specialists share their top tips for injury prevention.

Each summer in the U.S., about 2.7 million children ages 14 and younger are treated in emergency rooms for accidental injuries. More children are accidentally injured between May and August than any other time of year, according to pediatric specialists at Spectrum Health.

While summer should be packed with fun and excitement, it is also an important time to be mindful of safety. By following some simple guidelines for injury prevention, you can keep youngsters happy and healthy.



### Summer safety tips from the experts:

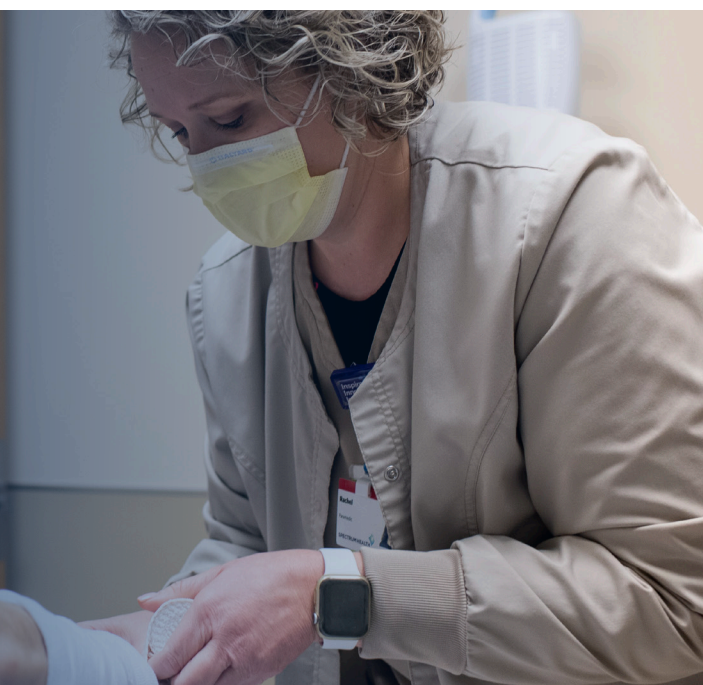
- **Stay out of cold water.** Safe water temperatures are above 70 degrees.
- **Watch out for heat stroke.** Dizziness, exhaustion, flushed cheeks and breathing difficulties are signs of trouble.
- **Drink water, not soda.** Encourage children to stay well hydrated by drinking plenty of water before, during and after play.
- **Don't leave kids alone in the car.** Anywhere. Ever.
- **Pick out the right shades.** Always bring along sunglasses that provide adequate UV protection for you and your kids.
- **Be a water watcher.** Whether your child is in a backyard swimming pool, at a community center or in the ocean, always actively watch your child in and around water.
- **Always assume the fire is hot.** A good rule of thumb is to stay away from a fire pit for 24 hours after use.

Content courtesy of Spectrum Health Beat.

## Spectrum Health Urgent Care – Zeeland Expanded hours to serve you.

No appointment necessary.  
Daily, 10 a.m. to 10 p.m.  
Closed holidays.  
Open Christmas Eve and New Year's Eve  
10 a.m. to 10 p.m.  
Reserve your spot online using clockwise at  
[spectrumhealth.org/zeelandurgent](https://spectrumhealth.org/zeelandurgent).

Medical Office Building, Suite 100A  
8333 Felch Street  
Zeeland, MI 49464





# Classes and events April 2021 to July 2021

Based on federal and state regulations and for the safety of our community, these classes and events are subject to change. Please visit [spectrumhealth.org/zeelandclasses](https://spectrumhealth.org/zeelandclasses) or call 616.748.2834 for the most current dates, times and updates.

## Virtual class options:

Most virtual classes use the Microsoft® Teams platform. Please visit [spectrumhealth.org/zeelandclasses](https://spectrumhealth.org/zeelandclasses) for dates, times and updates.

### Childbirth and parenting

#### Breastfeeding support group

Sessions are held weekly.

**FREE**

#### Telemedicine breastfeeding support

Individual appointment with an RN certified lactation consultant.

**FREE**

#### Postpartum adjustment support group

Meets virtually every Tuesday from 7 p.m. to 9 p.m.

**FREE**

#### Childbirth: Mother and newborn care—online education with follow-up class on May 11

Includes six months' access to two online programs, a virtual follow-up class with an RN childbirth educator to answer questions and provide information, as well as a Family Birth Center tour.

#### Infant massage May 6 or July 14

Infant massage can help your baby sleep, reduce crying and increase bonding.

#### Infant car seat safety online April 13, May 4 and July 6

Learn the proper fit and installation to keep your infant safely secured. Each family who virtually attends will receive a voucher for a discounted convertible car seat.

**FREE**

### Online video classes:

Childbirth: Mother and newborn care—online education

Childbirth—online education in Spanish

Understanding breastfeeding

Understanding infant and child safety

Understanding your infant

### Adult education

#### Seated Tai Chi and Qigong Wednesdays, April 14 to May 5

No Tai Chi experience necessary. Enjoy gentle Tai Chi movements and healing Qigong breathing all from the seated position, in the comfort of your own home.

#### Intermediate Tai Chi Wednesdays, May 12 to June 2

For experienced Tai Chi participants who have completed in-person Tai Chi for arthritis beginner classes.

#### Healing the whole you provider series

Join us virtually for these Facebook events! Second Monday of every month.

### Prevention

#### Boost your brain and memory class Thursdays, April 15 to June 3

This class is designed to help older adults learn evidence-based practices that reduce their risk of dementia and maintain cognitive health! Additionally, participants will learn strategies that can help to improve everyday memory.

#### Quit 101: Tobacco and nicotine cessation class Tuesdays, May 4, 11, 18 and 25, or Wednesdays, June 2, 9, 16 and 23

Find the motivation to end your relationship with nicotine once and for all. This class will help you develop a personalized quit plan, problem-solve, stay on track and learn about relapse prevention for any type of tobacco or nicotine use.

## In-person class options:

In-person classes follow safety guidelines and may have limited capacity. Social distancing and wearing masks are required. Please visit our website for dates, times and updates.

### Childbirth and parenting

#### Breastfeeding support group

Sessions are held weekly.

**FREE**

#### Lactation consulting

Call the Family Birth Center at 616.772.7530 for an appointment.

#### Childbirth for new parents Classes offered monthly

Expectant parents learn stages of labor, relaxation techniques and breathing patterns in this class.

#### Introduction to breastfeeding April 26, May 24, June 21 or July 19

Expectant parents learn about breastfeeding techniques, nutrition and solutions to common problems.

#### Childbirth: Mother and newborn care

#### Follow-up class, May 11

Includes six months' access to two online programs, an on-site class and a Family Birth Center tour

### Nutrition

#### Fit & healthy families Summer session

#### Weekly, June 7 to July 26

Held outside at Outdoor Discovery Center in Holland. This program is for elementary-age kids and their families. Taught by a registered dietitian, this series covers a variety of nutrition topics in hands-on, interactive ways like hiking, kayaking and dancing.

### CPR and first aid

#### First aid and CPR new certification May 25 and June 1

First aid, CPR and choking management for all ages. Meets the CPR and first aid requirements for new teachers and daycare providers.

#### First aid and CPR recertification May 13

First aid, CPR and choking management for all ages. Meets the CPR and first aid requirements for teachers and daycare providers.

#### Heartsaver CPR June 22

For grandparents, parents, daycare providers or individuals ages 12 and up needing choking and AED training and CPR certification.

### Events

#### Michigan blood drive April 12

Visit [versiti.org](https://versiti.org) or call 616.748.2834.

### Health and fitness

#### Healthy habits—one step at a time

#### Weekly, Wednesday evenings

Online support group available at [facebook.com/groups/SHHealthyHabits](https://facebook.com/groups/SHHealthyHabits)

This group is for anyone working toward achieving and maintaining a healthy lifestyle. Led by a registered dietitian, this group meets at local parks to walk and discuss healthy habits.

**FREE**

For more information or to register, visit [spectrumhealth.org/zeelandclasses](https://spectrumhealth.org/zeelandclasses) or call 616.748.2834.



## Protecting our students by providing hope and healing

In 2019, Spectrum Health Zeeland Community Hospital partnered with community and public health organizations to trial the School Blue Envelope Program, which initiates a plan of action when a student has thoughts of suicide. Since the program began, more than 717 school staff members have been trained, and there has been a remarkable 240% increase in knowledge of how to keep students and staff safe. More than 13,000 students have been impacted.

In 2020, the School Blue Envelope Program expanded to Saugatuck, Holland and West Ottawa school districts. Staff trainings continue, and refresher sessions are offered throughout the year. Even when COVID-19 forced schools to close, staff members reached out weekly or biweekly to students, providing opportunities to connect with counselors and social workers.

The School Blue Envelope Program relies on philanthropy to fund trainings and the creation of materials in both English and Spanish languages. Your support will provide even more of our community's youth with essential behavioral health resources.

On average, in every classroom of 13- to 18-year-olds

- 5** seriously thought about taking their life
- 2** made one or more attempts

Source: 2017 Ottawa County Youth Assessment Survey

For more information and ways to give, contact Kris Palosaari at 616.970.7105 or [kris.palosaari@spectrumhealth.org](mailto:kris.palosaari@spectrumhealth.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]

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

(711: مكب الواصلاتاه مقر). 1.844.359.1607 مقر لصلتا. اناجم الابكل رفاوتت ويوغلللدعاسم الامدخ ناف، لغة الل ركذا ثدحتت تنك اذ: عظوجل