



North Ottawa Community  
Health System

in the

# community

Fall 2017 Newsletter

## Smart is Better Than Tough

Tabatha Barber, DO,  
offers new menopause  
resources for women

Celebrating  
35 Years  
Hospice care  
on the lakeshore

## One Year Later

The new Emergency  
Department is serving  
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Tabatha Barber, DO

# Smart is Better Than Tough

## When It Comes to Menopause

We are often told to “toughen up” when it comes to pain or illness. That advice may be okay for the common cold, but it’s absolutely wrong for women who are experiencing the distress of menopause.

Dr. Tabatha Barber of North Ottawa Medical Group’s Women’s Health has the knowledge and data to back that statement up. She recently earned her NCMP certification from the North American Menopause Society, which means she has received in-depth education on menopause symptoms and treatments.

“Let’s face it. Menopause can be a little awkward to talk about,” Dr. Barber notes.

“Women think that they have to suffer in silence because this is part of the aging process. That’s just not true.”

Part of the challenge is that the symptoms can be vague, and might not announce themselves clearly. “People think that hot flashes and mood swings are the only symptoms,” says Dr. Barber. “However, those are just the most talked-about ones. Other symptoms, such as depression, weight gain, painful intercourse, incontinence, ‘brain fog,’ anxiety and more can also be related to menopause. Those symptoms can start years before actual menopause occurs. The truth is that half of all women experience menopausal symptoms at some point in life.”

Dr. Barber pursued the NCMP certification because she is passionate about women's quality of life. "I want to help them physically and emotionally, and build an ongoing relationship with my patients," she says. "I want to see women enjoy life, especially after retirement or after their children are grown. When I see women stop doing things they love because of menopause symptoms, that's not okay with me!"

Fortunately, help is available. Commercial insurance covers an OB/GYN exam and a general exam for women every year, and Medicare covers it every two years. All women need an OB/GYN in addition to their primary care doctor in order to maintain their overall health, both before and after their childbearing years. So any woman of any age can come in to talk about what she is experiencing. "We talk about these issues all day, every day. You don't need to be embarrassed to call and make an appointment," says Dr. Barber.

Dr. Barber recommends treatments that are evidence-based: those that have been tested and proven to have an impact. "There's a lot of misinformation out there," she notes. "It's important to get treatment for a better quality of life, but it's equally important to ensure that the treatment is evidence-based, so that it is safe and effective."

"Women think that they have to suffer in silence because menopause is part of the aging process. That's just not true!"

**If you would like to make an appointment for an exam or consultation, please call (616) 847-2500.**





# Feeling Stressed?

## Regain Control Through Mindfulness

“Take a deep breath.” How many times has someone told you this when you were stressed or upset? Did you ever wonder what a deep breath was supposed to do?

It turns out that this is pretty good advice. Deliberate breathing is one element of a set of practices called “mindfulness,” and it has the potential to literally transform lives. How? By helping us recognize and respond differently to stress.

It’s almost impossible to find anyone in our wired-up, fast-paced culture who is always calm and cool. Stress is responsible for a lot of sharp words at work and devastating arguments at home. It can also lead to untold doctors visits for issues like heart disease, depression and asthma...all of which are made worse by stress. It’s not good for our relationships or our bodies.

“Being mindful is having the ability to recognize when you have entered a stressed state,” says Monica Verplank, a Certified Lifestyles & Mindfulness Coach. “The premise is simple. When you recognize stress, and understand your response to it, you can take steps to reduce your response to it. This helps you behave more skillfully with others, and also mitigates the damaging effect stress has on the body.”



**NOCHS has teamed up with local experts to share mindfulness practices for a healthier community.**

### **What are the four elements?**

- **Deep breathing: break the stress response any time, anywhere**
- **Nutrition: what you put into your body really does matter**
- **Exercise: being outdoors has restorative power**
- **Sleep: quality sleep is an essential part of renewing your body**

You probably know what stress feels like. It’s that knot in the pit of your stomach, or your clenched jaw; the racing heartbeat or pounding headache. There’s no doubt that stress produces physical, painful, and eventually damaging symptoms. It also causes us to lash out at people in ways we might regret later.

Here’s the good news. There are specific practices you can employ to counteract your stressed state. This is more than just feel-good psychology. Modern neuroscience has a good grasp on what happens in the body physiologically when you experience stress. These practices change what is going on in your body and break the damaging cycle of prolonged stress. (And yes, deep breathing is one of them!) These practices are part of a mindful approach to a calm, balanced life.

“Anyone can learn about managing stress through mindfulness,” says Monica. “We can learn to respond deliberately instead of reacting automatically. This has the potential to transform our health and our relationships.”

**Want to learn more about how mindfulness can help you manage stress? Visit [nochgetbetter.com](http://nochgetbetter.com) to subscribe to our e-newsletter, or plan to attend our October 18 seminar. (Details on page 15.)**



## Pioneering Neurosurgeons Lakeshore Office Now Open

When there's something wrong with your brain or spinal cord, who do you want working on you? Most people would say, "The best surgeon I can get."

Let us introduce Dr. Justin Clark. He's a partner at Great Lakes Neurosurgical Associates, an independent practice of pioneering experts located in Grand Rapids. Dr. Clark and team have opened a satellite office in Grand Haven to bring their extraordinary expertise to the lakeshore. He will hold clinic hours once per month, and the entire practice will be on call and available for consultation.

Why did they choose to team up with North Ottawa? "We are an independent physician group," Dr. Clark says. "We admire what NOCHS is doing to stay independent as well. So many hospitals limit choices. NOCHS encourages them. We felt like that was a good fit. We also have many patients on the lakeshore, and felt it was time to have a presence out here."

Dr. Clark is a top-notch surgeon and innovator in his field. He graduated near the top of his class at the University of Michigan, and received the prestigious Dean's Award for Research, which is presented annually to the most outstanding student researcher of his/her graduating class.

Dr. Clark then completed his residency at The Barrow Neurological Institute. (If you're not familiar with this particular school, note that *US News & World Report* ranked it #2 in the country...ahead of Johns Hopkins and Harvard!)

What does it mean to have an expert of this caliber so accessible for lakeshore residents? "The biggest impact is how we can speed up diagnosis and treatment," says Dr. Clark. "We are available for immediate consultations on just about any case. This means the patient gets an answer and a course of treatment for their neurological condition straight away, instead of having to go to multiple appointments in order to find the specialist they need." Proximity also plays a huge role in patient comfort. "Our patients are often in severe pain," he notes. "They may have to stop every 10 minutes during a drive because the pain can be so excruciating. If we see and treat them here, virtually all of the car ride pain is eliminated."

Dr. Clark is a native of West Michigan, and is thrilled to be working on the lakeshore. "You want people to come to your community for the right reasons," he says. "West Michigan has always been home for me, and this is where I plan to stay."

Your physician can make a referral to Dr. Clark.



NOCHS/Generation Care rehabilitation patients, and best buddies, Max and Miles

# From A-Z Complete Pediatric Care at NOCHS



You haven't seen panic until you've seen a parent with a sick child. They will move heaven and earth to get the right care, right now, when a child needs help.

Fortunately, parents on the lakeshore don't have to worry about finding excellent care. NOCHS has an entire spectrum of pediatric care for children of all ages and all levels of need.

## Securing the First Moments: Family Birthing Unit

More than 300 families celebrate the joy of a new baby every year at NOCHS' Family Birthing Unit. Moms who plan to come to the Family Birthing Unit write up specific care plans around topics such

as drug use, immunizations, cultural preferences and more. Then when the baby arrives, mom is encouraged to stay with the infant 24/7, while receiving support for breastfeeding and newborn care. We track many quality measurements and also simulate emergency drills so that we are ready for anything.

Sometimes those first moments involve critical complications. We have the expertise to provide the right care for even the tiniest, most vulnerable patients. And if baby's health requires a transfer, we'll have the neonatal intensive care transport ready to go to Helen DeVos Children's Hospital or Mercy Health immediately.

## Raising a Healthy Child: Pediatric Health Care

North Ottawa Medical Group's Pediatric office provides expert, collaborative care so that parents feel comfortable and in control of decisions about their children's health and well being. From day one in the birthing unit to all the days that follow in our Pediatric practice, we focus on holistic care, parental choice, and lots of open dialogue. It's certainly very convenient to have your doctor's office right around the corner from school, work, home, and all the other obligations of life! With the comprehensive services of the hospital backing them up, our Pediatrics Group can treat virtually any need right here at home. Whether your child is healthy, not feeling well or has a complex medical condition, your NOMG pediatric team is here to help.

## Meeting Special Needs: Pediatric Rehab

No two children are the same. They all have different personalities, different abilities, and progress at different rates. Sometimes rehabilitation services are needed to help them get over bumps in the road or conquer more difficult challenges. That's what rehabilitation is designed to accomplish.

"We always invite dialogue," says Aleece Passow, Clinical Manager at NOCHS Rehab. "If you notice something that doesn't seem quite right, talk to your child's pediatrician. It is so

much easier to evaluate and treat issues up front, rather than to hope that a child will just 'grow out of it.' Sometimes it only takes one visit to address a problem that could have become quite serious if untreated. Early intervention is always the best strategy."

Some children need rehab care right from the beginning. Samantha (Sami) Deur is a good example. Sami suffered a stroke at five months old during surgery to repair a heart malformation.

"The doctors gave us a whole list of things Sami would never do," her parents, Kory and Heidi, recall. "She proved them all wrong. Sami is now four, and has made huge gains. She just never gives up."

For this family, intensive rehab at NOCHS is part of daily life. It's critical to have that service close to home. They bring Sami in three times every week to work on walking, mobility in her left hand, and communication. "We make therapy fun," says David Eilers, speech therapist. "The kids are working but they don't realize it. We're playing to achieve an outcome."

## Teamwork Gets Results

It takes a village to raise a child. It also takes a complete, expert, collaborative team. Everyone at NOCHS — from the Family Birthing Unit to Pediatrics to Rehab — is part of that team. We look forward to caring for your family.



If you're ready to make quality, convenience and choice part of your child's health care experience, please contact us:

- **NOMG Women's Health: 616.847.2500**
- **NOMG Pediatrics Group: 616.844.4523**
- **Pediatric Rehabilitation: 616.847.5293**

# More Like a Donut, Less Like a Straw

Open Concept MRI Now at NOCHS



Diagnostic tools are an important part of efficient medicine because many of them help physicians examine the inside of the body from the outside. The MRI is one such tool.

MRI uses a strong magnetic field and radio waves to create detailed images of the inside of the body. The good news is that it is not painful and it is very accurate. The bad news is that some patients simply cannot adapt to the long, somewhat narrow tube that traditional MRI machines employ. The dimensions are pretty tight, which is a challenge for larger patients or those with claustrophobic tendencies.

Now North Ottawa Community Health System has a fantastic new option to make MRI technology more widely accessible. We call it "open concept MRI."

How is open concept MRI different? First, the tube itself has a larger diameter, which makes it less confining and claustrophobic. Second, the tube is also shorter. So instead of encasing the patient from head to toe, it covers a much smaller part of the body. Just imagine the difference between sliding into a donut instead of a straw, and you'll get the idea!

"We are thrilled to have this high-quality machine available for our patients," says Dan Holwerda, Chief Operations Officer at NOCHS. "It solves many of the challenges for patients that are posed by the traditional MRI machine."

NOCHS is able to invest in this new technology by using a mobile unit. "This mobile MRI machine is the exact same equipment you would find at U of M, Cleveland Clinic, or Beaumont," continues Holwerda. "It's top of the line. We get phenomenal images, of identical quality to what you would find at any of these well-known institutions."

The images, however, are only half of the equation. The radiologist who reads the image is equally important, and NOCHS has three of the absolute best.

"Reading an MRI is not exactly like reading a book," explains Dr. Schmidt, one of the NOCH radiologists. "Many images are not definitive. You need context, background, and a lot of experience to interpret what you see. Our radiology team is highly trained, and we work very closely with physicians to help them make decisions about treatment."

**Any patient is welcome! Just let your doctor know that you would like to have your MRI done at NOCHS.**



# The New Emergency Department Is Serving the Community Well

The new Emergency Department opened in October 2016. We had big goals for this project, and we thought it would be good to share an update on how we're doing.

## Goal #1: Connect patients to primary care

One of the reasons that people use the Emergency Room for non-emergency services is because they don't have a primary care doctor. Our Medical Group has been ramping up in response to this community need. We are connecting approximately 30 patients per month to a primary care physician who can provide ongoing care.

## Goal #2: Identify non-emergency needs and connect people to community resources.

Many people come into the ER with a medical need that has become serious due to other complications, such as job loss, homelessness, or not enough money for food and medication. We also see many people with mental health issues. Through a partnership with Love in Action (formerly Love INC), we can now connect patients to other services they may need...quickly, effectively and often in real-time. We meet bi-weekly with the Love in Action folks to discuss referrals and ensure that patients receive the necessary follow-up.



## ER Vital Signs

- Connecting 3-4 patients per week to Love in Action
- Referring 30 patients a month to a NOMG Primary Care Physician.
- Serving significant numbers of trauma patients (15%-20% of total)
- 18 minutes from waiting room to exam room (beating the national average)



"The community connections part of our program has gone extremely well," says Cindy VanKampen, Chief Nursing Officer. "For example, Forest View Psychiatric Hospital reserves a certain number of openings for us to expedite inpatient and outpatient referrals. We typically refer 6-7 patients per month to them. Only one patient in the last year has failed to show up for the appointment. That means people are getting the help they need. That's also a huge savings to the patient, and keeps the ER open for true emergencies."

## Goal #3: Reduce wait times.

The national average for ER wait time is almost 20 minutes. We're consistently beating the national average with dedicated nursing staff who perform immediate triage services. Once in the exam room, we can expedite care with capabilities like in-room x-ray and bedside charting—all made possible through generous philanthropic gifts.

In addition, we have also seen a steady usage increase in our specialty rooms. That includes decontamination/isolation, mental health safety rooms, and our new trauma rooms. We care for an average of six to 10 trauma cases per month.

The new ER is healthy and well. We're using it to keep our community healthy, too. Thank you once again to everyone who made this project possible!



## It's Not A Blind Date

### Important Tips for Interviewing and Choosing a Physician

Would you sign up for marriage on your first date? Probably not! Marriage is a major commitment with lifetime consequences. You want to meet a person, get to know him or her, and see if you are compatible.

Physician relationships are no different. You, as the patient, have the right and the obligation to ask questions before you commit to a physician. You need to find the right fit.

Many people say, "Oh, I don't want to offend a physician by asking questions." Nonsense! The good ones will appreciate your honesty and thoughtfulness. If a doctor is offended by your questions, or will not answer, chances are good that he or she is not the right fit.

"I think every patient should ask questions and be involved in decisions about their own healthcare," says Connie Gnegy, Executive Director of Physician Practices at North Ottawa Medical Group. "Our physicians take it as a good sign when someone asks questions...that means they care, and want to be involved in getting better."

You should be in the driver's seat when it comes to making choices about your care. We know that choices can seem scary. It's much easier to just do what someone says. But your care will be more tailored to your needs when you learn to get comfortable asking questions. You will also gain more respect from your physician, and have a more honest, productive relationship as a result.

**“Will you ask me what I want, or tell me what you are doing?”**

This, perhaps, is the most serious question, because it speaks to motivation and attitude. Good health care involves a partnership between doctor and patient. You need to understand and commit to a plan of action. That’s much easier to do when the plan is designed around your input and preferences.

**“Where will you send me for lab work and testing?”**

The best answer is, “You can go wherever it’s convenient.” If the doctor tells you that you must go to a specific place, ask why. Most health care systems (including North Ottawa) have comprehensive lab services available in multiple locations. You should be able to choose the most convenient option.

Here are some great questions to ask next time you need to choose a physician.

**“Where will you send me if I need to be hospitalized?”**

Again, this should be a dialog. A good physician will say, “Where do you want to go? What is most convenient for you?” If the doctor insists on a location that creates challenges for you, you should probably stop and think twice.

**“If I want to receive local services, will you help me find options?”**

This is a very important question, especially if your condition requires frequent visits. Your doctor’s office can and should let you know about the available choices and help you schedule your first appointment, even if you are not using the doctor’s preferred provider.

North Ottawa Medical Group is designed around choice. We want you to receive the absolute best care, with the freedom to choose how and where you receive that care. If ever you have questions, make sure you ask. Our doctors don’t mind!



## Celebrating 35 Years of Hospice on the Lakeshore

Many social issues swing like a pendulum between two extremes. End-of-life care is one such issue. As recently as the 1960s, it was not unusual for Grandma or Grandpa to pass away at home. Death was an accepted part of life. That started to change as women entered the workforce in the 1970s, and there were fewer people available to care for aging parents. Then people started migrating to the hospital to die. Along the way, our culture developed an aversion to talking about the end of life.

The pendulum has gradually swung back since the 1980s, because it became obvious that more people wanted to spend their last days at home rather than in the hospital. Now hospice care allows people to finish life at home, surrounded by their memories and their loved ones. Residents of the lakeshore have the hospice option thanks to pioneering work by Jim VanDyke, Nancy Edelmayer, and Dr. Ted Vanderveen. These three people led a citizens group to form the lakeshore's first hospice organization in 1982.

The basic premise of hospice care is simple. It's designed to provide comfort and symptom

management for people who have been diagnosed with a terminal illness. We are not focused on a cure at this point...we make patients comfortable, and provide the support services that they and their loved ones need. This allows them to spend the end of life in dignity and peace. While that care can be delivered anywhere, it is most prevalent in a home environment.

**Hospice of North Ottawa Community celebrates 35 years of service this year. There has been a lot of change in hospice care in the last three decades.**

- Medicare added a benefit for hospice care in 1990. That move signaled acceptance of both the cost savings of home-based end-of-life care, as well as the emotional benefits for patient and family. It also provided more financial sustainability for hospice providers, who no longer had to rely solely on gifts.
- Hospice achieved recognition as a medical specialty in 2006. The medical profession acknowledged the need for experienced end-of-life care providers, and designed programs to give providers the knowledge they needed.
- Medical students used to receive zero training on end-of-life care. Now students start learning about it in the second year of medical school.



- Hospice of North Ottawa Community opened a hospice residence in 2008. This is a place where people can come for a few days when caregivers need a break. We also provide care for people who have no one to take care of them, and for people whose medical needs require more continuous support.

Statistics show that people are making different choices about where to finish their end-of-life care. In 1989, 49 percent of people over age 65 died as hospital inpatients. By 2007, the number had decreased dramatically to 35 percent. The number of deaths at home increased by a corresponding amount. Much of that change is due to a growing preference for hospice care.

**There are three important things you should know about hospice care.**

- Volunteers play a huge role in delivering care. They visit patients so caregivers can take a break. They listen and provide a caring presence. Hospice of North Ottawa Community is very fortunate to have 50 volunteers who give of their time every year. (See insert to learn more about the local Hospice Heroes we are honoring this year.)
- No one is ever turned away. As mentioned above, many insurance programs do provide a hospice benefit. If someone does not have insurance, we will still provide care. Our annual fundraiser, "One to Remember," helps us augment the funds needed to provide the kind of care our patients need. (See insert for information about this year's event.)
- Hospice makes the journey easier. Thinking about the end of life can be scary. It's not a topic that most people want to discuss. But when compassionate, talented people provide the complete support that is needed, both patient and family can embrace life's final days with peace and love.

We sincerely thank our pioneering founders, our selfless volunteers and our committed staff for making excellent hospice care available on the lakeshore.



**Make Plans to Attend!**

The 2017 *One to Remember* event is scheduled for Tuesday, October 17. Come celebrate the amazing work of our hospice team and volunteers at this wonderful fundraising dinner. Tickets are \$100 per person — get yours by contacting Connie Frazier (cfrazier@noch.org or 616.847.5605).

Order online: [supportnochs.org/one-to-remember](http://supportnochs.org/one-to-remember)

**Hospice Heroes 2017**

We are honoring Mary Lou Marks and Donna Pope this year for their selfless service to hospice patients, families and staff. Together, these two dedicated volunteers have given more than 30 years of caring and compassion to this important service.

If you have questions about hospice or palliative care, please contact us at 616.846-2015.





# Speaker Series

We offer a variety of interesting seminars on relevant, practical topics. All of these sessions are free and open to the community. We hope to see you soon!

All seminars will be held at the NOCHS Community Room South Beacon Plaza\* *unless otherwise noted* 1061 S. Beacon Boulevard, Grand Haven (Use Four Pointes entrance) **RSVP is encouraged. Please call 616.847.5348 or visit nochgetbetter.com**

## Injury Prevention / Pain Management

### ERGONOMICS IN YOUR DAILY LIFE—PROTECT YOURSELF

**Monday, September 18, 6:00 pm**  
Join Dr. Stephanie Osborn, a certified ergonomic assessment specialist and physical therapist at Generation Care, to learn some little things for home and work that can make a BIG difference on the cumulative strain and stress on your joints.

### SIMPLE SENIOR SAFETY

**Wednesday, September 20, 11:00 am – 2:00 pm**  
*Location: NOCHS Main Lobby*  
Join NOCHS and Generation Care to learn about fall prevention, common household hazards, and medication checks to help keep you safe at home. Bring your old “slippery” socks to exchange for a better model!

### COMFORT CARE AT THE RIGHT TIME: PALLIATIVE CARE

**Tuesday, November 7, 6:00 pm**  
Dr. Stuart VanderHeide, Medical Director of Hospice and Palliative Care of North Ottawa Community, will discuss who can benefit from palliative care, and the difference between palliative and hospice care.

### TUNING UP YOUR BALANCE AND SURVIVING A FALL

**Monday, January 8, 6:00 pm**  
Come learn proven strategies to identify if you are at high risk for falls, to show how to fall and get up from a fall, and simple tricks to prevent falls from happening! Led by Cristie Anderson, MSPT, of Generation Care.

## Specific Conditions

### SHOULDER INJURIES AND TREATMENT OPTIONS

**Tuesday, September 26, 6:00 pm**  
Hear Dr. Phillip Dabrowski of Grand Haven Bone & Joint discuss common shoulder pain and injuries as well as treatment options for them.

### COPD: CHRONIC OBSTRUCTIVE PULMONARY DISEASE

**Monday, October 23, 6:00 pm**  
Dr. Mehul Patel of North Ottawa Medical Group’s Pulmonology office will be talking about who is at risk for COPD, what the symptoms are, how to avoid COPD, and treatment options.

### SCIATICA: WHAT IS IT AND HOW DO I TREAT IT?

**Monday, November 6, 6:00 pm**  
Join Eric Bastian, Doctor of Physical Therapy and Spine Specialist of Generation Care, to learn what causes radiating pain down the leg. Treatment approaches will be presented for varying causes of this type of debilitating pain.

### YOUR AMAZING FEET—FOOT AND ANKLE PAIN

**Monday, November 13, 6:00 pm**  
Dr. Brandon King of Orthopaedic Associates of Muskegon will discuss common foot problems and the different treatment options.

### CARPAL TUNNEL, HAND PAIN AND NUMBNESS

**Tuesday, January 23, 6:00 pm**  
Dr. Phillip Dabrowski of Grand Haven Bone & Joint will provide education and answer questions related to swelling in the hands, weakness and numbness. He will also explain treatment options.

### DEFINING AND UNDERSTANDING SENSORY PROCESSING DISORDERS IN CHILDREN

**Monday, February 19, 6:00 pm**  
Generation Care’s Lauren Geers is an occupational therapist who specializes in pediatric therapy. She has special training in managing sensory processing disorders in children, and helping families integrate effective strategies in and outside the home.

## Health and Wellbeing

### **THE SUICIDE SAFE CARE MODEL: AIMING FOR ZERO SUICIDE**

**Tuesday, September 19, 11:30 am – 12:30 pm**

*Location: Second Christian Reformed Church,  
2021 Sheldon Rd. Grand Haven*

Suicide rates have increased in Michigan by 56% in the last 16 years. Dr. Brian Ahmendani from the Henry Ford Health System will be providing a presentation to discuss how Henry Ford dramatically reduced suicide rates in their community.

### **WOMEN'S HEALTH: URINARY INCONTINENCE AND PELVIC PROLAPSE**

**Wednesday, September 20, 6:00 pm**

Hear how robotic surgery is fast becoming the gold standard for permanently correcting pelvic prolapse in the least invasive way possible. Presented by NOCHS' Medical Director, Samir Hamati, MD.

### **BREAST HEALTH—EARLY DETECTION AND TREATMENT OPTIONS**

**Monday, October 2, 6:00 pm**

Breast cancer is the second most common cancer in women. Dr. Zachary Horton, General Surgeon at North Ottawa Medical Group, will be on hand to discuss screening and testing, and to answer your questions.

### **GROCERY STORE TOUR**

**Monday, October 9, 8:30 – 9:30 am**

*Location: Grand Haven D&W, 1116 Robbins Rd.*

Join our Registered Dietitian, Sara Portenga of NOCHS Bariatric Clinic, for a D&W tour, with tips on navigating confusing nutrition jargon and fad foods. This tour is FREE and participants will receive a coupon good for \$10 off a \$30 purchase with Yes card. (RSVP required)

### **TOWN HALL MEETING: ADDICTION PANEL PRESENTATION**

**Monday, October 9, 6:30 – 9:00 pm**

*Location: Grand Haven Community Center,  
421 Columbus St., Grand Haven*

Drug abuse and addiction have become major public health problems that have significant consequences.

#### ***Please join our panel discussion with experts:***

Dr. Sandy Dettmann, Addiction Medicine Specialist  
Judge Craig Bunce, Sobriety Court  
Sargent Derek Gerencer, Former Undercover Officer  
Dan Qualls, Addiction Therapist  
Jonathan LaMaire, The Red Project  
Priscilla Shafor, OAR

Free QPR (Question, Persuade and Refer) training prior to the Town Hall Meeting (5:00–6:00 pm).

### **NAVIGATING STRESS: TAKING FIVE DEEP BREATHS**

**Wednesday, October 18, 6:00 pm**

Monica Verplank, Certified Mindfulness Instructor, will discuss what happens to your brain under stress, and will provide easy tips to help you get a handle on stress and cope in difficult situations.

### **PRESERVING AND CARING FOR YOUR VOICE**

**Monday, December 4, 6:00 pm**

Generation Care's Speech pathologist, Kailey Washburn-Riker, will share her expertise on how we produce sound and how to maintain a healthy voice.

### **BEAT THE HOLIDAY BLUES**

**Tuesday, December 5, 6:00 pm**

If the holidays bring you down, learn some tips on managing some of your feelings from Justine TerHaar, LMSW, Grief Counselor at Hospice and Palliative Care of North Ottawa Community.

### **WOMEN'S HEALTH: URINARY INCONTINENCE AND PELVIC PROLAPSE**

**Wednesday, December 13, 6:00 pm**

*Location: Conference Room at Mercy Health Lakes  
Village, 6401 Prairie St., Norton Shores*

Hear how robotic surgery is fast becoming the gold standard for permanently correcting pelvic prolapse in the least invasive way possible. Presented by NOCHS' Medical Director, Samir Hamati, MD.

### **MEDITATION, SELF-HEALING AND ENERGY HEALING**

**Monday, December 11, 6:00 pm**

Jen Wolffiss is an energy healing specialist and physical therapist at Generation Care, who will share alternative approaches to treating pain and disability.

### **FROM COUCH TO 5K: GETTING READY FOR SUMMER**

**Monday, January 22, 6:00 pm**

Generation Care's Scott McKeel, DPT, CSCS, is a physical therapist, certified strengthening and conditioning specialist. Stop by for everything you want to know about becoming a race starter and finisher!

### **HEART HEALTHY GROCERY STORE TOUR**

**Monday February 26, 12:00 – 1:00 pm**

*Location: Grand Haven D&W, 1116 Robbins Rd.*

Join our Registered Dietitian, Sara Portenga of NOCHS Bariatric Clinic, for a D&W tour, with tips on navigating confusing nutrition jargon and fad foods. This tour is FREE and participants will receive a coupon good for \$10 off a \$30 purchase with Yes card. (RSVP required)



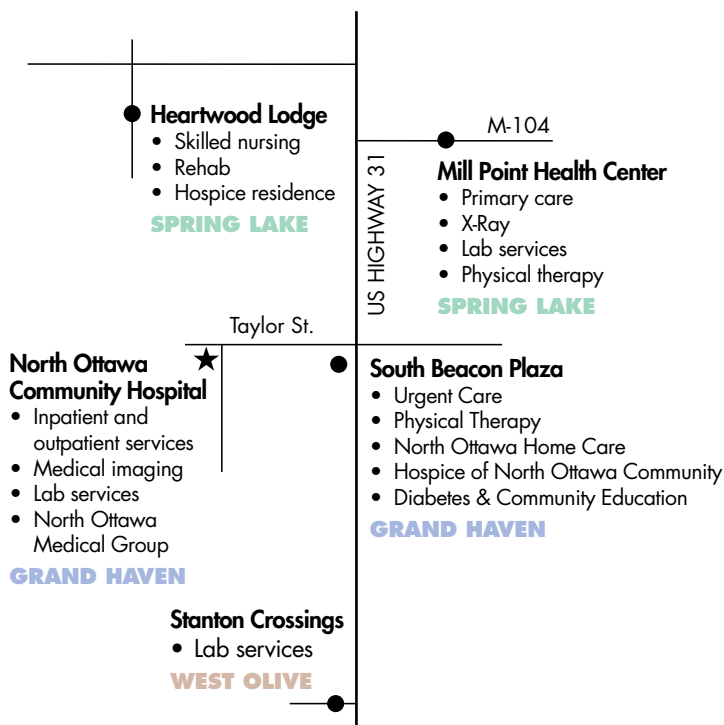


# North Ottawa Community Health System

1309 Sheldon Road  
Grand Haven, MI 49417



## Convenient Service Locations



## Your complete medical resource!

- Allergy
- Anesthesiology
- Bariatric
- Cardiology
- Colon/Rectal
- Dentistry
- Dermatology
- Ear, Nose, Throat
- Family Practice
- Gastroenterology
- General Surgery
- Gynecology
- Hematology
- Infectious Disease
- Internal Medicine
- Medical Cardiology
- Nephrology
- Neurology
- Neurosurgery
- Obstetrics
- Oncology
- Ophthalmology
- Optometry
- Orthopedics
- Pathology
- Pediatrics
- Physical Therapy
- Plastic Surgery
- Podiatry
- Primary Care
- Psychiatry
- Pulmonary
- Radiology
- Robotic Surgery
- Sports Medicine
- Thoracic
- Urogynecology
- Urology