VITAL SIGNS

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

FALL 2008 www.kdhhs.org

Welcome to the new world of medical imaging ...

Today's medical images provide detail so precise it's almost like taking a live look inside the body.

Traditional x-rays are still used. We've just added technology that provides color, clarity, and slicing capability - which enables doctors to see inside organs and view images from different angles. There's also digital mammograms and 3-D ultrasound.

What's this mean for patients?

It means access close to home to advanced imaging tools.

King's Daughters' has also upgraded to an all-digital format, meaning physicians and patients receive more immediate results and do not have to wait for film development. Digital images provide exceptional clarity and can more easily be transmitted and shared with other physicians.

This year we've upgraded to an impressive 64-slice CT scanner and added a mobile PET unit to our on site services.

"We have a remarkable team of exceptional people," said Marsha Mundt, Director of Medical Imaging at KDHHS. "With the addition of our 64-slice CT and PET units, our imaging capabilities are truly comprehensive."

The Medical Imaging team at KDHHS is led by three full-time radiology physicians: Dr. Mel Skiles, Dr. Bill Skiles, and Dr. Robert Leatherman. Radiologic technologists complete at least two years of training and are registered after passing their National Boards. They are also certified by the State of Indiana and must prove competency in each type of imagery. Staff providing ultrasound, CT, MRI and nuclear medicine testing pass further training and certification.

"We've implemented some very high-tech equipment that puts us right on par with the larger hospitals and imaging centers," said Dr. Bill Skiles. "We have the technologists and staff to provide exceptional quality and service."

Please see **Imaging**, Page 2

CT and Ultrasound technology can be used for image-guided biopsies and drainings. This helps some patients avoid more invasive procedures.

Learn more about Imaging at www.kdhhs.org

Hello, from ... Georgia

After 12 years and thousands of miles , Omari Chubinidze, MD has nestled into American life as a physician, husband, and father of three. He's also the Medical Director for our Convenient Care Center which celebrated its one-year anniversary in July.

His journey to this point has certainly seen its share of twists and turns. Dr. Chubinidze grew up in Tbilisi, the capital city of Georgia, part of the former Soviet Union. He completed medical school there and was in the middle of his cardiac surgeon's training in the Ukraine when he received news he'd been selected to interview with the American Embassy in Poland and potentially receive his Immigration Visa to the United States.

"Everyone dreams of coming to the United States because of the opportunities," he said in clear English and distinct accent.

Once receiving his Visa, he had 90 days to be in the United States - even though he had no family, no friends, and, at the time, knew very little English. Fortunately, after some confusion with his Visa in New York, the family of a friend of his from back home agreed to host him and later provided him the name of another friend in Louisville. Dr. Chubinidze registered for an English class at a local junior college and also began working as a phlebotomist in hopes that he could take his Medical Boards here in the U.S.

Upon passing his Boards, he was accepted into the University

Please see **Georgia**, Page 2

CONVENIENT CARE CENTER

Riverpointe Shopping Center - *Madison*

OPEN: 1:00 - 9:00 p.m. *(Daily)*
Holidays: 9:00 a.m. - 5:00 p.m.
Closed: Christmas, Thanksgiving, and New Year's Day

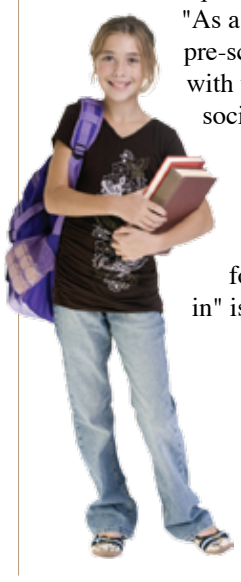
PHONE ...
812-273-5372

Are your kids getting enough *sleep?* for school?

Tired children may find it difficult to concentrate and be at their best in the classroom. They may also be grumpy or more likely to display inappropriate behavior.

So how much rest is enough?

According to Dr. Pat Stack, Pediatrician with KDHHS, the need for sleep varies among individuals. Not all children are the same. As a general rule, children ages 6-12 need about 10 hours of sleep (*Nelson's Textbook of Pediatrics*) per night. For students who get up at 7:00 a.m., bedtime should be at 9:00 p.m. You can adjust the time if your child needs to be ready earlier to catch the bus or to leave adequate time for breakfast and drop off at school.



"As a rule, parents don't need to worry about infants or pre-schoolers," Dr. Stack said. "The bigger problem is with the school age children when scheduling and socializing prevents them from getting enough sleep."

For teenagers, nine (9) hours of rest is ideal. The reality is about seven (7) hours. Dr. Stack said this is why teenagers will often "sleep in" when given the opportunity. They are trying to make up for routinely inadequate rest. Problem is, "sleeping in" is only partially successful.

Here are some tips for school age children ...

- Develop a set of bedtime routines
- Don't put or remove TVs from bedrooms
- Help set a reasonable schedule for after school and evening activities

Learn more about sleep at www.kdhhs.org or call Madison Pediatrics at 812-273-5437.

RUN The FALLS 5K

September 27, 2008
Clifty Falls State Park | Madison, Ind

Fitness event welcomes runners, walkers, kids ...

Here's a chance to challenge yourself or check one of those items off your 'to-do' list.

Join us for our annual RUN the FALLS 5K event on September 27 at Clifty Falls State Park. You can walk or run - even a little of both if you sign up as a runner. Kids ages 8-under can race in the Kids' K.

You'll also be supporting our community wellness programs. All proceeds from the event help provide screenings, classes, and camps for children and adults in our community.

As reference, a 5K is only 3.1 miles. Many of you walk that in a day and others on an evening stroll. Even if you're a novice runner, it won't take much training to finish a 5K.

- **Saturday, September 27**
- **Clifty Falls - Swimming Pool**
- **Kids' K 8:00 a.m.**
- **5K (Walk/Run) 8:15 a.m.**
- **Cost: $15 for 5K** *(with shirt)*
  $10 for Kids' K *(with shirt)*
- **Registration forms at KDHHS**
- **Online at www.kdhhs.org**

Deal 'em up, toss the dice ... benefit the KDH Foundation

Got a little gamble?

Join us for a fun evening of Vegas-style games at the 3rd Annual KDH Foundation Casino Night on Saturday, September 20 at the Knight's of Columbus in Madison. Doors open at 6:30 p.m. with games starting at 7:00. Players will use play-money chips to build wealth and then bid on a variety of great auction items.

Proceeds benefit the KDH Foundation.

Games include Texas Hold'em Poker, Blackjack, Roulette, and Craps. Snacks and drinks are also available. Tickets are just $40 per person.

Call Sue Livers at 812-265-0555 for details. Tickets can be purchased at the Foundation office, over the phone, or online at **www.kdhhs.org/Foundation**.

Spice it up and join us for a Vegas-style evening. You'll definitely hit the jackpot of fun!

September 20, 2008
Knights of Columbus - Madison

- Tickets: $40 each
- Time: 6:30 - 10:30 p.m.
- Call Sue at **812-265-0555** for tickets
- Online at www.kdhhs.org / Foundation

FREE Program ...

Preventing & Caring for Bed Sores at home

Do you take care of a loved one at home? Are you concerned about their health and preventing bed sores from inactivity?

Michelle Taflinger, BSN, RN, CWOCN, will provide a free program about preventing and caring for bed sores. The date and time are listed below. Anyone is welcome.

Learn how wounds heal, discuss prevention, and become informed about diet and treatment options. Call 812-265-0393 to register - or go online to www.kdhhs.org.

- **Monday, September 22**
- **6:00 - 8:30 p.m.**
- **KDH Medical Office Building**
- **Call 812-265-0393**
- **Register online at www.kdhhs.org.**

Why should I get a flu shot ?

That's a reasonable question. After all, last year's flu vaccine didn't work as well. And if the Centers for Disease Control (CDC) forecasts the wrong flu bug again, I will have taken a shot for nothing.

Time for clarification.

True, the actual strain of flu - *or influenza* - that hit much of the United States last winter was slightly different than expected, and many of those vaccinated still suffered through coughs, aches, fevers, and fatigue. However, the vaccine likely helped reduce the duration of flu symptoms from a full week or more to perhaps a couple of days.

Secondly, the flu is a serious disease - affecting between 5 and 20 percent of the U.S. population each year. If the flu hits your house, it will probably strike everyone, meaning you can expect days or even weeks of missed work or school before everyone recovers. Plus, over the years, the CDC and flu vaccine developers have been pretty accurate in predicting what flu strains will be most prevalent. Odds are, this year's vaccine will prove much more effective.

Anyone, including children with chronic illness (asthma included), can be at risk for serious complications from the flu. Seniors and young children are most prone to danger.

Is not getting a flu shot worth the risk?

Flu vaccination guidelines ...

- **Children and Adolescents ages 6 months - 18 years**
  Note: Children ages 18-under at high risk for complications include those between ages 6 months and 4 years; those with asthma or other chronic conditions. Talk to your doctor.
- **Adults age 50-over**
  Note: Those with chronic heart or lung conditions are most at risk for complications. Those who are around children and those at nursing facilities should be vaccinated.
- **Women who will be pregnant during influenza season**
- **Healthcare workers**
- **Parents who live with children ages 6 months - 18 years**

View our Annual Report ...

Web connect www.kdhhs.org

Our **2007 Annual Report** is now available in PDF format online at www.kdhhs.org. See how we're impacting local communities.

Prevention: Pneumoccocal vaccine also important

In addition to a flu shot, adults should talk with their doctor about a vaccine that helps prevent pneumonia, meningitis, and infections of the blood.

Pneumococcal diseases are caused by a common bacteria that makes people very sick and can be fatal. The pneumococcal vaccine is not seasonal. It's given every so many years depending on age and health status.

Prevention of pneumonia and serious infections may reduce hospital stays and lessen your chance for critical symptoms.

Vaccine recommendations ...

- **Adults ages 65-over**
- **Adults 64-under with ...**
  - **Heart Disease**
  - **Diabetes**
  - **Lung Disease (not asthma)**
  - **Kidney Disease**
  - **Certain types of cancer**
  - **Liver Disease**
  - **Multiple bouts of pneumonia**

Based on CDC Guidelines

Imaging, continued from Page 1

The digital PACS system's turnaround makes a big difference in the Emergency Department - where time is critical. Physicians can also magnify and enhance imagery to view specific areas.

The mobile PET scanner most benefits cancer patients. PET imaging allows doctors to see *hot spots* and small tumors that may have spread. This aides in more accurate staging and treatment.

Mammograms are important for all women ages 40-over. KDHHS offers R2 or computer-aided mammography. The R2 ImageChecker scans mammograms and helps identify even the smallest areas of concern - which are then double-checked again by certified physicians. We also use mammography for stereotactic breast biopsies - enabling the surgeon to remove a small portion of the tumor without a more invasive procedure.

While new parents enjoy seeing a baby in the womb, ultrasound provides great images of many internal organs - such as the gallbladder, pancreas, liver, and prostate. Our 3-D capability makes these images even more realistic.

"We have seen monumental changes in medical imaging," Mundt said. "Our films have been replaced by computed images. King's Daughters' has maintained a strong commitment to provide the technology needed to give patients the very best care."

Bill Skiles, MD

Mel Skiles, MD

Robert Leatherman, DO

Medical Imaging at KDHHS

Plain Radiography
- Standard X-Rays (*Chest, arms, feet, legs, hands*)

Fluoroscopic
- Upper GI (*stomach, colon*) often used with barium

Mammography
- R2 Computer-aided detection
- Stereotactic breast biopsy

Ultrasound
- Mammography
- Internal organs (*gallbladder pancreas, liver*)
- Pregnancy
- Pelvic region
- Prostate

CT: Computer-aided Tomography
- New 64-slice capability
- Abdomen
- Head/Neck
- Internal Organs

MRI: Magnetic Resonance Imaging
- Joints
- Muscles / Tendons

PET:
- Cancer detection / staging
- Mobile unit (weekly)

Nuclear Medicine
- Heart / Cardiac
- Bone Scans

PACS - Emergency Room
- Computer-driven radiography
- Immediate imaging
- Magnification

C-ARMS
- Mobile units for
  - Surgery, Pain Clinic, Patient rooms, Emergency Room

Cystoscopy
- Urinary Tract

Vascular Lab team members at KDHHS *(L-R): Janet Greenwood, Diana Harrell, Dr. James Jackson, Joan Carter, Connie Wolf, Bridget Davis, and Dr. Thomas Eckert. The team's commitment to excellence and quality care has earned them full accreditation for vascular services.*

Vascular Lab renews full accreditation from ICAVL

When it comes to testing for many silent killers, King's Daughters' Cardio-Pulmonary Services continues to be recognized as a high-quality vascular testing facility.

Vascular testing includes ...

- **Venous Imaging for DVT** *(Deep Vein Thrombosis)*
- **Carotid Imaging** *(for plaque detection and stroke prevention)*
- **Arterial Doppler** *(for measuring internal blood pressures)*
- **Peripheral Vascular Disease** *(pain in the legs associated with blood clots)*

KDHHS has again received full accreditation from the Intersocietal Commission for the Accreditation of Vascular Laboratories (ICAVL). The King's Daughters' vascular lab is one of a select number of laboratories to meet or exceed ICAVL standards. Every aspect of the vascular lab's daily operations and its impact on the quality of health care provided to patients is assessed and reviewed.

Each month, vascular lab staff completes about 800 procedures. Team members complete extensive training to be certified as a vascular technician. According to the ICAVL, participation in the accreditation process demonstrates the laboratory's attention to quality. Accurate detection of life-threatening vascular diseases means better outcomes for patients.

"Accreditation indicates that our lab meets the highest national standards," said Dr. James Jackson, Cardiologist at KDHHS. "Patients need to know we're not only recognized for the procedures we do, but also know that those who perform the tests and evaluate the results have demonstrated the appropriate training and expertise that meet the high standards set forth by the ICAVL."

To learn more about our Vascular Lab or other Cardio-Pulmonary Services, call **812-265-0196** or visit **www.kdhhs.org**.

Georgia, continued from Page 1

of Louisville Medical School, opting for Family Medicine. He graduated in 2007 and soon after interviewed with KDHHS to begin work at the Convenient Care Center.

"Family medicine is a big difference," he said regarding his initial plans to be a cardiac surgeon. "But continuing in that path would have required another seven years of study. I had already started a family, and this decision has certainly been worth it for me and my family."

Dr. Chubinidze works about 22 shifts per month, commuting from Oldham County in Kentucky. His parents have been to visit and he loves being the dad of three: two boys (ages 3 years and 1 month) and one girl (age 2).

"This is a great country," he said. "There are so many opportunities. You can do anything you want. I love it here."

Convenient Care is open every day except Thanksgiving, Christmas, and New Year's.

UPDATE ... Look at them now

It's truly amazing when you see Whitley Arbuckle and John Stahl in action. They've both come a long way.

Remember the feature articles that appeared in past Vital Signs issues (Winter 2006 - Stahl and Summer 2006 - Arbuckle)? Stahl was showing remarkable recovery from a serious car accident and Arbuckle was just learning to talk and use her arms and legs after a rare stroke at age 2.

Today, Whitley can stand and walk without her walker and no longer needs speech therapy. Although soft spoken, her words and pronunciation are perfectly clear. As for Stahl, he's taking golf lessons and has progressed to taking community exercise classes. His memory has also improved and he can get up and down from the floor on his own.

Whitley Arbuckle is now a 5th grader at Ryker's Ridge.

"Whitley can walk and stop without holding onto anything and can take over 100 steps without assistance," said Jacqueline Gilbert, PT, DPT - therapist at the KDH Rehab Center. "She also loves her time in the pool and can dress herself - even remove a wet swimsuit."

Gilbert said those types of motor skills are difficult, and it demonstrates how far Whitley has come. She also puts her face in the water and can swim with close supervision. About the only assistance she needs is with putting on her socks and shoes.

Now a 5th Grader at Ryker's Ridge, Whitley said her favorite subject is math and she likes to ride the six-wheeler with her grandmother and brother.

"Whitley is more motivated than ever before," Gilbert said. "She works hard and wants to do more on her own."

As a sheriff's deputy, Stahl suffered a severe head injury in 2004 when his patrol car left the road and flipped several times. At the time, he couldn't speak, eat, or move on his own. His initial therapy began as an inpatient at the hospital and concluded with the outpatient rehab team. His progress was phenomenal.

The placement of a recent shunt has helped relieve an ongoing battle with pressure on his brain - improving memory function and balance.

"I don't have to bring my cane everywhere," Stahl said. "The therapists insisted that I learned to walk backward and that has really helped. The people here are great. I've been very, very lucky."

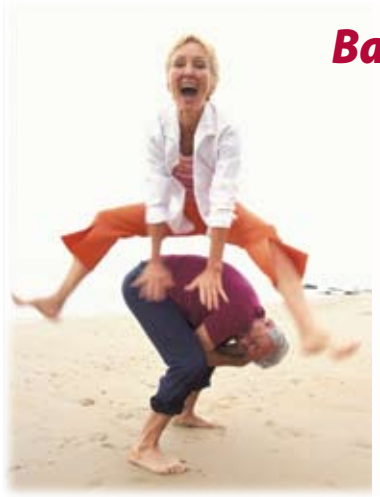
Stahl currently attends Making Waves - a warm water exercise class - and the seniorcize program, which helps with balance and core strength.

"Most people wouldn't realize he ever had a problem if they just talk to him," said Martha Stahl, John's mother and retired nurse. "He can drive a golf cart and answer the phone. The staff at the Rehab Center have designed workouts for him. They have helped him so much."

Susan, his wife, said his awareness and confidence are the most noticeable improvements.

"His ability to process things and move around with more stability are things I've noticed," she said. "I can tell he's improved by the questions he asks."

► **Curious about Rehab Progams? Call 812-265-0545.**



Balance Master helps patients improve mobility

So you might not exactly be able to jump over someone right away. Still, the *Balance Master* assessment and rehabilitation system at the KDH Rehab Center represents the most advanced balance and mobility assessment and treatment available. Specific tests can isolate the different senses that contribute to balance control and help identify the patient's balance problem.

Balance Master helps those recovering from stroke or injury as well as seniors who experience dizziness, unsteady footing, and falling.

If falling concerns you, ask your doctor about the new *Balance Master* or call KDH Rehab at 812-265-0545.

- **Are you concerned about falling ?**
- **Do you ever feel dizzy or unsteady?**
- **Have you suffered a stroke?**
- **Call Today 812-265-0545 or ask your doctor**

Relay for Life donations top $20,000; Cancer Survivor's Day celebrates life

Employees at King's Daughters' collected and donated over $20,000 to the 2008 Relay for Life. We thank the many staff, volunteers, and team captains who once again helped us make a meaningful donation to the fight against cancer.

Dr. Paul Rosenberg

We also thank the Medical Oncology staff who organized another great celebration of life at the Cancer Survivor's Day event - in conjunction with the Relay. We appreciate Dr. Paul Rosenberg, Dr. Paul Cronen, and Dr. Eileen McGarvey for helping serve desserts. Over 300 people attended the dinner on June 20 at Madison High School.

100 Top Hospitals award presented; Thomson team visits KDHHS

Representatives from *Thomson Healthcare* officially presented KDHHS with its 100 Top Hospitals award during a visit to Madison in late July.

Jeannine Phillips, left, and Rhonda Keating, of Thomson presented the award in July to Roger Allman, CEO

King's Daughters' was compared against 921 other hospitals in the Small Community category and was one of only two Indiana hospitals to be named among the nation's 100 Top Hospitals for 2007. *Learn more at www.kdhhs.org or 100tophospitals.com.*

THOMSON TOP HOSPITALS National 2007

2008 Golf Benefit raises over $20,000 for KDH Foundation

Thanks to the generosity of our sponsors and golf participants, the KDH Foundation raised $23,000 from its Golf Benefit this past June.

Although weather shortened the afternoon session for many, 57 teams participated at Sunrise Golf Course. We thank local PGA Professional Jeff Bridgeford for his efforts, and the entire Sunrise team for another great day of golf and fellowship.

Proceeds from the event directly benefit the KDH Foundation - which support the mission of the hospital. You can learn about the foundation and its efforts at www.kdhhs.org or by calling Sue Livers at 812-265-0555. Online donations are easy to make and allow you to designate your funds for specific areas of interest.

At left, Dr. Eileen McGarvey practices her chipping before teeing. Learn more about all of our physicians - even print a directory - at www.kdhhs.org / Find a Doctor.

SHINING STARS

Russella Schmidlap

Hilltop Clinic

A co-worker wrote: Recently, we were inspected by COLA (for laboratory accreditation). Having limited space, the only place to conduct the inspection was the break room in the basement. Russella swept, mopped, and cleaned the counters and made a significant difference. Russella is always there to help out. This was not her job, but she automatically pitches in wherever needed. We are like family and that is due to her leadership. She walks with us and makes us feel like a valuable part of the team.

Brenda Wilking

Surgery

A co-worker wrote: This past Christmas, Brenda and her twin sister noticed that several residents at a local nursing home did not have visitors. Concerned they might not receive any Christmas gifts, the sisters purchased personal items that the residents would use and attempted to find a clothing item each person could wear. At the Christmas party, each resident received their own personalized gift bag and they were treated to Christmas dinner and Christmas carolers from a local church. Brenda and her sister visited each resident helping some of them open their gifts. Every weekend, the sisters visit the nursing home to check on each resident and give them some extra attention. We can all learn from Brenda - a little kindness provides others much comfort and happiness.

Jacqueline Knoebel

OB/Maternity

A family member wrote ... *I came in the hospital with my daughter in labor. Jackie made us feel extra special and went out of her way to answer all of the questions we asked. She talked to us to make us calm and explained everything before doing it. She was so patient and went above and beyond all that she had to do and did not make my daughter feel insignificant. She is outstanding at what she does.*

Web connect www.kdhhs.org

New video about Madison now available ...

A new video about life and opportunities in Madison is available at **www.kdhhs.org**. You can find it under the Careers section. For those interested in moving to the area, the video provides an overview of schools, homes, business, industry, and quality of life. The video was a joint project of the Madison Visitor's Center, KDHHS, the Chamber of Commerce, and the Economic Development group (formerly MIDCOR). King's Daughters' Hospital is proud of its employees and hopes the new video provides those not familiar with our town a great look at what we have to offer. Look for additional video information online in the future as we seek to build a strong communication tool for our patients and families.

Need a price? Have a billing question?

You can find out answers to either of these questions by using a simple, secure online form at **www.kdhhs.org**. Just look under the Pricing/Billing section. You can also pay your bill or pre-register for a visit. When you request a price estimate, a customer service representive will find out the information and contact you directly with the information. Billing questions work the same. You can also call **812-265-0161**.

VITAL SIGNS is a quarterly publication of The King's Daughters' Hospital and Health Services – P.O. Box 447, Madison, Indiana.
President/CEO: Roger Allman
Vice President of Clinical Services: Carl Risk
Director of Marketing/Community Relations: Nadja Boone
Editor: Dave Ommen, Community Relations

Kid's Snacks can be a good (and fun) thing ...

Some words of wisdom for all of us ... *snacks can be a good thing.*

They can keep your body energized and growing. However, what you eat and when you eat are also important. It's a good idea to choose a snack from a food group you haven't had much of that day so that you can gather any missing nutrients your body is craving.

Below are some healthy snack ideas and snack ideas for special occasions.

Healthy Snacks

- Fruit
- Whole grain toast with peanut butter
- Raw cucumber slices, cherry tomatoes or baby carrots
- "Ants on a Log" - celery with peanut butter & raisins
- Trail Mix (whole grain cereal, nuts, dried fruit)
- Popcorn (plain)
- 100% fruit popsicle
- Low-fat yogurt (try it frozen)
- Low-fat cheese sticks or cubes
- Dried fruit
- Low-sugar granola bars
- Sugar-free pudding or jello

Snacks for Special Occasions

- Potato chips
- Candy bars
- Sugary cookies
- Cake
- Ice cream
- Candy (sugary)
- Fruit roll-ups
- Donuts and pastries
- Popcorn with salt & butter
- Soda
- Fruit drinks that are not 100% juice

Note to parents: Help your child develop a list of healthy snacks they are willing to try. Letting your child help with the grocery shopping and food preparation is a great way to get them involved. Have after-school snacks ready. Kids are more likely to eat veggies if they are washed, cut up into kids-sized pieces, and placed with low-fat dip. Don't feel guilty about limiting snacks. It's okay to put the "C" snacks like cookies, chips or candy/cupcakes away for special occasions. Encourage your kids not to eat directly out of the box or bag - which can increase portions. Limit snacking in front of the television or computer.

Much of this information was gathered from a fun children's book entitled, "The Monster Health Book - A Guide to Eating Healthy, Being Active & Feeling Great for Monsters & Kids!" by Edward Miller.

Upcoming Highlights ...

FREE
Self-Defense Workshop
Saturday, November 1 | 9:00 - 11:00 a.m.

This program is ideal for anyone new to self-defense - or for returning RAD *(Rape Aggression Defense)* students.

Have you ever considered taking the RAD Self-Defense class? Would you be interested in learning more about personal safety for parking lots, travel, or in your own home? Are you a RAD graduate who needs to review and refresh your skills - or even learn new advanced techniques?

If you answered yes to any of these, then this free workshop is for you!

The class will be held from 9:00 - 11:00 a.m. on Saturday, November 1. Location will be announced soon. There is no cost to attend but pre-registration is required.

The program is divided into two sections ...

- **9:00 - 10:00 a.m.** - Group session for new students and returning RAD graduates.
- **10:00 - 11:00 a.m.** - RAD graduates can stay and learn new advanced techniques.

This workshop is open to females 13 years of age and older. All women in attendance are encouraged to wear comfortable shoes, supportive exercise clothes, and bring a water bottle. To register, call **812-265-0175** or go online to **www.kdhhs.org**.

Creamy Orangesicles

This recipe comes from www.nutritionexplorations.org. There are many great recipe ideas for your kids to discover. They can help you create healthy snacks like the orangesicle.

Ingredients
1 box orange-flavored gelatin (4-serving size)
3/4 cup low-fat milk
1 6-ounce container low-fat vanilla yogurt*
1/2 cup boiling water
** Substitute an 8-ounce container, if desired.*

Instructions
1. Wash your hands.
2. Place the gelatin mix in a medium-size bowl. Add boiling water. Stir until gelatin mix is completely dissolved. Let the mixture cool slightly.
3. Add milk and yogurt. Stir until all ingredients are blended.
4. Spoon into freezer-pop molds or 5-ounce paper cups. If using paper cups, cover with foil and insert a wooden pop stick. Freeze for several hours until firm.

Makes 6 servings.
Time needed to prepare: 20 minutes
Freeze time: 3-4 hours
Nutrition Information *(1 pop)*
97 calories
18g carbohydrates
4g protein
1g fat
85mg calcium

You can turn orangesicles into a smoothie. Just put two frozen servings in the blender with a half-cup of low-fat milk. Try making this recipe using other gelatin flavors.

REGISTER ONLINE ...

Web connect www.kdhhs.org

Classes and events are listed on our web site at www.kdhhs.org. It's simple, secure, and easy-to-use.

September

Health Screening
Madison - Screening will be Wednesday, September 17. Time: 4:00 - 6:00 p.m. at the Medical Office Building. Cholesterol Profile and PSA blood tests are $25 each. Free blood pressure testing. Call Heather at 265-0175. No registration necessary.

YOGA: Fall Schedule
Yoga classes continue weekly through November 25. Yoga Punch Cards are $40 each and are good for any 8 classes. Call Heather at 812-265-0175 for details.

Traditional Yoga
Tuesdays | 6:00 - 7:00 p.m.
Hanover College - Horner Center aerobics room

Introduction to Yoga
Wednesdays | 5:30 - 6:45 p.m. | Trinity United Methodist
Tuesday and/or Thursday | 8:15 - 9:30 a.m. | Fit for the King

Prepared Childbirth and Beyond - Weekend Option
Classes are September 6-7. The series covers labor and delivery, pain relief options, and mother and infant care. Free to couples delivering at KDH. Call Natalie at (812) 265-0215.

Community CPR / First-Aid
Next class is Saturday, September 20 from 8:00 a.m. - 2:00 p.m. in the Medical Office Building Conference Center. Cost is $30. Call Laurie Livorno at 812-265-0393 for details or to sign up.

TK 4K - Total Koncepts for Kids
Total Koncepts for Kids is an all-inclusive class created to stimulate motor, verbal, and sensory systems. Classes are Tuesdays/Thursdays: September 9 - October 16 from 5:00 - 5:45 p.m. at the Rehab Center. For kids ages 3-6. Cost: $60. Call 812-265-0545.

Athletic Enhancement
A great program for student athletes to improve agility, speed and core strength. Classes run September 8 - October 15 on Mondays/Wednesdays from 4:30 - 6:00 p.m. at the KDHHS Rehab Center. Cost is $150 - Call Dave Pappenheim at 812-265-0545.

Making Waves - Warm Water Exercise
Beneficial for individuals with arthritis, fibromyalgia and joint pain. Wide range of class options. Next series runs September 8 - October 16. Call Marci Cole at 812-265-0545 to register.

Preventing & Caring for Bed Sores at Home ...
Free community program for caregivers will be Monday, September 22 at the KDH Medical Office Building from 6:00 - 8:30 p.m. Michelle Taflinger, BSN, RN, CWOCN will share news and information about how to prevent and care for bed sores. To register, call 812-265-0393 or go online to www.kdhhs.org. See more information on Page 2.

October

Health Screening
Versailles - Screening will be Wednesday, October 8. Time: 9:00 - 11:00 a.m. at 206 West Tyson Street (Dr. Willhite's office). Cholesterol Profile and PSA blood tests are $25 each. Free blood pressure testing. Call Heather at 265-0175 for more details.

Prepared Childbirth and Beyond
Classes start October 7 and meet each Tuesday through November 18. The series covers labor and delivery, pain relief options, and mother and infant care. Free to couples delivering at KDH. Call Natalie at (812) 265-0215.

Community CPR / First-Aid
Next class is Saturday, October 18 from 8:00 a.m. - 2:00 p.m. in the Medical Office Building Conference Center. Cost is $30. Call Laurie Livorno at 812-265-0393 for details or to sign up.

TK 4K - Total Koncepts for Kids
Total Koncepts for Kids is an all-inclusive class created to stimulate motor, verbal, and sensory systems. Classes are Tuesdays/Thursdays: October 21 - November 26; 5:00 - 5:45 p.m. at the Rehab Center. For kids ages 3-6. Cost: $60. Call 812-265-0545.

Athletic Enhancement
A great program for student athletes to improve agility, speed and core strength. Classes run October 21 - November 26 on Mondays/Wednesdays from 4:30 - 6:00 p.m. at the KDHHS Rehab Center. Cost is $150 - Call Dave Pappenheim at 812-265-0545.

Making Waves - Warm Water Exercise
Beneficial for individuals with arthritis, fibromyalgia and joint pain. Wide range of class options. Next series runs October 20 - November 26. Call Marci Cole at 812-265-0545 to register.

YOGA: Fall Schedule
Yoga classes continue weekly through November 25. Yoga Punch Cards are $40 each and are good for any 8 classes. Call Heather at 812-265-0175 for details.

Traditional Yoga
Tuesdays | 6:00 - 7:00 p.m.
Hanover College - Horner Center aerobics room

Introduction to Yoga
Wednesdays | 5:30 - 6:45 p.m. | Trinity United Methodist
Tuesday and/or Thursday | 8:15 - 9:30 a.m. | Fit for the King

November

Lamaze Childbirth Classes
Classes start Thursday, November 6 and meet weekly until December 11 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.

Health Screening
Madison - Screening is Friday, November 14 from 9:00 - 11:00 a.m. at the Medical Office Building. Cholesterol and PSA blood tests are $25 each. Free blood pressure testing.

YOGA: Fall Schedule
Yoga classes continue weekly through November 25. Yoga Punch Cards are $40 each and are good for any 8 classes. See the days and times listed in September/October. Contact Heather Foy at 812-265-0175 with specific questions.

Healthcare Provider CPR class
This CPR instruction course is for those who need specific certification and those in the healthcare field. The date is Saturday, November 8. Time: 8:00 a.m. - 1:00 p.m. at the Medical Office Building Conference Center. Cost: $50. Call Laurie Livorno at 812-265-0393 to register.

** 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.*

Hospice Volunteers

Hospice Volunteer meetings
Hospice volunteer meetings are scheduled for September 25, October 30 and November 27 at 5:00 p.m. Call Paula Limato at 812-265-0129.

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: Sept. 8, Oct. 13, Nov. 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: Sept. 9, Oct. 14, Nov. 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: Sept. 25, Oct. 23, Nov. 27. Group meets from 6:00 - 8:00 p.m. Call 273-5437 for details or to receive a flyer.