

HEALTHY LIFE

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Reflecting
on a Century
of Care

Hospital News. Healthy Advice. | Winter 2017

WE'RE ON YOUR TEAM

Our Sports Medicine team can help
you—whatever your age, sport or goal.
Learn how on page 5.



CLASSES See our calendar of events and classes—you're bound
to find one that helps you meet your health goals!

SEE
INSIDE

 Holland Hospital

HEALTH POINTE UPDATE

Health Pointe construction is underway. The 100,000-square-foot integrated care facility—located on the corner of US-31 and Robbins Road in Grand Haven—will combine exceptional medicine and convenient, coordinated care under one roof.

Expected to open in early 2018, Health Pointe will improve access to high-quality health services in Ottawa County. As the new home for several local Spectrum Health Medical Group providers currently caring for patients in the area, Health Pointe will also offer a greater choice of experienced specialty care physicians from both Holland Hospital and Spectrum Health.

Broad Range of Primary and Specialty Care Coming to Health Pointe

- Audiology
- Cardiology
- Colorectal surgery
- Ear, nose and throat (otolaryngology)
- Endocrinology
- Endoscopy
- Family medicine
- Gastroenterology
- General surgery
- Internal medicine
- Laboratory
- Neurology
- Orthopedics
- Outpatient surgery
- Pediatrics
- Physical therapy/rehabilitation
- Radiology
- Urology



Stay in the Know. Please visit health-pointe.org or follow us on [facebook.com/healthpointeICC](https://www.facebook.com/healthpointeICC).

Health Pointe, a partnership between Holland Hospital and Spectrum Health, will open in early 2018.



Five-Star
QUALITY-RATED CARE

Rated by
CMS
Center for Medicare
and Medicaid Services



HOLLAND HOSPITAL EARNS 5-STAR QUALITY RATING FROM CMS

The Centers for Medicare & Medicaid Services (CMS) recently unveiled an updated Overall Hospital Quality Star Ratings system that summarizes 64 quality measures into a unified rating of one to five stars.

Of the 3,617 hospitals reviewed nationwide, Holland Hospital is one of only 102 hospitals to achieve a five-star rating.

How Ratings Work

The overall rating includes quality measures for routine care, such as treatment for heart attack and pneumonia, and hospital-acquired infections, such as catheter-associated urinary tract infections. Each quality measure falls into one of these seven categories:

- Mortality
- Safety of care
- Readmissions
- Patient experience
- Effectiveness of care
- Timeliness of care
- Efficient use of medical imaging

How Ratings Help You

“When individuals and their families need to make important decisions about health care, they seek a reliable way to understand the best choice for themselves or their loved ones,” says CMS Center for Clinical Standards and Quality Director Kate Goodrich, MD. “We updated the star ratings on the *Hospital Compare* website to help millions of patients and their families learn about the quality of hospitals, compare facilities in their area side-by-side and ask important questions about care quality when visiting a hospital or other health care provider.”

“Our five-star rating is a reflection of our ongoing efforts to provide the highest quality of care across our entire range of services,” says Mark Pawlak, senior vice president of Quality, IS and Hospital Operations. “We know that health care consumers are doing more comparative research to find the best quality for their health care dollars. The *Hospital Compare* website gives consumers another opportunity to compare hospitals.”

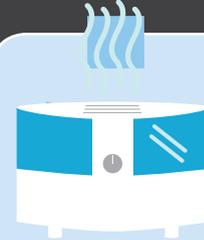
COLD OR FLU SYMPTOMS?

DRUG-FREE WAYS TO FEEL BETTER

Sometimes, simple self-care steps work just as well as medication to relieve cold and flu symptoms. When you're under the weather:



Rest, especially when you have a fever. This helps your body fight infection.



Soothe a sore throat by gargling warm salt water or sucking on ice chips. Or use a humidifier or cool mist vaporizer, which can also help moisten and clear airways.

Drink plenty of fluids, including water and soup, to loosen mucus and prevent dehydration.



Inhale steam from a hot bowl of water or a shower to calm a cough or relieve sinus pressure.



Place a warm compress over aching ears or sinus passages.

Use saline nasal drops or rinses to clear mucus and moisten tender airways.

If you're feverish, rest a cool, damp washcloth on your forehead, arms and legs.



Holland Hospital Urgent Care **The care you trust. The experts you need.**

Have a medical urgency, injury or illness that just can't wait? With hours from 7 a.m. to 10 p.m.—seven days a week—we're here for you. Now at two convenient locations:

Zeeland: Holland Hospital Medical Bldg.
8300 Westpark Way, 7 a.m.–7 p.m., **(616) 772-7314**

Holland: Lakeshore Medical Campus
3232 N. Wellness Dr., 10 a.m.–10 p.m., **(616) 748-5777**



Ear, Nose and Throat Specialty Care Now Available in Grand Haven

Nathan Salinas, MD, joins Lakeshore Health Partners – Ear, Nose and Throat (ENT) to provide children and adults with expert medical and surgical treatments in otolaryngology–head and neck surgery.

Dr. Salinas holds board certifications from the American Board of Otolaryngology and the American Board of Facial Plastic Reconstructive Surgery. He specializes in conditions of the head and neck including:

- Thyroid and parathyroid conditions
- Tonsil and adenoid disease
- Sinus and nasal surgery
- Hearing loss
- Balance, voice and swallowing disorders
- Facial plastics and reconstructive surgery

Nathan Salinas, MD



Dr. Salinas welcomes adult and pediatric patients at two Lakeshore Health Partners – ENT offices:

Holland: 577 Michigan Ave. Suite 101, (616) 393-2190

Grand Haven: 16986 Robbins Rd. Suite 180, (616) 296-0776

To schedule an appointment, call or visit lakeshorehealthpartners.com.



ASK THE DOCTOR

What is sleep-disordered breathing in children? What signs and symptoms will my child display if he or she has this condition? When should I consult a physician?

Hello, my name is **Nathan Salinas, MD**. I'm a physician with board certifications in otolaryngology (ear, nose and throat) and in facial plastic and reconstructive surgery. While serving for nine years in the U.S. Army, I treated hundreds of children of military service members for sleep-disordered breathing (SDB). After separating from the military in Alaska this fall, I moved my family to Michigan and joined Holland Hospital's Lakeshore Health Partners–Ear, Nose & Throat group. I'm excited to serve the Holland and Grand Haven communities, where I hope to continue to help children who may suffer from SDB.

The term sleep-disordered breathing refers to breathing difficulties during sleep, including snoring and obstructive sleep apnea (OSA). In the United States, snoring may occur regularly in 10 percent of children, and OSA affects 2 to 4 percent of children. OSA is characterized by intermittent episodes of partial or complete blockage of the airway during sleep, causing repeated interruptions of breathing.

Besides snoring and pauses during breathing, other signs of SDB include restless sleep, gasping and snorting during sleep, and bed-wetting. Poor sleep as a result of airway obstruction at night can also cause daytime sleepiness, irritability and disruptive behavior at home and school, leading to poor school performance and social problems. Sleep-disordered breathing may contribute to

attention-deficit/hyperactivity disorders for some children as well. Children with SDB may also have slower growth and development, because they may not produce enough growth hormone.

Enlarged tonsils and adenoids are a common physical finding in children who have sleep-disordered breathing. Being overweight also increases the risk for SDB. In addition, jaw or tongue abnormalities, or neuromuscular disorders such as cerebral palsy, can contribute to SDB.

Although the diagnosis of SDB in children is typically based on the history and clinical examination alone, the physician may occasionally need to evaluate the child further by using a sleep study, or polysomnography (PSG). A physician may consider a PSG when the history is strong for sleep problems but the clinical examination does not show enlarged tonsils or another clear anatomical reason for the child to have nighttime airway obstruction.

If the child has significant symptoms and the tonsils and adenoids are enlarged, surgical removal of the tonsils and adenoids (tonsillectomy and adenoidectomy) is typically considered first-line treatment. Many children with SDB benefit greatly from this surgery, because it removes redundant tissue from the back of the throat and nose, increasing the airway space.

Not every child who snores should undergo tonsil and adenoid removal; the procedure does carry risks. These risks should be carefully weighed against the potential benefits of the surgery. If your child exhibits signs of SDB, he or she should be evaluated further to determine the best way to manage the condition.

2017

Class Schedule

January - May

REGISTRATION

Online - hollandhospital.org. Visa, Mastercard and Discover accepted. Click on Classes & Events to register or for more info.

Phone - Call (616) 394-3344

In Person - Center for Good Health
175 S. Waverly Rd., Suite A | Holland, MI 49423

All classes require preregistration and are at Holland Hospital unless otherwise noted.



Nutrition & Wellness



Healthy Weight, Healthy You

A great way to start the new year, this eight-week program focuses on lifestyle changes to achieve a healthier body weight and improve overall health. The curriculum focuses on eating whole foods, physical activity, portion control, mindfulness and ways to streamline healthy eating. Learn goal setting and techniques for long-term lifestyle change. Biometric measurements (height, weight, % body fat, waist/hip and blood pressure) will be measured before and after the program.

Date: Tuesdays, Jan. 10 - Feb. 28, 2017
(eight-week series)

Time: 6 - 7:30 p.m.

Fee: \$75 per person/\$115 per couple

Location: Center for Good Health

Fueling the Athlete

A healthy diet is key for athletes and active individuals looking to reach peak performance. Learn how to pump up your nutritional playbook through this research-based sports nutrition class taught by a registered dietitian. Join us for this performance-enhancing education opportunity.

Date: Tuesday, Mar. 14

Time: 6 - 7:30 p.m. **Fee:** \$5, not refundable

Location: Center for Good Health

Chef Series: Cans and Cooking

Why not get a little more creative when cooking with canned foods by joining Chef and Registered Dietitian Jen Plaggemars as she creates delicious and healthy meals with canned goods. Come prepared for samples and leave with great ideas and recipes!

Date: Monday, Feb. 6

Time: 6 - 7 p.m. **Fee:** \$15

Location: Center for Good Health

Chef Series: Celebrate Spring!

Spring into action by joining Chef and Registered Dietitian Jen Plaggemars as she creates healthy, seasonal spring dishes. Recipes and samples will be provided!

Date: Monday, Mar. 20

Time: 6 - 7 p.m. **Fee:** \$15

Location: Center for Good Health

Spring Clean Your Diet

Does your diet have a case of the winter blues? Maybe it just needs a good spring cleaning! Join us for a fun and informative class that will give you tips on cleaning up your eating habits, stocking a nutritious pantry, and ways to incorporate more fresh and healthy foods into your diet.

Date: Tuesday, Apr. 18

Time: 6 - 7:30 p.m. **Fee:** \$5, not refundable

Location: Center for Good Health

Shop Smart for a Healthy Weight

Are you struggling with your weight? The grocery store may be an excellent place to start your weight-loss journey! Join our registered dietitian on a Family Fare grocery store tour as she helps you to navigate through the often confusing nutrition jargon and gives suggestions on foods to whittle your waistline. Participants will receive tasty samples and a coupon for \$10 off a \$30 purchase (with a YES card).

Date: Wednesday, Mar. 22

Time: 6 - 7:30 p.m. **Fee:** \$10

Location: Family Fare,
1185 Washington Ave., Holland

Shop Smart for a Healthy Heart

The answer to a healthier heart could be found in the grocery store aisles! Join our registered dietitian on a Family Fare grocery store tour as she helps to navigate through the often confusing nutrition jargon and gives suggestions on foods to help improve your heart health. Participants will receive tasty samples and a coupon for \$10 off a \$30 purchase (with a YES card).

Date: Thursday, Feb. 16

Time: 10 - 11:30 a.m. **Fee:** \$10

Location: Family Fare,
1185 Washington Ave., Holland

Supermarket Smarts

Hate to grocery shop? Why not learn from a pro by shopping one-on-one with a registered dietitian? We'll begin by meeting to discuss meal planning and shopping strategies. Then we'll take off to your favorite grocery store where you'll learn how to make healthier choices while shopping and ask questions about grocery items you frequently buy. A well-spent 2½ hour learning opportunity. Call the CfGH to register.

Fee: \$75 per person

Location: Center for Good Health

1-on-1 Nutrition Coaching

Struggling to lose weight? Diet demanding a makeover? Meeting with a registered dietitian may be just what you need to get started toward your wellness goals. One-on-one nutrition coaching provides direct access to our registered dietitian who will work with you to create a customized plan to fit your nutritional and healthy weight needs. This service is comprised of one 60-minute session and two 30-minute sessions, which includes body composition and resting metabolic rate (RMR) testing.

Date/Time: By appointment

Fee: \$115 per person

Location: Center for Good Health



Fitness

Group Fitness Classes –

Winter Session 1: Jan. 9 – Feb. 17
six-week session, \$36

Winter Session 2: Feb. 20 – Mar. 31
six-week session, \$36
No classes held the week of Spring Break Apr. 3-7

Winter Session 3: Apr. 10 – May 26
seven-week session, \$42

Fee: Prepayment is required.

Location: All fitness classes are held at the Center for Good Health.

Wellness Package

Looking to improve your diet and fitness level? Need help reaching your personal health goals? Our Wellness Package includes three 30-minute visits with a registered dietitian and three 60-minute personal training sessions. Includes a body composition assessment and a resting metabolic rate (RMR) test. Call the CfGH to set up an appointment.

Fee: \$225 per person

Location: Center for Good Health

Intro to Fitness Package

Includes a fitness assessment, a customized fitness plan, and two one-hour personal training sessions.

Date: Ongoing, call for an appointment.

Fee: \$120

Personal Training

One-on-one training specifically designed to meet your goals, maximize workouts and minimize risk for injury. Packages are available.

Date: By appointment **Fee:** Call for details

Heart Rate Training Test

Train with purpose and precision. Take out the guesswork by establishing your Lactate Threshold Heart Rate (LTHR) and defining your 5 energy zones from Recovery to All Out Effort. Your training profile will be determined by performing an intense eight-minute field test on your choice of cardio equipment, monitored by ACE Certified Personal Trainer and triathlete Tina Vande Guchte, BA.

Date/Time: By appointment

Fee: \$40

Location: Center for Good Health

Barre Core – Calisthenics class suitable for beginners and athletes. Lengthening and strengthening movements target weak glutes and counteract tight calves and hip flexors. Includes Benderball abdominal exercises and training on stability balls, resistance bands and Pilates rings.

Days and Time: Mondays at 4:30 – 5:30 p.m. **OR**
Wednesdays at 12:05 – 12:55 p.m.

Very Beginner Yoga – New to yoga?

Learn basic poses, proper body alignment and breathing.

Day: Thursdays **Time:** 4:30 – 5:30 p.m.

Beginner Yoga – Combines body

alignment and breathing with a slowly paced flow of basic yoga poses.

Days and Time: Tuesday 4:30 – 5:30 p.m. **OR**
Thursday at 5:30 – 6:30 p.m.

Intermediate Yoga – Additional

postures, balance and strength movements linked together for continuous flow.

Day: Tuesdays **Time:** 5:30 – 6:30 p.m.

Yoga Core – Combines yoga flow with a

series of balance poses, followed by core strength and stretch on the ball.

Day: Wednesdays **Time:** 4:30 – 5:30 p.m.

Fit Pregnancy – Strengthening to prepare

for the demands of labor, birth and motherhood. Improves posture, flexibility, breathing and circulation to alleviate discomfort caused by your ever-changing body. Includes Birthing Ball movements.

Day: Wednesdays **Time:** 5:30 – 6:30 p.m.

Foam Rolling – Roll out *knots*

(trigger points) of tension developed through stress, overuse, underuse, movement imbalances and injuries. Foam rolling increases circulation of blood and nutrients, producing healthier, more pliable muscle tissue and a more effective fitness program. Excellent for preparation and recovery from exercise. 30 minutes of guidance followed by 15 minutes of optional restorative stretch.

Day: Mondays **Time:** 5:45 – 6:15 p.m.

10-Class Punch Pass – Punch Pass holders may drop in to any fitness class on first come first served basis. ONLY registered participants are guaranteed a spot in class. If no space is available, community Punch Pass Holders may use CfGH Fitness studio in exchange for a punch.

Fee: \$70 Community | \$60 HH Employee

Note: Punch Cards expire four months from purchase date. Lost cards will not be replaced.

Demystify Your Core

The pelvic floor, lower abdominals and multifidi make up a deep muscle corset that holds you together for movement. Learn how to properly strengthen these muscles for your exercise routine and daily life. Topics include posture, diaphragmatic breathing and co-contraction of the pelvic floor. Progressing classes cover “Butt and Gut Training,” “Pilates and Yoga Modifications,” “Challenging Your Core Dynamically,” and “Loading Your Core Through Weight Training.” This five-week series will be co-taught by Holland Hospital’s Pelvic Health physical therapists and CfGH’s certified personal trainer. Floor mats provided.

Date: Wednesdays, Mar. 1 – 29

Time: 6:30 – 7:30 p.m. **Fee:** \$50

Location: Center for Good Health

Extreme Metabolism Makeover

Examine the science of manipulating metabolism with purposeful exercises that elicit major changes in body composition through enhanced calorie burning and increased fat loss. Develop optimal training techniques to maximize postexercise after burn and elevate daily metabolic rate. Led by Tina Vande Guchte, BA, certified personal trainer.

Date: Tuesday, Mar. 7

Time: 6 – 7 p.m. **Fee:** \$5

Location: Center for Good Health

Foam Rolling 101

Can’t make our ongoing Foam Rolling class? Come to this one-time presentation and learn how, why and when to roll! We’ll share product options and five mistakes to avoid. Foam rollers provided.

Date: Tuesday, Apr. 25

Time: 6 – 7 p.m.

Fee: \$5, not refundable

Location: Center for Good Health

CUSTOMER SERVICE

Cancellations/Refunds –

Call the Registration Administrator at **(616) 394-3344** to discuss a class refund or transfer.

Weather-Related Cancellations –

Classes canceled due to weather are posted by 3 p.m. the day of the class at **(616) 394-3344** as well as the Holland Hospital website, **hollandhospital.org**. Like us on Facebook and Twitter to see closing updates there as well.

Payments – Payment for fitness classes is required at time of registration. Payment for other classes is required three business days before class begins.

PREREGISTRATION IS REQUIRED. Classes are at Holland Hospital unless otherwise noted. To register, call the Center for Good Health at **(616) 394-3344** or log on to **hollandhospital.org**.

NEW!

NEW!

NEW!



Pregnancy, Parenting & Birth

NOTE: It is recommended that you complete childbirth classes no later than one month before your due date. Register early in your pregnancy to secure the preferred class dates.

Clases De Preparación Para El Parto

Clases de educación para el parto enseñado en español están disponibles durante el año. Para más información sobre estas clases y para obtener las fechas en que son enseñadas, por favor de contactarse con InterCare al **(616) 399-0200**.

Childbirth Education Saturday

Convenient one-day class with a childbirth educator discussing labor, relaxation techniques and birth. Included is a tour of Boven Birth Center. Bring your own lunch, snacks and beverages. Registration required.

Day: Class scheduled on several Saturdays per month, please call for dates.

Time: 9 a.m. – 2 p.m. **Fee:** FREE

Childbirth Education Online

A web-enhanced program for busy families. “See What You Read: Childbirth” includes dozens of short video clips. The booklet includes information that can be accessed for six months by using the pin number supplied. Call to register.

Fee: \$10

Breast-Feeding Basics

Breast-feeding is one of the most important gifts you can give your baby. This one-time class guides you through positioning, latching on, and returning to work or school. Partners are strongly encouraged to attend. A web-based resource is included. Taught by an international board certified lactation consultant RN.

Dates: Tuesdays, Jan. 10, Mar. 14, May 30

Time: 6 – 8:30 p.m. **Fee:** \$20 per couple

Breast-Feeding Education Online

“See What You Read: Better Breast-Feeding” answers many of your breast-feeding questions. This book includes web-enhanced information and six months of access using the pin number supplied. Dozens of video clips and helpful handouts are available for parents to view at home. Call to register.

Fee: \$10

Children and Teens

Big Brother/Big Sister

This class will help your child(ren) prepare for the arrival of a baby. Includes a tour of Boven Birth Center and an “I’m a New Big Brother (or Sister)” T-shirt. An adult must accompany the child.

Date: Tuesday nights: Jan. 3, Mar. 7, Apr. 4 and May 2

Time: 6 – 7 p.m. **Fee:** \$10 per child

Boven Birth Center Orientation & Tour

A one-hour introduction to what Boven Birth Center has to offer. Great for the expectant couple who are not taking a childbirth class. Registration is required.

Date: Thursdays, Jan. 12, Feb. 9, Mar. 9, Apr. 13 and May 11

Time: 6 – 7 p.m. **Fee:** FREE

Expectant Grandparents

This class brings new or expectant grandparents up-to-date on the changing trends of infant care, products for baby, and the latest health recommendations for infants. We also cover current infant safety information, and will discuss tips on being a helpful and knowledgeable newborn caregiver. A tour of Boven Birth Center is included.

Date: Tuesday, Apr. 11 **Time:** 6 – 8 p.m.

Fee: \$5 per person, not refundable

Pregnancy, Nutrition & Fitness

The greatest gift you can give your soon-to-be-born baby is a healthy and fit pregnancy. This class, co-taught by a registered dietitian and certified personal trainer, explores unique prenatal nutrient needs and wholesome baby-building food choices. Also learn how to start or stay fit with safe workout tips for each trimester. Includes exercises to ease aches and prepare for labor.

Date: Tuesday, May 16 **Time:** 6 – 7:30 p.m.

Fee: \$10 **Location:** Center for Good Health

Just for Dads

Are you expecting a new little person in your life soon? Wondering what life will be like as a new dad? Come to this class to learn the basics on diapering and feeding an infant, surviving on very little sleep, how to help mom recover, and more, from a dad who’s been there. You’ll leave feeling more confident about how to care for your new baby and support your partner during those first few months at home.

Date: Thursday, Feb. 9

Time: 6:30 – 8 p.m. **Fee:** \$10

Babysitting 101

Become a safe babysitter by learning basic first aid and CPR skills, what to do in case of an emergency and tips for caring for infants and children. Included are “Babysitting 101 Guide,” the AHA’s book, *CPR for Family and Friends*, and a first aid kit. This class is appropriate for teens and preteens ages 10 to 15 interested in babysitting. Walk-ins and substitutions can NOT be accommodated. Preregistration required.

Date: Saturdays, Jan. 7, Feb. 4, Mar. 4, Apr. 1, Apr. 22, May 6 and May 20

Time: 9 a.m. – 12:30 p.m. **Fee:** \$25



Diabetes Education

Diabetes Prevention – Yes You Can!

Did you know that type 2 diabetes is largely preventable? Knowing you’re at risk is the first step. We’ll teach you where to go from here. Join us for a fun, information-packed workshop based on the latest research in diabetes prevention. This two-hour class, led by a certified diabetes educator, will address your concerns and help you take action to prevent or delay the onset of type 2 diabetes. You’ll leave with the tools you need to change your future.

Date: Monday, Jan. 9 OR Tuesday, Mar. 21

Time: 6 – 8 p.m. **Fee:** \$30

Location: Center for Good Health

Diabetes Recharge!

If you can relate to the words *diabetes burnout* this class is for you! This informative, entertaining, one-hour seminar will provide the spark you need to recharge your routine. Led by a RN/certified diabetes educator, the class covers a bit of everything—from the latest research and technology to new medications and recipes—all designed to make life with diabetes a little easier.

Date: Monday, Jan. 16

Time: 6 – 7 p.m. **Fee:** \$5, not refundable

Location: Center for Good Health

Diabetes Self-Management Education Program (DSMEP)

Whether it’s been one year or 30 since your diagnosis, DSMEP will refresh and strengthen your understanding of diabetes, empower you to optimize your blood sugar control, and reduce the risk for complications. Taught by certified diabetes educators, the program is offered in both one-on-one and group settings. This is an insurance-covered benefit. To learn more, please call **(616) 394-3273**.

Shop Smart with Diabetes

Diet can have an enormously positive impact on your health—especially if you have diabetes. But choosing healthy foods can be confusing and frustrating. Join this informative tour, led by a registered dietitian and an RN/certified diabetes educator, and learn how to navigate those often baffling grocery store aisles. Your guides will answer questions and suggest which foods to choose and which to avoid. The tour takes place at Family Fare. You’ll also leave with some tasty samples and a coupon for \$10 off a \$30 purchase (with a YES card).

Date: Thursday, Apr. 13

Time: 6 – 7:30 p.m. **Fee:** \$10

Location: Family Fare,
1185 Washington Ave., Holland

Diabetes Support Group –

This walk-in support group is led by certified diabetes educators.

Dates: Thursdays **Time:** 6 – 7 p.m.



CPR Courses

CPR for Family & Friends

This class is perfect for kids, parents, grandparents, coworkers and anyone who does not require certification.

Fee: \$5 per person

Heartsaver First Aid

Fee: \$40

Heartsaver First Aid, CPR, AED & BBP

Fee: \$70 for three classes combined!

BLS for Health Care Providers CPR & BLS Recertification

Fee: \$50

The Center for Good Health provides CPR and First Aid training with a wide variety of classes for the entire community. Basic and Advanced Life Support courses provide two-year certifications for physicians, nurses, paramedics and other health care providers. Heartsaver courses offer certified training for teachers, daycare providers, emergency response teams and other lay responders. Noncertified classes are perfect for family members wishing to know the basics of CPR. *All courses are ongoing and held at different times throughout the year.* Private and corporate training sessions are available. Check online for more information about finding the perfect class for you.

Advanced Cardiovascular Life Support & ACLS Recertification

Fee: \$220 for ACLS
\$150 for recertification

Pediatric Advanced Life Support & PALS Recertification

Fee: \$220 for PALS
\$150 for recertification



American Heart Association® **AUTHORIZED TRAINING CENTER**

The American Heart Association (AHA) strongly promotes knowledge and proficiency in BLS, ACLS and PALS and has developed instructional materials for this purpose. Use of these materials in an educational course does not represent course sponsorship by the AHA. Any fees charged for such a course, except for a portion of fees needed for AHA material, do not represent income to the Association.



Wellness Services

Tobacco Free

This six-week class guides you through stages of quitting nicotine and tobacco. Explores nicotine replacements and e-cigarettes and offers methods to cope with triggers and withdrawal symptoms. Enables you to manage weight and stress with lifestyle changes that support a tobacco-free life. Scholarships are available.

Scholarships available!

Dates: Tuesdays, Jan. 17 - Feb. 21

Time: 5:30 - 6:30 p.m. **Fee:** \$45

Location: Center for Good Health

Resting Metabolic Rate Testing

Your resting metabolic rate (RMR) is the number of calories YOUR body burns when at rest. A simple 10-minute breath test allows us to measure your RMR and calculate your caloric *budget*. Knowing your RMR, we can design an efficient nutrition and exercise program that meets your specific weight-management goals. This 30-minute service includes a feedback session with a registered dietitian or a personal trainer.

Date/Time: By appointment

Fee: \$50

Location: Center for Good Health

1-on-1 Wellness Coaching

Do you struggle with losing weight, managing your health or coping with a chronic medical condition? A Wellness Coach is just what you need. We offer confidential coaching that provides the direction you need to achieve your health and wellness goals. Call for more information.

Date/Time: Call for an appointment.

Fee: \$90 per person for three, 30-minute sessions

Location: Center for Good Health

Relaxing with Essential Oils – a Make and Take Workshop

We all experience some form of stress in our daily life, and it's important to know how to manage it well. Come to this fun, new workshop to learn how easy it is to implement essential oils into your life for a chemical-free way to less stress, better sleep and more energy. Experience why and how essential oils can help reduce and manage stress, and explore hands-on the benefits and uses of some common essential oils for relaxation and well-being. All attendees will leave with their own rollerball remedy for relaxation.

Date: Thursday, Feb. 2

Time: 6 - 7:30 p.m. **Fee:** \$15

Location: Center for Good Health



Health Screenings

Know Your Numbers: Cholesterol & Glucose Screening

Preregistration & prepayment REQUIRED

Keeping an eye on your blood sugar and cholesterol helps protect you from diabetes, heart disease and stroke. Knowledge is power!

Requires a 12 hour fast

Dates: Ongoing. Call (616) 394-3344 to register. May attend one week after registration and must complete lab draw within 30 days of registration. **Fee:** \$30

Location: Any Holland Hospital Laboratory Services location

Body Composition Assessment

Find out what you're made of! Are you heavy but fit? Slender but soft? It's not just pounds that matter. If you're curious about your body mass index, percent body fat or basal metabolic rate, we've got the answers. Come in for a private, confidential screening and leave with resources for making healthy lifestyle choices that can tip the numbers in your favor.

Date: Ongoing. Call for an appointment.

Fee: \$10 **Location:** Center for Good Health

Depression or Alcohol Abuse Screenings

Call (616) 355-3937 for more information or to schedule an appointment.

PREREGISTRATION IS REQUIRED.

Classes are at Holland Hospital unless otherwise noted. To register, call the Center for Good Health at (616) 394-3344 or log on to hollandhospital.org.

WE'RE ON YOUR TEAM

The Holland Hospital Sports Medicine team continues to grow and expand its services to meet the needs of the community. From our experienced athletic trainers and rehab specialists to board certified sports medicine physicians, our coordinated care gives you the home team advantage—whatever your age, sport or goal.



Holland Hospital President & CEO Dale Sowders greets hometown hero and Holland Hospital Sports Medicine Spokesperson Kirk Cousins.



(Far left) **Shelley Robinson**, physical therapist, specializes in getting patients of all ages back to sports-specific activities after an injury. (Far right) **Courtney Stuckey**, athletic trainer, provides immediate onsite acute care and injury prevention at local school athletic events. (Center) Holland hometown hero and professional quarterback **Kirk Cousins** with **Courtney Erickson-Adams, MD**, sports medicine expert and 3-D gait specialist, treats concussion and active lifestyle injuries to keep you at peak performance; and **Bruce Stewart, MD**, sports medicine expert, specializes in surgical and nonsurgical treatment of injuries and conditions to get you back to the activities you love.

POSITION YOURSELF FOR A GOOD NIGHT'S SLEEP

DO YOU SNOOZE ON YOUR SIDE, BED DOWN ON YOUR BELLY OR SLUMBER SUPINE? YOUR NIGHTTIME POSTURE CAN HAVE A BIG EFFECT ON YOUR COMFORT—AND YOUR HEALTH. AFTER ALL, YOU SPEND AN ESTIMATED ONE-THIRD OF YOUR TIME THERE.

ON YOUR BACK

The best for you

8%

GOOD FOR: Everyone

- **Reduces excess pressure and prevents pain** with head, neck and spine resting in a neutral position
- **BAD FOR:** Snorers, pregnant women
- **Can cause snoring and worsen your sleep apnea** because your tongue may fall back in your throat.
- **Always avoid if you are pregnant.** Sleeping on your back can allow your abdomen to rest too heavily on major blood vessels, decreasing circulation to your heart and your baby.



15%

ON YOUR SIDE

GOOD FOR: Those with acid reflux or sleep apnea, pregnant women

- **Reduces neck and back pain** by lengthening your spine and keeping airways open
- **Good for pregnant women** by boosting blood flow to your baby, especially if resting on your left side
- **BAD FOR:** Those concerned about the signs of aging
- **Can worsen wrinkles** with the heavy contact between your face and the pillow

IN THE FETAL POSITION



41%

Most popular position

GOOD FOR: Snorers, pregnant women

- **Helps snorers**, who tend to quiet down in this pose
- **BAD FOR:** Breathing, arthritis
- **Can impede breathing** if you wind yourself up too tight by restricting the motion of your diaphragm
- **If you have arthritis and your hips ache, you can** increase your comfort by placing a pillow between your knees.



7%

The worst for you

ON YOUR STOMACH

GOOD FOR: Snoring

- BAD FOR:** Neck pain, just about everything else
- **Causes pain, numbness and tingling** on your muscles, joints and nerves from flopping down on your belly
 - **Triggers back pain**, in most cases, since your spine curves unnaturally
 - **Avoid if you are pregnant.** Women will probably find this position practically impossible.

There's No Substitute for Quality Zzzzzzzs

Good sleep is vital to good health. If you're concerned about the quality of your sleep, talk with your doctor or locate a board certified sleep medicine specialist at hollandhospital.org/findaphysician. Learn more at hollandhospital.org/sleep or call the Holland Hospital Sleep Center at (616) 355-3863.

REFLECTIONS ON A CENTURY OF CARE



Holland Hospital and health care has experienced tremendous change during the past 100 years. When Lois Stanton Van Dahm, 88, learned about the approaching

centennial celebration taking place in 2017, she gladly shared her memories of being an LPN at Holland Hospital.

HH: How did you begin your career in nursing?

Lois: You could say I'm a pioneer in the LPN field. I trained in the second class held at Grand Rapids Junior College, graduating in 1949. Licensure for practical nurses was not even available. Later, I pursued and received my license. My first place of employment was Blodgett Memorial Medical Center (now Spectrum Health) in Grand Rapids. I worked in the polio ward. Following that, I was employed at Holland Hospital—twice, before and after I was married in 1951. I worked mostly in medical surgery, pediatrics and the newborn nursery. Rena Boven, the director of Nursing, hired me.

HH: Do any patient stories stand out for you?

Lois: Oh yes, especially pediatrics. Once in a while, a child was hospitalized for a long period of time, and I would become very attached to him or her. There was a darling little girl who had been injured in a lawnmower accident. She was in traction for an interminable time. I bought her a little blue Swiss dress and washed her hair.

I recall three other children: one who was admitted for questionable signs of physical abuse, and another who was burned by a

sparkler that ignited her clothes at a July 4 event. And how could I forget a little boy who was highly resentful for having his blue jeans removed prior to surgery—and let everyone within earshot know it!

HH: How has patient care changed?

Lois: After having my temp taken recently by the modern method, I recall how we went from bed to bed shaking the mercury thermometer to the proper level each time.

Private and semiprivate rooms were at a premium, so wards were not uncommon. Several patients occupied one room, their beds separated by curtains. When rooms were full, it was common to have patients bedded in the hall.



Lois Van Dahm and her husband, Thomas, are still sweethearts today after 65 years of marriage.

Eye care following cataract surgery required the patient to keep his or her head in a perfectly prone position. To ensure that this was done properly, a small heavy sand bag was placed on each side of the head. This is in such contrast to today.

HH: Did you work directly with physicians?

Lois: Believe it or not, no matter how busy a nurse was at the time a physician appeared, the nurse was obliged to stand. It's good there is now a common respect among the medical team.

HH: Indeed. What physician story stands out?

Lois: I was asked to assist with a spinal tap for a small child. I had never done this before. My task was basically to hold the child in a permanent position for this painful and unpleasant procedure.

HH: You've certainly seen and experienced a great deal, Lois. Thank you for being a part of Holland Hospital history and helping us celebrate our 100th anniversary.

Lois: It was not only a responsibility, but a privilege to give patients the TLC they well deserved. Thank you.

You're invited to help celebrate

A New Century of Care at Holland Hospital. More details to come on hollandhospital.org and [facebook.com/hollandhospital](https://www.facebook.com/hollandhospital).

1917 **100** A NEW CENTURY OF CARING 2017

CENTENNIAL CELEBRATION EVENT!

June 17, 2017
10 a.m.–2 p.m.
at Centennial Park
in Holland



HEALTHY LIFE

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Martha Slager, Director

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WELCOME NEW MEDICAL STAFF

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COMPREHENSIVE CARE BY WOMEN WHO KNOW 'BREAST'

Holland Hospital's Comprehensive Breast Services team of experts is standing ready with one goal in mind—protecting your breast health.

From advanced medical imaging and high-risk breast cancer evaluation to skilled surgical care and a nurse navigator to guide you through, our experienced and trusted team is the right team to have on your side—all available right here, close to home.



We Got This.

To learn more, go to hollandhospital.org/breastcare
or call **(616) 355-3871**.



Comprehensive Breast Services Team (L to R) Barb DePree, MD; Susan Ervine, MD; Jessica Hafner, DO; Alecia Jones, Nurse Navigator; and Laurie Birkholz, MD.