

VITAL SIGNS

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

SUMMER 2008

www.kdhhs.org

Prizes. Contests. Food. Fun.

2008 Golf Benefit

Friday, June 13
Sunrise Golf Course, Madison

Benefits the KDH Foundation

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

KDH Foundation presents...

Casino Night '08

September 20, 2008
Knights of Columbus

Mark your calendar and join us for another fun evening of Vegas-style games while raising money for the KDH Foundation. Call Sue Livers at 50+555 for more details. You can also purchase tickets at www.kdhhs.org.

Madison Kiwanis donates Pediatric ACLS Cart ...

The Madison Kiwanis Club generously donated a Pediatric ACLS (Advanced Cardiac Life Support) Cart to the KDHHS Emergency Department this past March. The cart provides color coordinated drawers so staff can quickly access the appropriate equipment and medicine depending on a child's size and weight.

"Our goal is to help kids," said Dave Auxier, current President of the local Kiwanis. "This is something that's strictly for kids. We're really excited to make a difference."

From the initial idea until delivery, the whole process took about two years, but it will hold special value for a child and family in need.

Kiwanis used its Fish Fry stand at the 4-H Fair, a local Magic Show, and a barbecue dinner to help raise funds. If you have an interest in learning more about the Madison Kiwanis club, please let them know.



Learn more about Emergency Services at www.kdhhs.org.



ABOVE: Members of the KDHHS Emergency Department (L-R): Dr. Barrett Bernard, Colleen Keith, Tracie Thinnis, Lisa Brady, Juanita Richards and Caroline Day welcome Kiwanis members John Knoebel, Dave Auxier, Bill Bear, Pam Crozier, and Linda Sullivan.

KDH: one of nation's 100 Top Hospitals



The King's Daughters' Hospital and Health Services has been named one of the nation's 100 Top Hospitals® by Thomson Healthcare, a leading provider of information and solutions to improve the cost and quality of healthcare.

The award recognizes hospitals that have achieved excellence in clinical outcomes, patient safety, financial performance, and efficiency. The 2007 Thomson 100 Top Hospitals: National Benchmarks for Success study appeared in the March 17 issue of *Modern Healthcare* magazine.

A total of 3,018 hospitals were included in the study, which awards hospitals in five categories: Major Teaching, Teaching, Large Community, Medium Community, and Small Community. King's Daughters' was one of 981 hospitals compared in the Small Community category. Of those 981 hospitals, 20 were selected as winners, and KDHHS was one of only two hospitals in Indiana to receive the award.



Please see **TOP HOSPITALS**, Page 3

How are winners selected?

The 100 Top Hospitals award is based on a set of measures that reflect highly effective performance across the whole organization; including board members, medical staff, management, and nursing.

These include:

- Patient outcomes
- Patient safety
- National treatment standards (core measures)
- Efficiency
- Financial stability

You can read more about how winners were chosen at www.kdhhs.org or at 100tophospitals.com.

Thomson estimates that if all hospitals had performed as well as the Top 100, the hospitals would have saved \$250 million and 7,914 lives.

Surgical teams view safety, quality as top priorities ...

Why have your surgery at King's Daughters' ? We hope there are many reasons.

First, it's a privilege for us at King's Daughters' to care for you as a friend and neighbor.

Secondly, we provide exceptional surgical care. As evidence, consider our recent Healthcare Excel SCIP 6 Award. This achievement recognizes hospital providers for their dedication to the SCIP 6 collaborative - which focuses on Surgical Complications and Infection Prevention. The award demonstrates that King's Daughters' effectively uses national guidelines to prevent post-operative infections and complications. We participate voluntarily because your good health is worth it.

Within the national SCIP guidelines are three publicly reported indicators of quality care. They are:

- Prophylactic (preventative) antibiotic within 1 hour of incision: national average is 85% (based on 2007 or most current national data). At KDHHS, our current four-quarter average is 97%.
- Antibiotic selection: national average is 90%. Our current four-quarter average is 99%.
- Prophylactic antibiotic discontinued 24 hours after surgery: national average is 76%. Our current four-quarter average is 98%.



We offer high quality surgical services, and we're always looking for ways to improve upon excellence. Madison is on the leading edge of the art and practice of surgical medicine.

Please see **SURGERY**, Page 2



One thing every woman should tell her man ...

What is it? Remember to schedule your annual prostate cancer exam. I will even make the appointment for you.

It's a call that could save a man's life.

Other than skin cancers, prostate cancer is the most common cancer found in American men - with more than 186,000 new cases diagnosed in 2008. About 28,600 men will die from the disease this year. According to the American Cancer Society, prostate cancer is the second leading cause of cancer death in men.

The good news is prostate cancer tends to grow slowly and can be treated effectively when caught early. More than two million men in the U.S. who have had prostate cancer are alive today.

Age is a major risk factor. Men age 50-over should have an annual physical exam and PSA blood test. Men of African-American heritage run a higher risk as do men with a family history. They should ask their doctor about starting prostate cancer screenings at age 40.

KDHHS provides PSA tests at all of its health screenings. Ask your doctor if you have questions.

FREE PROSTATE CANCER SCREENING

July 31 | 4:30 - 5:30 p.m.

Cancer Treatment Center

Appointments: Call Joyce

Wynn at 812 / 265-0541

Screenings by Dr. Gil Weizer



CANCER SURVIVORS' DAY

Friday, June 20 | 6:00 p.m.

Madison Consolidated High School

Event includes dinner and prizes.

It's open to all cancer survivors.

Please RSVP to Jean at 812 / 265-0508.

Theme: *Down on the Farm*



To learn more about prostate cancer, visit us online at www.kdhhs.org and use the health library under e-health. Or visit www.cancer.org.

Could you save a loved one's life ?

Did you know that 80 percent of cardiac arrests (heart attacks) occur at home and are witnessed by a family member?

Here's another sobering statistic: Only 6.4 percent of sudden cardiac arrest victims survive. Why? Because the vast majority of those witnessing the event either don't know or are unable to perform CPR.

Short for Cardio-Pulmonary Resuscitation, CPR can save lives. Perhaps the life of your loved one. There's more easy-to-use news. The American Heart Association (AHA) has a new message for family members and the public. If you see an adult suddenly collapse, follow these two simple steps ...

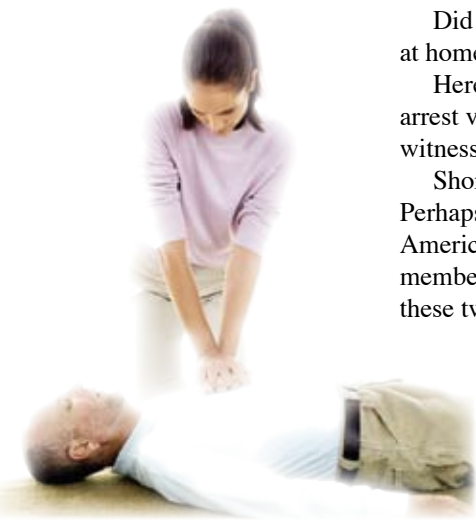
- Call **9-1-1**
- **Push hard and fast in the center of the chest.**

What about all the breathing? AHA studies have shown that enough oxygen remains in the blood after an initial heart attack that oxygen can be circulated with compressions only.

One note ... the new public guideline for "compressions only" does not meet the CPR requirements for those needing CPR certification. Those needing certification will still need additional training.

King's Daughters' provides several community CPR and First-Aid courses during the year and also provides more detailed certification for healthcare providers - the next providers' course is August 9.

For more information about CPR & First-Aid classes, visit us online at www.kdhhs.org. Registration is fast and easy.



► **Learn CPR today ...**
Community Classes:
 • **Saturday, June 21**
 • **Saturday, July 12**

Call **812-265-0393**
 or visit www.kdhhs.org

Will your kids be active this summer ?



Fit & Fun Kids Camp
 Monday, June 16 - Friday, June 20

Fit & Strong Teen Camp
 Monday, June 16 - Friday, June 20

Tk 4K Children's Exercise
 June and July Sessions

Athletic Enhancement
 June and July Sessions

It's an important question given that only 25 percent of American children get enough exercise and another 25 percent are completely sedentary.

Some kids today don't even know how to just go outside and "play." So what can you do to help?

For starters, set a good example. Kids respond better to action than words alone. Not all kids are athletes, but you can find activities that are fun and energetic. Put together some family "play" time. You can even use rewards - *not food* - for children to get away from the TV and start moving. Study after study supports the fact that kids who

watch more TV are likely to be overweight.

Today, many resources are available to help parents with ideas - if their child has a hard time making up games to play on their own. Two really good web sites:

- www.keepkidshealthy.com
- www.bam.gov

Just do a little research on your own. Kickball is simple. There's always tag or hide-and-seek. Consider a family walk or bike ride. Helping your child be more active will make them a healthier adult.



Class details available on Page 4 or at www.kdhhs.org.

Surgical Services Available at KDHS

GENERAL SURGERY

- Colon | Intestinal
- Breast Cancer
- Hernia Repair
- Gallstones
- Acid Reflux
- Laparoscopy

OB/GYN

- Hysterectomy (vaginal/traditional)
- Ablation
- Essure / Birth Control
- C-Section
- Laparoscopy

EAR-NOSE-THROAT

- Ear Tubes
- Tonsils
- Thyroid
- Nasal Passages
- Sinus
- Ear Reconstruction

UROLOGY

- Prostate
- Kidney Stones (Lithotripsy)
- Bladder Incontinence
- Lasers

ORTHOPEDICS

- Total Joints (knees/hips)
- Ligament Repair

EMERGENCY/URGENT

- Appendix
- Fractures

OPHTHALMOLOGY / EYES

A variety of laser / treatment procedures are available through area eye specialists.

PODIATRY / FEET

- Foot Surgeries

SURGERY, continued from Page 1

"We offer high quality surgical services, and we're always looking for ways to improve upon excellence," said Dr. Jonathan Hanson, Ear-Nose-Throat specialist and current Surgical Department Chairman at KDHS. "Madison is on the leading edge of the art and practice of surgical medicine."

For example, did you know that King's Daughters' provides many laparoscopic surgeries? These procedures are less invasive and make your recovery much quicker.

"The entire surgical team is excellent and very friendly," Dr. Hanson said. "Our anesthesia team is excellent. They have a tremendous amount of experience with children and adults of all ages."

Dr. Gil Weizer, Urologist, regularly tells his patients they will receive the same or even better surgical care here than in the big city.

"The hospital provides a high level of care," he said. "We have a very competent surgical staff. We have a lot of experience in our areas of expertise. Here, you also often find more personal and attentive care throughout the process."

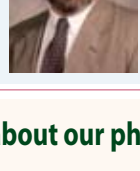
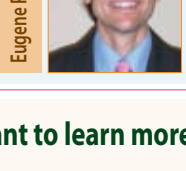
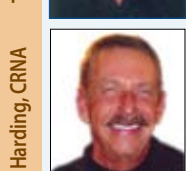
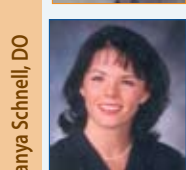
Dr. Kelli Hertz, a Madison native and OB/GYN physician, cited low complication rates and low infection rates as two good reasons to consider having your surgery here. She also said surgical team members keep up on new trends.

"We have a lot of experience in what we do, and we're also up-to-date on the newest options and procedures. That's a huge benefit for our patients."

If cost is a concern, King's Daughters' is happy to provide you an estimate and assist you with payment options. Call 812-265-0161 for details. You can also request a price estimate online at www.kdhhs.org / Prices & Payments.

Surgical Team Members at KDHS

Anesthesiology



Obstetrics / Gynecology



Ophthalmology

Orthopedics

Urology

Ear-Nose-Throat

Oral Surgery

General Surgery

Podiatry

Want to learn more about our physicians ?

Go online to www.kdhhs.org / Find a Doctor; or call Kim James at **812-265-0613**. You can also request a Provider Directory or download a copy from the web site.



Free consultations

Phillip Ross, MD
 812-273-7700

Call today



Curious about how King's Daughters' compares with other hospitals around the country?

Learn more about our Quality efforts online at www.kdhhs.org. You can see how we compare on a range of quality indicators as determined by the Centers for Medicare and Medicaid (CMS). To view updated information about KDHS, use the KDHS Quality link from the drop-down menu. Use National Quality to compare us with others.

Delivering quality, appropriate care for every patient is part of our mission. Here are a couple of examples of how we're doing:

- Heart Attack Care - Measure 1: Aspirin at Arrival ... the national average is 93% and KDHS reached 100% for the past four quarters.
- Pneumonia Care - Measure 5B: Initial Antibiotic Received within 4 hours ... national average is 81% and KDHS is 96.5%.

See all of our results at www.kdhhs.org.

Did you remember your sunscreen ?

Not only do sunburns hurt, they damage your skin. Over time, that can lead to wrinkles, spots, and even skin cancer. In fact, more than 1 million new skin cancer cases will be detected in 2008.

Outdoor activity is great for the whole family. Just use some sun smarts. Protect yourself with hats and clothing and use sunscreen with both UVA and UVB protection. Preventing sunburns in kids can greatly reduce their risk of skin cancer later in life. Take a few minutes and lather up this summer. Remember, you need to apply sunscreen before you go out; re-apply after swimming.



Learn more about skin cancer at www.kdhhs.org. Search e-Health / Health Library. The American Cancer Society web site is: www.cancer.org.

Feel like you have too much unwanted hair ?

If so, you're certainly not alone.

Many women - and men - wish they could rid themselves of extra hair in places they don't want. For women, this can include their legs, armpits and even their chin or toes. For men, it often means excess back hair (like our furry friend, here).

Today, thanks to laser technology, successful hair removal is safe and effective. Dr. Phillip Ross - family practitioner at the KDHS Hilltop Clinic in Madison - has been providing laser treatment for hair removal for more than a year.

The laser can also help remove fine lines and wrinkles, and those pesky varicose veins. Free consultations available. Have more of your questions answered online at www.kdhhs.org.



Here's an idea of how lasers can help you ...

- Varicose Veins
- Wrinkles
- Hair Removal

Learn more by talking to Dr. Ross. He is located at 445 Clifty Drive in Madison.

Women: Energized as Super Heroes

Among their many personal differences, 650 women at the 2008 Speaking of Women's Health conference learned they have at least one thing in common: Being an Everyday Super Hero.

Whether as a mom, wife, sister or friend, today's women are super heroes to many people. Attendees also learned about the importance of their own health. After all, it's hard to be someone's hero when you don't take care of yourself.

Learn more at www.speakingofwomenshealth.com.

Now would be a good time to mark your calendar for Saturday, April 25, 2009. That will be the date of our 12th annual Speaking of Women's Health event at Hanover College. This year, we especially congratulate Rene Moore, Nurse Practitioner in OB/GYN at KDHS. She was named one of the 2008 Speaking of Women's Health Honorees.



To review information from the 2008 conference, visit the Events section of our web site at www.kdhs.org.

SHINING STARS

Joy Kidwell Housekeeping



A co-worker wrote: A patient was coming in to be seen and had an accident that required housekeeping assistance. A call was placed to housekeeping, but before they could arrive one of our off-duty housekeepers, Joy Kidwell, who was bringing a family member to see the doctor, noticed the situation. Without being asked, she went to the janitor's closet and got all of the equipment she needed to take care of the situation herself.

Dan Rudin, MD Medical Office Building



A patient wrote: Dr. Rudin is a very compassionate and caring man. He always makes me feel like family. I can go into his office for an appointment and by the time I leave, he is listening to me and making me feel so important. He never fails to shake my hand or my husband's. I was recently hospitalized by Dr. Rudin and he was always there for me, visiting and checking on me. He's never too busy to take time out from his hectic schedule to help, encourage, or just say a kind word, smile a big smile, or give a big hand shake. I feel lucky to have the pleasure of him being my physician.

Michelle Riley Housekeeping



A patient wrote ... While I was a patient at KDHS I lost my sash to my robe. Michelle called security and tried to help me find it when no one else would. When it could not be found, Michelle knitted me a new sash and brought it to me. Also, there was a patient that needed a haircut and beard trim. An employee knew that Michelle cut hair so they asked if she would be willing to do it. Michelle came in after work and cut the patient's hair. She refused payment and wished the patient well. Michelle is a Shining Star to us anyway you look at it. We need more caring people like her.

Ladies, ever been afraid to ... Sneeze?



Not because you're afraid of spreading germs. Rather, it's a fear that you might, uh, leak a little.

Stress-related urinary incontinence - the unwanted and uncontrolled loss of urine - is actually a very common concern for women. This is especially true for women who've had one or more children, and those who have gracefully aged into their senior years. Coughing and squatting can also cause leakage as a result of muscle weakness in the pelvic area. When these muscles are stretched during pregnancy, they don't always end up as tight as before - making it more likely you could leak a little when the muscles are strained.

Other women suffer from urge incontinence - meaning they feel like they have to go "right now." This is caused by frequent trips to the restroom and not allowing the bladder to stretch. Thus, the bladder wants to hold very little at a time, creating a desire or "need" to rush to the restroom quickly and frequently.

The other good news is that both types of incontinence or "leakage" are easily treatable. The KDH Rehab Center offers specific programs for each, and they are very effective. To find out more, contact the Rehab Center at 812-265-0545, or ask your doctor.

Facts about incontinence ...

- ▶ **13 million** Americans are incontinent
- ▶ **85 percent** of them are women
- ▶ **1 in 4 women ages 30-59** has experienced an incontinence episode
- ▶ **50 percent** or more of elderly patients are incontinent

For confidential help, call 812-265-0545

Dr. Scott Murphy moves into full-time practice at the Medical Office Building

Hearing God's call to ministry, Dr. Steven Adams has moved eastward and begun a new journey he hopes one day will lead him into the ministry field. King's Daughters' thanks Dr. Adams for his outstanding role as a physician on its medical team since 1999.

Colleague and partner, Dr. Scott Murphy, said he's very grateful for Dr. Adams' friendship and admires his commitment.

"Steve has always been guided by principles even when it isn't convenient,"

Dr. Murphy said. "He lives those beliefs every day and it's very admirable."

Dr. Adam's departure has also meant an increased role for Dr. Murphy. The two shared a practice for many years - allowing each to spend more time with family. Now, Dr. Murphy is moving into a full-time role.

"I'm very grateful to the Board of Managers and Administration for letting us try the part-time experiment," Dr. Murphy said. "It was an honor to work with Steve and I already know many of his patients personally."



Scott Murphy, MD
812-265-0868



Dr. Steve Adams is moving into a call to Ministry

Home Care earns quality awards ...

The Indiana Medicare Quality Improvement Organization (QIO) has recognized the KDH Home Care team with two quality awards:

Award of Merit - This is the second time KDH Home Care has received this honor. The Award of Merit signifies an agency's commitment to excellence.

Quality Achievement Award - Using publicly reported quality measures, this award demonstrates a significant achievement by helping home care patients avoid re-admission to the hospital.

King's Daughters' was also named to Home Care Elite for the second straight year. New technology includes telemedicine - home-based monitors that interact with patients and remind them to check their blood pressure, take medications, etc.

For more information about Telemedicine and Home Care Services, please call **812-265-0671**.



ABOVE: Members of our Home Care Team: (L-R): Amy Anderson, Brenda Cummins, Tim Palmer, Jane Branigan, Teresa Gerth, Amy Hughes, Christie Barron, Brandy Centers, Susan Wiegand, Doug Schanding, Rhonda Gosman.

Celebrate!



THOMSON TOP HOSPITALS National 2007

ABOVE: Indiana State Representative Dave Cheatham, left, Board Chair Leslie Grote, and Madison Mayor Tim Armstrong help celebrate the 100 Top Hospitals award in April.

Top Hospitals, continued from Page 1

"I'm really proud of the outstanding physicians, employees, volunteers, students, and Board members whose commitment and dedication to the people we serve resulted in this award," said Roger Allman, President and CEO of King's Daughters' Hospital and Health Services.

The highest performance levels in patient safety were achieved by the 100 Top Hospitals, according to the study. The same hospitals delivered the highest balanced performance across quality, efficiency, and financial stability.

According to Thomson, if all hospitals had performed at the level of the 100 Top Hospitals on the eight patient safety measures studied, the hospitals would have saved \$253 million and 7,914 lives.

The 15th edition of the Thomson 100 Top Hospitals: National Benchmarks for Success study uses a balanced scorecard approach and scores hospitals according to eight (8) key organization-wide measures. These include: risk-adjusted mortality, risk-adjusted complications, patient safety composite, average core measures scores, severity-adjusted average length of stay, expense per adjusted discharge, profit from operations, and cash-to-debt ratio.



For more information about Thomson Healthcare and specific details about how winners are chosen, visit www.100tophospitals.com. You can learn more about other KDHS awards at www.kdhs.org.



Looking for a new job? Use our Careers link ...

If you've been to our web site recently, you might have noticed that a link we used to call **Join Our Team** has been changed to **Careers**.

The information is the same. We simply changed the name so we could add the new Price request information - found under the heading of "Prices/Payments."

As before, you can view any of our current job openings and complete a job application from anywhere you access a computer.

If you have questions about any career opportunities, please contact Patty Mahoney in Human Resources at 812-265-0553.

Question about your Bill? Ask us anytime ...

Under the new heading ... Prices/Payments ... at www.kdhs.org you will see a link for Ask a Question About Your Bill. This is a new feature that allows you to ask us a question anytime, just by using your computer. The secure, online form allows you to contact us day or night. We'll call you back with an answer. We hope you find this helpful.

You can also view a Sample Bill and download a PDF file of our Financial Aid Application. We've also provided direct links / contact information for most of the insurance providers who serve local people. So if you have questions, just go to www.kdhs.org - Prices/Payments.

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

WELLNESS WORKS

812-265-0175

Sign-up online at www.kdhhs.org

Will you join our Team in Training?

If you had the opportunity to attend this year's Speaking of Women's Health Conference, you probably left on a personal high. You felt like a Super Hero - like you could tackle the world, and most importantly, your own health. The 2008 theme: *Discovering your Everyday Super Heroes* was motivating and inspiring.

On that note, the local steering committee is proud to announce our first **Speaking of Women's Health Team in Training**. The Team in Training is designed to give women a "team" approach as they prepare to run or walk in a 5K race (3.1 miles). Our chosen race is the 2008 RUN the FALLS 5K event at Clifty Falls State Park - sponsored by KDHS. The event is Saturday, September 27.

This FREE training team will give all interested walkers and runners the chance to train with fitness leaders once a week for 8 weeks. Take-home training logs will be provided to all participants and will help continue your training during the week. Current walkers and runners - and any women - who want to be walkers or runners are invited to participate. Weekly training sessions will take place on Thursday evenings starting in late July.

To sign-up - or to receive more details - contact Heather Foy at 812-265-0175, via e-mail at foyh@kdhhs.org, or visit our web site at www.kdhhs.org.



Make plans for our annual 5K

This year's event is Saturday, September 27 at Clifty Falls State Park. We'll again use the swimming pool as our start and finish location - giving you access to restrooms and showers.

Our Kid's K continues to grow and will kick-off festivities at 8:00 a.m. The 5K for walkers and runners will start at 8:15.

Call Dave Ommen at 812-265-0619 for details - or visit www.kdhhs.org / Events. Online registration is available.

Costs until September 12 are \$15 for 5K participants and \$10 for the Kids' K - includes an event shirt.

Upcoming Highlights ...



FIT & FUN KIDS CAMP

June 16-20 | Fit for the King Fitness Center

This week-long exercise camp will give kids a chance to have a *BLAST* through structured play and fitness activities. Games, healthy snacks, and even a take-home gift are all part of the fun. Cost is \$25 per child.

(\$5 discount if more than one child per family)

K-2nd Grade 10:30 - 11:45 a.m.
3rd-5th Grade 12:30 - 1:45 p.m.

FIT & STRONG TEEN CAMP

June 16-20 | Fit for the King Fitness Center

The week-long camp is perfect for pre-teens to begin a weight-training routine. The old myth that strength training stunts growth simply isn't true. Help your junior high student learn how this type of exercise can improve confidence and overall health. The structured, supervised camp is perfect for boys and girls. Cost is \$25 per child.

(\$5 discount if more than one child per family)

Grades 6-8 9:00 - 10:15 a.m.

SAFE SITTER CLASSES

June 10/12 | July 22/24 | August 4/6

For the first time, KDHS will offer three summer options for Safe Sitter - a medically oriented babysitting course for boys and girls ages 11-13. Students must complete both days. They will learn basic CPR, but they will not be CPR certified. See below for locations. Fee is \$35 per student (*\$30 each for siblings*).

Wheat Berry Salad

This recipe comes from the 2008 Speaking of Women's Health conference at Hanover College. Thanks to Alvin Schaffer (Executive Chef) and Paula Zabel (Pastry Chef).

Salad

1/2 pound Sweet Soybeans - Thawed
1/2 pound raw weight red wheat berries
1/4 cup small diced red onion
1/2 cup raisins
1/2 cup dried cranberries
1/4 pound lightly blanched dark green celery ribs only (medium diced)
1/4 cup sliced almonds
1/4 cup sunflower kernels
1/4 cup cashews
1/4 cup walnuts

Dressing

1/2 tsp. garlic powder 1/2 cup olive soy oil blend
1/2 cup balsamic vinegar 1/2 tbl. salt
1 tbl. Turbinado sugar (sugar in the raw) 1/2 tbl. black pepper

Instructions:

Place wheat berries into sauce pan; cover with cold water about 2 inches above berries; stir to loosen berries. Bring water to boil and skim off husks or impurities with mesh strainer. Do this a few times. Cook wheat berries until tender (about 1/2 hour). Strain water and rinse under cold tap water until cool. Place a colander in the sink; bring 1 quart of water to a boil. Cut celery to size and drop in boiling water. Immediately strain blanched celery in colander and run cold water to cool. Drain well. Add the rest of the dry ingredients and mix well.

Dressing:

Place all ingredients into a food processor or blender and mix well. Add enough dressing to coat evenly. Salad is best when marinated overnight, but can be served same day. Serves about 8 people. Optional - can substitute Splenda for raw sugar. Dried cherries can also be added. Grill 4 oz. chicken breast and place on plate. Raw wheat berries can be found at a health food store.



REGISTER ONLINE ...

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

June

Community CPR / First-Aid

Next class is Saturday, June 21 from 8:00 a.m. - 2:00 p.m. in the Medical Office Building Conference Center. Cost is \$30. Call Laurie Livorno at 812-265-0393 for details or to sign up.

Prepared Childbirth and Beyond - Weekend Option

Classes are June 7-8 from 9:00 a.m. - 3:30 p.m. each day. The series covers labor and delivery, pain relief options, and mother and infant care. Call Natalie at (812) 265-0215. Free to couples delivering at KDHS - \$25 for others.

YOGA Classes - schedule continues through June

Punch Cards can be used for any Yoga class. Call Heather at 812-265-0175 to buy a card (\$40), or go to www.kdhhs.org.

Traditional Yoga

- **Tuesdays** from 6:00 - 7:00 p.m. ... *Horner Center Aerobics Room - Hanover College*

Introduction to Yoga

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

Fit & Fun Kids Camp

Program will be June 16-20 at Fit for the King Fitness Center. This week-long exercise camp will give kids a chance to have a *BLAST* through structured play and fitness activities. Games, healthy snacks, and even a take-home gift are all part of the fun. Cost is \$25 per child. Call Heather at 265-0175.

Fit & Strong Teem Camp

Program will be June 16-20 at Fit for the King Fitness Center. The week-long camp is perfect for pre-teens to begin a weight-training routine. The old myth that strength training stunts growth simply isn't true. Help your junior high student learn how this type of exercise can improve confidence and overall health. The structured, supervised camp is perfect for boys and girls. Cost is \$25 per child. Call Heather at 265-0175.

Healthcare Career Camp

Program will be Friday, June 20 from 8:30 a.m. - 4:00 p.m. at the main hospital campus. For students entering their sophomore or junior year. Space is limited. Tour various hospital departments and learn about career opportunities. Contact Laurie at 812-265-0393.

July

Health Screening

Madison - Screening will be Wednesday, July 23. Time: 9:00 - 11:30 a.m. at the Medical Office Building. Cholesterol Profile and PSA blood tests are \$25 each. Free blood pressure testing. Call Heather at 265-0175 for more details. No registration is necessary to attend.

Prepared Childbirth and Beyond

Classes start July 1 and meet each Tuesday through August 12. The series covers labor and delivery, pain relief options, and mother and infant care. Call Natalie at (812) 265-0215. Free to couples delivering at KDHS - \$25 for others.

Prostate Cancer Screening

Screening will be July 31 from 4:30 - 5:30 p.m. at the KDH Cancer Center. Call Joyce at 812-265-0541 for an appointment. Dr. Gil Weizer, Urologist, will be providing the screening.

Sibling Class

Class for future siblings ages 2-8 is Wednesday, July 9 from 6:30 - 7:30 p.m. in the Medical Building Conference Center. Cost is \$5 per sibling. Call Natalie at 812-265-0215.

Safe Sitter Class

July program is July 22 and 24 at Calvary Baptist Church. Times are 8:30 a.m. - 4:00 p.m. each day. Cost is \$35 per child. Call Heather at 265-0175.

Community CPR / First-Aid

Next class is Saturday, July 12 from 8:00 a.m. - 2:00 p.m. in the Medical Office Building Conference Center. Cost is \$30. Call Laurie Livorno at 812-265-0393 for details or to sign up.

Tk 4K - Total Concepts for Kids

Total Concepts for Kids is an all-inclusive class created to stimulate motor, verbal, and sensory systems. Classes are Tuesdays/Thursdays: July 22 - August 28; 5:00 - 5:45 p.m. at the Rehab Center. For kids ages 3-6. Cost: \$60. Call 812-265-0545.

Athletic Enhancement

A great program for student athletes to improve agility, speed and core strength. Classes run July 21 - August 27 on Mondays/Wednesdays from 4:30 - 6:00 p.m. at the KDHS Rehab Center. Cost is \$150 - includes personal instruction. Call Dave Pappenheim at 812-265-0545 to register.

Making Waves - Warm Water Exercise

Beneficial for individuals with arthritis, fibromyalgia and joint pain. Wide range of class times - days of week. Next series runs July 21 - August 27. Call Marci Cole at 812-265-0545 to register.

August

Lamaze Childbirth Classes

Classes start Thursday, August 7 and meet weekly until Sept. 11 from 6:30 - 8:30 p.m. Geared for expectant moms in the third trimester (or late 2nd trimester). Call Natalie at (812) 265-0215. Cost is \$25 per couple; includes workbook.

Health Screening

Milton - Screening is Wednesday, August 20 from 9:00 - 11:00 a.m. at the Trimble County Medical Building - Dr. Napier's office. Cholesterol and PSA blood tests are \$25 each. Free blood pressure testing. Call Heather at 265-0175.

Safe Sitter Class

August program is August 4 and 6 at First Baptist Church. Times are 8:30 a.m. - 4:00 p.m. each day. Cost is \$35 per child. Call Heather at 265-0175.

YOGA Classes - resume this month

New Yoga classes will begin in August. Use our web site at www.kdhhs.org to watch for upcoming dates. Punch Cards can be used for any Yoga class. Call Heather at 812-265-0175 to buy a card (\$40), which is good for any 8 Yoga sessions.

* The American Heart Association strongly promotes knowledge and proficiency in BLS, ACLS, and PALS and has developed instructional materials for this purpose. Use of these materials in an educational course does not represent course sponsorship by the American Heart Association. Any fees charged for such a course, except for a portion of fees needed for AHA course materials, do not represent income to the Association.

Hospice Volunteers

Hospice Volunteer meetings

Hospice volunteer meetings are scheduled for June 26, July 31 and August 28 at 5:00 p.m. Call Paula Limato at 812-265-0129 for more information.

Support Groups

New Mommy Support Group

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

Diabetes Support Group

Meetings will be on Mondays: June 9, July 14, August 11. Group meets at 6:00 p.m. in the Medical Building Conference Center. Call Janice at 265-0611 for specific meeting information.

Surviving Spouse Support Group

Meetings will be Tuesdays: June 10, July 15, August 12 from 5:00 - 6:30 p.m. in the Medical Building Conference Center. Call Kathy at 265-0586.

Breast Cancer Support Group

Meetings will be Thursdays: June 26, July 24, August 28. Group meets from 6:00 - 8:00 p.m. Call 273-5437 for details or to receive a flyer.