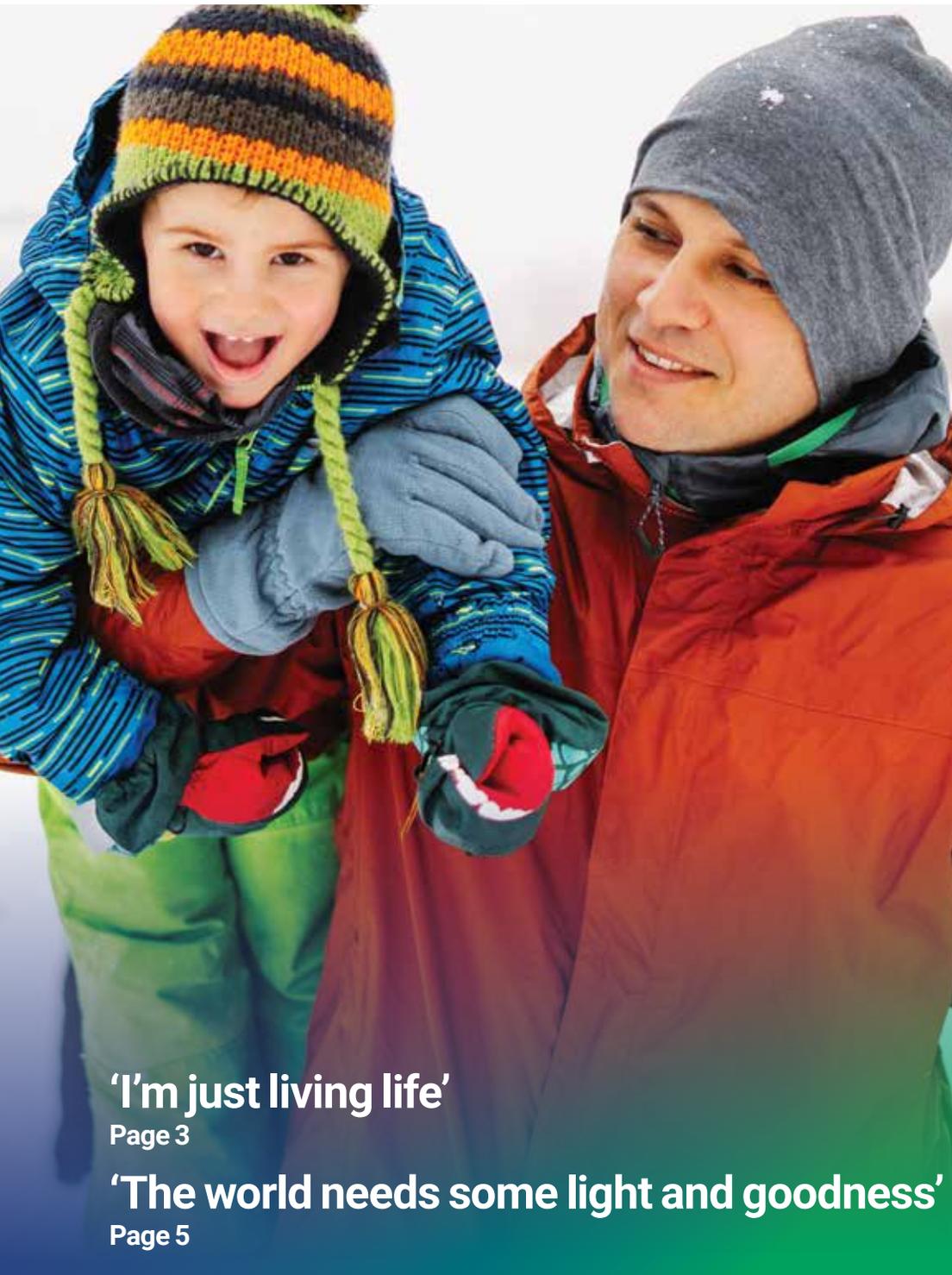


# Well for life

Winter 2021



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## Point of view



The refresh of this winter season has an entirely new meaning after all we've been through this year. Although we are certainly not through the COVID-19 pandemic yet, I feel a sense of hope and gratitude as we open a new chapter in 2021.

As we expand services to meet the changing needs of our patients, we are thrilled to offer a new pediatric observation program. Developed as a partnership between the Helen DeVos Children's Hospital and our local emergency department, this service is designed to keep qualified pediatric patients at Zeeland Community Hospital for observation, rather than transferring them to Grand Rapids. Learn more on page 6.

As our care team grows, so do our specialized services. In August, the outpatient rehabilitation team welcomed Kelsey Bolks, speech language pathologist. With Kelsey came expanded adult speech language services to the outpatient rehabilitation location right here on the hospital's campus. On page 4 you'll learn how Larry Baum's positive experience with Kelsey's therapy helped him regain speech after suffering a stroke.

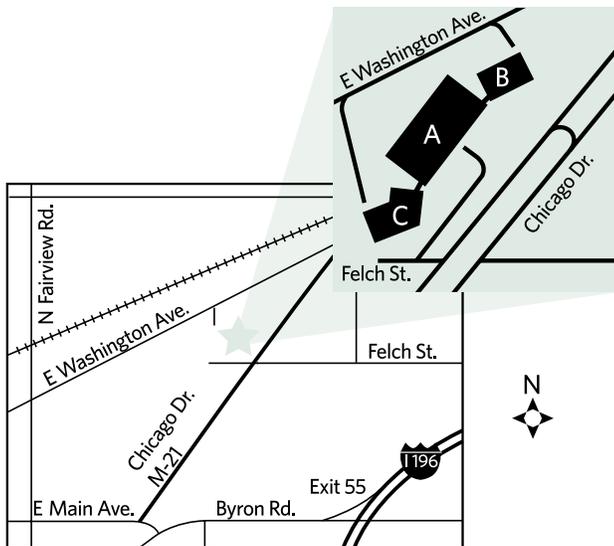
With all this emphasis on growth, we can't forget to mention the new mothers who are growing their families through the services of our OB-GYN practices and the care of the Family Birth Center team. In 2020, Zeeland Community Hospital delivered more babies than any previous year, and the numbers continue to rise. There will be exciting changes announced over the next year explaining how we are continuing to enhance services to provide the best care possible to our expecting families.

It wouldn't feel right to close the chapter on 2020 without expressing sincere gratitude to our community partners and neighbors for continuing to support us through this journey. This year has not been easy on any of us; however, the grace and love that you've poured into our essential care team members has been overwhelming and appreciated. To our loyal patients, thank you for trusting our care and continuing to partner with us to improve the health of our community. And to the dedicated team at Zeeland Community Hospital, thank you for continuing to exemplify resilience and composure despite countless obstacles.

Thank you for reading and taking the time to see what we've proudly been working on. I am optimistic you'll join me in hopeful anticipation of a fresh new year, and I look forward to progressing together toward a healthier future.

Sincerely,

Ron Lewis  
President  
Spectrum Health Zeeland Community Hospital



### Map Key

- A** Spectrum Health Zeeland Community Hospital
- B** DeWitt Administration Building
- C** Medical Office Building

### Disclaimer

Well for Life is a publication of Spectrum Health Zeeland Community Hospital intended to update the community about events and educate the community on a variety of health topics. The articles in this publication are meant to supplement, not replace, the advice and instruction of your physician. Good health practices include regular visits to your doctor. For help finding local physicians and advanced practice providers, visit [findadoctor.spectrumhealth.org](http://findadoctor.spectrumhealth.org).

### Well for life editor

Ashley Kiekintveld, communications specialist

For additional copies of this newsletter, contact us at 616.748.2834.

An electronic version of Well for Life can be found at [spectrumhealth.org/zeelandclasses](http://spectrumhealth.org/zeelandclasses).

# 'I'm just living life'

A routine screening makes all the difference for Michigan mom Tabitha Wolters, 44.



Tabitha Wolters harbored no worries when she went in for her annual mammogram just before the holidays.

She hadn't felt any lumps. She had no family history. Even when she learned she had some calcifications and needed a biopsy, she never felt nervous.

"Believe it or not, I wasn't even that concerned when they told me I had breast cancer," said Wolters, 44, of Holland, Michigan. "It was diagnosed as Stage Zero, and it didn't seem like that big of a deal."

But her case quickly began to take twists and turns, revealing just how complex some breast cancers can be.

Further imaging identified it as a fast-growing cancer. And the imaging also found cancerous cells in her other breast.

Working with Elizabeth Jeffers, MD, a surgeon at Spectrum Health General Surgery in Holland, Wolters decided it would be best to have both breasts removed.

She had her mastectomy on March 10, the week much of the world turned upside down due to COVID-19. And the day she went home, instead of the quiet recovery she had imagined, schools in Michigan closed, throwing her family into a virtual-learning frenzy.

But then came more bad news. Pathology reports from the mastectomy recognized the cancer as invasive.

She started chemotherapy within a few weeks. While she worked hard to keep her positivity going, she believes it's essential to be real, too.

"I was careful to be honest, especially with my family," she said. "When I was having a hard time—and there were bad days, especially during chemo—I told them so."

Wolter's case is highly instructive.

"Tabitha's case is a complicated one," Dr. Jeffers said. "And a powerful example of how important screening is. If she hadn't gotten a routine mammogram or skipped a year, the outcome might have been quite different."

Her message is clear: "Screening and self-awareness are the best ways to catch it early. Don't be afraid to talk to your provider with any questions about breast health."

Wolters is glad she did. Now cancer-free, she is still getting IV infusions every three weeks and will do so for several months.

"I'm back at work, exercising again," she said. "I'm just living life."

She has developed a deep respect for the unique aspects of each person's cancer story.

"Everyone does it differently," she said. "My journey is not the same as anyone else's."

(Story and photos courtesy of Sarah Mahoney and Chris Clark | Spectrum Health Beat)



To schedule a mammogram at Zeeland Community Hospital, call 616.772.5761.

# 'I'm doing better'

Speech therapy provides Larry Baum with tools, hope after stroke left him unable to speak.



Larry Baum, retired president of Hastings Fiberglass Products, has learned to say his ABCs.

And he can count out loud to about 70.

Start a conversation, and he'll tell you about his three children and six grandchildren, and he'll even grumble about his golf pro if you start talking golf. He needs a little help—for now—but as usual, the 83-year-old gets his point across.

Baum is learning to speak again after suffering a stroke in June 2019. He's been working with Spectrum Health speech therapist Kelsey Bolks since February.

"He's the most motivated patient I've ever had," Bolks said. "I've never met someone so driven."

Baum was home recuperating from back surgery when the stroke occurred. His wife, Earlene, saw him collapse and lose consciousness.

"I tried to rouse him up, but he was just out," Earlene said. "He couldn't respond or anything. I thought, 'What on Earth is going on?'"

At the hospital, it was determined Larry had suffered a stroke, after a blood clot from his leg traveled to his brain.

He was unable to speak, or even swallow.

He was transferred to an Ann Arbor hospital for a few days and then to Mary Free Bed Rehabilitation Hospital in Grand Rapids, where he spent three weeks.

He was getting nutrition via a feeding tube.

Larry was then transferred closer to home to the rehabilitation center at Thornapple Manor in Hastings, where he continued swallowing and speech therapy.

Home since August 2019, at first Larry was making little progress talking.

And he was frustrated.

Things started to improve in February when he began working with Bolks.

"He's made quite a bit of progress," Bolks said. "I've used different techniques to figure out what works best for him."

Larry has made therapy a priority, and he knows it could take years to recover fully.



"He is very smart so he really benefits from placement cues (how to move your tongue and lips to make certain sounds), and I can see him incorporating them within his speech," she said.

There's no questioning his effort.

"He tries and tries and tries every single time," she said. "It's all him—I'm just giving him the tools."

(Story and photos courtesy of John Norton and Chris Clark | Spectrum Health Beat)

## Outpatient Rehabilitation welcomes Kelsey Bolks



Zeeland Community Hospital is pleased to welcome Kelsey Bolks, MA, CCC-SLP, speech and language pathologist, to the rehabilitation team.

### Adult language services include treatment for:

- Cognition
- Language
- Memory
- Speech
- Swallowing disorders
- Video swallow studies
- Voice disorders

**Outpatient Rehabilitation**  
**8333 Felch Street**  
**Medical Office Building**  
**Suite 101**  
**Zeeland, MI 49464**

For more information or to schedule an appointment, call 616.772.5795.



# ‘The world needs some light and goodness’

As a mother of five children and teacher to 26 fourth grade students, Holland resident Angelica Delgado was never able to keep a secret for long. That was until she learned of her sixth pregnancy.

“When I took the pregnancy test, I was so surprised,” said Delgado. “I was in disbelief and wanted to have the moment to myself for a while before sharing it with my family. I didn’t even tell my husband, Ismael.”

After a month of waiting, Delgado finally revealed the surprise to her brood.

“I gave each of the kids and my husband a wrapped present on Christmas morning,” Delgado recalled. “There were six boxes in total, and each contained a few words. I had them play a game to put the words in order and when they finally completed the sentence it revealed ... We are going to be a family of eight!”

Once the secret was out to her immediate family, the exciting news spread like wildfire to friends and extended family members. On recommendation from a few close friends, the Delgados chose to deliver at Zeeland Community Hospital’s Family Birth Center.



“We heard really great things about the nursing care and intimacy of the smaller hospital setting,” Delgado added. “My pregnancy went by really fast, and when it came time to deliver, we definitely experienced the compassionate care they had been telling us about.”

On August 5, 2020, the Delgados’ third son, 6-pound, 7-ounce Ismael Zephaniah, entered the world and stole their hearts.

“We have been so blessed by Ismael,” continued Delgado. “During this pandemic, the world needs some light and goodness, and he came at the perfect time. Our kids have been incredibly helpful, and I have to fight to get the baby to myself.”



This holiday season, instead of six individual gifts, the Delgado family will be celebrating the one surprise gift they didn’t know they always needed.

Photos courtesy of Angelica Delgado and Morgan Bush Photography.

## Honored for maternity care



The Zeeland Community Hospital Family Birth Center recently received the 2020 Economic Alliance of Michigan Hospital Maternity Care Award for outstanding dedication to delivering safe, high-quality maternity care.

**For a virtual tour of the newly updated Family Birth Center, visit [spectrumhealth.org/zeelandbirthingtour](https://spectrumhealth.org/zeelandbirthingtour).**

## Pediatric program supports keeping care local

Spectrum Health has implemented a systemwide approach to providing highly reliable pediatric care throughout the delivery system. With a united commitment to provide exceptional care for the youngest patients in our community, we are excited to introduce a new program that will keep their care local.

The pediatric observation program was developed with strong collaboration between Zeeland Community Hospital's emergency department and Helen DeVos Children's Hospital physicians. Keeping patients for observation at Zeeland Community Hospital, instead of sending them to Grand Rapids, decreases unnecessary travel and financial burdens for these families.



The launch of this exciting and beneficial program was celebrated by a virtual ribbon-cutting ceremony on August 11, 2020.

### How it works:

When patients under 18 meet certain medical criteria, they will be placed in one of the designated emergency department rooms for pediatric observation and closely monitored for up to 24 hours.

A member of our emergency department team monitors the patient at least every hour and continues to reassess with the clinical team. Pediatric physicians at Helen DeVos Children's Hospital will be consulted as needed.

As the pediatric patient improves, they will be discharged home at the earliest possible opportunity. If there is further clinical deterioration or lack of improvement within 24 hours, the patient will be transferred and admitted to the children's hospital.

Patients who will receive care in the pediatric observation program include those with the following diagnoses:

- Abdominal pain
- Allergic reaction
- Asthma
- Bronchiolitis
- Cellulitis
- Dehydration
- ENT infections

## Having seasonal symptoms? Talk with a provider from home.

Get checked on the app. Get on-demand or scheduled visits for a range of conditions.



The Spectrum Health app is care where you need it, when you need it. Conduct on-demand video or scheduled visits with 1000+ Spectrum Health providers, readily check lab results, access your medical records, pay your bill, message your provider, and much more. It is all your care in one place. Download the Spectrum Health app today.

Learn more at [spectrumhealth.org/spectrumapp](https://spectrumhealth.org/spectrumapp)



# Classes and events

December 2020 to March 2021

Based on federal and state regulations and for the safety of our community, these classes and events are subject to change. Please visit [spectrumhealth.org/zeelandclasses](https://spectrumhealth.org/zeelandclasses) or call 616.748.2834 for the most current dates, times and updates.

## Virtual class options:

All virtual classes use the Microsoft® Teams platform. Please visit [spectrumhealth.org/classes-events](https://spectrumhealth.org/classes-events) for dates, times and updates.

### Childbirth and new parents

**Breastfeeding support group** **FREE**  
Sessions held weekly.

**Telemedicine breastfeeding support** **FREE**  
Individual appointment with an RN certified lactation consultant.

**Postpartum adjustment support group** **FREE**  
Meets virtually every Tuesday from 7 p.m. to 9 p.m.

**Childbirth and mother and newborn care—online education with follow-up class**  
Includes six months' access to two online programs, a follow-up class with an RN childbirth educator to answer questions and provide additional information, as well as a Family Birth Center tour.

**Infant massage**  
**Jan. 21 or March 25**  
Infant massage can help your baby sleep, reduce crying and increase bonding, and it may even promote growth in premature babies.

**Infant car seat safety online**  
**Dec. 1, Jan. 5, Feb. 2 and March 2** **FREE**  
Learn the proper fit and installation to keep your infant safely secured. Each family who virtually attends will receive a voucher for a discounted convertible car seat.

### Online video classes:

- Childbirth: online education in spanish
- Understanding breastfeeding
- Understanding infant and child safety
- Understanding your infant

### Adult education

**Seated Tai Chi and Qigong for everyone**  
**Weekly, Jan. 13 to Feb. 3**  
No Tai Chi experience necessary. Enjoy gentle Tai Chi movements and healing Qigong breathing all from the seated position, in the comfort of your own home.

**Intermediate Tai Chi**  
**Weekly, Feb. 10 to Mar. 3**  
For experienced Tai Chi participants who have completed in-person Tai Chi for arthritis beginner classes.

**Healing the whole you provider series**  
Join us virtually for these Facebook events!  
Second Monday of Jan., Feb. and March.

**Take it & make it series**  
**Mondays, Jan. 4 to Feb. 22**  
Pick up a box with class materials, ingredients and everything you need to meal prep at home. Sign up for one class, four classes or all eight! Class topics and food schedule can be found online.

### Prevention

**Quit 101: Tobacco and nicotine cessation class**  
**Feb.—on Tuesdays, 5:30 p.m. to 7 p.m.**

## In-person class options:

All in-person classes follow safety guidelines and may have limited capacity. Social distancing and wearing masks are required.

### Childbirth and parenting

**Lactation consulting** **FREE**  
Call the Family Birth Center at 616.772.7530 for an appointment.

**Childbirth for new parents**  
**Classes offered monthly**  
Expectant parents learn stages of labor, relaxation techniques and breathing patterns.

**Introduction to breastfeeding**  
**Dec. 14, Jan. 25, Feb. 15, March 22**  
Expectant parents learn about breastfeeding techniques, nutrition and solutions to common problems.

**Childbirth and mother and newborn care—online education**  
**Follow-up class, Feb. 2**  
Includes six months' access to two online programs, an on-site class and a Family Birth Center tour.

### Nutrition

**Think smart, eat smart**  
**Mondays, March 8 to May 10**  
Focus on how to eat MINDfully and healthfully by identifying the reasons you eat. Develop a plan to lose weight once and for all!

### CPR and first aid

**First aid and CPR new certification**  
**Dec. 1 & 8, Jan. 19 & 26, or March 2 & 9**  
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. 28 or March 4**  
First aid, CPR and choking management for all ages. Meets the CPR and first aid requirements for teachers and daycare providers.

**Heartsaver CPR**  
**Feb. 16**  
For grandparents, parents, daycare providers or individuals ages 12 and up only needing CPR certification.

### Events

**Michigan blood drive**  
**Feb. 10**  
Visit [miblood.org](https://miblood.org) or call 616.748.2834.

### Health and fitness

**Healthy habits—one step at a time** **FREE**  
**Weekly, Wednesday evenings**  
**Online support group available at [facebook.com/groups/SHHealthyHabits](https://www.facebook.com/groups/SHHealthyHabits)**  
This walking group is for anyone who is working toward achieving and maintaining a healthy lifestyle. The group is led by a registered dietitian and meets weekly at local indoor and outdoor locations when it is safe to do so. Join anytime!

For more information or to register, visit [spectrumhealth.org/zeelandclasses](https://spectrumhealth.org/zeelandclasses) or call 616.748.2834.

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spectrumhealth.org/zeeland

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# Masked superheroes are all around us.



Thank you for continuing to care for friends and neighbors by wearing your mask.



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[81 FR 31465, May 16, 2016; 81 FR 46613, July 18, 2016]

ATENCIÓN: Si usted habla español, tiene a su disposición servicios gratuitos de asistencia lingüística.  
Llame al 1.844.359.1607 (TTY: 711).

(711: مكب الواصلات ه فاتاه مقر). 1.844.359.1607 مقر لب لصتا .انج م ل اب كل رفاوتت ةي وعل للا ةدع اس م لا تام دخ نإف ، نغ ل ل ا ركا اذا دحتت تنك اذا : ةظوح لم

**f Join the conversation. Follow us on Facebook.**  
Search Facebook for **Spectrum Health Zeeland Community Hospital** to find out more about our services, events and ways to improve your health.