



# VITAL SIGNS

A Publication of The King's Daughters' Hospital and Health Services

SUMMER 2009

www.kdhhs.org

## Top 100 Again !

Most of the exceptional patient care provided each day at King's Daughters' Hospital remains rightfully private. That's one reason why earning public recognition as a Thomson-Reuters 100 Top Hospital for a second straight year generates heartfelt emotions throughout the organization.

"It's a sense of pride," said Donna Gassert, an OB/GYN nurse at the Medical Office Building. "It makes you feel like you're doing a good job. I know I work with a lot of committed and caring people. It's really nice to be honored a second time. I think it substantiates what we've done. It makes you feel like you're doing something right."

King's Daughters' was compared among

3,000 hospitals across the country and 962 hospitals in the small community category. KDH was named among the Top 20 for small community hospitals and among the nation's 100 best.



*I know I work with a lot of committed and caring people. I think it substantiates what we've done. It makes you feel like you're doing something right.*

Donna Gassert, RN

"I've been here 26 years and we're always improving," said Peggy Rowlett, a nurse on the Ambulatory Services Unit, "Patients should feel secure that we will provide the care they expect. They expect the best and we should be able to give them our best."

Hospitals are evaluated and

Please see **Top 100**, Page 3



ABOVE: King's Daughters' family members share a moment in celebration of being named a 100 Top Hospital for the second straight year. Great people are the reason for our success.



## We're called to serve ...

Individuals called together for a single purpose: *to serve our community.*

Buildings and equipment are simply tools. They provide no useful services on their own. People do. We think our collection of people is pretty special. They open their hearts to help Big Brothers Big Sisters, the Jefferson County United Way, the Relay for Life, March of Dimes, and many others. During the past three years, KDH team members have donated over \$57,000 to the United Way. In 2009, like year's past, teams raised over \$12,000 during Bowl for Kids' Sake.

### Helping our Community

Grant Dollars Received (2003-08)..... \$1,187,305

Community Benefit Dollars Provided (2008).....\$494,295

Community Benefit Dollars Provided (2003-2007) ..... \$2,552,194

Direct Charity Care Provided (2003-2008) ..... \$5,419,602

Unreimbursed Care Provided (2008).....\$26.6 million

Dollars spent with local business (2007-2008)..... \$2,077,370

Our people teach wellness and health programs in schools, serve on local boards, and volunteer throughout the community. Doctors and other trained professionals provide free sports physicals each May - saving families over \$30,000. These same folks serve food and celebrate life at Cancer Survivors Day.

Financial numbers are secondary but do help us identify our ability to make a difference. In 2008, KDH provided over \$490,000 in community benefit. Such benefits included community education and outreach, free and low-cost health screenings, support groups, and donations.

Since 2003, KDH has acquired over \$1.1 million in grant funding. Grants help provide Tobacco Prevention, Drug-Free Communities, Pride, Creating Positive Relations, and disaster preparedness. Several student programs would not be available without these grants.

In 2008, the hospital provided \$26.6 million in unreimbursed care. Since 2003, our people have provided over \$5 million worth of charity care that was never billed. Even though this puts a financial strain on the organization, it doesn't change who we are or why we're here.

In terms of business, the hospital spent \$889,360 with local companies in 2008 and another \$1.2 million in 2007. At the same time, an inpatient stay at KDH averages \$5,000 less than at other Indiana hospitals.

# Hope

Hearing the word cancer often brings strong emotions: fear, anger, sadness, uncertainty, courage. We prefer to add another – hope.

To us, hope calms fears, softens anger, lessens sadness, and shakes uncertainty. Hope encourages. Hope focuses on life. Hope builds a bridge to family, friends, and future.



*They said: We can help you. ... They treated me with respect. They treated me like family.*

Danny Strouse  
Madison

When diagnosed with prostate cancer, Danny Strouse remembers a variety of emotions.

"I was never any lower than the day I learned I had cancer," Strouse said of his 2007 diagnosis. "But after talking with Dr. (Gil) Weizer (Urologist), I said, 'Let's get started, how are we going to beat it?'"

After a consultation in Indianapolis in which he learned that radiation therapy might be his best option, Strouse, upon the advice of family and friends, spoke with Dr. Eileen McGarvey.

"They got me right in and said we can help you," Strouse recalled. "I feel like Dr. Weizer and Dr. McGarvey saved my life. I knew I wasn't going to drive to Indianapolis every day for 40 days. I had several people call me about Dr. McGarvey. She and her staff treated me with respect."

Strouse started radiation therapy in January 2008 and received 39 treatments. He also benefitted from IMRT, an advanced radiation technique that delivers stronger radiation directly to cancer cells with less harm to healthy tissue. IMRT is available at the KDH Cancer Center.

"I heard from many people who supported me and many who also had their treatment here," Strouse said. "We have a great cancer center here in town. You don't have to drive 80 or 90 miles to have great treatment and great results."

Today, Strouse is going strong and preparing for the trip of a lifetime. He and several family members are visiting Maui this summer. Amazing how life can change in a year's time. Amazing what hope can provide.

"Even now, when I stop in for an appointment, nothing has changed," Strouse said. "Gina, Bree, and Dr. McGarvey are glad to see me. They are like family. It's almost like a homecoming."

Radiation Oncology can be reached at 812-265-2444.

Prizes. Contests. Food. Fun.

## 2009 Golf Benefit

Friday, June 12  
Sunrise Golf Course, Madison

Benefits the KDH Foundation

INFORMATION / SIGN-UP \_ (812) 265-0555 or online at [www.kdhhs.org](http://www.kdhhs.org)

## FREE e-Newsletter

[www.kdhhs.org](http://www.kdhhs.org)

Learning you have high blood pressure? What you need to know to help get high blood pressure under control. Read more.

Pets underfoot can pose hazards, especially for older adults. Other people are prone to injuries from falls caused by pets. The CDC reports.



## Celebrate! Cancer Survivors Day

Friday, June 19  
6:30 p.m.  
Madison High School  
w/ Relay for Life

All cancer survivors welcome. Please call Medical Oncology at 812-265-0603 for more information.



Thomas Eckert, MD



Scott Frede, MD



Michael Guirguis, MD



Michael Israel, MD



Judy Koehler, MD



Larry Williams, MD

# Primary Care



## How a personal physician helps you ...

Why is it important to have a personal physician? There are many reasons. Foremost, a personal physician knows more about you, understands your health history, and can help you navigate the health system. Dr. Scott Murphy, a Family Practitioner at King's Daughters' Hospital and Health Services said his role is three-fold:

1. Manage chronic health issues in the office.
2. Be available for minor acute illness, injuries, and infections.
3. Help patients navigate the system. Patients often have difficulty working through tests and follow-up care on their own. They may need help making decisions and knowing what specialist, if any, they need for specific health issues.

"We are the gatekeepers of the system," Murphy said. "I never know what I'm going to see in the office. I love dealing with people (*ages newborn to elderly*) and helping people through various phases of life. We see the kids, the parents, and the grandparents."

Internal Medicine physicians also serve as primary care physicians. One primary difference is that Internal Medicine physicians care only for adult (age 18-over) patients. Dr. Murphy said Internists also may have more experience with specific adult health problems such as diabetes, high blood pressure, cardiovascular disease, or digestive problems.

Dr. Michael Guirguis, an Internist at KDHHS, noted four key roles as a primary care physician:

1. Connecting the dots; the human body is a complicated system. Knowing the patient helps a doctor view the whole picture.
2. Delivering correct diagnosis and treatment.
3. Being comfortable allows the patient to speak openly about concerns or health issues.
4. Helping patients manage care. When you see a physician one time for a specific reason, the physician might not ask about health maintenance.

Prevention and health maintenance are important to Dr. Guirguis.

"As a primary care physician, helping people maintain good health is fundamental," Dr. Guirguis said. "It's important to communicate with patients in specific age groups about how they can help prevent disease. A primary care physician can help you achieve optimal health. I like it when my patients tell me that they want to be healthy. It's often easier to help prevent problems than it is to treat people later. Part of my role is to help patients stay healthy."

The American Academy of Family Physicians puts it this way: In addition to diagnosing and treating illness, they also provide preventative care, including routine checkups, health-risk assessments, immunization and screening tests, and personalized counseling on maintaining healthy lifestyles.

Learn more about KDHHS physicians at [www.kdhhs.org](http://www.kdhhs.org) / Find a Doctor.



Alan Culbreth, MD



Robert Ellis, MD



John Hossler, MD



Howard Jackson, MD



Cecil Martin, MD



Robert Mulford, MD



Scott Murphy, MD



Laura Nutter, MD



Phillip Ross, MD



Molly Rutherford, MD



Michael Ryan, MD



Mark Totten, MD



Steven Vorhies, MD



Marc Willage, MD



Michael Willhite, MD



Alice Carlson, CNP



Vikki Conners, ARNP



Dona Meers, ARNP

## Arriving in August

Dr. Roy Miner, Family Practice, will be joining KDHHS this August. He will be sharing a medical practice with Dr. Scott Murphy at the Medical Office Building in Madison.



Roy Miner, MD

### Do you need a primary care physician ?

We can help. Several of our physicians are accepting new patients. If you need assistance, please contact ...

Physicians at the Medical Office Building:  
**Amy Bird ... (812) 265-0801**

Physicians at all other clinic locations:  
**Cindy McKay ... (812) 866-3301**

## How's your balance ?

Are you concerned about falling or losing your balance? Do you have a friend or family member about whom you're concerned? Why not take advantage of our FREE Balance and Falls Screenings at the KDH Rehabilitation Center?

Free screenings are available every Tuesday and Thursday from 12:00 - 1:00 p.m. All you need to do is call and make an appointment. You do not need a physician's order.

Screenings will test the following:

- static and dynamic balance
- flexibility
- vision
- lower extremity strength and endurance
- blood pressure
- gait mechanics and speed
- cognitive function.

Anyone who has fallen in the past, complains of dizziness or fear of falling, or leads a sedentary life is a good candidate for the screening. Assess your risk at [www.kdhhs.org](http://www.kdhhs.org). Under the Calendar, link to the free screening and either view or print our free assessment (PDF).



### FREE Balance and Falls Screenings

Tuesdays and Thursdays

12:00 - 1:00 p.m.

KDH Rehab Center - 2670 Michigan Road

Call (812) 265-0545 for appointment

Online at [www.kdhhs.org](http://www.kdhhs.org)

Risk assessment and online appointments

## Jan Powell joins team at Trimble County Medical Building ...

Nurse Practitioner Jan Powell will join fellow Nurse Practitioner Vikki Conners at the Trimble County Medical Building on July 20. Please call **502-268-5500** to schedule an appointment with Jan or Vikki. Both care providers are accepting new patients.

"I'm looking forward to providing care in my hometown community, but also in the community I now call home," Powell said about her return to Trimble County.

Powell specializes in Family Medicine and provides care to all ages.

Care highlights include: Women's care, adult well exams for men and women, sports physicals, diagnosis and treatment for acute and chronic illness, and preventative medicine.

Powell said she enjoys working with today's youth and is very active. She likes the outdoors, playing golf, and training for triathlons.

Conners has been at the Trimble County Medical Building since 2005. In addition to family care, Conners offers: Women's health services, annual exams, pediatric care, and adult/senior care.

"Jan will be a great asset to our team," Conners said. "We're excited to welcome her back to Trimble County."

You can learn more about both Nurse Practitioners at [www.kdhhs.org](http://www.kdhhs.org) / Find a Doctor.



Jan Powell, ARNP

## Women: Newest birth control options

Today, women have many options for birth control. Implanon is one of the newest options available through the OB/GYN team at King's Daughters' Hospital. How is it different?

Implanon is a small, flexible plastic rod about the size of a matchstick that is put under the skin of a woman's arm during an in-office procedure. It provides effective birth control for up to three years. Using Implanon allows women to be free of daily, weekly, or monthly dosing, and Implanon is 99% effective. Implanon can be removed at any time should a woman want to become pregnant. More than 4.5 million Implanon devices have been used worldwide. Most women can't see Implanon after insertion.

As with any type of birth control, talk with your doctor about which options may be best and most effective for you. The OB/GYN team at KDH will be happy to discuss the risks and benefits of Implanon or any birth control option.

You can make an appointment with our OB/GYN team at **812-265-0856**. Now is the perfect time to discuss Implanon or any birth control concerns. Dr. Kelli Hertz, Dr. Tina Odaffer, Dr. Jennifer Roney, Dr. Tobi Hough, and Rene Moore, CNP will gladly assist you with questions.

Learn more about our OB/GYN team and Women's Services at [www.kdhhs.org](http://www.kdhhs.org). Let us know how we can serve you better.



OB/GYN | Women's Services

Call: 812-265-0856

Online: [www.kdhhs.org](http://www.kdhhs.org)



## Hilltop Campus

No construction timeline ...

While planning continues for the new hilltop campus, we have not established a construction timetable.

Replacing the existing hospital structure remains critical to the future delivery of high quality health care. Our mission calls us to provide exceptional care and service, and we plan to continue the mission set forth by our founding Bethany Circle members. Once planning is finished, we will share additional information about construction and design.

Thank you for allowing us to serve you.

# RUN The 5K FALLS

September 26, 2009  
Clifty Falls State Park Madison, Ind

Join us for a fun, active morning at our 11th Annual RUN the FALLS 5K event on Saturday, September 26 at Clifty Falls State Park. We encourage both walkers and runners. There's also a Kids' K for children ages 4-8. The 5K course uses roadways in the park. Our staging area and finishing line at the pool offers ample parking, showers, and restrooms. Learn more at [www.kdhhs.org](http://www.kdhhs.org).

If you are new to walking or running, plan to make RUN the FALLS your first event. Learn how to prepare for a 5K event as a runner or walker. If you have specific questions, contact Heather Foy at 812-265-0175. We also have training tips and web resources available on our RUN the FALLS 5K page. Early Bird registration ends on September 11. Sign-up now. Let's set another new record!

See results from 2008 | Register online | Download a PDF entry form | [www.kdhhs.org](http://www.kdhhs.org)

# SHINING STARS

## Johnny Collins

### Emergency Medical Services



*A patient's family wrote: One morning I called 911 for help for my husband. The technicians that responded were very helpful and did a good job. One particular person stood out above the others - Johnny Collins. It was determined that my husband was going to be flown to Indianapolis by helicopter. Johnny noticed my stress and confusion as I was not familiar with Indianapolis. He went to the computer and printed out complete directions for me as well as finding the hospital's phone number. While we were waiting for the helicopter, he talked and joked with me and my friend, trying to keep our minds off what was happening. When the helicopter arrived, he made sure to have me talk to the medical attendants to verify that we were all going to the same place. All these extra steps meant so much to us.*

## Linda Vannatter

### Physician Services



*A co-worker wrote: One of our hospital employees, Linda Vannatter, deserves special recognition for outstanding work in transitioning the Main Street Clinic to new locations since the flooding of the facility. Many people have been working through the crisis, but Linda is a tireless leader. Our outpatient medical services always depend on Linda's administrative support, but this catastrophe made her responsibilities even more keenly felt. She worked overtime, uncomplaining, and did a great job. KDHHS is fortunate that when potential chaos struck, their employees, led by Linda, responded so swiftly, so well, and so unselfishly.*

## Tabitha Bachmann

### Pediatrics



*A patient's family wrote ... Tabitha was excellent. We could not have asked for a better nurse. She was courteous to my daughter, my wife, and myself. She was there when needed and went above and beyond her call of duty. Through her compassion, empathy, and genuine caring, Tabitha single-handedly performed service recovery to the extent that this family decided to remain at KDHHS. Tabitha's outstanding care and interventions made the family realize that KDHHS could give their child safe, supportive care.*

## KDH Foundation touches many lives, many hearts ...

Jim Pendleton helped create the Edith Pendleton Memorial Endowment for two reasons. First, he wanted to honor his beloved wife's memory. Second, he wanted others to know about the many benefits of hospice care.

The King's Daughters' Hospital Foundation helped him accomplish both. Foundation Director Sue Livers helped Mr. Pendleton establish an ongoing endowment that will provide both educational materials for the public and provide continuing education for hospice workers. Edith Pendleton, Jim's wife of 61 years, was a nurse at KDH and helped open the Intensive Care Unit.

"We have an excellent hospice program," Livers said. "And we have excellent hospice volunteers. The endowment will help us reach others with an uplifting hospice message, and support needed education and training for the truly special people who provide hospice care and support. These are the types of programs that allow the Foundation to touch lives and touch hearts."

You might be surprised how the KDH Foundation benefits others. Here are some examples ...

- Since its inception, the Foundation has assisted many employees through its C.A.R.E. Fund. This includes financial aid during crisis situations such as loss from fire, floods, financial stress, and extended illness. The C.A.R.E. Fund has distributed over \$4,700.
- Wellness Funds support Fit Kids classes in local schools.
- The Foundation's Food Drive assisted six (6) local food pantries.
- The Immediate Response Fund has assisted efforts to teach Creating Positive Relationships in schools and support Camp Win-Win for students. Physicians have also used this fund to assist financially-stressed patients.
- Funds donated to the Cardiology Department supported music for Cardiac Rehab participants.

Donations to the Foundation can be earmarked for specific projects such as women's services, wellness, education, facilities, or response funds. The choice is up to you. Regardless of your decision, you can know that your contributions will be used to benefit the health and well-being of others in our community.

Call Sue Livers at 812-265-0555 to learn more, or request information via e-mail at [livers@kdhhs.org](mailto:livers@kdhhs.org). Read more at [www.kdhhs.org](http://www.kdhhs.org) / Foundation.

### Pendleton Endowment offers hope through hospice ...

Jim Pendleton, above, chose to honor his wife Edith with both a Brass Plaque on the Foundation's Tree of Life, and an Endowment that teaches others about the importance and value of hospice care.

#### What is Hospice ?

#### How does it help families?

KDH Home Health and Hospice:  
**812-265-0671.**

Request hospice information through the KDH Foundation, or contribute to the Pendleton Endowment by calling Sue Livers at the Foundation:  
**812-265-0555.**

### TOP 100 - continued from Page 1

scored on nine in-depth analysis areas that include:

- Mortality;
- Medical complications;
- Patient safety;
- Average length of stay;
- Expenses;
- Profitability;
- Cash-to-debt ratio;
- Patient satisfaction;
- Adherence to clinical standards of care.



Hospitals selected at Top 100 facilities excel in all types of quality measures. According to Angela Lauster, Patient Safety Chair and Laboratory Director at KDH, ranking high in patient safety is particularly rewarding.

"This award is designed to highlight hospitals with the best records of patient safety in the nation," Lauster said. "I consider it a great honor. It's very exciting to be included as a top hospital and shows that our dedication and commitment to patient safety have been successful in improving care."

Lisa Liter, Physical Therapist, said earning the award two straight years is particularly satisfying.

"You take pride in your job and you want your work to be top-notch," Liter said. "We want to provide the best care for our patients. Winning twice is pretty impressive. You continue to earn patients' trust. I think it should make the community proud that they have a hometown hospital that provides good care."

Marci Cole is a Physical Therapy Assistant and Athletic Trainer at the Rehabilitation Center.

"We strive to give the best quality care we can to our patients," Cole said. "Being a Top 100 Hospital two years in a row shows that we excel and try to maintain a high level of patient care. I utilize our services. As a community member, I receive excellent services."

Michelle Riley, a Patient Care Tech, knows what it's like to be both a patient and provider at KDHHS.



*"I've been here 26 years and we're always improving. Patients should feel secure that we will provide the care they expect. They expect the best and we should be able to give them our best."*

- Peggy Rowlett, RN  
Ambulatory Services Unit



*"Winning twice is pretty impressive. You continue to earn patient's trust. I think it should make the community proud that they have a hometown hospital that provides good care."*

- Lita Liter, PT  
Rehabilitation Services



*"I have been a patient with a scary diagnosis. I know what it's like to have a serious illness. I want to provide the very best care. I think people should feel secure they are going to get great care."*

- Michelle Riley, Patient Care Tech  
3-South

"I have been a patient with a scary diagnosis," Riley said. "I know what it's like to have a serious illness. I want to provide the very best care. I think people should feel secure that they are going to get great care."

Learn more about our 2008 award at [www.kdhhs.org](http://www.kdhhs.org). Click on the 100 Top Hospital's logo on the top of the main page. You can also visit [www.100tophospitals.com](http://www.100tophospitals.com).

If all hospitals across the country performed as well as 100 Top Hospitals, the following would be expected:

- More than 107,500 additional patients would survive each year.
- Nearly 132,000 complications could be avoided.
- Expenses would decline by \$5.9 billion a year.
- The average patient stay would decrease by an average of a half-day.

We appreciate the great care our people provide.



### NEW Calendar update: Easier to view events ...

Now, when you link to Classes/Events at [www.kdhhs.org](http://www.kdhhs.org), the information can be displayed in a new calendar format. This makes it easier to quickly view when events and classes are scheduled for any month. Click on the calendar at the top right of the page to open the calendar. If you use Internet Explorer 6 (an older browser), the calendar graphic may appear toward the bottom of the right hand column. You will also notice a slightly new display format. And online registration is easier than ever before. Take a look!

### FREE online Pregnancy Newsletter has new look ...

If you're pregnant and would like week-by-week updates about what to expect during your pregnancy, sign-up for our free e-pregnancy newsletter at [www.kdhhs.org](http://www.kdhhs.org). Updates are e-mailed weekly with news about what's ahead in your pregnancy. Sign-up under the e-Health Center. You can unsubscribe at any time.

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President/CEO: Roger Allman  
Vice President of Clinical Services: Carl Risk  
Director of Marketing/Community Relations: Nadja Boone  
Editor: Dave Ommen, Community Relations

# WELLNESS WORKS

812-265-0175

Sign-up online at [www.kdhhs.org](http://www.kdhhs.org)

## Girls on the Run® to offer first program this August ...

By now, you may have heard that King's Daughters' Hospital will soon offer a life-changing program to area girls in Grades 3-5. KDH is thrilled to be a new council site for **Girls on the Run®**. The mission of this amazing organization is to educate and prepare girls for a lifetime of self-respect and healthy living.



**Girls on the Run®** is a non-profit organization which uses an interactive curriculum and running to develop self-respect and healthy lifestyles in pre-teen girls. The core curriculum addresses many aspects of girls' development - their physical, emotional, mental, and social well-being. The 12-week program provides girls with tools

to make positive decisions and avoid risky adolescent behaviors. Part 1 of the 3-part curriculum is a great example. Weeks 1-4 take the focus: *All About Me ... Getting to know who I am and what I stand for!*

The program culminates in a non-competitive 5K race event which gives the girls a chance to shine and provides an overwhelming sense of accomplishment. Started nationally by Molly Barker in 1996, this amazing program is much more than a running group. The true success of the program is told in the words of a **Girls on the Run®** participant: *"I used to be shy, but now I'm not anymore. I know that whatever I set my mind to do, I can do. Girls on the Run® helps me feel awesome about myself."*

KDH Wellness Coordinator Heather Foy will serve as the certified **Girls on the Run®** coach for the first season - starting August 2009. Our Fall season will be limited to 20 girls. The cost of the 24-lesson program is \$80 per girl. Participants also receive a **Girls on the Run®** t-shirt, incentive gift, healthy snacks, all supplies, all 5K expenses, and a season-ending celebration banquet. To receive a registration form by e-mail, fax, or mail, call Heather at 812-265-0175 or send an e-mail to [foyh@kdhhs.org](mailto:foyh@kdhhs.org).

## Upcoming Highlights ...



**FREE - Friends & Family CPR**  
American Heart Association program  
Saturday, June 6  
8:00 a.m. - 12:00 p.m. | E.O. Muncie Gym

KDH will be providing a FREE Cardio Pulmonary Resuscitation (CPR) Friends and Family Course on Saturday, June 6 at the E.O. Muncie Gym. Time is 8:00 a.m. - 12:00 p.m. Each year, about 300,000 people across the United States suffer sudden cardiac arrest. Without immediate CPR, the chance of surviving an out-of-hospital cardiac arrest drop quickly. Unfortunately, less than one-third of cardiac arrest victims receive bystander CPR. What would you do if your friend or family member collapsed? Friends & Family CPR will teach you what to do. The course is open to all ages. *Friends & Family is not a CPR Card certification course.*

The American Heart Association is trying to train 1,000,000 people nationwide during the week of June 1 - June 7. Knowing basic CPR can save lives - perhaps of someone you know. You can learn more about this event at [www.americanheart.org](http://www.americanheart.org). Additional heart care information is available online at [www.kdhhs.org](http://www.kdhhs.org).

## Creamy Chocolate Cheesecake with Sliced Strawberries

Join teams from King's Daughters' Hospital and many others at this year's Jefferson County Relay for Life on June 19/20. Fight against cancer. Contact Sherry Stewart at 812-265-0811 to be involved. This recipe and more are available from the American Cancer Society cookbook, *Celebrate! Healthy Entertaining for Any Occasion* - available by calling 1-800-ACS-2345.

### Ingredients

1 cup non-fat yogurt  
4 ounces low-fat cream cheese  
1/2 cup part-skim ricotta cheese  
1/4 cup maple syrup  
3 tablespoons cocoa powder  
2 large egg whites  
2 teaspoons ground cinnamon  
1 teaspoon Kahlua  
1/2 pint strawberries  
Nonfat cooking spray



### Instructions:

Preheat oven to 350 degrees. Coat an 8x8 pan with nonfat cooking spray. Puree in blender the yogurt, cream cheese, ricotta cheese, maple syrup, cocoa, egg whites, cinnamon, and Kahlua. Pour in pan. Bake cake for 50 minutes or until done. Let cool and decorate with slices of strawberries. Makes eight slices. Approximately 98 calories per serving, and four grams of fat.



## REGISTER ONLINE ...

See our new calendar layout only at [www.kdhhs.org](http://www.kdhhs.org).

## June

### YOGA Classes - schedule continues through June

Call Heather at 812-265-0175 to buy a card (\$40), go to [www.kdhhs.org](http://www.kdhhs.org), or purchase directly from a class instructor.

#### Traditional Yoga

• **Tuesdays** from 5:45 - 6:45 p.m. ... *Horner Center Aerobics Room - Hanover College*

#### Introduction to Yoga

- **Tuesdays** from 8:15 - 9:30 a.m. ... *Fit for the King*
- **Wednesdays** from 5:30 - 6:45 p.m. ... *Trinity United Methodist Church - downtown Madison.*
- **Thursdays** - from 8:15 - 9:30 a.m. ... *Fit for the King*

### Saturday Morning Yoga

Outdoor class will meet on Vaughn Drive near the Gazebo on Broadway. Class is Saturday, June 13. Time: 8:30 - 9:30 a.m. Standard Yoga Card or walk-in rates apply.

### Making Waves - Warm Water Exercise

Beneficial for individuals with arthritis, fibromyalgia and joint pain. Wide range of class times - days of week. Next series runs June 1 - July 9. Cost: \$70. Call Marci Cole at 812-265-0545.

### Athletic Enhancement

A great program for student athletes to improve agility, speed and core strength. Classes run June 1- July 8 on Mondays/Wednesdays from 4:30 - 6:00 p.m. at the KDHS Rehab Center. Cost is \$150. Call Dave Pappenheim at 812-265-0545.

### Tk 4K - Total Concepts for Kids

Total Concepts for Kids is an all-inclusive class created to stimulate motor, verbal, and sensory systems. Classes are Tuesdays/Thursdays: June 2 - July 9 from 5:00 - 5:45 p.m. at the Rehab Center. For kids ages 3-6. Cost: \$60. Call 812-265-0545.

### Seniorize - Age in Motion

Great program for seniors that focuses on strength-building, flexibility and improved balance. Activities are fun. Next series runs June 2 - July 9. Cost is \$40 for 6 weeks. Call Stacy Greishaber at 812-265-0545.

## July

### Prepared Childbirth and Beyond

Classes meet Tuesdays starting July 7 from 6:30 - 8:30 p.m. The series covers labor and delivery, pain relief options, and mother and infant care. Call Natalie at (812) 265-0215. Free to couples delivering at KDHS - \$25 for others.

### Sibling Class - Healthy Beginnings

Class for future siblings ages 2-8 is Wednesday, July 8 from 6:30 - 7:30 p.m. in the Medical Building Conference Center. Cost is \$5 per sibling. Call Natalie at 812-265-0215.

## July

### Safe Sitter - July

Safe Sitter is a medically oriented babysitting course for boys and girls ages 11-13. They will learn basic CPR, but they will not be CPR certified. Dates: July 7/9 at First Baptist Church. Times are 8:30 a.m. - 4:00 p.m. each day. Cost: \$35 per student.

### Saturday Morning Yoga

Outdoor class will meet on Vaughn Drive near the Gazebo on Broadway. Class is Saturday, July 11. Time: 8:30 - 9:30 a.m.

### NEW - Healthy Steps Class

A new 6-week class will meet Mondays from July 27 - August 31. Class time is 5:30 - 6:30 p.m. Fee: \$65. Healthy Steps was previously called "Lebed Method." Course is ideal for cancer patients, those with chronic illness, or recovering from surgery. Call Heather at 812-265-0175. Location: TBA.

### Making Waves - Warm Water Exercise

Beneficial for individuals with arthritis, fibromyalgia and joint pain. Variety of class times - days of week. Next series runs July 13 - August 20. Cost: \$70. Call Marci Cole at 812-265-0545.

### Athletic Enhancement

A great program for student athletes to improve agility, speed and core strength. Classes run July 13 - August 19 on Mondays/Wednesdays from 4:30 - 6:00 p.m. at the KDHS Rehab Center. Cost is \$150. Call Dave Pappenheim at 812-265-0545.

### Seniorize - Age in Motion

Great program for seniors that focuses on strength-building, flexibility and improved balance. Activities are fun. Next series runs July 14 - August 20. Time: 10:00 - 11:00 a.m. Cost is \$40 for 6 weeks. Call Stacy Greishaber at 812-265-0545.

### Tk 4K - Total Concepts for Kids

Total Concepts for Kids is an all-inclusive class created to stimulate motor, verbal, and sensory systems. Classes are Tuesdays/Thursdays: July 14 - August 20 from 5:00 - 5:45 p.m. at the Rehab Center. For kids ages 3-6. Cost: \$60. Call 812-265-0545.

### Fit and Fun Kids Camp

Week-long exercise camp offers great fun through structured play and fitness activities. Exercise, games, and healthy snacks are part of the fun. Camp is July 27 - 31 (each day). Times: 11:00 a.m. - 12:00 p.m. (K-2nd Grade) and 12:15 - 1:30 p.m. (Grades 3-5) at Fit for the King Fitness Center. Cost is \$30 (\$5 discount for each child in the same family). Call Heather at 812-265-0175.

### Fit and Strong Teen Camp

Week-long exercise camp is perfect for pre-teens to begin a weight training routine. Open to boys and girls in Grades 6-8. Camp is July 27 - 31. Time: 9:30 - 10:45 a.m. (each day) at Fit for the King Fitness Center. Cost is \$30 (\$5 discount for each child in the same family). Call Heather at 812-265-0175.

\* The American Heart Association 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 American Heart Association. Any fees charged for such a course, except for a portion of fees needed for AHA course materials, do not represent income to the Association.

## August

### Lamaze Childbirth Classes

Classes start August 6 and meet weekly until September 10 from 6:30 - 8:30 p.m. Geared for expected moms in the third trimester (or late 2nd trimester). Call Natalie at (812) 265-0215. Cost is \$25 per couple; includes workbook.

### Heart Failure Series: Caring for the Caregiver

Kathy Schell will discuss the stress of those caring for patients with heart failure. Program is Wednesday, August 12 from 5:30 - 6:30 p.m. in the KDH Conference Center. No charge. Call Natalie Thornsberry at 812-265-0147 for details.

### Saturday Morning Yoga

Outdoor class will meet on Vaughn Drive near the Gazebo on Broadway. Class is Saturday, August 8. Time: 8:30 - 9:30 a.m.

### Safe Sitter - August

Dates: August 3/5 at Hanover Baptist Church. Times are 8:30 a.m. - 4:00 p.m. Cost: \$35 per student. Call 812-265-0175.

### Prepared Childbirth and Beyond - Weekend Option

Classes are August 22-23 from 9:00 a.m. - 3:30 p.m. each day. Call Natalie at (812) 265-0215. Free to couples delivering at KDHS.

### Health Screening

**Madison** - Screening is Friday, August 28 from 9:00 - 11:30 a.m. at the KDH Medical Office Building. Cholesterol and PSA blood tests are \$25 each. No appointment needed.

### YOGA Classes Resume

Regular Yoga classes resume in August. Dates and times TBA. Visit [www.kdhhs.org](http://www.kdhhs.org) for the latest updates.

## Hospice Volunteers

### Hospice Volunteer meetings

Hospice volunteer meetings are scheduled for June 25, July 30, and August 27 at 5:00 p.m. Call Paula Limato at 812-265-0129 for more information.

## Support Groups

### New Mommy Support Group

Meetings are 2nd Thursday each month from 10:00 - 11:30 a.m. in Medical Office Building Conference Center. Call Natalie Hill at 265-0215. Free to all moms.

### Diabetes Support Group

Meetings will be on Mondays: June 8, July 13, August 10. Group meets at 6:00 p.m. in the Medical Building Conference Center. Call Janice at 265-0611 for specific meeting information.

### Surviving Spouse Support Group

Meetings will be Tuesdays: June 9, July 14, August 11 from 5:00 - 6:30 p.m. in the Medical Building Conference Center. Call Kathy at 265-0586.

### Breast Cancer Support Group

Meetings will be Thursdays: June 25, August 27 (No July meeting). Group meets from 6:00 - 8:00 p.m. Call 265-0330 for details.