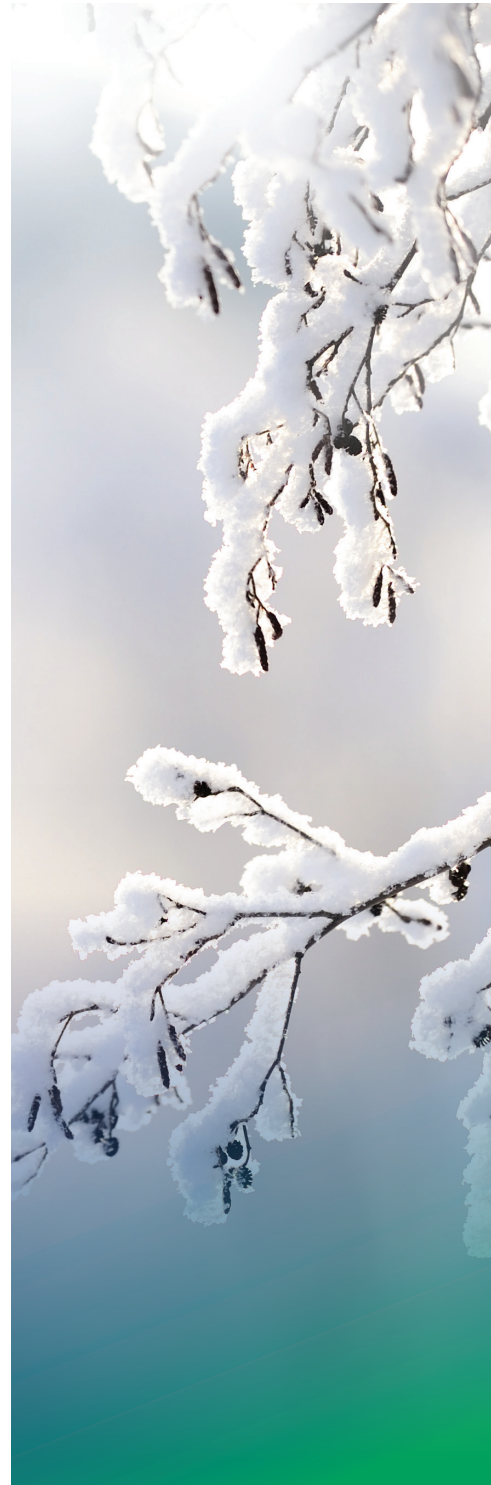


Well for life

Winter 2022



Specialist. Champion. Midwife.

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'We're the colonoscopy couple'

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Spectrum Health
Zeeland Community Hospital

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Surgery expansion now open!

After numerous months of construction, the \$8.2 million surgery expansion and lobby renovation project at Spectrum Health Zeeland Community Hospital is nearing completion and in use by our patients and team members. This exciting mission-critical project focused on creating more space for our surgical services operations while optimizing patient experience, safety and privacy. Follow Spectrum Health Zeeland Community Hospital on Facebook for an upcoming virtual tour of the new space.

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.

Point of view

As I reflect on where 2021 began, and all we are working on for the coming months, I think about our foundational values of compassion, collaboration, curiosity and courage. When these values were identified in 2019, there was no way of knowing how they would come to frame our outlook during the COVID-19 health crisis.



The past nearly two years have required courage and compassion as we faced a record number of our friends and neighbors becoming sick and requiring hospitalization. Collaboration proved imperative as we experienced limited resources and staffing vacancies. Yet, even with those challenges, hope is on the horizon.

During a time like no other, our focus on providing high-quality care has never wavered. We believe health care can and should be better. That is why we remain committed to investing in our facilities, talented teams and advanced services right here in the local community. Both the surgery expansion and lobby remodel projects are wrapping up. When complete, they will offer high-tech modernizations and exceptional patient experiences for generations to come.

Beginning this winter, as we continue adapting to meet the needs of our community, we will be offering midwifery as an extension of our Spectrum Health Medical Group obstetrics services. As part of the only hospital-based midwifery program in West Michigan, our certified nurse midwives give expecting parents the personalized care and peace of mind they desire. Learn more about the midwifery program on page 3.

The pages of this Well for life are filled with details about our new services, advancements in care and patient experience stories. What you may not see is the behind-the-scenes compassion, dedication and sacrifice our team has courageously demonstrated in these past months. I'm grateful for our extraordinary team and the way they continue caring for our community and each other.

Thank you for trusting us with your health. It's that trust that drives home the importance of our mission to improve health, inspire hope and save lives.

Sincerely,



Bill Hoefer, FACHE
President
Spectrum Health Zeeland Community Hospital



Specialist. Champion. Midwife.

Delivering your baby, your way.

Beginning in February at Zeeland Community Hospital, you will have more options to deliver your baby, your way, with the addition of midwifery services. Growing families deserve personalized care matched to their unique needs and preferences during this important time in their life. Every pregnancy is different, which is why our team of physicians, advanced practice providers and a certified nurse midwife is ready to care for you and your baby whether you want a traditional plan of care, prefer a natural birthing experience, or require a more complex treatment plan.

A certified nurse midwife, often referred to as a CNM, can practice all over the United States and must be a registered nurse who has also completed graduate studies, as well as successfully passing a national certification exam. Certified nurse midwives also provide family planning services, well-woman care, menopause management and more.

“Certified nurse midwives offer a safe, high-quality alternative approach to health care for women,” said Thomas Fasbender, DO, OB-GYN service chief, Spectrum Health Medical Group. “Spectrum Health’s collaborative model of care—certified nurse midwives working in partnership with OB-GYN physicians—makes possible the best health outcomes for moms and babies.”

Spectrum Health’s CNMs work in collaboration with our physicians, allowing for coordinated care and seamless referrals to specialists, if needed. As part of the Spectrum Health System, Zeeland Community Hospital is now part of the only hospital-based midwifery program in West Michigan, giving you the personalized care you desire, with the peace of mind that comes from having expert resources there if you need them, including the Fetal Care Center, maternal fetal medicine specialists and Michigan’s largest Level IV NICU at Helen DeVos Children’s Hospital.

To learn more, visit spectrumhealth.org/midwifery.



Personalized care you desire. Understanding your options.

Certified Nurse Midwife	OB-GYN
Low-risk pregnancies	All types of pregnancies
Vaginal births	Vaginal births or C-sections
Medication-free approach with access to full array of pain relief options	Traditional approach with full array of pain relief options
Delivers in hospital setting	Delivers in hospital setting



‘We’re the colonoscopy couple’

Zeeland husband and wife double down on cancer prevention.

Annie and Steve Hamstra of Zeeland went on a colonoscopy date in July.

“It was romantic—we’re still newlyweds,” Annie joked. “The day all our dreams came true.”

“Look, we didn’t hold hands; we didn’t get it in the same room,” Steve said, smiling.

All kidding aside, the Hamstras know too well the importance of timely colon cancer screenings.

“I lost my dad to colon cancer 15 years ago, so that placed me in the high-risk category because it is something that can be passed along from generation to generation,” Steve said.

Steve also lost his first wife to skin cancer.

“Cancer in Michigan is not an uncommon thing, I’m afraid,” Steve said. “It touches every family.”

Because of Steve’s family history, he’s been getting a colonoscopy every three years for the past 15 years.

“It’s old school for me, having had so many, but it was all new for Annie,” Steve said.

For Annie, scheduling the colonoscopies together just made sense.

“It was my first,” she said. “When you turn 50, that’s one of the great things that happens—you get your first colonoscopy. It was in the same cycle as Steve—he was due for his next one—so we decided to do it together.”

The couple fasted together too. “My thought was that if we both had to fast, we could fast together, because it’s hard when one person can eat and the other one can’t,” she said. “I was just being practical.”

Jeffrey Serdahely, DO, gastroenterologist, Spectrum Health

Medical Group, performed the procedures July 9 at Spectrum Health Zeeland Community Hospital.

“I went first, but then I had the opportunity to be in her room as she was waking up,” Steve said. “We would encourage people to get it. It’s not a bad procedure.”

“Of course, we love all the nurses at Zeeland,” Annie said. “We know the staff, and Dr. Serdahely is wonderful,” she added.

Local business owners and active board members for several organizations, Annie and Steve recognize the value of community and sharing their message. “We’re very engaged in the community because we feel it’s important to give back to the community,” Steve said.

And now they have notoriety that comes with getting a double colonoscopy in their hometown.

“It’s a conversation starter, quite honestly,” Steve said. “It’s like, ‘Hey, we’re famous. We got colonoscopies together. Have you done it?’ If it prompts one person to get tested, great.”

“We’re the colonoscopy couple,” Annie added.

Schedule your colonoscopy today!

Spectrum Health Medical Group – Gastroenterology

588 E. Lakewood Boulevard
Holland, MI 49424
616.494.5810

Spectrum Health Medical Group – General Surgery

588 E. Lakewood Boulevard
Holland, MI 49424
616.494.5830

The American Cancer Society® now recommends that average risk individuals receive their first screening colonoscopy at age 45. For more Spectrum Health locations, visit spectrumhealth.org/colonoscopy.

Meet the lakeshore gastroenterology team

Your partners in digestive health.



To learn more about the team, visit findadoctor.spectrumhealth.org.

From left to right: Michelle Price, DO; Jeffrey Serdahely, DO; David Zink, MD; Tiffany Jarois, DO; Benjamin Dozeman, DO

Spectrum Health has the largest group of gastroenterologists in West Michigan. The Spectrum Health Medical Group Gastroenterology – Holland team, in partnership with Zeeland Community Hospital, offers local access to a dedicated team of highly trained specialists who perform the latest diagnostic testing in gastroenterology. This team is committed to preserving the digestive health of our lakeshore patients and providing the outstanding care every patient deserves.

“Patients are referred to us by their primary care providers for a variety of digestion-related reasons,” said Jeffrey Serdahely, DO, gastroenterologist, Spectrum Health Medical Group. “Using modern techniques, we are able to diagnose and manage digestive diseases.”

Our specialists have exposure to advanced, complex care cases as well as routine procedures. We offer a wide variety of services, including office visit consultation with a specialist; disease-specific, multi-specialty team clinics; and both outpatient and inpatient procedures.

“The recent expansion of the Zeeland Community Hospital surgery unit has created even more space to accommodate our growing number of endoscopy patients,” added Dr. Serdahely. “Not only is there more capacity, but the modernization of the surgical environment and technology delivers the exceptional experiences that our patients deserve.”

Specialties

- Acid reflux and disorders of the esophagus
- Celiac disease
- Colon cancer screening
- Constipation/diarrhea
- Diagnostic and therapeutic endoscopy
- Diseases of the liver
- Diseases of the pancreas
- Diseases of the intestine
- Diseases of the stomach
- Inflammatory bowel disease

Preparing for your visit

To help us provide the highest-quality care, we recommend bringing the following items to your appointment:

- Records from previous doctor(s)
- Medication bottles, including all over-the-counter medications, vitamins and herbal supplements
- Materials related to your health care management—self-reported logs: blood sugar, diet, blood pressure, etc.
- Insurance card(s) and photo identification



A healthy you

Stroke can happen to anyone

Learn the signs; BE FAST and call 9-1-1!

B

Balance – Is their balance off?
Are they dizzy?



E

Eyes – Any visual disturbances?
Do they have double vision?



F

Face – Is their smile uneven?
Is there facial droop?



A

Arms – Does one arm drift
down when raised?



S

Speech – Does their speech
sound strange/slurred or are
they unable to speak?



T

Time – Time is brain! Can
also be terrible headache.



Gray Rushin, stroke survivor

Support groups

We understand you may need help adjusting to the life changes following stroke. We welcome everyone; new members, survivors, caregivers, families and friends, to join us for virtual educational opportunities and to connect with others to share experiences, information and advice. Both stroke survivor and stroke caregiver groups are available.

For more information, call the stroke support group coordinator at 616.774.7911.



Spectrum Health Zeeland Community Hospital has earned Primary Stroke Certification from The Joint Commission. This distinction recognizes Zeeland Community Hospital as a Primary Stroke Center for our exceptional efforts to foster better outcomes for stroke care. Zeeland Community Hospital is proud to be integrated with the largest comprehensive stroke program in Michigan through Spectrum Health Butterworth Hospital.

Classes and events

January 2022 to April 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.

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 *
- Matter of balance
- Mental health first aid
- Question, persuade, refer (QPR)
- QUIT 101: tobacco and nicotine cessation class*
- Safe sitter babysitting course
- Take it and make it nutrition series
- Think smart, eat smart nutrition series
- Tai chi and qigong breathing

Childbirth and parenting

- Breastfeeding support group*
- Childbirth for new parents (classes offered monthly)
- Childbirth, mother and newborn care
- Infant car seat safety*
- Infant massage
- Introduction to breastfeeding class
- Lactation consulting*
- Pointers from a pediatrician*
- Postpartum adjustment group*
- Telemedicine breastfeeding support*

Events

- Blood drives*

* denotes classes that are free of charge

“ I loved all of the classes. Making the meals right alongside the video is so helpful! I also gained a lot of 'tools' for mindful and healthier eating during the class part. ”

Take it and make it class participant



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.

Watson Health

100 Top
Hospitals® 2021



Philanthropy makes a difference!

After witnessing close family members struggle with blood draws and intravenous (IV) insertion due to small or fragile veins, Judy and Keith Boonstra gifted the Zeeland Community Hospital team with an additional VeinViewer™ device. The VeinViewer is a device that uses infrared technology to locate the exact position of veins under the skin. This equipment improves first needle insertion success, and it reduces time for IV access, the need for central lines and procedural escalations.



"It always feels good to share our blessings, but it brings a very special pleasure when a charitable gift serves an acute need we are personally touched by," shared Judy Boonstra. "Such is the case in our contribution to cover the cost of an additional VeinViewer for our local Zeeland Community Hospital team. This incredible device magically lights up on the skin, making things easier and far less unpleasant for both the patient and the care team user. This gift was such a pleasure to participate in, and it now makes Zeeland Community Hospital even more special."

To learn more about how philanthropy can improve health, inspire hope and save lives, contact Kris Palosaari, foundation director, Zeeland Community Hospital, at 616.970.7105 or email 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 لابل كل رفاوتت ويوغللل ادعاسام لتامدخ ناف، لغللل ركذا ثدحتت تنك اذا: عظوجل