

# Well for Life

Winter 2020



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## Disclaimer

Well for Life is a publication of Spectrum Health Zeeland Community Hospital to update the community about our events and educate the community on a variety of health topics. The articles in this publication are intended to supplement, not replace, the advice and instruction of your physician. Good health practices include regular visits to your doctor.

## Well for Life Editor

Ashley Kiekintveld, communications specialist  
To reprint portions of this newsletter, or for additional copies, contact us at 616.748.2834.

# Point of View



Welcoming the first snowfall and flipping the calendar to a new year spark some of my favorite feelings. These symbols represent a fresh start and endless opportunities for the year to come. During this often reflective season of new possibilities, Spectrum Health continues boldly transforming the way we deliver exceptional, safe and seamless care to our communities. Improving health, inspiring hope and saving lives is not only our mission, but truly defines who we are.

As a partner in health, we are reimagining the future of health care by encouraging healthy behaviors and preventive care. By inspiring our patients to embrace healthy choices early in life, we will impact the health of our aging community and reduce cost of care down the road. Our list of classes and events on page 7 is a great place to start for anyone looking to join a program that encourages healthier lifestyles.

When those inevitable non-life-threatening injuries or illnesses do happen, our urgent care is here to get you healthy and back to living your healthiest life. Don't miss Nicole De Glopper's inspirational story on page 3 that recounts her potentially lifesaving urgent care and inpatient experience.

Mental health and suicide prevention initiatives continue to grow on the lakeshore, inspiring even more collaboration and resources. On page 5 we highlight the new and critically important Blue Envelope program, made possible by a team of community organizations and a grant from the Community Foundation of the Holland/Zeeland Area. This program educates school personnel about how to properly handle student mental health concerns, potentially saving young lives.

As an integrated system we are excited to welcome the new year with hopeful anticipation. Thank you for joining us as we journey into 2020 and for trusting us to serve the health needs of this special community.

Happy holidays from our hospital family to yours,

Ron Lewis  
President  
Spectrum Health Zeeland Community Hospital



# Introducing

## Danielle Zageris, DO, OB-GYN

From joyous occasions to routine everyday care to the most complex needs, our Spectrum Health Medical Group women's health physicians and advanced practice providers want you to know that we're not only by your side, we're on your side.



Danielle Zageris, DO

## Spectrum Health Medical Group

Obstetrics and Gynecology  
8333 Felch Street, Suite 202  
Zeeland, MI 49464

## OB-GYN locations

in your  
neighborhood:  
Holland,  
Hudsonville  
and Zeeland

Schedule your appointment 616.494.5850 | [spectrumhealth.org](http://spectrumhealth.org)

# 'I'm So Grateful'

(Story and photos courtesy of Zinta Aistars and Taylor Ballek | Spectrum Health Beat)

Nicole De Glopper straightened after lifting yet another box. She put her hand on the small of her back—a shooting pain on the left side.

The 26-year-old new mother didn't worry much about the back pain. After all, she had been lifting boxes all day as she moved into her new home in Borculo, Michigan.

A new home for her new family, now with tiny Silas, her newborn son, beside her. It was 70 degrees, a beautiful April Friday, perfect for moving.

De Glopper's backache turned into a headache. She started shaking with chills.

She called her obstetrician.

"She said it sounded like an infection and that I should get to urgent care right away," De Glopper said.

Mark Altman, PA-C, cared for De Glopper at the Spectrum Health Zeeland urgent care center, and he recognized the symptoms. De Glopper's low blood pressure gave him immediate concern. Chills and shakes? A sign of infection. He quickly sent De Glopper on to emergency care.

When De Glopper arrived at the emergency department at Spectrum Health Zeeland Community Hospital, Jared Litty, PA-C, diagnosed her with sepsis and a kidney infection. She started taking antibiotics and continued on fluids.

Sepsis, Altman and Litty explained, can be a life-threatening condition when infection causes the body's own immune system to fight itself.

## 'Miracle worker' offers comfort

On De Glopper's first night in the hospital, she felt restless. Her mother, Jo De Glopper, had Silas in the room, but the baby was crying too hard to nurse, and his loud cries had everyone's nerves on edge.

Anna Tanis, RN, BSN, hospital supervisor, quickly assessed the situation.

"I've been a nurse for 14 years, and many of those years in the neonatal intensive care unit," she said.

"I wanted to support Nicole with breastfeeding and bonding with her baby. I wanted Nicole to feel more relaxed. I asked her about her room setup at home so that I could make the hospital room feel a little more like home."

"She was a miracle worker," De Glopper said. "She had Silas calmed down within 20 minutes. And she brought me a breast pump so we could keep up with feeding, and a bassinet for the baby to sleep in."

Once she was healthy and settled into her new home, De Glopper looked back onto her experience.

"I'm so grateful for the care I received," she said. "Now I know—never wait that long to go in for help. I realize now I could have died if I hadn't gone before the end of that weekend."



## ZEELAND URGENT CARE

Save Your Spot in Line

[spectrumhealth.org/zeelandurgentcare](https://spectrumhealth.org/zeelandurgentcare)

# Joined at the Hip—and Knees

**For one Michigan clan, joint replacement has been a family affair overseen by longtime doctors and the family's nurse.**

(Story and photos courtesy of Sarah Mahoney and Taylor Ballek | Spectrum Health Beat)

For some people, orthopedic health is a family affair.

Just ask Rachel Spek. Four of her relatives—husband, mother-in-law, brother-in-law and his mother—underwent joint replacement at Spectrum Health Zeeland Community Hospital, where Spek works as a nursing manager.

It started with the older generation.

Harriet Spek, 88, Spek's mother-in-law, developed knee pain that initially led to one knee replacement, followed by the other. Doctors also later replaced both of her hips, too.

Ruth Lutke, now 92, the mother of Spek's brother-in-law, had her hip replaced.

This year, the clan's baby boomers stepped up.

Spek's husband, Paul Spek, 60, had a knee replacement, while her brother-in-law, Bruce Lutke, 59, got a new hip.

Spek admits her work as a nurse caused her to pooh-pooh her husband's symptoms a bit—a persistent knee pain that had lasted about a year.

Paul eventually sought treatment, however, and an MRI showed an abnormality that doctors at first suspected might be a tumor.

"I felt so guilty," said Spek, who is from Zeeland, Michigan. "I had to apologize for taking the typical nurse stance, that, 'Oh, buck up—you'll be fine' attitude."

Spectrum Health radiologists scrutinized the images and determined the swelling in Paul's knee wasn't a tumor, but a bit of bone that had broken off and embedded itself in the muscle.

In March, orthopedic surgeon Joel Wolfe, MD, replaced Paul's knee.

"It hurt a lot for about four weeks," Paul said. "The physical therapy helped me tremendously—I'm back to cycling, and I can exercise without pain."

Spek's brother-in-law, Bruce, who also lives in Zeeland, is recently recovering. He opted for a hip replacement in mid-June, after two years of increasing pain and weakness in his right thigh and hip.

Imaging revealed damage from osteoarthritis. He scheduled the surgery with Jon Hop, MD, also an orthopedic surgeon at the Shoreline Orthopaedics and Sports Medicine Clinic. Dr. Hop had replaced Bruce's mother's hip seven years earlier.

"I'm doing well," he said. "But I'm not healing as fast as my mom did. And it was so helpful to have Rachel in the family, to give me some tips."

The family's matriarchs have set the bar pretty high for complete recovery. Spek said Harriet, who has dementia, is now pain-free in all her joints.

Ruth, who lives in McBain, Michigan, traveled 100-plus miles to Zeeland for her surgery. She did so well in her recovery that nurses nicknamed her Wonder Woman.

"I'm very glad I had the hip replacement done," she said.

**For questions about treating joint pain and orthopedic total joint replacement at Spectrum Health, call 616.267.8860.**





# Blue Envelope Program

Community partnerships allow Spectrum Health's mission to improve health, inspire hope and save lives to reach well beyond the hospital walls. Most recently, Zeeland Community Hospital teamed up with the Spectrum Health Medical Group, Ottawa County Suicide Prevention Coalition, Ottawa County Intermediate School District and Ottawa County Department of Public Health to roll out a school-based pilot of the Blue Envelope program.

With the foundational premise that "suicide is everyone's responsibility," this program teaches all team members how to respond at a moment's notice to a person who has thoughts of suicide.

"The Blue Envelope program is a suicide S.A.F.E. team response," commented Jody Sprague, LMSW, clinical program specialist for suicide prevention, Spectrum Health. "The process involves initiating a plan of action when school personnel identify an individual in emotional distress, including clearly defined S.A.F.E. steps and duties for Level 1 initial responders and Level 2 administrative support responders."

This program was initially designed by the Spectrum Health Medical Group as a resource for patients with thoughts of suicide. In response to the increasing number of area youth who struggle with depression, have serious thoughts about suicide or have made a plan to attempt suicide, the initiative has expanded to include eight Ottawa County schools.

"Bringing this resource to area schools will give educators the confidence to navigate mental health concerns, impact the well-being of their students and potentially save young lives," added Jodie Reimink, MPH, Zeeland Community Hospital.

The expansion of the Blue Envelope program was made possible through a \$65,000 grant from the Community Foundation of the Holland/Zeeland Area (CFHZ).

"The data consistently shows that a growing number of adults and youth in our area are struggling with mental health issues like depression and suicide," said Mike Goorhouse, president and CEO, Community Foundation of the Holland/Zeeland Area. "CFHZ is grateful that the flexibility of our community's endowment allows us to invest in community partners who are working to increase access to mental health resources. The Blue Envelope program is an important part of this effort as we seek new and innovative ways to reach students who need help and to connect them with resources and support."



## How It Works

The Blue Envelope process includes training for individuals on how to keep themselves and a person with suicidal thoughts safe.

## S.A.F.E.

**S**

**Stay with the person.**

**A**

**Access help. Alert others that you need help.**

**F**

**Feelings—validate the feelings of the person.**

**E**

**Eliminate the risk, when possible.**



# A Healthy You

## Easing Seasonal Joint Pain



The change of season and falling outside temperatures can cause joint aches in many people, and those with arthritis or other joint conditions may experience significant flare-ups.

“The best thing joint pain sufferers can do for themselves is stay active during the colder months,” explained Jason Kooi, physical therapist, Spectrum Health Medical Group. “Exercising throughout the winter has numerous health benefits. It can strengthen muscles and lubricate joints, which often helps alleviate stiffness and loosen joints, leading to decreased discomfort.”

### Activities to Try:

- Join an indoor walking group
- Knit, crochet or quilt
- Pilates
- Stationary bike
- Tai chi
- Water aerobics
- Yoga

### Tip:

Refer to page 7 for winter activities, including the Healthy Habits - walking support group and tai chi!



Jason Kooi, PT

### Outpatient rehabilitation locations in your neighborhood:

Holland Integrated Care Campus, Zeeland Community Hospital and Zeeland State Street



## Welcome New Medical Staff

As of September 2019

### Randall Duthler, MD

SHMG Family Medicine - Hudsonville  
Specialty: Family Medicine  
Education: St. Christopher Iba Mar Diop - United Kingdom  
Residency: Grant Medical Center - OhioHealth

### Carrie Kastein, MD

SHMG Pediatrics - Zeeland  
Specialty: Pediatrics  
Education: University of South Dakota  
Residency: Spectrum Health/Michigan State University

### Amy Manley, MD

SHMG Hospitalists - Grand Rapids  
Specialty: Internal Medicine (Hospitalist)  
Education: University of Michigan  
Residency: St. Joseph Mercy Health System

### Michael Salata, MD

Sound Physicians (Formerly Indigo Health Partners)  
Specialty: Internal Medicine (Hospitalist)  
Education: Johns Hopkins University  
Residency: Wright-Patterson Medical Center

### Lauren VanDam, MD

Sound Physicians (Formerly Indigo Health Partners)  
Specialty: Internal Medicine (Hospitalist)  
Education: University of Colorado  
Residency: Spectrum Health/Michigan State University

### Danielle Zageris, DO

SHMG OB/GYN - Zeeland  
Specialty: OB-GYN  
Education: Philadelphia College of Osteopathic Medicine  
Residency: Mercy Health Partners

### Terri Zomerlei, MD

Centre for Plastic Surgery  
Specialty: Plastic Surgery  
Education: Michigan State University  
Residency: Ohio State University Medical Center

To learn more about these providers, visit [findadoctor.spectrumhealth.org](http://findadoctor.spectrumhealth.org).



## Childbirth and Parenting

**Childbirth for New Parents**  
Classes offered monthly  
Dec. 3 and Dec. 5, Jan. 7 and  
Jan. 9, Feb. 11 and Feb. 13,  
March 17 and March 19

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

**Introduction to Breastfeeding**  
Dec. 9, Jan. 13, Feb. 17  
or March 23

Expectant parents will learn about breastfeeding positions, correct latch techniques, nutrition and solutions to common problems.

**Infant Car Seat Safety** **FREE**  
Dec. 10 or Feb. 4

Learn the proper installation to keep your infant safely secured. Each family who attends this class will receive a voucher for a discounted convertible car seat. If you have a car seat, please bring it to class.

**Siblings Class**  
Jan. 20 or March 16

Children ages 2 to 6 learn about having a new baby sibling.

**Childbirth and Mother and Newborn Care—**  
**Online Education**  
Feb. 4

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

**Infant Massage Class**  
March 25

Infant massage can help your baby sleep, reduce crying, increase bonding and may even promote growth in premature babies.

**Breastfeeding Support** **FREE**  
**Group**

Sessions are held every Tuesday from 10 a.m. to 11 a.m. No group Dec. 24 or Dec. 31.

**Postpartum Adjustment** **FREE**  
**Support Group**

Meets every Tuesday from 11 a.m. to Noon. No group Dec. 24 or Dec. 31.

## CPR and First Aid

**First Aid and CPR**  
**New Certification**  
Jan. 7 and Jan. 14 or March 24  
and March 31

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

**First Aid and CPR**  
**Recertification**  
Jan. 30 or March 5

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

**Heartsaver CPR**  
Feb. 11  
For grandparents, parents, daycare providers or individuals ages 12 and up only needing CPR certification.



## Events

**That Movie Shindig**  
Dec. 6  
Join us for a movie night in Hudsonville sponsored by Spectrum Health Zeeland Community Hospital. Participants must be 21 or older. Visit [hudsonvilleevents.com](http://hudsonvilleevents.com) for tickets and movie information.

**Michigan Blood Drive**  
Feb. 12  
Visit [miblood.org](http://miblood.org) or call 616.748.2834.

**Student Art Contest**  
Feb. 21  
Teachers pick the top three art pieces from local students in grades three to eight to be judged and chosen for exhibit. Join us at the public open house to view the artwork!

## Health and Fitness

**Playing Tai Chi** **NEW FORMAT**  
Jan. 6 to Feb. 10  
A fun and relaxing review of tai chi and qi gong breathing techniques for participants who have previously taken a tai chi class. Different skills or forms covered each week.

**Healthy Habits—** **FREE**  
**One Step at a Time**  
Weekly, Wednesday evenings  
This walking support group is led by a registered dietitian and meets weekly at area parks or local schools.

## Nutrition

**Make and Take** **NEW!**  
**Workshop Series**  
Each night you will learn a new nutrition topic, meal prep together and take food home to eat for the rest of the work week. Join one class or take all four for a discounted price!

- Jan. 6: Tips to Making a Healthy Meal**  
Make and take overnight oats
- Jan. 13: Meal Planning**  
Make and take mason jar salads
- Jan. 20: Eating Healthy With a Busy Lifestyle**  
Make and take crockpot chicken dish
- Jan. 27: Smart Snacking**  
Make and take energy bites



**Cheers to Your Health**  
**Weekly, Feb. 10 to March 2**  
Join us at Licari's, Dorados, Farmhouse and Tripelroot as we discuss a variety of nutrition topics while dining on healthy and delicious foods. Cost includes one meal per person each week.

**Think Smart, Eat Smart**  
**Mondays, March 9 to May 11**  
Focus on how to eat MINDfully and healthfully by identifying the reasons you eat. Develop a plan to lose weight once and for all!

**Nutrition Series:**  
**Mediterranean Diet**  
**(two-part series)**  
March 17 and March 24

Come taste, learn and see how this heart-healthy option may promote health and prevent chronic diseases.

## Prevention

**Youth Mental Health First Aid**  
March 20  
Learn how to help an adolescent who is developing a mental health problem or experiencing a mental health crisis. Eight education credits available for pharmacists, social workers and registered nurses.



To register: Visit [spectrumhealth.org/zeelandclasses](http://spectrumhealth.org/zeelandclasses) or call 616.748.2834.

