Determined What’s on Your Plate

Eat the MyPlate way. Enjoy your food, but eat less. Avoid oversized portions. Make half your plate fruits and vegetables. Make at least half your grains whole grains. Compare sodium, sugars and saturated fats in foods and choose the food with lower numbers. Drink water instead of sugary drinks. Switch to fat-free or low-fat milk. Be active your way.

MyPlate is nutritional guidance from the U.S. Department of Agriculture that can help you stay healthy by filling your plate with these healthy foods.

**Fruits:** apples, bananas, grapefruit, lemons, oranges, strawberries, cantaloupe, 100% apple juice, 100% grape juice.

**Vegetables:** dark green leafy lettuce, broccoli, potatoes, corn, butternut squash, red pepper, garbanzo beans, zucchini.

**Grains:** brown rice, rolled oats, popcorn, whole-wheat flour, whole-wheat spaghetti, bulgur, whole rye, quinoa.

**Protein:** lean cuts of beef, pork, chicken, eggs, black beans, lentils, soybeans, almonds, walnuts, haddock, salmon, shrimp, tuna.

**Dairy:** fat-free or low-fat milk, yogurt, cheese, calcium-fortified soy milk.

Engage in physical activity, such as walking, jogging, biking, hiking, tennis, basketball, soccer, swimming.
Enjoy these tasty recipes.

**Grape and Cashew Salad Sandwich**
1 cup low-fat cottage cheese
1 1/2 cups red grapes, quartered
1 celery stalk, chopped
ground black pepper, to taste
3/4 cup dry-roasted cashews (unsalted), coarsely chopped
2 tablespoons fresh parsley, chopped
8 lettuce leaves
8 slices whole-grain bread

1. In a medium bowl, mix cottage cheese, grapes, celery, cashews, parsley, and ground black pepper.
2. Toast bread and build sandwiches following steps 3 and 4.
3. Spread 1/4 salad mix on each of four of the bread slices.
4. Add two lettuce leaves to each sandwich; top with second bread slice.

NUTRITION INFORMATION per sandwich: 380 calories, 16 grams fat, 19 grams protein, 45 grams carbohydrates, 6 grams fiber, 430 milligrams sodium.

**Crunchy Hawaiian Chicken Wrap**
1/4 cup light mayonnaise
1/8 cup white vinegar
1/4 cup sugar
1 teaspoon poppy seeds
1 1/2 teaspoons garlic powder
1 1/2 teaspoons onion powder
1 1/2 teaspoons chili powder
2 cups fresh broccoli, shredded
1 1/2 cups fresh carrots, peeled, shredded
1/4 cup canned crushed pineapple, in 100% juice, drained
1 cup fresh baby spinach, chopped
3 cups cooked chicken, diced
6 whole-wheat tortillas

1. In a small mixing bowl, combine mayonnaise, vinegar, sugar, poppy seeds, garlic powder, onion powder and chili powder for the dressing. Mix well. Cover and refrigerate.
2. Combine broccoli, carrots, pineapple and spinach in a large bowl. Stir in dressing and chicken. Mix well. Serve immediately, or cover and refrigerate.
3. For each wrap, place 2/3 cup filling on the bottom half of the tortilla and roll in the form of a burrito. Place seam side down. Cut diagonally. Serve immediately. Filling may be made one day in advance.

NUTRITION INFORMATION per wrap: 308 calories, 6 grams fat, 24 grams protein, 42 grams carbohydrates, 5 grams fiber, 408 milligrams sodium.

What’s Cooking, Uncle Sam?

This special exhibit at the Kansas Museum of History will run from Jan. 28 to May 1, 2016. Explore the changing American diet, traveling from farm to the dinner table in this multimedia exhibit. Visitors will discover how world events, government regulations, research, innovation and economies have shaped what we eat and why.

This exhibition was created by the National Archives and Records Administration, Washington, D.C., with support from the Foundation for the National Archives. The national tour is made possible by Mars, Inc.
Immunotherapy has been an important topic at the forefront of cancer research in recent years. We all know that the human body is capable of fighting day-to-day mild infections and injuries. In the case of cancer, though, our immune system tries to control and destroy cancer cells, but is insufficient. Immunotherapy harnesses the human body’s natural defenses to fight against cancer.

The human immune system is comprised of several types of blood cells and related chemicals. They all work in unison to detect and destroy harmful substances in our body called pathogens – or even our own cells that are defective. Some blood cells directly attack the pathogens and some use antibodies. Over a period of years, scientists have learned how cancer cells disable our defense system and thrive in our body. This knowledge has helped develop medications that can enhance our immune system or re-activate a disabled system.

Cancer immune therapies are usually categorized in two types: active and passive. Active immune therapies are designed to generate antitumor responses within the body. These include immunization with vaccines, gene-based therapy and dendritic cell therapy. Passive therapy uses pre-formed antibodies. In the past several years, there has been rapid progress in all types of therapies. Some well-known examples are rituximab for lymphoma treatment and trastuzumab for a specific type of breast cancer.

Most recently, a specific type of immune therapy has caught the attention of scientists. It is called PD-1 or PD-L1 inhibitors. PD-1 is specific type of substance found on the surface of a T-cell, which is a type of white blood cell. PD-1 prevents the immune system from destroying cancer cells. Blocking the PD-1 or PD-L1 allows the immune system to better eliminate the disease.

In the past year, PD-1 or PD-L1 inhibitors like nivolumab or pembrolizumab received approval by the FDA for treatment of advanced melanoma. More recently, they have been approved for stage IV lung cancer and kidney cancer. These drugs and related compounds are actively being tested in other cancers, including breast, pancreatic, bladder, liver and etc. However, caution must be exercised as not every tumor will respond to them and only ongoing clinical trials will provide clear answers.

Cotton O’Neil Cancer Center and the Stormont Vail Hospital provide all approved immunotherapy drugs for our patients and maintain a close watch on these new and exciting developments. In addition, the Cotton O’Neil Cancer Center and Clinical Research department have participated in many clinical research trials and are currently enrolling patients in immune-based clinical research trials.

To get more information about the Cancer Center, go to stormontvail.org. To learn more about immunotherapy, go to websites for the American Society of Clinical Oncology, www.asco.org; American Society of Hematology, www.hematology.org; and National Cancer Institute, www.cancer.gov.

– Mehmood Hashmi, M.D.

About Mehmood Hashmi, M.D.
Mehmood Hashmi, M.D., is an adult hematologist/oncologist at the Cotton O’Neil Cancer Center, 1414 S.W. Eighth Ave., Topeka. Dr. Hashmi received his medical degree from Dow Medical College, Karachi, Pakistan. He completed a residency in internal medicine at the University of Oklahoma Health Sciences Center, Oklahoma City, and a fellowship in hematology/oncology at the University of Kansas Medical Center.

Dr. Hashmi’s clinical interests include the diagnosis and treatment of cancer related to the prostate, breast, lung, kidneys, bladder, testes, head and neck, as well as myeloma and lymphoma. To learn more about Dr. Hashmi and the Cotton O’Neil Cancer Center, go to stormontvail.org.
The Cotton O’Neil Kanza Park building, located at 2660 S.W. Third Street, north of Sixth and MacVicar, opened for business in early January 2016. A ribbon-cutting ceremony was Wednesday, Jan. 6. The 88,000-square-foot facility offers a lot of space and beautiful views for Stormont Vail Health’s orthopedic, rehabilitation and single day surgery services.

Suite 200, on the top level of the newly constructed building, houses Cotton O’Neil Orthopedics & Sports Medicine (the new name of the combined practices of Kansas Orthopedic and Sports Medicine and Cotton O’Neil Orthopedic Surgery). Physicians who have relocated to the new building include: John Gilbert, M.D.; Peter Lepse, M.D.; Michael McCoy, M.D.; Joseph Mumford, M.D.; Bradley Poole, M.D.; Michael Smith, M.D.; Shaun Steeby, M.D.; Brett Wallace, M.D.; and Brian Wilson, M.D. Kellie Bartlow, D.O., Family Medicine and Sports Medicine physician, also relocated her practice to the Kanza Park building, where she supervises a new concussion clinic. Parking and entry is on the west side of the building. Cotton O’Neil Orthopedics & Sports Medicine has two X-ray rooms with computed radiography technology (CRT), along with a long length system that allows for scoliosis or long leg films for patients.

Cotton O’Neil Physical, Occupational & Speech Therapy, formerly located at Fleming Place and KOSM, is located on the middle level in Suite 101. The parking and entrance for this service is also on the west side of the building. Cotton O’Neil Physical, Occupational & Speech Therapy has more open space for dynamic stretching and functional training, offers larger private rooms for both pediatric physical therapy and women’s health, and features new state-of-the-art strength training and rehabilitation equipment.

Stormont Vail Single Day Surgery has relocated from 823 S.W. Mulvane to the lower level in Suite 002. The parking and entrance for Single Day Surgery is on the east side of the building, closest to MacVicar. This new space allows for four operating rooms and 14 pre- and post-care beds.

At the ribbon-cutting for the Kanza Park facility, Randy Peterson, Stormont Vail Health president and chief executive officer, announced that the building has been dedicated as the Dr. Kent Palmberg Building in honor of Stormont Vail Health’s retiring chief medical officer for his many contributions to the organization and to health care in the community.

A community open house is planned for April 2016.

– Linda Ruiz
Left: Dr. Kent Palmberg (center with scissors), along with Randy Peterson (left of Palmberg), Stormont Vail Health president and chief executive officer; members of the Stormont Vail Health board of directors; and employees and members of the medical community cut the ribbon at a ceremony dedicating the Dr. Kent Palmberg, Cotton O’Neil Kanza Park building on Jan. 6.


Below: The new, 88,000-square-foot facility houses orthopedic, single day surgery, and physical and occupational therapy services.
When one thinks of dreaded diseases or conditions, AIDS, Ebola, cancer, stroke, heart attack or Alzheimer’s might come to mind, but seldom sepsis. However, each year in the United States, sepsis is responsible for more than 1 million hospital admissions, and the costs in lives and dollars is staggering. More than 258,000 Americans die annually, and sepsis leaves thousands of survivors with life-changing after effects. It is the most expensive condition treated in U.S. hospitals.

Sepsis happens when the human body has an overwhelming immune response to a bacterial infection. Any type of infection, anywhere in the body can cause sepsis. The chemicals released into the blood to fight the infection trigger widespread inflammation, which leads to blood clots and leaky blood vessels. As sepsis worsens, blood flow to vital organs, such as the brain, heart and kidney, becomes impaired. Sepsis can also cause blood clots to form in the arms, legs, fingers and toes, leading to varying degrees of organ failure and tissue death (gangrene).

The number of sepsis cases is increasing because of our aging population, drug-resistant bacteria and weakened immune systems caused by HIV, cancer treatment and transplant drugs. People with chronic illnesses, such as diabetes, kidney or liver disease, share an increased risk for sepsis with people suffering from severe burns or physical trauma, or those who use invasive devices, such as IV catheters or breathing tubes. Most sepsis patients enter through the Emergency Department. Patients are often admitted with vague symptoms: weakness, fatigue, nausea and vomiting; combined with a source of infection that is not readily apparent. The longer it takes to identify a septic patient, the longer the delay before they receive antibiotic treatment, thereby increasing the risk of mortality. Emergency Departments should use a sepsis screening tool as part of their triage assessment and ensure that clinicians and providers are educated and equipped to screen patients for and recognize the early warning signs of sepsis.

In an effort to reduce deaths and costs, the Centers for Medicare and Medicaid Services (CMS) has made sepsis a priority for improvement. Effective Oct. 1, 2015, CMS began to enforce its new bundle measures for severe sepsis and septic shock as part of the Hospital Inpatient Quality Reporting Program. The new bundle (see sidebar) focuses on patients with severe sepsis and septic shock and provides evidence-based protocols specifying actions that need to be taken within two time periods: the first three hours after sepsis diagnosis and six hours after diagnosis.

Kristen Miller, manager of Clinical Quality Improvement and Infection Prevention and Control, says that Stormont Vail Health formed a multidisciplinary committee comprised of physicians, hospitalists, nurses, pharmacists and IT staff – all from various departments such as Critical Care, Emergency Department, Pharmacy and medical floors – to address the CMS requirements and improve the outcomes of sepsis patients. Some members of this original team continue to meet weekly to review the outcomes of sepsis patients and the hospital’s continuing sepsis bundle compliance. First quarter compliance numbers suggest the team’s hard work and continued monitoring are making a difference in reducing the severity of sepsis.

The new CMS program requires providers to measure the patient’s lactate level, to obtain blood cultures prior to antibiotic treatment and to administer broad-spectrum antibiotics and IV fluid within the first three hours of presentation of sepsis. Within six hours of presentation, the patient’s fluid volume and tissue perfusion is reassessed, vaspressors are administered (if hypotension is still present), and the lactate measurement is repeated (if it is still elevated).

Early recognition in the Emergency Department and aggressive treatment boosts the chances of surviving sepsis. People with severe sepsis require close monitoring to stabilize breathing and heart functions and usually are treated in the Critical/Intensive Care Unit.

No single characteristic identifies the septic patient, and that’s what makes it such a challenge to diagnosis. If the diagnosis definition is broad, everyone who has it will be identified along with some people who do not. This approach might end up causing more people to be treated than should be.
To be diagnosed with sepsis, patients must exhibit at least two of the following symptoms:

- Shivering, fever or cold, body temperature above 101°F or below 96.8°F
- Abnormal heart pumping function; heart rate higher than 90 beats a minute
- Difficulty breathing, shortness of breath, respiratory rate higher than 20 breaths a minute
- Probable or confirmed infection
- Extreme pain or general discomfort
- Pale or discolored skin
- Sleepy and difficult to rouse, confused, abrupt change in mental status
- Significantly decreased urine output
- Decrease in platelet count

Tom Anderson, M.D., Hospitalist, EPIC Physician Support and member of the Sepsis Multidisciplinary Committee, says "Members of the Stormont Vail team redesigned the electronic medical record to help clinicians and providers see the many pieces/symptoms that might present with a sepsis patient, allowing us to make a quicker, more accurate diagnosis. Also, the electronic medical record helps guide us to correctly treat the patient, for example providing information about fluids that are critical in sepsis care.”

Most people recover from mild sepsis, but the mortality rate for septic shock is nearly 50 percent and an episode of severe sepsis may place a patient at a higher risk of future infections. Many people who get sepsis recover completely and their lives return to normal. But some people may experience permanent organ damage. For example, in someone who already has kidney problems, sepsis can lead to kidney failure that requires lifelong dialysis.

CMS and Stormont Vail Health's goal is to recognize and treat sepsis during the mild stage, before it becomes more severe and dangerous.

— Lenora Kinzie, MLS

If you think you have an infection or sepsis:

- Call your doctor or go to the emergency room immediately. This is a medical emergency.
- It is important that you say: “I am concerned about sepsis.”
- If you are continuing to feel worse or not getting better in the days after surgery, ask your doctor about sepsis.

What is a “bundle”?

The Institute for Healthcare Improvement defines a bundle as a structured way of improving the processes of care and patient outcomes: a small, straightforward set of evidence-based practices, generally three to five, that when performed collectively and reliably, have been proven to improve patient outcomes.
Learn About the Stormont Vail Auxiliary
Learn about the Stormont Vail Auxiliary at 11 a.m. Thursday, March 17, in Stormont Vail Hospital, Administrative Conference Center, 1500 S.W. 10th Ave. The Auxiliary is a group of men and women who provide support to the health center through voluntary service and funding of many programs and services. If you are interested in attending the meeting to learn about the Auxiliary’s activities, please contact Stormont Vail Health Auxiliary Services at (785) 354-6095.

Medicare Educational Seminar
Century Health Solutions, a division of Stormont Vail Health, will hold a Medicare educational seminar at 6:30 p.m. on the second and fourth Tuesday each month. Upcoming meetings are on March 8 and 22, April 12 and 26, and May 10 and 24. Learn the basics of Medicare and all of its options. Seminars are designed for those becoming eligible for Medicare as well as those considering making a change during open enrollment. Seminar will be held at 2951 S.W. Woodside Dr. Please contact Susan for reservations at (785) 233-1816. Light snacks and beverages will be provided.

Depression and Bi-Polar Support Alliance
Sponsored in part by Behavioral Health Services at Stormont Vail Behavioral Health Center, meets at 6 p.m. on the first and third Wednesdays of the month at Valley, 330 S.W. Oakley, and at 1:30 p.m. on the second and fourth Mondays of the month at the Topeka and Shawnee County Public Library, 1515 S.W. 10th Ave.

Alzheimer’s Support Groups
The Alzheimer’s Association has three caregiver support groups available as well as other support services. Call Alzheimer’s Association at (785) 271-1844 for days and times available as well as other support services

Topeka Celiac Support Group
Topeka Celiac Support Group provides information, support and knowledge of how to eat safely to avoid gluten from grain-based proteins in wheat, rye, barley and possibly oats. Meeting is 10:30 a.m. to 12:30 p.m. Saturday, April 9, at Pozez Education Center. For more information, contact Sharon Larson, president, (785) 379-0479.

MOMS: Moms of Multiples Support
Support group for parents expecting or parenting multiples. For information about meetings, call Angela at (785) 267-2955.

Grief and Loss Support Groups
Midland Care offers weekly grief and loss support groups available to the public. For more information, call Tim Keogh at (785) 232-2044.

Pregnancy and Infant Loss Group
First and third Thursdays of the month from 6 to 8 p.m. at Pozee Education Center. For information, call (785) 354-5225. The Pregnancy and Infant Loss Group, which has regular meetings to share information and experiences, also has a blog for members, which offers communication, resources and support. If you are interested in learning more about the blog, please email lrosen@stormontvail.org.

Topoka “HEALS” Support Group
A confidential peer support group that is also known as Survivors of Suicide, “HEALS” stands for “Healing After Loss by Suicide.” It is for those who have lost a loved one by suicide. First and third Tuesdays of the month in Pozez Education Center at 7 p.m. For more information, call (785) 249-3792.

Topoka Chapter, The Compassionate Friends
Peer-facilitated group offering friendship, hope and support to families who have experienced the death of a child, at any age and from any cause. Fourth Monday of each month from 7 to 8:30 p.m. in the Formation Room of Most Pure Heart of Mary Parish Center, 3661 S.W. 17th St. Bi-monthly newsletter and three memorial events a year. For more information, call Susan Chan, (785) 554-4895.

"On the Road to Better Managing Your Diabetes" Class
In need of an update or “refresher” on your diabetes knowledge and skills? We have just the class you need. Upcoming class dates are Thursday, April 7 and Wednesday, June 8. Meeting time is 9 to 10:30 a.m. Class will be held in the Diabetes Learning Center classroom, lower level of the Cotton O’Neil Endocrinology Center, 3520 S.W. Sixth Ave. Call (785) 368-0416 to reserve a seat. Your insurance will be billed for the cost of attendance.

Living with Diabetes Adult Support Group
Meets from 10 to 11 a.m. each Tuesday, except holidays, at the Cotton O’Neil Diabetes and Endocrinology Center, lower level, 3520 S.W. Sixth Ave. A Diabetes Learning Center staff educator facilitates each meeting. There is no fee to attend and no need to pre-register. Call (785) 368-0416 with questions.

Cancer Support and Educational Groups
The following groups are available at the Cotton O’Neil Cancer Center, 1414 S.W. Eighth Ave. For more information, call 1-800-354-0091.

• Cancer Support Group - Meets Mondays at 11 a.m. to noon in the library of the Cotton O’Neil Cancer Center.
• Man Talk - Meets at 3 p.m. Tuesdays in the lobby of the Cotton O’Neil Cancer Center.
• Cancer Center Pet Meet and Greet - Wednesdays at 10 to 11 a.m. in the lobby of the Cotton O’Neil Cancer Center.
• Parents Partnering for Support - Support group for parents with children with a diagnosis of cancer. Meets the first Monday of the month from 5 to 7 p.m. in the lobby of the Cotton O’Neil Cancer Center.

Volunteering Is Good for Your Health!
Did you know …
Volunteering increases psychological well-being in part because it leads people to feel that they have an important role in society and that this existence is important. (Pilkavrin and Siegl, 2007).

Volunteer Opportunities at Stormont Vail Health
• Summer Volunteer Program at Stormont Vail
Applications are being taken through May 1 for individuals interested in participating in an 11-week volunteer program during the summer months. The 2016 summer program begins June 1 and ends Aug. 12. Applicants must be at least 14 years old and complete the application process. Go to www.stormontvail.org, click on About and Volunteer Services to access the application, requirements, and information about volunteer opportunities.

• Therapy Department Assistant (Located at Cotton O’Neil Kanza Park, Third & MacVicar)
Opened January 2016, Cotton O’Neil Kanza Park is a new state-of-the-art facility that provides single-day surgery, physical therapy, occupational therapy, and orthopedic services. Volunteers have the opportunity to work closely with staff and direct patients to areas for physician appointments and other services. Other duties include restocking supplies, preparing rooms and performing basic clerical functions.

For more information about these or other volunteer opportunities, contact Volunteer Services at (785) 354-6095 or visit volunteerdept@stormontvail.org.
FAMILY EDUCATION PROGRAMS

To register for Family Education classes, call Health Connections at (785) 354-5225.

And Baby Makes Four or More
(for children ages 2 to 4)
6:30 to 8 p.m. • Wednesdays, March 23, April 13 and May 18 • Pozez Education Center • Free • Lori Hamilton, occupational therapist
This class for potential siblings and their parents includes a tour of The Birthplace, a video presentation and a discussion of what to expect after the baby comes. The special roles of big brother and big sister are explored. Parents are able to address how they can help their older child adjust to the new baby.

Childbirth Preparation I: For New Parents
Please visit us online at www.stormontvail.org for class dates and times • Pozez Education Center • Weekday evening and weekend classes available • Free
Learn breathing and relaxation skills, and learn about other pain control measures. Included is information on late pregnancy, labor and birth, early parenting experience and a tour of The Birthplace. Classes are taught by experienced instructors and are tailored to the adult learner with plenty of opportunity for individuals and couples to explore their own personal needs. Dress comfortably and bring two pillows.

Breastfeeding Basics
First Tuesday of each month (except for holidays) • 6:30 to 8:30 p.m. • Pozez Education Center • Free
This informal introduction to breastfeeding provides pregnant women and their families an opportunity to learn about breastfeeding before their babies are born. Classes are designed to help families prepare for their breastfeeding experience by providing information on how breastfeeding works, how to get started, problems that may arise and how to incorporate breastfeeding and working.

Breastfeeding Clinic
Weekdays 10 a.m. to noon, Saturdays 9:30 to 10:30 a.m., Second and Fourth Thursdays 5:30 to 6:30 p.m.
An opportunity to obtain help and information about any breastfeeding issue. Clinic is staffed by registered nurses and lactation consultants. Stop by during open clinic hours, or appointments are available after hours for a fee. Please call (785) 354-5034.

Infant Massage Class
4:30 to 5:30 p.m. • April 21 • Breastfeeding Clinic • Free
Infant massage class is designed to give parents the opportunity to learn and practice massage techniques. Massage helps to calm babies and strengthen infant development. Infant massage can provide a fun way of communicating with your baby and growing child. Come join us and get to know your baby through touch.

Join Us: Welcome Baby Jubilee
6 to 8 p.m. • Wednesday, June 22 • Pozez Education Center
Stormont Vail invites pregnant and soon-to-be pregnant couples to an open house that showcases the services and amenities that The Birthplace and the Neonatal Intensive Care provide women and their families during the labor and delivery process. Refreshments, tours, door prizes and information on Birthplace services and classes are provided. Physicians and other staff will be on hand to answer your questions about pregnancy and infant care. Vendors and other community resource representatives will be present. Pregnant and soon-to-be pregnant couples are welcome to drop by anytime during the open house. Enter for a chance to win a $250 gift card to Babies R Us or a Medela Breast Pump. Visit stormontvail.org for details. To attend the Jubilee, please click “I’m Attending” on the Stormont Vail Health Facebook event page or e-mail us at marketing@stormontvail.org.

Pumping for your Baby
Second and Fourth Thursdays • 4:30 to 5:30 p.m. • Breastfeeding Clinic, Stormont Vail Hospital • Free
Designed for women planning to work outside of the home or for those who are breastfeeding but want the flexibility to be away from their baby. This class is designed for mothers who have delivered. Mothers who are at least 2-3 weeks postpartum would benefit most from this class. We will provide information and options for expressing milk from the breast. We’ll address breast pumps and how to choose one, pumping techniques, milk storage and maintaining adequate milk production.

Parenting Programs

To register for Parenting classes, call Health Connections at (785) 354-5225.

And Baby Makes Four or More
(for children 5 and older)
6:30 to 8 p.m. • Wednesdays, March 23, April 13 and May 18 • Pozez Education Center • Free • Lori Hamilton, occupational therapist
This class for potential siblings and their parents includes a tour of The Birthplace, a video presentation and a discussion of what to expect after the baby comes. The special roles of big brother and big sister are explored. Parents are able to address how they can help their older child adjust to the new baby.

Childbirth Preparation I: For Parents Having Cesarean Sections
Please visit us online at www.stormontvail.org for class dates and times • Pozez Education Center • Free
Whether this is your first cesarean section or you are having a repeat cesarean section, your delivery is an event we would like to help you prepare for. You will find out what to expect from admission to dismissal. We will watch films, show slides, have open discussion, practice breathing and relaxation techniques, and tour The Birthplace.

Birthring with Confidence
Please visit us online at www.stormontvail.org for class dates and times • Pozez Education Center • Weekday evening and weekend classes available • Free
This class is designed for a woman and her support person who would like an in-depth exploration of alternative ways to deal with the pain of labor besides epidurals and IV pain medications. The instructors, who have many years of experience with laboring women, will help the participants to be aware of their strengths and abilities to cope with the process of labor and the strategies that are effective for pain control. There will be opportunities to examine potential barriers to reaching individual goals and methods to overcome those barriers in order to achieve their unique goals. This class series is interactive and uses videos, games and more to prepare you and help you understand that birth is a normal, natural and healthy process.

Infant Massage Class
4:30 to 5:30 p.m. • April 21 • Breastfeeding Clinic • Free
Infant massage class is designed to give parents the opportunity to learn and practice massage techniques. Massage helps to calm babies and strengthen infant development. Infant massage can provide a fun way of communicating with your baby and growing child. Come join us and get to know your baby through touch.

Join Us: Welcome Baby Jubilee
6 to 8 p.m. • Wednesday, June 22 • Pozez Education Center
Stormont Vail invites pregnant and soon-to-be pregnant couples to an open house that showcases the services and amenities that The Birthplace and the Neonatal Intensive Care provide women and their families during the labor and delivery process. Refreshments, tours, door prizes and information on Birthplace services and classes are provided. Physicians and other staff will be on hand to answer your questions about pregnancy and infant care. Vendors and other community resource representatives will be present. Pregnant and soon-to-be pregnant couples are welcome to drop by anytime during the open house. Enter for a chance to win a $250 gift card to Babies R Us or a Medela Breast Pump. Visit stormontvail.org for details. To attend the Jubilee, please click “I’m Attending” on the Stormont Vail Health Facebook event page or e-mail us at marketing@stormontvail.org.

Mark Your Calendar for Welcome Baby Jubilee:
Please join us from 6 to 8 p.m., Wednesday, June 22 at Pozez Education Center, Stormont Vail Hospital. Please park in the parking garage.
Senior Supper Information

Meal Cost - $5 per attendee, payable at the door

Reservations requested – To help keep meal costs low, please call (785) 354-5225 by the Wednesday preceding each Senior Supper. Provide name and phone number for each attendant, and note any special dietary needs. Please call if cancellations are necessary.

Parking – Enter through the Stormont Vail Hospital Main / North Tower Entrance. Volunteers will be available with mobility assistance, if needed.

Shuttle Option – A free shuttle is available by reservation from the parking lot of Grace Episcopal Cathedral, 701 S.W. 8th St. (west side of lot), directly to Stormont Vail Hospital. Aldersgate Village and Brewer Place take turns offering this service. The bus will be in the church parking lot at 4:45 p.m. and leave at 5 p.m. The bus will return you to your car after the program. Reserve a spot when you call to make your Senior Supper reservation.

**HEALTHWISE OUTREACH PROGRAMS**

HealthWise visits nine Topeka independent living centers monthly with speakers addressing health and wellness topics. Residents and outside guests are welcome and encouraged to attend. Non-residents are asked to reserve a spot by calling Health Connections at Stormont Vail, (785) 354-5225.

- Aldersgate Village: first Thursday, 7220 S.W. Ashbury Drive (in Manchester Lodge)
- Arbor Court: second Wednesday, 4200 S.W. Drury Lane
- Aria Heathstone: fourth Wednesday, 3515 S.W. 6th Ave. (west building)
- Brewer Place: third Tuesday, 1205 S.W. 29th St. (main building)
- First Apartments: fourth Monday, 3805 S.W. 18th St.
- Lexington Park Independent Living: third Monday, 1011 S.W. Cottonwood Court
- McCrite Plaza Topeka: fourth Tuesday, 1608 S.W. 37th St. (apartment building entrance B)
- Presbyterian Manor: second Thursday, 4712 S.W. 6th Ave.
- Thornton Place: first Monday, 2901 S.W. Armstrong Ave.

**MARCH**

Preventing Infections – In the Hospital and at Home
Koffee Klatch at Aldersgate Village • Thursday, March 3 • 9:30 to 10:30 a.m. • Speaker: Tiffany Horsley, BSN, RN, CIC, infection preventionist • Free • Reservations: (785) 354-5225.

Sleep Apnea
Lunch Bunch • Thornton Place • Monday, March 7 • 11:45 a.m., with lunch to follow at 12:30 p.m. • Speakers: Angie Brockmann, APRN, FNP, and Michelle Warren, APRN, NP-C • Free • Reservations: (785) 354-5225.

**APRIL**

Tai Chi for Health and Better Balance
Lunch Bunch • Thornton Place • Monday, April 4 • 11 a.m., with lunch to follow at 12:30 p.m. • Speaker: Mae Lovell • Free • Reservations: (785) 354-5225.

**SIXTH WEEK**

Healthy Treat – In the Hospital and at Home
Koffee Klatch • Aldersgate Village • Thursday, April 7 • 9:30 to 10:30 a.m. • Speaker: Tonya Stallhaumer, APRN • Free • Reservations: (785) 354-5225.

Managing Your Medications
Lunch Bunch • Brewer Place • Tuesday, April 19 • 11:30 a.m. to 12:30 p.m. • Speaker: Joni Miller, APRN • Free • Reservations: (785) 354-5225.

Exercise for Heart Health
Healthy Treat • First Apartments • Monday, April 25 • 9:30 to 10:30 a.m. • Speaker: Kelly Barnes, MS, exercise physiologist • Free • Reservations: (785) 354-5225.

**MAY**

Managing Your Medications
Lunch Bunch • Thornton Place • Monday, May 2 • 11 a.m., with lunch to follow at 12:30 p.m. • Speaker: Stormont Vail clinical pharmacist • Free • Reservations: (785) 354-5225.

**BIOGRAPHY**

Niki Maloney, RD, LD
Tami Motley
Lesa Roberts, MPH, RN
Linda Ruiz

**EDITORIAL STAFF**

Editor: Corey Shoup
Advisers/Contributors:
- Amy Bauer
- Nancy Burkhartd
- Anita Fry
- Lenora Kinzie, MLS
- Babak Adeimy, hematology/oncology • $5 • Reservations, by Wednesday, March 30: (785) 354-5225.

**FOR MORE INFORMATION**

STORMONT VAIL HEALTH

To receive your free subscription to Healthy Times, call (785) 354-5225.
Managing Your Medications
Koffee Katch • Aldergate Village • Thursday, May 5 • 9:30 to 10:30 a.m. • Speaker: Stormont Vail clinical pharmacist • Free • Reservations: (785) 354-5225.

Senior Supper: Medicine for Your Soul
Come and enjoy some balm for your soul as local poet, author and actress Annette Billings shares readings of her work. Billings, who worked as a registered nurse for 38 years, has been called the “Mama of the Midwest” for her evocative and inspiring poetry and prose. She received the 2015 Topeka ArtsConnect Arty Award in Literature.

Senior Supper • Pozez Education Center • Monday, May 9 • 5:15 to 6:30 p.m. • Speaker: Annette Billings, poet and author • $5 • Reservations, by Wednesday, May 4: (785) 354-5225. • Her book, “A Net Full of Hope,” will be available for purchase.

Exercise for Heart Health
Dessert and Coffee • Arbor Court • Wednesday, May 11 • 2 to 3 p.m. • Speaker: Kaye Barnes, MS, exercise physiologist • Free • Reservations: (785) 354-5225.

Tai Chi for Health and Better Balance
Lunch Bunch • Presbyterian Manor • Thursday, May 12 • 11:30 a.m. to 12:30 p.m. • Speaker: Dr. Camille Adeimy, hematology/oncology • $5 • Reservations, by Wednesday, May 11: (785) 354-5225.

May 16 – See Older Americans Month listing
(No outreach at Lexington Park this month)

Geriatric Oncology
Lunch Bunch • Brewer Place • Tuesday, May 17 • 11:30 a.m. to 12:30 p.m. • Speaker: Dr. Camille Adeimy, hematology/oncology • $5 • Reservations: (785) 354-5225.

Diabetes Nutrition & Food Labeling
Healthy Treat • First Apartments • Monday, May 23 • 9:30 to 10:30 a.m. • Speaker: Mary Alice Scheer, MS, R.D./LD, CDE • Free • Reservations: (785) 354-5225.

Managing Your Medications
Healthy Treat • McCrite Plaza Topeka • Tuesday, May 24 • 2 to 3 p.m. • Speaker: Stormont Vail clinical pharmacist • Free • Reservations: (785) 354-5225.

Managing Your Medications
Healthy Treat • Grace Episcopal Cathedral parking lot, 701 SW 6th Ave • Free • Call (785) 354-6787 for an appointment.

SHICK Counseling (Senior Health Insurance Counseling for Kansans)
• For questions and assistance with Medicare, Supplemental, or Long Term Care Insurance or the Medicare Prescription Drug Program • HealthWise Clinic • Free • Call (785) 354-6787 for times and appointments.

Medication Counseling • Wednesdays • 12:30 to 3:30 p.m. • Bring questions to our trained pharmacy staff regarding your medications (prescription or over-the-counter) • HealthWise Clinic • Costs may apply. Call (785) 354-6787 for an appointment.

Zostavax Clinics • Tuesdays and Thursdays • 8 a.m. to noon • Ask your primary care doctor if you are a candidate for the shingles vaccine. (Prescription required) • HealthWise Clinic • Costs may apply. Call (785) 354-6787 for an appointment.

Information and Referral • Assistance to help connect you with resources in the community • Free • Drop in at the HealthWise Clinic, or call (785) 354-5225 for assistance.

Managing Your Medications
Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave • Monday, May 16 • 1 to 3 p.m. • Free • No Reservations needed. Call (785) 354-5054 with questions.

FALL PREVENTION
Stepping On
This free program offered by Stormont Vail Health has been researched and proven to reduce fall risk in older adults. It consists of a workshop that meets two hours a week for seven weeks. Participants must meet certain qualifications:
- Age 65 or older
- Have had a fall in the past year or are fearful of falling
- Live at home or in independent living
- Do not have dementia
- Do not use a walker or wheelchair full-time
- Can commit to attending each of the seven sessions

Upcoming Stepping On Sessions:
- Fridays, 1 to 3 p.m., beginning March 18
- Thursdays, 1 to 3 p.m., beginning March 25
- Tuesdays, 1 to 3 p.m., beginning April 20
- Tuesdays, 1 to 3 p.m., beginning Sept. 20

Classes meet at Jayhawk Area Agency on Aging, 2910 S.W. Topeka Blvd. • Free • Information and registration: (785) 354-5225.

SENIOR DRIVER SAFETY
AARP Smart Driver Course
Tuesday and Wednesday, March 22 and 23 • 10 a.m. to 3 p.m. • Pozez Education Center • $15 per person for AARP members, $20 per person for non-members of AARP (Must bring your AARP membership card at time of registration) • Bring your HealthWise membership card for a discount in the Food Connection if you plan to eat lunch at Stormont Vail Registration: (785) 354-5225.

Senior Car Fit Check Lanes
AAA partnering with HealthWise Wednesday, May 11 • 9 a.m. to noon • Grace Episcopal Cathedral parking lot, 701 SW 6th Ave • Free • Appointments take about 20 minutes. Reservations: (785) 354-5225.

HEALTHWISE TV
Tune In! HealthWise TV airs from 9 to 9:30 a.m. Fridays, on WIBW-TV, Channel 13. Every week, get informative interviews with local health experts and a fun, invigorating, low-impact exercise segment. Hosted by WIBW Anchor Ralph Hipp, HealthWise TV is produced by Stormont Vail Health.

Thank you to our HealthWise TV Sponsors:
- AAA Kansas
- Aldergate Village
- Caregivers Home Health
- Jayhawk Pharmacy & Patient Supply
- Midland Care
- Topeka Ear, Nose & Throat

HEALTHWISE 55 EXERCISE
- The HealthWise 55 Exercise Class meets in the Pozez Education Center Tuesdays and Thursdays, 9:30 to 10:45 a.m. Includes chair aerobics, strength training balance and flexibility. A 20-class punch card costs $25.
- Healthy Steps: A walking program sponsored by Stormont Vail Health and West Ridge Mall
- The YMCA offers special rates for HealthWise members.
- Great Life Golf & Fitness – including the YWCA in Topeka – offers special rates for HealthWise members.

Call Health Connections, (785) 354-5225, for a packet of information regarding these exercise programs and discounts.
Take Advantage of Free **Wellness Visits**

If you have Medicare coverage, be sure you are taking full advantage of all the offerings to keep you healthy, such as the free annual wellness visit.

A wellness visit doesn’t replace your routine annual physical exam; it offers a comprehensive assessment performed by a registered nurse that will enhance your visit to your primary care doctor.

The Cott on O’Neil Wellness Clinic is a group of registered nurses who work with physicians throughout the Stormont Vail Health system and offer wellness visits right in your primary care doctor’s building.

These visits take about an hour and are at no out-of-pocket cost to Medicare patients. Medicare covers this screening once every 12 months.

Your wellness nurse will

- Take routine measurements, such as height, weight and blood pressure.
- Review your medical and family history.
- Update your list of current providers, including dentist, eye doctor and specialists.
- Update your medication list – so be sure to bring a current prescriptions list with you, or even the bottles if you need to.
- Assess personal health risks by providing, for example, hearing, nutritional and safety evaluations.
- Refer you to any needed services, such as mammograms, colonoscopies or lab work.
- Compile your medical information so that your physician has it readily available during subsequent appointments.

Wellness Visits are being embraced by patients, who find that the additional time with a registered nurse helps them refine their questions, tackle some of the “busy work” of an office visit, and ultimately gives them more one-on-one time with their doctor.

Joye Slocum, 87, of Topeka, has seen a wellness nurse at her doctor’s office – Cotton O’Neil Meriden – for the past three years. She said she appreciates the opportunity to consolidate all of her records and information.

“It gives me, on one piece of paper, what I’ve done and what I need to do. I don’t have to go look a hundred places,” she said. “It gives me an update on everything once a year.”

To check into scheduling an annual Medicare wellness visit, contact the Cotton O’Neil Wellness Clinic at (785) 354-6545. You also may receive a call from a wellness nurse about scheduling an appointment.

– Amy Bauer