

VITAL SIGNS

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

SPRING 2011

www.kdhhs.org

We, the KDHHS family, are committed to delivering an exceptional experience to every customer.

Simply Making It a Lot Easier

We understand it can be frustrating to navigate the healthcare system. Through surveys and focus groups, we listened to your concerns and ideas for improvement. Now, we're implementing changes to achieve one goal: Simply Making It a Lot Easier. Congratulations, you're a part of Project SMILE.

Why are we doing this? Because we, the KDHHS family, are committed to delivering an exceptional experience to every customer.

Over the next few months, we will be implementing changes to make your whole experience easier - from the time you first contact us until the time when the billing process is complete. Here's a quick overview about how we plan to make this happen ...

• Pre-Access: Communicating with you about insurance approvals, co-payments, and deductibles up front to reduce or eliminate questions that too often arise after services have been provided.

• Time of Service: Confirming what exams or procedures are scheduled and allowing time for questions. We'll also explain if any

Please see Project SMILE - Bottom, Page 2



About our journey ...

The focus of Project SMILE centers on your physical and financial well-being.

We want to:

- Improve communication when you first contact us so we can answer questions prior to your services rather than after.
- Explain your services when you arrive and tell you what to expect. Should any changes be necessary, we will discuss those with you.
- Work with you after services to resolve any remaining concerns or questions. We want the billing process to be fair and accurate.

Need a Primary Care Provider ?

Having a Primary Care Provider is an important part of building and maintaining good health. Foremost, a personal physician or nurse practitioner knows more about you, understands your health history, and can help you navigate the health system.

Primary Care Providers help ...

- Manage chronic health issues in the office;
- Diagnose and treat acute illnesses, injuries and infections;
- Patients speak openly and privately about health concerns;
- Encourage wellness and disease prevention throughout one's life.

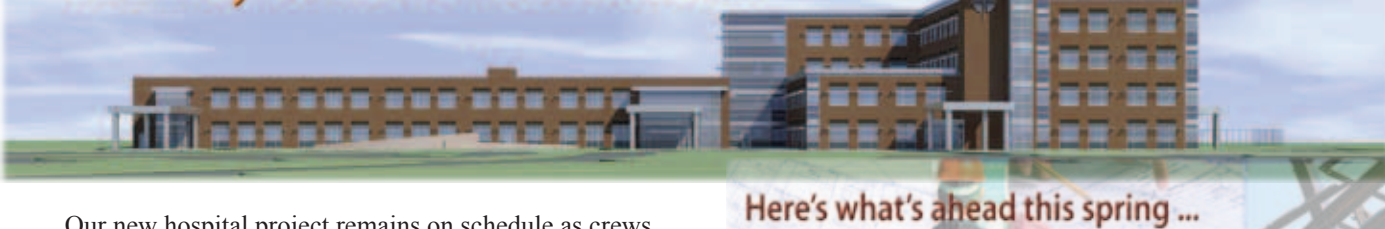


Family Practitioners care for family member of all ages. Internal Medicine physicians focus on patient ages 18 & over. Pediatricians see newborns and children until age 18. All three are considered Primary Care Providers.

Many Primary Care Providers at KDHHS are accepting new patients. View our complete list on Page 2.

Complete list of Providers taking new patients - List, Page 2

Journey to Serve You Better ...



Our new hospital project remains on schedule as crews have been working through the winter preparing the site, installing sewer/water lines, and beginning foundation work at the main hospital. This spring, you will start to see the facility begin to emerge from the ground. Exciting news!

To your right, we've provided an overview of what to expect from March through May. For the latest updates and photos, visit our New KDH Blog at www.kdhhs.org.

Here's what's ahead this spring ...

MARCH

Excavation and site utilities will continue
Placing of concrete footers, foundation walls, and column piers will continue
Initial parking areas to be used for site storage
A "site city" of construction offices will begin to develop

APRIL

Start of structural steel phasing
Begin Wetland Seeding and Terrain management
Begin testing of site utilities
Begin construction of elevator shafts/stair towers

MAY

Start structural deck phasing
Start wet cure slab and deck phasing



news / photos / updates at www.kdhhs.org

Cancer Center renovations to improve Medical Oncology

To improve our patient's comfort and privacy, we are currently renovating the Medical Oncology area of the Cancer Treatment Center. During this time, Medical Oncology patients are temporarily being seen on the second floor of the King's Daughters' Hospital. Once the renovations are completed, Medical Oncology patients will return to the Cancer Center. Radiation Oncology patients

continue to be seen by Dr. Eileen McGarvey at their usual location inside the cancer center.

Medical Oncology patients seeing Dr. Mian Mushtaq may call 812-265-0603 if they need assistance during the renovations. Our goal is to serve our cancer patients better.

INSIDE - PAGE 2: Thankful for Radiation team ...
Janice Chandler shares her story to help others.



Dr. Mian Mushtaq
Medical Oncology
Hematology
(812) 265-0603



Dr. James Eversole
Emergency
Medicine

Starting in April, Dr. Eversole will be the lead physician at our Convenient Care Center.

Convenient Care Center: new physician, imaging services

Our Convenient Care Center now provides medical imaging services. We're also excited to welcome Dr. James Eversole as lead physician. He will start April 1.

New imaging (radiology) services provide evaluation for ...

- Injured ankles, wrists, shoulders
- Lung infections such as pneumonia
- Possible broken bones or fractures
- Injuries or illness of the abdomen or spine.

Dr. Eversole is a graduate of the University of Louisville School of Medicine. He completed

his Residency at Wright Patterson Medical Center at Wright State in Dayton, OH. Dr. Eversole is Board Certified by the American Board of Emergency Medicine. He has previously worked for Kosair Children's Hospital and Norton's Hospital in Louisville, along with the Norton Immediate Care Centers.

KDH Convenient Care is open Monday through Friday from 1:00 p.m. to 9:00 p.m. and from 9:00 a.m. to 5:00 p.m. on weekends and holidays. It's closed Thanksgiving Day, Christmas Day, and New Year's Day.



Learn more about Dr. James Eversole and KDH Convenient Care at www.kdhhs.org.

Welcome Dr. Faheem Abbasi

Pulmonologist brings wealth of experience

This April, we welcome Faheem Abbasi, MD to the KDH Medical Staff as a specialist in Pulmonary Medicine. Dr. Abbasi will be located in the downtown Medical Office Building. His phone number will be 265-0828.

As a Pulmonologist, Dr. Abbasi will provide care for patients with COPD (chronic obstructive pulmonary disease), asthma, pneumonia, pulmonary fibrosis, and many other types of lung disease. He will be working with Dr. Scott Frede to help patients resolve sleep issues such as sleep apnea, restless leg syndrome, and insomnia.

Providing hospital care for critical patients will be an important part of his practice.

Dr. Abbasi joins KDHHS from Deaconess Hospital in Evansville. He is Board Certified in Internal Medicine, Pulmonary Medicine, and Critical Care Medicine.



Learn more about Dr. Faheem Abbasi at www.kdhhs.org.



Faheem Abbasi, MD

Medical Office Bldg
630 N. Broadway
Madison, IN

Phone Number
812-265-0828
Starts April 18

COPD
Asthma
Pneumonia
Pulmonary Fibrosis
Lung Diseases
Sleep Apnea
Insomnia
Critical Illnesses
Adult/Child care

Dr. Scott Frede is Board Certified in Sleep Medicine. He and Dr. Abbasi will provide exceptional care for patients with sleep issues. Dr. Frede is a specialist in Internal Medicine and Pediatrics: **812-427-9564**.



Charity Care surpasses \$1 million in 2010

During 2010, King's Daughters' Hospital and Health Services provided \$1.3 million dollars worth of direct charity care to families in need.

Charity care is never billed to anyone. We are committed to serving those in need. When you add in all unreimbursed care during 2010 - including unreimbursed care from Medicare and Medicaid, the total amount of unreimbursed care surpassed \$23 million dollars.

If you need payment assistance, contact us at 812-265-0161.



From Dominick's heart to yours ...

When you first meet Dominick White, you realize something very quickly. He's a go-getter. Then, he stops, blows a kiss, and warms up the room with his smile. His therapists' hearts begin to melt. What an awesome privilege it is for us to know him.

Born with Schizencephaly, a rare genetic disorder that affects brain development, Dominick had trouble engaging many of his motor skills. An MRI confirmed the diagnosis, and he's been working with Pediatric Therapists at KDH for about a year-and-a-half. Now three-years-old, Dominick is walking with a walker and learning how to go up and down stairs. He is able to pick up an individual crayon and color.

Amazing progress ...

"It's amazing how far he's come," said Cyndi White, Dominick's mother. "When we first started we thought that if he could just walk with a walker that's so much more independent than a wheelchair. Now, all of a sudden, he's walking with a walker. You see him reach a goal, and you start thinking what else you want him to be able to do. We want to take him as far as we can, and the therapists here want to push him as far as he can go."

Every child with Schizencephaly is unique. Some children will progress farther than others. In Dominick's case, going to therapy twice a week makes a big difference. He receives physical, occupational, and speech therapy.

Therapy as play ...

"He sees therapy as play," Cyndi said. "He has a wonderful rapport with all of his therapists. He enjoys coming to therapy. The staff is very professional and knowledgeable, dedicated, and easy to work with."

During one of his sessions, Cyndi was talking with a patient in the waiting room who had observed many children coming in for care. She said the patient noted how she had received therapy at several places over the years, but said she had never seen so many kids - noting that KDH must have some great therapists who work with children.

One of Dominick's therapists is Angie Watson, PT. She can vouch for his enthusiasm.

"He's very motivated," Watson said. "He's come a long way. He really wants to be mobile."

At home, Dominick enjoys pushing Tonka trucks around and playing computer games. His five-year-old sister, Andi, agreed that her brother is "very busy."

Dominick is blessed to have such a loving family supporting him. His Dad, Joe White, is equally proud of Dominick's progress. It's not always easy, but Dominick's personality shines through. He's even earned the nickname, "The Little Mayor."



What is Schizencephaly ?

Schizencephaly is a rare developmental disorder characterized by abnormal clefts or slits in the brain's cerebral hemispheres. Cases range from severe to mild. Most cases are confirmed through an MRI of the brain.

The KDH Rehab Center provides a broad range of therapy services for kids. These include physical, speech, and occupational therapy. Helping kids achieve their highest potential is one of our team's biggest joys.

To learn more, call us at **812-265-0545**. Or visit www.kdhhs.org.



Ben Huber, PT

KDH Rehab welcomes new therapist at Versailles office ...

Ben Huber, PT is the newest member of our Rehabilitation team. He is the lead therapist at our Versailles office - 206 West Tyson Street. Ben is a graduate of Mount St. Joseph's College and has a Masters of Physical Therapy degree.

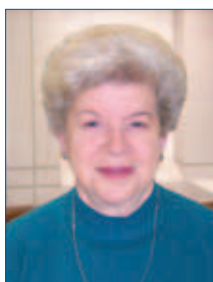
Ben has worked as an outpatient therapist for eight (8) years and brings a wealth of experience. He resides in Batesville and is married with two kids.

We're proud to have Ben on our team. Call 812-689-3877 to learn more.



ABOVE (L-R): Katrina True, Gina Everett, Dr. Eileen McGarvey, and Jane Branigan provide exceptional services for patients needing Radiation Oncology. Reach them at **812-265-2444**.

With a grateful heart, Janice Chandler enjoys time with family, friends ...



Janice Chandler knows the importance of regular mammogram screenings. She also knows the benefits of having exceptional cancer services close to home.

In July 2010, Chandler was scheduled to have a couple of basal cell skin cancers removed from her arm and decided to schedule her regular mammogram appointment for the same day. As it turns out, the mammogram detected an early-stage breast cancer.

Dr. Amy Gifaldi, a General Surgeon with KDHHS, promptly removed the cancer and referred Chandler for a consultation with Dr. Mian Mushtaq and Dr. Eileen McGarvey at the Cancer

Treatment Center. Chandler said the cancer specialists determined that follow-up radiation was her best course of treatment. She began a series of 33 treatments over 6-and-a-half weeks.

"I never thought about going out of town," Chandler said. "It's great that Madison has this type of care here. Dr. McGarvey is just tops. We're very fortunate to have her. She's so thorough. I was very impressed."

Chandler said she can't imagine having to drive an hour or more every day for radiation therapy. The staff here made her feel special.

"I was scared at first, but they make you feel so much at ease," Chandler said. "After that first day, there wasn't one day that I dreaded coming in for treatment. Everyone was so nice, friendly, and helpful. For something that could have really been scary, they made it as easy as they could."

Chandler said she was routinely greeted with smiles every time she arrived. She also believes her care was top-notch.

"I couldn't have asked for better treatment, and I wouldn't have gotten any better treatment in Louisville or Indianapolis or anywhere," Chandler said.

With a positive outlook and wonderful heart, Chandler looks forward to visiting family, playing Bridge, reading, and just having a fun time.

Check list ... colon cancer screening kits in March

During the month of March, patients may pick up a free fecal-occult colon cancer testing kit at their physician's office. Each kit includes instructions on how to complete the test at home. Once finished, bring the kit back to your physician's office. Results will be sent to your physician or medical provider.

DID YOU KNOW ... The American Cancer Society and KDHHS recommends that anyone age 50-over complete a fecal-occult exam every year. It's also recommended that men and women age 50 & over have a colonoscopy starting at age 50. Colon cancer can often be prevented through early screenings and is highly treatable when detected. Talk to your physician today.

Knowing what screenings are right for you isn't always easy.

Which other cancer screenings are appropriate for me?

When should I start having mammograms?
When do I need my first prostate cancer screening?
How often should I have my skin examined?
Talk to your doctor about these important questions.

Learn more from our online Health Library at www.kdhhs.org.



ABOVE: Yoga provides strength, balance, and relaxation. RIGHT: Dr. Linette Grange reacts to a 5-pound replica of fat.



Dr. Linette Grange: A little physical activity can be lots of fun ...

Time to be more healthy ...

Perhaps you noticed an extra five pounds that has attached itself to your body and won't let go. How are you going to get rid of it?

Exercise is a good start. Even in Versailles there are ample opportunities. You can always go for a walk or take a jog. There's also Yoga.

Every Tuesday night from 5:00 to 6:15 p.m., a dedicated group of people gather at the Tyson Library in Versailles to share Yoga and learn the fundamentals of breathing, stretching, and strengthening exercises. Dr. Grange said she gained many benefits during her first Yoga experience. Some others in the group said they liked the challenges Yoga presented.

Dr. Grange said it's a good time, guaranteed.

Dr. Linette Grange and Dr. Mike Willhite are accepting new patients at their Tyson Street office in Versailles ... **812-689-5101**

continued from Page 1



unplanned changes are required and how that may impact your visit.

• Post-Service: Working with you to answer questions and find reasonable solutions to concerns about billing and payment options.

During this time of transition, we ask for your patience. As we integrate new software, there may be times, for example, when we need to ask for information multiple times. The good news is, once the process is complete, the entire registration process will be easier and help us be more sensitive to your specific needs.

If you have questions, please ask. The more we work together, the more we can help.

Ready. Set. SMILE.

Primary Care Providers accepting new patients

Madison Pediatrics	812-273-5437
Dr. Pat Stack, Dr. Sue Stack, Dr. Holly Robinson Dr. Sarah Marshall	
Medical Office Building - Family Practice	812-265-0865
Vikki Conners, ARNP	
Medical Office Building - Family Practice	812-265-0820
Alice Carlson-Jackson, CNP	
Medical Office Building - Internal Medicine	812-265-0826
Dr. Michael Guirguis	
Hilltop Clinic	812-273-7700
Dr. Phillip Ross, Dr. Alan Culbreth	
Hanover Clinic	812-866-3301
Dr. Herb Hay	
Versailles Tyson Street	812-689-5101
Dr. Linette Grange, Dr. Mike Willhite	
Vevay - Internal Medicine/Pediatrics SCMB	812-427-9564
Dr. Scott Frede	
Vevay - Family Practice Main Street	812-427-2911
Dr. Marc Willage	
Carrollton - Riverbourne Medical Center	502-732-6956
Dr. Cecil Martin, Dr. Molly Rutherford, Dona Meers, ARNP	
Provider Assistance	812-265-5211
Main KDH Switchboard	

Prizes. Contests. Food. Fun.

2011 Golf Benefit

Friday, June 10
Sunrise Golf Course, Madison

Benefits the KDH Foundation

INFORMATION / SIGN-UP ... (812) 265-0555 or online at www.kdhhs.org

Warm weather is on the way. Time to start dusting off those golf clubs. The KDH Foundation will be hosting its Annual Golf Benefit on Friday, June 10 at Sunrise Golf Course in Madison.

Proceeds benefit the KDH Foundation, which supports the mission of the hospital. To register, contact Sue Livers, Foundation Director, at 812-265-0555 or visit our website at www.kdhhs.org. Use the Foundation link.

Many sponsorships are available. Talk with Sue for more information. We're looking forward to another great day on the course.

SHINING STARS

Tina Odaffer, MD Medical Office Building



A patient wrote: I recently needed to have a total hysterectomy, but was reluctant because of all the horrible things I've read about the surgery, recovery time, and life after a hysterectomy. Dr. Odaffer, from the very beginning, answered all my questions and helped alleviate my fears. She also performed her newest procedure, laparoscopic hysterectomy. All I can say is, "this is amazing" and I highly recommend it if you are needing a hysterectomy. This procedure only required four small incisions, there was very little pain afterwards, and to top it off, I returned to work after 11 days. Dr. Odaffer has proven her excellence through her work as well as the compassion she has for her patients. Kudos to her and her staff.

Making a sports physical appointment with your physician is the best option

Providing student athletes the most appropriate care is why we're asking parents to contact their child's personal physician to schedule a sports physical or well examination prior to athletic competition for the 2011-2012 school year.

Both the American Academy of Pediatrics and the American Academy of Family Physicians recommend that athletes see their primary care doctor rather than participate in a mass screening. This in mind, we will not be providing a mass sports physical screening this year.

Personal physicians understand each child's medical history and can provide students a more thorough evaluation. Appointments may be scheduled by calling your physician's office.

While your child will need to have his/her physical completed before beginning practice, there is no rush to schedule an appointment. Depending on how recently the child was previously evaluated, your physician may complete a more routine "sports" physical, or a more in-depth wellness examination.

Many of our physicians are accepting new patients. A complete list is on Page 2 of this Vital Signs.



Maureen "Reenie" Getz

Pictured at left. Getz became the Board Chairman for KDHHS in January 2011. She is the 29th Board Chairman since KDHHS was founded in 1899. Getz joined the Bethany Circle in 1997 and began serving on the Board in 2003. She served both as an At-Large member and Vice Chairman prior to being elected Chairman.

Leslie Grote

Pictured at right. Grote completed her term as Board Chairman in December. She served 16 years on the Board as an At-Large member, Treasurer, Vice Chairman, and Chairman. She first joined Bethany in 1993. Grote replaced Nancy Bear as Chairman in 2007.

Michele Taflinger Wound/Ostomy Clinic



A co-worker wrote: I have called Michele numerous times to the ED to consult on my patients. She always arrives right away. She has a wonderful, positive attitude, and is very knowledgeable with her specialty. She is kind to her patients, family, and staff. Michele is competent, confident, and always goes the extra mile. She not only treats my patients but taught me how to care for wounds when she is not here. She answered questions and taught me the best treatment.

Strong leadership continues to be hallmark of local Bethany Circle

Maureen "Reenie" Getz, who stepped into her role as Board Chairman in January, is prepared for the challenges ahead - most notably the move to a new hospital. Having served as Vice-Chairman for the past four years under Leslie Grote, Getz was instrumental in the decision-making process.

"It's so exciting," she said of the new hospital. "It's amazing that it's only going to take two years."

Both Getz and Grote recognize the significance of the Board's decision to move. They also understand the Board's primary goal is to continue the Bethany Circle's tradition of making exceptional healthcare available to local families.

"The new hospital will help us attract physicians and provide those we serve with the best care," Getz said.

Grote completed her four-year term as Board Chairman in December, 2010 - completing a run of 16 straight years on the Board. During her tenure, the hospital expanded its

services and integrated local physicians as members of the hospital organization.

"The amount of training and education for Board Members has grown significantly," Grote said. "There are so many things to learn and understand. We've become a regional facility."

As volunteers, KDHHS Board Members are not paid. They share their time because they want to give back. Getz' father, the late Dr. Warren Rucker, was a cardiologist in Madison for many years. Grote's father was in the health field, too.

It's no surprise that Grote has helped make Getz's transition go smoothly.

"Leslie has made it very easy because she's been so involved for many years," Getz said. "I can call her anytime if there's something I need to ask. I've really enjoyed getting to know more people and put faces with names. We have a lot of wonderful people here."

Lisa Liter Rehab Services



A patient's family wrote: Lisa took care of my brother's leg after he was burned. Daily for six weeks she took care of him with dedication, compassion, and a smiling face that offered lots of encouragement through horrible pain. Lisa and her department are truly Shining Stars. They excelled in their kind and tender care of my brother's leg which made a horrible experience tolerable.

KDH partnering with CHIP program to offer healthy heart lifestyle intervention ...

King's Daughters' Hospital has partnered with local CHIP (Coronary Health Improvement Project) instructors to offer a comprehensive and education-intensive lifestyle intervention program in our community. CHIP is designed to prevent and reverse hypertension, Type-2 Diabetes, obesity, heartburn, and elevated cholesterol. The four-week, eight-session program encourages participants to learn how to reverse disease and be healthier with their knife and fork.

- As part of the partnership, participants will receive:
- A participants kit including textbook and cookbook;
- A pre and post-health screening that includes a cholesterol profile;
- Two lifestyle evaluations;
- Personalized counseling;
- Food demonstrations and sampling;
- Alumni support meetings;
- A shopping tour and nutritional workshop.



CHIP participants will meet on Mondays and Thursdays from 5:30 to 8:00 p.m. at the KDH Medical Office Building Conference Center. KDH will provide the low-cost cholesterol screenings.

Free informational sessions will be held at the KDH Medical Office Building on Tuesday, April 5 from 6:00 to 7:00 p.m. and Wednesday, April 6 from 12:00 to 1:00 p.m. Pre-registration is not necessary to attend the free informational meetings.

To register or ask questions about CHIP, contact Lori at 812-493-3343 or Lisa at 812-701-7570.

Seating and Mobility Clinic a valuable resource for families

Sometimes, a physician orders an assessment for a patient who may need specialized equipment such as special seat supports, and/or wheelchairs. KDHHS Rehab Services can help with these requests.



An assessment is completed by a therapist and an equipment specialist. They work together to determine the special needs of each patient. Once the evaluation and justification for purchase are completed, the information is returned to the patient's doctor for approval. The patient then comes back for a personalized fitting and for delivery of the equipment. We provide any needed training.

The evaluation includes safety concerns, proper fit, functionality, and any specialized features. To ensure proper equipment is being used, patients should be evaluated at least once a year.

Anyone with questions may call the Inpatient Rehab Team at 812-265-0674 and ask for the Seating and Mobility Clinic.



New places to find us online!



Find us on Facebook ...
Follow us on Twitter ...

Are you into social media? If so, find us on Facebook at facebook.com/KDHMadison. We use Facebook to communicate health news you can use, as well as information about upcoming classes, events, programs, and services. Stay connected by "Liking" us. Facebook is just one way we want to help you access information from King's Daughters' Hospital.

If you like to Twitter, find us at twitter.com/KDHMadison. Using short messages we can provide quick updates and reminders and health news and events - it's sort of like a text message. We're also able to provide links to helpful online resources for you and your family.

We also have a wellness page on Facebook - a page dedicated to wellness tips, exercise classes, and more.

FACEBOOK ... www.facebook.com/KDHMadison
TWITTER ... www.twitter.com/KDHMadison



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Director of Marketing/Community Relations: Nadja Boone
Editor: Dave Ommen, Community Relations

WELLNESS WORKS

812-265-0175

Sign-up online at www.kdhhs.org

A big welcome back to our PEP Walks ...

Some of you may remember when we used to host Pep Walks one afternoon a week. We would gather at the hospital parking garage and walk as individuals or small groups through the streets of downtown Madison - taking in scenery and benefiting from exercise.

With spring just around the corner, KDH and Vehicle Services Group (VSG) are partnering to bring back the FREE weekly Pep Walks. We will be offering the walk for eight (8) Fridays starting April 1. The spring session will end on May 20. Our plan is to offer a fall session, too.

Here's the quick Pep Walk overview ...

- **When:** Each Friday from April 1 to May 20
- **Time:** 5:00 to 7:00 p.m.
- Walkers will sign in when they start and sign out when they are finished. We ask that all walkers sign in by 6:30 p.m. While we encourage you to bring a friend or walk in groups, you may walk by yourself. Mileage maps will be provided if you are interested in walking a certain distance.
- **Location:** We will meet in front of the KDH Parking Garage on Broadway.
- **Cost:** FREE. All walkers who join us at least 7 of the 8 weeks will receive a free Pep Walk t-shirt! Fresh fruit and water will be available for all walkers each week at no charge.
- A special **Celebration Walk** will be held Friday, May 27 at 5:30 p.m. at Heritage Trail. Those earning t-shirts will be awarded their shirts during the Celebration Walk.

If you have questions, please contact Heather Foy at 812-265-0175. Walking is great exercise and is something almost everyone can do. You will burn calories, elevate your heart rate, and breathe in some fresh air. Children are welcome - bring your strollers. Walking on Friday evenings is a great way to relieve stress and start your weekend on a healthy note.



LOOKing Ahead

Safe Sitter classes set for June and July ...

King's Daughters' Hospital will be offering two Safe Sitter classes this summer. Below are the dates and times for June and July. Space is limited. You may reserve a spot at any time. Call Heather at 812-265-0175 or go online to www.kdhhs.org. Program is for boys and girls ages 11-13.

Note: Students need to attend both days to graduate. Cost is \$40 per student, or \$35 each if they are siblings.

JUNE - Tuesday and Thursday, June 14 and 16. Location is Hanover Baptist Church Times: 8:30 a.m. to 4:00 p.m. each day.

JULY - Wednesday and Thursday, July 6 and 7. Location is First Baptist Church in downtown Madison. Times: 8:30 a.m. to 4:00 p.m. each day.



Turkey Meatloaf ...

Recipes are from the Let's Move website.

Ingredients:

- 3/4 pound ground turkey
- 3/4 tablespoon olive oil
- 1/2 large onion, chopped
- 1 1/2 celery sticks, chopped
- 1/4 cup oatmeal
- 1/4 cup milk
- 1 egg
- 1 teaspoon dried rubbed sage
- 1 teaspoon dried oregano
- 1 teaspoon salt
- 1 teaspoon ground pepper

Directions

Heat the oven to 425. Place turkey in large bowl. In a separate bowl, beat eggs, add the milk and oats. Pour the egg mixture into the meat mixture and combine. Add celery, onions, garlic, basil, thyme, oregano, season with salt and pepper, combine thoroughly. Form into loaf pan and bake for 45 minutes.



Cost per person for both recipes is \$2.48.

Calories per serving: 510
Protein: 37g

Whole Wheat Pasta with Basil and Ricotta ...

Ingredients:

- 1/2 pound whole wheat penne pasta
- 1 tablespoon olive oil
- 1/4 medium onion minced
- 1/4 cup red peppers, medium chopped
- 1/4 cup button mushrooms
- 1 clove garlic
- 1/2 cup ricotta
- 1/2 tablespoon basil
- 1 tablespoon lemon juice
- 1/2 cup broccoli florets

Directions

Bring water to a boil, add salt and pasta. In a sauce pan over medium heat, add olive oil, onions, garlic, and peppers and cook for 2-3 minutes. Add mushrooms and stir occasionally until mushrooms are soft. Set aside. Combine ricotta cheese, basil and lemon juice. Add broccoli 1-2 minutes before pasta is finished. Combine with cheese mixture.



REGISTER ONLINE ...

See our new Calendar layout only at www.kdhhs.org.

March

Weekly YOGA Classes

KDH currently provides six weekly yoga classes (see below). To purchase a Yoga card, call Heather at 812-265-0175, go to www.kdhhs.org, or purchase directly from an instructor. New Yoga participants may attend their first class free of charge. Costs are \$8 per class for walk-ins or \$5 per class if you purchase a \$40 Yoga Punch Card online or from the instructor. The Yoga Card is good for any eight classes.

- **Tuesday Lunch-Time Express Yoga** - 11:30 a.m. - 12:15 p.m. | *Fit for the King Fitness Center.*
- **Tuesday Evening Yoga** - 5:45 - 7:00 p.m. | *Hanover College - Horner Center's Upstairs Aerobics Room.*
- **Tuesday Evening Yoga (Versailles)** - 5:00 - 6:15 p.m. | *Tyson Library - Versailles.*
- **Wednesday Evening Yoga** - 5:30 - 6:45 p.m. | *Trinity Methodist*
- **Thursday Morning Yoga** - 8:15 - 9:30 a.m. | *Fit for the King*
- **Saturday Morning Yoga** - 9:00 - 10:00 a.m. | *Mires School of Dance (West Street - upstairs in old City Hall building).*

Heartbeat Health Fair - Versailles

Stop by our booth at the Heartbeat Health Fair on Saturday, March 12 at South Ripley High School. Meet Dr. Linette Grange and her staff. Find out how a personal physician can help you achieve optimal health.

REMC Health Fair - Versailles

We will be providing FREE glucose (blood sugar) screenings at the REMC Health Fair on Saturday, March 26 in Versailles. The event is located at Jac-Cen-Del High School in Osgood. Dr. Linette Grange from our Versailles Tyson Street office will be available to talk about important health screenings. She is accepting new patients. Call 812-689-5101 for more information.

Colon Cancer Screening Kits at Physician Offices

Throughout the month of March, free fecal-occult colon cancer testing kits will be available at physician offices throughout the KDHHS system. Contact your doctor's office to arrange pickup. Easy-to-use instructions are included. Once completed, return the test kit to your physician's office. Your doctor will be contacted regarding results. If any follow-up is necessary, your physician's office will contact you.

April

YOGA Classes continue

YOGA schedule continues as listed under March. We have six available classes. Call Heather at 812-265-0175 or visit us at www.kdhhs.org. Facebook at facebook/KDHWellness. Remember, new Yoga students may attend their first class free of charge.

RAD - Rape Aggression Defense

Our only program for 2011 will be Tuesday evenings from April 5 through May 10 in the small gym at Madison Consolidated High School. Course teaches women how to recognize and avoid confrontations. If a confrontation is necessary, women learn self-defense techniques that could save their life. Class times are 6:30 to 8:30 p.m. Cost of the course is \$45 (\$40 each if you register with a friend). The fee includes a RAD Manual and a free lifetime return policy. Course is taught by certified instructors. Class is open to women ages 13-and over. RAD is the largest women's self-defense program in the country. Space is limited. To register or learn more, call 812-265-0175.

Making Waves - Warm Water Exercise

Beneficial for individuals with arthritis, fibromyalgia, and joint pain. Variety of class times and days of week available. Classes meet twice per week. Classes run from April 11 to May 19. Cost: \$70. Call Marci at 812-265-0545 to register or get more information.

Seniorcize

Great program for adults that focuses on strength-building, flexibility and improved balance. Activities are fun. Next series runs April 12 to May 19 - meeting Tuesdays/Thursdays. Time: 1:00 - 2:00 p.m. Cost is \$50 for 6 weeks. Call 812-265-0545.

Prepared Childbirth Essentials

Newly updated four-week series that covers the labor and delivery process, Cesarean birth, pain management, and breastfeeding. Classes meet Tuesdays from April 5 to April 26. FREE if delivering at KDH (\$25 for others). Class time is 6:30 to 8:30 p.m. at KDH Medical Office Building. Call Natalie at 812-265-0215 to register or get more information.

Community First-Aid/CPR

Class is Saturday, April 9 from 8:00 a.m. until 1:00 p.m. at the KDH Medical Office Building. Cost is \$30. Class information includes CPR, First-Aid and Automated Defibrillators. Call Laurie at 812-265-0393 to learn more. Registration required.

Community Pep Walks

Weekly walks begin Friday, April 1. See the details above. Water and fruit provided. Great way to wind down before the weekend. Walk as a group or by yourself. See you there.

May

YOGA Classes continue

YOGA schedule continues as listed under March. We have six available classes. Call Heather at 812-265-0175 or visit us at www.kdhhs.org. Facebook at facebook/KDHWellness. New Yoga students may attend their first class free of charge.

Lamaze Childbirth Classes

Updated four-week series provides information via the Lamaze International guidelines. Focus is on building confidence for moms and partners about the natural childbirth process. Classes meet Thursdays from May 5 to May 26. Class times are 6:30 to 8:30 p.m. at the KDH Medical Office Building. Call Natalie at 812-265-0215 to register or get more information.

Healthcare Provider Certification

Class is Thursday, May 19 from 8:00 a.m. until 12:30 p.m. at the KDH Medical Office Building. Cost is \$50. For class specifics and/or to register call Laurie at 812-265-0393.

Girls on the Run Community 5K

Event is Saturday, May 21. This 5K fun run is open to the community. Proceeds will benefit KDH Girls on the Run. Learn more about the program at www.kdhgirlsontherun.org. Registrations will be available on this website soon. This is part of the National New Balance Girls on the Run 5K Race Series. Location to be announced.

Hospice Volunteers

Hospice Volunteer meetings

Hospice volunteer meetings are scheduled for March 31 and May 26 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 are Mondays: March 14, April 11, May 9. 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 are Tuesdays: March 15, April 12, May 10 from 5:00 - 6:30 p.m. in the Medical Building Conference Center. Call Kathy at 265-0586.

Breast Cancer Support Group

Meetings are Thursdays: March 24, April 28, May 26. Group meets from 6:00 - 8:00 p.m. Call 265-0330 for details.

* 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.