

# VITAL SIGNS

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

WINTER 2011

www.kdhhs.org



## Beginning our Journey to Serve You Better ...

Our Journey to Serve You Better is underway.

After celebrating the official groundbreaking on November 6, we look forward to an exciting two years. The new King's Daughters' Hospital campus is scheduled to be completed in late 2012. We'll most likely be opening the new hospital for patient care in January 2013.

For 111 years, King's Daughters' Hospital has existed for one purpose: to improve the health of the patients we serve. The new King's Daughters' Hospital will enable us to continue this mission and honor the women who established the first hospital in August, 1899.

We're excited about offering all-private rooms. We're also excited about the opportunity to provide the best technology and medical resources. Our new facilities will help local physicians and care providers do the sacred work to which they were called. For updates and news, visit us online at [www.kdhhs.org](http://www.kdhhs.org).



Follow our **New KDH Blog** online at [www.kdhhs.org](http://www.kdhhs.org) for all the latest news. We will also have updates via our social media outlets: [facebook.com/KDHMadison](https://www.facebook.com/KDHMadison) and [twitter.com/KDHMadison](https://twitter.com/KDHMadison).

## Helping kids: a passion for our Rehab team ...

Sometimes, it's easy to miss the incredible work our pediatric rehabilitation team does with children. Success stories warm our hearts even though they might not make front-page news.

In addition to physical therapy, we provide speech therapy and occupational (daily living) therapy for children at our outpatient Rehabilitation Center on Madison's hilltop. Having all of these resources in one place is a huge win for local families.

We also care for children with ...

- Autism Spectrum Disorders
- Neurological concerns
- Developmental Disabilities
- Pediatric injuries
- Chronic illness such as diabetes and arthritis
- A need for Sensory Integration

Working with children requires exceptional team members. We've recently added three specialists to our team: Angie Watson, PT; Deborah Stengel, OTR; and Rebecca Smitha, OTR.

Angie Watson is a pediatric and adult physical therapist with 15 years experience in the local school system. She's also worked with the First Steps Program.

Deborah Stengel is a pediatric and adult occupational therapist with 10 years of experience. She previously served with the Pediatric/Neurological Team at Frazier Rehab.

Rebecca Smitha is a Rehab Wheelchair Specialist with certification as an Assistive Technology Professional.



Learn more inside ...

Smiles are one of our best gifts. Good thing our Pediatric Therapists enjoy receiving lots of smiles. They help each child reach his/her potential.

### SPEECH THERAPY SUCCESS

Ray Sanders' incredible recovery. - Page 2

### SPORTS CONCUSSION PROGRAM

What parents need to know and how we're working with schools. - Page 2

**(812) 265-0545**

Please see **Pediatric Rehab**, Page 2

## IMRT: Give prostate cancer a swift kick ...



**Dr. Eileen McGarvey**  
Board Certified  
Radiation Oncology  
**(812) 265-2444**

"There's no need to spend hours in a car when we can deliver the same care a few miles or minutes from home."

Precise delivery of radiation kills tumor cells while sparing healthy tissue. That's a combination most men appreciate when it comes to treating prostate cancer. IMRT - as it's called - is available through Dr. Eileen McGarvey and the Radiation Oncology department at the KDH Cancer Treatment Center. There's no need to travel.

IMRT allows the radiation beam to be shaped (modulated) to provide the maximum dose of radiation to the tumor and maximum protection to the surrounding tissue. This reduces the risk of acute and chronic damage to healthy tissue and lessens the risk of side effects.

Once a patient learns that he needs radiation therapy - either before or after prostate surgery - a plan can be developed. As treatment requires frequent sessions, being close to home is a huge advantage.

"Many men enjoy daily life activities while receiving radiation therapy," said Dr. McGarvey, Board Certified Radiation Oncologist. "There's no need to spend hours in a car when we can deliver the same care a few miles or minutes from home. We have a tremendous team."



Learn more about **IMRT** at [www.kdhhs.org](http://www.kdhhs.org)  
Use the link for Our Services / select Cancer Treatment Center and then Radiation Oncology. Call **(812) 265-2444**.

## KDH provides many surgical scope options ...

If you're considering or needing surgery, it's nice to know there are many options. Laparoscopic and arthroscopic procedures offer many benefits. Although not appropriate for every patient or every situation, surgical scopes help reduce pain and recovery time.

### What is a laparoscope?

A laparoscope is a long, thin telescope that's inserted into the abdomen to help view internal organs without major surgery. Because the laparoscope only requires a cut about an inch long, it generally allows for less pain, faster recovery, and a shorter hospital stay. A laparoscope may be used for diagnostic or treatment purposes. General anesthesia or a spinal block is still required. When the doctor is finished with the procedure, the scope and any other surgery instruments are removed, and the incisions are closed with stitches.

### Arthroscopy is like surgery on TV ...

Arthroscopic surgery involves one or more small cuts in the skin through which miniature instruments are inserted directly into a problematic joint. Among the instruments is a tiny camera that sends pictures to a monitor. By watching the monitor, the surgeon can see

### Faster recovery / Less pain

Of the many benefits to laparoscopic and arthroscopic procedures, reduced pain and faster recovery time are two of the most important.

As scope procedures require only small incisions, scars are also minimal.

There are times when scope procedures are not appropriate or do not meet a patient's needs.



Learn more from our online Health Library. Visit us at [www.kdhhs.org](http://www.kdhhs.org)

Please see **surgical scopes**, Page 2



## Elite status for 5th straight year

Congratulations to our entire Home Health team. They earned **HomeCare Elite** status for a fifth straight year.

To earn Elite status from *HomeCare Elite*, home health agencies must rank in the Top 25 percent of home health agencies in the nation based on quality of care, quality improvement, and financial performance. Data is based on the quality of care measures for agency performance via the 12 publicly reported Home Health Compare measures.

King's Daughters' Home Care has been named to *HomeCare Elite* in each of the five years the program has been in place.

"Sustaining excellence is something our extraordinary team members work hard to achieve every day," said Amy Anderson, Director of Home Care and Hospice Services for KDH. "As a group, we are dedicated to delivering the very best patient care to every patient we see. Awards and recognition are nice, but providing patients exceptional care is what matters most to us."

KDH provides home health services to patients in Jefferson, Ripley, and Switzerland counties in Indiana.



### Phone number

**(812) 265-0671**

### Serving Indiana counties:

Jefferson, Ripley, and Switzerland

**PHOTO:** Members of our Home Health team provide great care to families in need. We recognize their commitment to excellence in everything they do. *Call to ask about our new Home Care Folder (above).*



## With help and heart, Raymond Sanders savors life after a stroke

After picking tomatoes on a hot July day this past summer, Raymond Sanders stood up to go to the family car only to realize that he couldn't walk. When family members brought him a drink, the water went everywhere, including into his lungs, causing him to cough. He couldn't swallow. Sanders had suffered a stroke.

When he arrived at the KDH Emergency Room that evening, he learned about the stroke and was admitted. Although most of his physical abilities - he could talk, stand, and move freely - had returned by this time, his swallowing reflex was unresponsive.

Enter Meredith Heitz, SLP - a Speech/Language Pathologist - with King's Daughters' Rehabilitation. A Barium-Swallow test in Medical Imaging confirmed that the muscles which supported Mr. Sanders' ability to swallow weren't functioning properly. Heitz immediately provided Sanders with some exercises he could practice. The next day, they began electric stimulation. Heitz explained it as "lifting weights" for his swallowing muscles.

"He's a very hard worker," Heitz said. "I gave him two exercises to work on the first night, and I think he must have done them all night long. I've never had someone who was so much into their participation."

Results were incredible. Instead of taking several weeks, Mr. Sanders began swallowing on his own three days later. When a follow-up test confirmed the results, she said he was yelling "yahoo," and everyone else was crying.

"If it wasn't for them, I might not be swallowing yet," Sanders said. "I thank God every day. I can eat anything. No trouble. The hardest thing is corn bread and milk. I love it though. And it's going down the right pipe."

After leaving KDH, Sanders worked with Celeste Hoffman, a fellow Speech/Language Pathologist at the Waters of Clifty Falls. Hoffman and Heitz worked together, and Hoffman continued the program started by Heitz at KDH.

"I was at the right place at the right time," Sanders said. "It's great to know that if you have this problem, you know where you can go. Get them working on it."



Learn more about Speech Therapy and all of our Rehab Services online at [www.kdhhs.org](http://www.kdhhs.org). Call **812-265-0545**



## Do you know the ImPACT of sports concussions?

According to [impacttest.com](http://impacttest.com), as many as 300,000 sports-related concussions may occur each year in the United States.

### What is a concussion?

A concussion is a disturbance in brain function that occurs following a blow to the head or neck; an athlete's brain is violently rocked back and forth inside the skull.

### How dangerous are concussions?

While most athletes fully recover from a concussion when given adequate time to heal, returning an athlete to action too soon increases the athlete's risk for a second (repeat) concussion which could result in permanent brain injury or death.

**Note:** Most athletes who sustain a concussion DO NOT lose consciousness.

Many concussions often go undiagnosed because symptoms vary greatly, and not all symptoms are easy to identify. Symptoms may also vary from mild to severe.

The Sports Concussion Team at KDH includes physicians with Madison Pediatrics and therapists/athletic trainers. We use ImPACT technology to help safely manage concussion treatment.

### What is ImPACT?

ImPACT is software that provides sports medicine clinicians with a variety of scientifically-validated neurocognitive tests of memory, reaction time, and processing speed. ImPACT provides detailed information about the severity of injury and a standard for evaluating recovery from injury.

One of the key factors in determining an athlete's recovery curve is to compare the athlete's post-concussive performance on

### Symptoms often observed ...

- Appears dazed or stunned
- Confused about assignments
- Forgets plays
- Unsure of game, score, opponent
- Moves clumsily
- Answers questions slowly
- Shows personality changes
- Forgets events before or after
- Loses consciousness (even briefly)

### Symptoms often reported by an athlete ...

- Headache
- Nausea (upset stomach)
- Balance problem / Dizziness
- Double or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish
- Feeling "foggy"
- Changes in sleep pattern
- Concentration / memory problems



Pat Stack, MD



Sue Stack, MD



Holly Robinson, MD



Sarah Marshall, MD

**Madison Pediatrics** is part of the ImPACT team at KDH. Call 812-273-5437



View our brochure (PDF)

Learn more about ImPACT at [www.impacttest.com](http://www.impacttest.com)

Contact KDH Rehab by calling ...

**812-265-0545**



Angie Watson, PT



Deborah Stengel, OTR



Rebecca Smitha, OTR



Keri Kuppler, PT



Don Frisz, PT



Meredith Heitz, SLP



Nancy Deuser, STA



Millie Eversole-Lyons, OTR

**Our incredible pediatric therapy team members!**

### Pediatric Rehab, continued from Page 1

She is an occupational therapist with 30 years of experience in developmental disabilities.

Additional pediatric team members include: Nancy Deuser, STA, Meredith Heitz, SLP, Don Frisz, PT, Keri Kuppler, PT, and Millie Eversole-Lyons, OTR.

To learn more about our pediatric therapy programs, please call the KDH Rehab Center at **812-265-0545** or visit [www.kdhhs.org](http://www.kdhhs.org).

King's Daughters' provides rehabilitation services at its hilltop Rehabilitation Center in Madison. Additional services are available in Versailles (206 W. Tyson Street) and Vevay (Main Street location).

### Surgery scopes, continued from Page 1

the cartilage, ligaments, bone, and other structures without the type of larger incision needed during standard open surgery. According to the American Academy of Orthopaedic Surgeons, complications are very uncommon with arthroscopic procedures. As with laparoscopes, a local, regional, or general anesthetic is needed. Once the procedure is over, the cuts are closed with stitches and covered with a dressing.

Laparoscopic procedures are available for a variety of procedures at King's Daughters' Hospital. Here is a notable list:

- Appendectomy
- Gallbladder
- Hernia repair
- Nissan Fundoplication
- Supra cervical hysterectomy
- Tubal ligation
- Vaginal hysterectomy

Arthroscopic procedures are available through KDHHS. Procedures are performed by Dr. Paul Rosenberg and/or Dr. Scott McCuskey.

- Knee - diagnostic and reconstruction (ACL)
- Shoulder - diagnostic and rotator cuff reconstruction
- Ankle

If you have questions about surgical scope procedures, please talk with your physician. You may need to schedule a meeting with an appropriate surgical physician to discuss your specific condition. Learn more via our online Health Library at [www.kdhhs.org](http://www.kdhhs.org).



Dr. Amy Gifaldi  
General Surgery



Dr. Paul Cronen  
General Surgery



Dr. Lanny Gore  
General Surgery



Dr. Paul Rosenberg  
Orthopedics



Dr. Scott McCuskey  
Orthopedics



Dr. Jennifer Roney  
OB/GYN



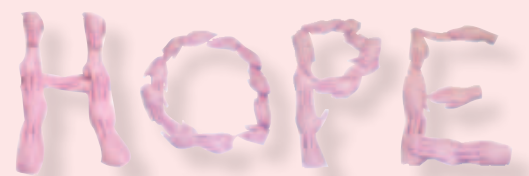
Dr. Kelli Hertz  
OB/GYN



Dr. Tina Odaffer  
OB/GYN



Dr. Tobi Hough  
OB/GYN



Perhaps you saw the hands of hope graphic our amazing Medical Imaging staff created this fall for Breast Cancer Awareness Month in October.

While October is a great month to schedule your mammogram, what really matters is making the appointment. If you're of appropriate age (generally 40-plus), take time to schedule your mammogram. It's not just for you, it's for your family and friends, too. They want you around. Early detection remains your best weapon in the fight against breast cancer. Ask your physician or medical provider if you have specific questions.

### DIGITAL MAMMOGRAMS

Available at King's Daughters' Hospital and the KDH Medical Office Building - Madison

**(812) 265-0440 | 265-0686**

### Called to Serve: Staff members enjoy giving back to help others

Employees with King's Daughters' Hospital are very giving with their time and resources. It's part of who we are and why we're here.

In 2010, KDH staff members contributed over \$55,000 to various organizations. These included the United Way (27,000), Relay for Life (16,000), and Big Brothers Big Sisters of Jefferson County (12,000).

We are very proud of their commitment to making our communities a better place to live and work.

### Charity Care surpasses 1.1 million in 2010 ...

Continuing our mission to serve those in need, King's Daughters' Hospital has provided over \$1.1 million in charity care (free) from January 1 to November 30 of this year. Our total amount of unreimbursed care (not including charity care) for the same time period was \$20.8 million. Combined, KDH has provided \$21.9 million in unreimbursed care during the first 11 months of 2010. Thanks for choosing King's Daughters' Hospital.

### Best germ defense? Wash your hands ...

The best way to reduce your risk of winter illness is to wash your hands frequently. Use warm water and soap and scrub for at least 15-20 seconds. Then, use a towel or wipe to turn off the water. This is especially important in public restrooms.

## Foundation recognizes Modisett, Dr. Ellis on Physicians' Wall of Honor

The King's Daughters' Hospital Foundation recently honored Dr. Marcella and Dr. Jack Modisett and Dr. Robert Ellis with plaques for the KDH Physicians' Wall of Honor. All three physicians were recognized for their exceptional service to our region. Dr. Ellis continues to practice at the KDH Medical Office Building in downtown Madison.

"We've been fortunate to share the lives of these incredible physicians and community members," said Foundation Director Sue Livers. "It's a great privilege for us to recognize their achievements. Madison and the Ohio Valley region have been blessed by many outstanding physicians who give of their time and resources to make our community a better place."

To learn more about the KDH Physicians' Wall of Honor, call the KDH Foundation at 812-265-0555. To be eligible, a physician must be nominated and meet certain criteria. Learn more about the KDH Foundation online at [www.kdhhs.org](http://www.kdhhs.org) - click on the Foundation link.

**ABOVE RIGHT:** Dr. Robert Ellis is pictured with his staff from the KDH Medical Office Building during his induction ceremony. **BELOW RIGHT:** Dr. Marcella Modisett is pictured with family members and friends. The two plaques are for her and her late husband, Dr. Jack Modisett.



# SHINING STARS

## Robert Feltner 3-South



*A visitor wrote: My mother was at the hospital for surgery and was having some recovery issues.*

*Robert was the lead nurse and did an excellent job. His bedside manner, detailed care, and detailed explanation of information were all superior. With this level of care, I would have no problem recommending your hospital to others.*

## Dr. Michael Guirguis Medical Office Building



*A patient's family wrote: I want to share that I fully believe*

*Dr. Guirguis is saving my father-in-law's life. Dr. Guirguis has helped regulate my father-in-law's medications and monitor his health status. As a result, my father-in-law is in much more stable condition. My husband and I also appreciate that Dr. Guirguis makes time to meet with us when we have questions to ensure that we are proactive in dealing with my father-in-law's health needs. Dr. Guirguis is a genuine person, and it is obvious that he cares about the welfare of his patients. I recommend him to anyone who asks whom they should choose for a doctor. I also consistently hear positive feedback from other happy patients who use him as their physician.*

## Teresa Bounds Intensive Care



*A co-worker wrote ... My cousin is dying from cancer. He was having a really hard time breathing, and I called Teresa who lived close. She came right away and did a thorough exam and explained everything to him and his wife. She talked to them about hospice and answered all of their questions. She was kind, caring, and compassionate. Teresa has called me several times to ask about him and always asks if there is anything she can do. She is an outstanding nurse and a true KDH team player.*



**ABOVE LEFT:** A record 241 participants start our RUN the FALLS 5K in September. **ABOVE RIGHT:** Members of the KDH Radiology School dress the part for their Run For Your Life 10K on October 30. **LEFT:** Smiles are contagious at our Girls on the Run Community 5K event on November 20.

## 2010 Community Needs Assessment

## Obesity, tobacco use continue to be top health concerns

Tobacco use and obesity were identified among the highest health-related issues facing our region, according to a Community Needs Assessment completed by King's Daughters' Hospital this past fall. Physical activity, substance abuse, and mental health were next in line.

### Subjective data ...

Subjective information for the Needs Assessment was gathered via personal interviews with community leaders, KDH staff members, at-risk groups, and seniors. Data was also collected via an online survey that was open to the public. Interviews and results were completed and tabulated through an independent source.

### How should KDH be involved?

When asked what role KDH should play regarding the issues identified, 67 percent said the hospital should have a leadership role in reducing tobacco use and 62 percent said KDH should have a leadership role regarding obesity. Participants suggested that KDH should play a supporting role regarding physical activity, substance abuse/addictions, and mental health.

### Objective data ...

We also collected some important objective data about our five-county service area. Following are some of the most intriguing findings:

- A total of 53.9 percent of families in Jefferson County (IN) are single parent families with 27.8 percent of those living in poverty. In Indiana, 32.4 percent of all families are single parent with 27.6 percent living in poverty.
- The rate of all cancer incidence is higher in Jefferson County (IN) than for Indiana. In particular, the rate of lung cancer (101.6 per 100,000) is higher in Jefferson County than in Indiana (79.8). That's a notable difference.
- In Ripley County, 42.3 percent of all families are single parent with 26.8 percent living in poverty.
- The teen birth rate in Switzerland County (2007) was 36.3 per 1,000 females age 15-17. This is significantly higher than the rate for Indiana of 22 per 1,000 females. Also, the rate of mothers who smoke during pregnancy is 29.6 percent in Switzerland County compared with 18.5 percent for Indiana.

### What we're already doing ...

**Tobacco Cessation Coordinator** - Provides counseling, education, and resources to help community members quit tobacco use.

**Girls on the Run** - A national program started here for girls in Grades 3-5 to teach valuable life lessons and promote exercise.

**Fit Kids** - Nutrition and exercise program taught in fifth grade classrooms throughout the area.

**Creating Positive Relationships** - An abstinence based sexual education program taught in Grades 6-8 throughout the area. Encourages healthy choices and abstinence as real options.

**Coalition Against Substance Abuse** - KDH continues to support and work with this team to fight substance abuse in our area.

**OTC Medication Drop-Off** - Starting in the Spring of 2010, unneeded/outdated over-the-counter medications may be dropped off at the KDH Medical Office Building. This helps reduce abuse by properly disposing of medications.

- Carroll County (KY) has a smoking rate of 35 percent, compared to 29.6 percent in Kentucky and 21 percent in the nation. Further, 43 percent of Carroll County residents lack physical activity.

- In Trimble County, the rate of smoking during pregnancy is 48 percent, compared with 26 percent in Kentucky. There is also an 11 percent rate of adult diabetes in Trimble County compared with 9 percent in Kentucky and 7 percent in the nation.

### Needs Assessment available ...

A PDF version of the Needs Assessment overview is available at [www.kdhhs.org](http://www.kdhhs.org). Further data may also be obtained via Community Relations at 812-265-0128.



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](http://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](http://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](http://www.facebook.com/KDHMadison)

**TWITTER** ... [www.twitter.com/KDHMadison](http://www.twitter.com/KDHMadison)

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

# WELLNESS WORKS

812-265-0175

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

## YOGA returns with six weekly classes ...

Get started on your New Year's resolutions with Yoga. Yoga helps exercise your mind and body. Classes are available for all fitness and experience levels. Purchasing a Yoga Card will save you money. Yoga Cards are \$40 and are good for any 8 classes (\$5 per class). The walk-in rate is \$8 per class. To purchase a card, call Heather at 812-265-0175, go to [www.kdhhs.org](http://www.kdhhs.org), or purchase directly from an instructor. **New classes start the week of January 3, 2011.**

- **NEW Tuesday Lunch-Time Express Yoga** - 11:30 a.m. - 12:15 p.m. | *Fit for the King Fitness Center. Perfect way to squeeze in a workout over your lunch break. Instructor: Heather*
- **Tuesday Evening Yoga** - 5:45 - 7:00 p.m. | *Hanover College - Horner Center's Upstairs Aerobics Room. Open to everyone in a great setting. Instructor: Crystal*
- **Tuesday Evening Yoga (Versailles)** - 5:00 - 6:15 p.m. | *Tyson Library - Versailles. After 10 years in Madison, we're glad to continue this new session in Versailles. Instructor: Barb*
- **Wednesday Evening Yoga** - 5:30 - 6:45 p.m. | *Trinity Methodist Our Longest-running class is in downtown Madison. Your body will feel great after a stress-relieving workout. Instructor: Nadja*
- **Thursday Morning Yoga** - 8:15 - 9:30 a.m. | *Fit for the King Start your morning the right way and energize your day. This is a very creative and energizing class. Instructor: Becky.*
- **NEW Saturday Morning Yoga** - 9:00 - 10:00 a.m. | *Mires School of Dance (416 West Street - upstairs in old City Hall building). Saturday Morning Yoga class is back by popular demand. This class is a perfect way to start your weekend. Instructor: Jane*

**Try Before Your Buy ...** Starting January 1, 2011, the Wellness Department at KDH encourages those interested in Yoga to **Try before you Buy**. Any new Yoga student is welcome to attend their first Yoga class free of charge. After trying Yoga, we hope students will want to return and purchase a Yoga Card. Yoga is for any body.

## LOOKing Ahead

### RAD - Rape Aggression Defense returns in April ...

King's Daughters' will provide its annual Rape Aggression Defense (RAD) class on Tuesday evenings from April 5 through May 10, 2011. Times are 6:30 to 8:30 p.m. Classes will be held in the small gym at Madison Consolidated High School. Cost of the course is \$45 per person (\$40 if you register with a family member or friend). The fee includes a RAD manual and a free lifetime return policy.

This is the only time RAD will be offered in 2011. Space is limited. Call early to register: 812-265-0175 or visit our website at [www.kdhhs.org](http://www.kdhhs.org).

### Plan ahead for Safe Sitter ...

King's Daughters' will be offering Safe Sitter classes again during the summer months. Below are the dates and times for June and July, 2011. Space is limited. You may reserve your spot at any time.

**JUNE** - Tuesday and Thursday, June 14 and June 16. Location to be determined.

**JULY** - Wednesday and Thursday, July 6 and July 7. Location to be determined.

Times for both classes will be 8:30 a.m. to 4:00 p.m. each day. Cost is \$40 per student or \$35 each if they are siblings.

### Home-style turkey soup ...

Recipe is from the Mayo Clinic ... Use the turkey leftovers from a holiday or family meal to make a hearty turkey soup. Limit sodium content by using reduced-sodium chicken broth and unsalted canned tomatoes.

#### Ingredients

- 1 turkey carcass
- 4 cups water
- 8 cups reduced-sodium chicken broth
- 4 large onions, 1 quartered and 3 chopped
- 1 cup diced rutabaga or turnip, peeled
- 1 cup chopped celery
- 4 carrots, peeled and cut into thin strips
- 1/4 cup chopped fresh parsley
- 1/3 teaspoon dried thyme
- 1 bay leaf
- 1/2 teaspoon ground black pepper
- 1/4 cup pearl barley
- 1 can (14 ounces) unsalted tomatoes
- 1 can (16 ounces) white beans, rinsed and drained
- 1/2 pound leftover light turkey meat, cut into bite-size chunks



#### Directions

In a large stock pot, combine the turkey carcass, water, broth and quartered onion. Bring to a boil over high heat. Reduce heat, cover, and simmer for one hour. Strain the mixture, discarding the carcass and onion. Chill the liquid in the refrigerator - overnight, if possible - and skim off the fat from the broth's surface. Return liquid to stock pot. Add the remaining ingredients to the broth mixture. Bring to a simmer and cook, covered, for about 1 hour. Ladle into bowls and serve immediately.

**Information:** Calories 191; Protein 15g; Total fat 3g; Cholesterol 20mg; Sodium 171mg; Fiber 5g

**Serving Size:** One regular soup bowl



## REGISTER ONLINE ...

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

## January

### Weekly YOGA Classes

KDH will provide six weekly yoga classes starting in January. To purchase a card, call Heather at 812-265-0175, go to [www.kdhhs.org](http://www.kdhhs.org), or purchase directly from an instructor.

- **NEW 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.*
- **NEW Saturday Morning Yoga** - 9:00 - 10:00 a.m. | *Mires School of Dance (416 West Street - upstairs in old City Hall building).*

### 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 runs from January 3 to February 10. Cost: \$70. Call Marci Cole at 812-265-0545 to register or get more information.

### Seniorize

Great program for adults that focuses on strength-building, flexibility and improved balance. Activities are fun. Next series runs January 4 to February 10 - meeting Tuesdays/Thursdays. Time: 1:00 - 2:00 p.m. Cost is \$50 for 6 weeks. Call 812-265-0545.

### Athletic Enhancement

Geared toward students in junior high and high school, Athletic Enhancement focuses on core strength, agility, and building power and explosiveness. AE also helps athletes reduce their risk of injury. Winter Session classes meet Monday/Wednesday from January 10 to February 16, cost is \$150. Class time is 4:30 to 6:00 p.m. at the KDH Rehab Center. Call 812-265-0545 to learn more or register.

### 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 January 4 to January 25. 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.

## February

### YOGA Classes continue

YOGA schedule continues as listed under January. We have six available classes. Call Heather at 812-265-0175 or visit us at [www.kdhhs.org](http://www.kdhhs.org). Facebook at facebook/KDHWellness.

### SPRING 2011 GIRLS ON THE RUN (GOTR)

Fourth season of KDH Girls on the Run will begin in February at three locations. GOTR is for girls in Grades 3-5. Each GOTR site is limited to 15 girls (45 total). Program is 12 weeks and will conclude with a community 5K event on Saturday, May 21. The 24-lesson program includes healthy snacks, incentive gifts, a program t-shirt, the 5K, and a season-ending celebration. Cost is \$80 per girl (some scholarships are available). The actual cost of the program is \$160 per student; support from KDH and other donations helps us offer the reduced rate. Spring sites ...

**E.O. MUNCIE** - Mondays and Wednesdays starting February 23. New Time: 2:30 to 3:45 p.m.

**ANDERSON ELEMENTARY** - Tuesdays and Thursdays starting February 24. New time: 4:00 to 5:15 p.m.

**SOUTHWESTERN ELEMENTARY** - Mondays and Wednesdays starting February 23. Time: 3:00 to 4:15 p.m.

**Note:** GOTR will not meet the week of Spring Break. Registration forms will be sent home with girls in Grades 3-5 at many of our local elementary schools on February 1. As space is limited, anyone interested should return their form and registration fee quickly. Starting February 1, registration forms will also be available at [www.kdhgirlsrun.org](http://www.kdhgirlsrun.org). Anyone interested in volunteering to help with Girls on the Run should contact Heather Foy at 812-265-0175 or via e-mail at [foyh@kdhhs.org](mailto:foyh@kdhhs.org). Donations to the program should also be made through Heather.

### 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 February 3 to February 24. 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 Friday, February 18 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.

\* 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.

## February

### 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 runs from February 21 to March 31. Cost: \$70. Call Marci Cole at 812-265-0545 to register or get more information.

### Seniorize

Great program for adults that focuses on strength-building, flexibility and improved balance. Activities are fun. This series runs February 22 to March 31, meeting Tuesday/Thursday. Time: 1:00 - 2:00 p.m. Cost is \$50 for 6 weeks. Call KDH Rehab at 812-265-0545.

## March

### YOGA Classes continue

YOGA schedule continues as listed under January.

### Community First-Aid/CPR

Class is Saturday, March 19 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.

## Hospice Volunteers

### Hospice Volunteer meetings

Hospice volunteer meetings are scheduled for Jan. 27, Feb. 24, and March 31 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: Jan. 10, Feb. 14, March 14. 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: Jan. 11, Feb. 15, March 15 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: Jan. 27, Feb. 24, March 24. Group meets from 6:00 - 8:00 p.m. Call 265-0330 for details.