

Well for Life

Spring/Summer 2022



Relief Within Reach

Page 3

'Time Equals Brain'

Page 4



Spectrum Health
Zeeland Community Hospital

Contents

Features

- 3 Relief Within Reach
- 4 'Time Equals Brain'
- 5 Innovative Rehabilitation for Every Age
- 8 Save the Date!

Columns

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

Point of View

Spring is in the air and we are feeling energized to be progressing forward as a new health system that is For Michigan, By Michigan™. Temporarily called the BSHS System, this significant and historic milestone will ensure Michigan residents have greater opportunity to experience accessible, affordable, equitable and exceptional care that both organizations have built their legacies upon.



The work of Spectrum Health Zeeland Community Hospital will remain dedicated to what matters most: supporting our patients, families, and communities in greater Allegan and Ottawa counties. Zeeland Community Hospital has been a pillar of this community since 1927 and will continue our well-established tradition of excellence as we move forward within the BSHS System.

While the pandemic seems to be winding down, we are still facing some lingering effects, including a very unsettling amount of violence toward and mistreatment of our care team members. In our ongoing "Help the helpers" campaign, we are asking for our community's support to encourage unity, patience, respect and safety within our facilities. While our team continues wearing masks, we want to remind those we serve that behind the masks are neighbors, friends, mothers, fathers, grandparents and loved ones. Thank you for supporting our team and for being examples of and advocates for kindness in your social circles.

It is our pleasure to bring you this spring/summer edition of the Well for Life newsletter. You won't want to miss Mary's inspiring story of stroke survival and recovery on page 4. Her experience masterfully highlights our team's extensive and ongoing effort to optimize local stroke care. By providing patients with rapid access to diagnostics and treatment and a coordinated partnership with our Grand Rapids-based programs, we are making positive outcomes for stroke patients like Mary possible. This story and the other articles are examples of how our team continues to improve health, inspire hope and save lives.

This is an exciting time for health care in Michigan and I believe our best days are ahead for the new BSHS System. Thank you for taking the time to read this Well for Life and for investing in our team and the future of health care for our community.

Sincerely,



Bill Hoefer, FACHE
President
Spectrum Health Zeeland Community Hospital

Beaumont + Spectrum Health

"We have a bold goal to transform health and are thrilled to unite our two great organizations."

Tina Freese Decker, President & CEO, BSHS System

For Michigan, By Michigan.™

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.



Relief Within Reach

Personalized spine and pain care.

When patients are coping with new or ongoing pain resulting from injury, stroke or other health conditions, relief looks and feels different for everyone. That's why the growing Spine and Pain Management team strives to provide personalized care and treatment based on each individual's own health journey.

Ryan Hodges, MD, and Moises Googe, DO, are leading the Spine and Pain Management Program on the Lakeshore. Together, Drs. Hodges and Googe bring foundational spine and pain management services to the Lakeshore area while providing an entry point for those pains that need a multidisciplinary approach, encompassed by the Spine and Pain Management Program.

Hodges is a physical medicine and rehabilitation physician, also known as a physiatrist. These specialists treat a wide variety of medical conditions like chronic pain, fibromyalgia, constant migraines, surgery recovery, nerve damage or sciatica. Now available locally at Spectrum Health Grand Haven Center and Zeeland Community Hospital, these services are also beneficial for patients hoping to control and relieve pain with minimal medications or minimally invasive solutions.

"Our program connects patients with specialists offering different expertise and interests to help patients improve function and return to their normal activities pain free," said Hodges. "Dr. Googe is called in to the care team for patients who need to consider spine surgery or neurosurgery."

Googe is a board-certified neurosurgeon, practicing at the Integrated Care Campus in Holland and Zeeland Community Hospital. He specializes in minimally invasive and complex procedures for the brain and spine.

"When dealing with back and neck pain, it is important to start with conservative care, such as physical therapy and medication management," said Googe. "Patients come to my office seeking surgical assessment when they have exhausted other options."



Ryan Hodges, MD
Physical Medicine
and Rehabilitation



Moises Googe, DO
Neurosurgery

Personalized spine and pain care for:

- ✓ **Chronic pain and migraines**
- ✓ **Arthritis**
- ✓ **Lower back pain**
- ✓ **Nerve damage**
- ✓ **Reduced mobility**

Learn more

Call us: 616.774.8345

Visit: spectrumhealth.org/relief



'Time Equals Brain'

When she suffered a stroke, quick treatment led Mary Kleinheksel to a remarkable recovery.

Courtesy of Spectrum Health Beat

Mary Kleinheksel may be the poster child for how to survive and thrive after a stroke. With help from family, first responders, emergency medical providers and other caregivers, the Zeeland, Michigan, resident has experienced a remarkable recovery.

It all started in the blink of an eye.

Just after 11 p.m. on Dec. 3, 2021—a Friday night—Mary, 62, and her husband of 36 years, Kevin Kleinheksel, readied to turn in for the evening. Kevin sat in bed, talking to Mary as she prepared to brush her teeth in the bathroom.

"We were talking back and forth and then I noticed she had stopped talking," he said. "I then heard what sounded like a couple of moans."

"When I got to the floor, I couldn't move, I couldn't speak, my right eye was glued shut," Mary said. "My left eye, I really wanted to close it but I couldn't."

"I blinked my left eye really quickly," she added. "And he said, 'OK, I see you blinking your left eye. Do you want me to call 911?' And I blinked my left eye again. Thankfully, Kevin picked up on my eye movement. He called 911. The paramedics arrived within 10 minutes, quickly assessed my situation, got me in an ambulance and took me to Spectrum Health Zeeland Community Hospital."

'Time equals brain'

The Kleinheksels live only 3 miles from the hospital. At the Zeeland Community Hospital emergency department that night, physician Adam Kelly, MD, led the care team.

"She arrived with severely disabling neurologic deficits and elevated blood pressure," Dr. Kelly said.

Dr. Kelly consulted the stroke neurology team and determined Mary would be a candidate for tissue plasminogen activator, a medication that works by dissolving clots that block blood flow to the brain.

"Mary was incapacitated at the time and not able to speak, so I discussed risks and benefits with her husband," Dr. Kelly said. "In the end, all were in agreement that, given the severity of symptoms, the benefits outweighed the risks and we proceeded to give the drug."

"That quick intervention made all the difference in the world," Mary said. "Time equals brain."

"We watched her miraculously improve," Dr. Kelly said. "This is one of the most dramatic improvements that I have ever personally seen after giving someone tPA. On reassessment, she was alert, talking and moving all her extremities."

After her scheduled transfer to Butterworth Hospital and two-day inpatient stay, doctors discharged Mary from the hospital. Once home, she immediately began physical therapy to strengthen her left leg and improve her balance. Other than losing minor peripheral vision in her left eye, she's expected to make a full recovery. She and Kevin remain grateful.

"The first week after coming home from the hospital, we were both feeling very blessed—to survive realizing how bad it was and how well it turned out," Kevin said. "After about a week of that, the reality hit—we've been through a stroke. Since then, it's been, 'How do we get going on life again?'"

For Mary, this includes walking, exercising regularly, spending time with their three children and four grandchildren and singing as part of the worship team at church.

Visit healthbeat.spectrumhealth.org to read Mary's full story.



Innovative Rehabilitation for Every Age

Creating.
Strengthening.
Connecting.

**Spectrum Health Hospitals Outpatient Rehabilitation
coming soon to new Hudsonville location!**

The goal of our Lakeshore rehabilitation team is to heal the whole person, and that's why we provide a comprehensive approach to address your physical, emotional, psychological and social well-being. Our core services include pediatric and adult outpatient physical, occupational and speech therapy. On the Lakeshore, we have four outpatient office locations to serve you, including Grand Haven, Holland, Zeeland and, coming soon, Hudsonville. Collectively, we strive to help you achieve your goals and return to the activities you enjoy.

Most recently, we have expanded our services to include athletic training and physical therapy, including restrictive blood flow therapy.

Athletic Training and Physical Therapy Collaboration

Spectrum Health athletic trainers and physical therapists are on the front line of care at our partner schools. Our teams work together to ensure athletes receive seamless access to personalized and coordinated care when they need it.

Our highly qualified, multiskilled medical professionals are on the front lines of care, as they are often the first to evaluate an injured athlete. To limit injury and time loss from sports, they assist student-athletes with injury prevention, initial and emergency care of athletic injuries, evaluation and coordination of treatment of athletic injuries. Our therapists perform a thorough evaluation focusing on individual goals, capabilities and tolerance levels. We use outcome tools to track and improve overall quality of services to help athletes return to a high level of performance.

Blood Flow Restriction Therapy

Blood flow restriction therapy is achieved through the application of external pressure over the arms or legs using a cuff while performing exercises. This type of therapy enables patients to gain greater strength while lifting lighter loads, thereby reducing the overall strain placed on the limb. This form of therapy works by decreasing blood flow to working muscles with the aim of promoting hypertrophy and preventing weakening of muscles caused from disuse.

"Using BFRT as part of my treatment plan has been a game changer to promote progress in a shorter time frame," said Eric Hamilton, DPT, CSCS, physical therapist, Spectrum Health Outpatient Rehabilitation. "It not only gets patients quickly back to where they need to be, but also sets the foundation to even further better their daily life and recreational activities."

For more information about Spectrum Health rehabilitation services, visit spectrumhealth.org/rehab.



Eric Hamilton, DPT, CSCS
Outpatient Rehabilitation



A Healthy You

Find Time to Nurture Mental Health

About 33% of women have experienced increased anxiety since the beginning of the COVID-19 pandemic, according to the Household Pulse Survey. As the world continues to rapidly change, surveys like this help us understand how people are feeling right now in the workplace and in their personal lives.

Finding time for the things that bring you joy creates a physiological response that will help you feel less anxious and, ultimately, be more productive.

When you're feeling bogged down, these tips can help you find that elusive work-life balance and bring joy back into your day.

- Commit to taking time for yourself every day.
- Find real leisure time: Don't take your work on trips.
- Learn a new skill: The key is finding something that interests you.
- Reevaluate work-life balance: Add in a time journal.
- Walk to work or take walk breaks if you work from home.

Source: Spectrum Health Beat



Are you suffering in silence?

- | | |
|---|--|
| <input checked="" type="checkbox"/> Severe cramping | <input checked="" type="checkbox"/> Decreased libido |
| <input checked="" type="checkbox"/> Heavy bleeding | <input checked="" type="checkbox"/> Hot flashes |

Specialized women's health services available in:

Grand Haven: 616.267.8520

Holland: 616.494.5850

Hudsonville: 616.669.9238

Zeeland: 616.748.2850

spectrumhealth.org



Classes and Events

April 2022 to July 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 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*
- Childbirth for new parents (classes offered monthly)
- Infant car seat safety*
- Infant massage
- 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
- Medication and needle take back

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 *
- Heartsaver — infant, child and adult CPR
- Matter of balance
- Mental health first aid
- Question, persuade, refer (QPR)*
- Safe sitter babysitting course
- Tai chi and qigong breathing
- Take it and make it nutrition series
- Think smart, eat smart nutrition series
- Tobacco and nicotine treatment services*

* denotes classes that are free of charge



Young at Art

A big thank-you and round of applause to our talented local student artists and participating community members who made the 2022 virtual student art contest a success. To enjoy the art and view the winning submissions, visit the Spectrum Health Zeeland Community Hospital Facebook page.



“ The reason why I participated in the art contest is because I enjoy art and I like to share it with others. I draw, paint and create digital art almost daily. I keep practicing so I can get better. ”

Kendra DeVries, fifth grade, Woodbridge Elementary

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.



Save the Date!

You're invited to golf in or sponsor the annual Spectrum Health Foundation Zeeland Community Hospital Golf Benefit on **July 18, 2022**, at Macatawa Golf Club. The proceeds from this outing will ensure School Blue Envelope suicide prevention trainings will continue and materials will be distributed in print and digital formats, in both English and Spanish.

Spectrum Health Zeeland Community Hospital has partnered with community and public health organizations to train school faculty with the School Blue Envelope Program, which initiates a plan of action when a student has thoughts of suicide or self-harm. This program has resulted in a remarkable 240% increase in knowledge of how to keep students and staff safe. More than 2,156 staff have been trained since the program began in 2019.

You can partner with us to continue the School Blue Envelope Program with every swing of your club this summer! Your support will enable the team to train more school systems and impact more kids with essential behavioral health resources.

For more information and sponsorship opportunities, please contact Tami Elhart at 616.267.2986 or by email at tamara.elhart@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).

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