



LIVEWELL

SUMMER 2019

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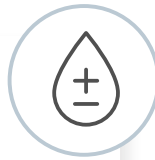
**HENRY FORD
WYANDOTTE HOSPITAL**



Free **SUMMER YOGA SERIES**

JOIN US FOR A SERIES OF FREE OUTDOOR COMMUNITY YOGA DESIGNED TO IMPROVE YOUR QUALITY OF LIFE AND PROMOTE A POSITIVE MIND-BODY RELATIONSHIP. 359 Yoga Studio and Henry Ford Wyandotte Hospital will offer outdoor yoga sessions every Wednesday, 6:30 to 7:30 p.m., June through September at Arrowhead Pavilion in Downtown Wyandotte. No class on July 3 or 10. In event of rain, classes to be held at the Downriver Council for the Arts, 81 Chestnut, Wyandotte.

No registration is necessary. For more information, please call (734) 246-6057.



STOP the Bleed

LEARN BASIC LIFESAVING TECHNIQUES TO HELP CONTROL BLEEDING before emergency help arrives during a Stop the Bleed class on Wednesday, Aug. 21 at 6 p.m. in the Multipurpose Room at Henry Ford Wyandotte Hospital. Instructors will offer hands-on training to educate the public about lifesaving techniques to stop blood loss.

Due to the graphic nature of some class materials, the class is for adults only. No cost to attend. Registration is required and space is limited. Visit HenryFord.com/Classes or call (734) 246-6057 to sign up.



REHAB TO HOME Support Group

AMPUTEE AND STROKE PATIENTS CAN SHARE THEIR EXPERIENCES DURING REHAB TO HOME: KEEP MOVING FORWARD, a social and learning event for current and former patients of Henry Ford Wyandotte Hospital's Physical Rehabilitation program. The group will offer guest speakers, vendor exhibits and presentations, question-and-answer forums and time to share stories with fellow patients. The next meeting is Friday, Sept. 27, 1 to 3 p.m. in Multipurpose Room B at Henry Ford Wyandotte Hospital.

No cost to attend. Call (734) 246-7732 to register.



BEAT THE HEAT – **5 TIPS FOR SUMMER COOKING**

SUMMER COOKING CAN BE COOL AND EASY WITH A LITTLE CREATIVITY AND PLANNING. Salads, sandwiches and other grab-and-go meals are big hits when summertime activities interfere with meal planning. Here's what you need to know to make summer cooking less cumbersome.

- 1. PLAN AHEAD.** Do prep work during the cooler parts of the day.
- 2. KEEP IT SIMPLE.** Some of the best summer recipes require nothing more than boiling water.
- 3. TAKE IT OUTSIDE.** Prep your meals outdoors. Involve the kids and shuck corn, wash, peel and chop vegetables outside.
- 4. TAKE ADVANTAGE OF SMALL APPLIANCES.** Smaller appliances like a toaster oven, slow cooker or

pressure cooker allow you to cook foods thoroughly without heating up the whole kitchen.

5. COOL OFF WITH CHILLED SOUP.

While soups may be best known for taking the bite out of a winter chill, cold soups can cool you down during the dog days of summer.

Want to learn more about healthy eating? Visit HenryFordLivewell.com for recipes, articles and videos on a variety of healthy eating topics.

BLUEBERRY-WATERMELON SALAD WITH FETA AND MINT

YIELD:
8 SERVINGS

INGREDIENTS:

3 Tablespoons olive oil
1 Tablespoon balsamic vinegar
1/2 teaspoon ground black pepper
1/4 cup finely diced red onion
8 cups diced watermelon
2 cups fresh blueberries
1/4 cup chopped fresh mint leaves
1/2 cup crumbled feta cheese

DIRECTIONS:

In a large bowl, whisk together olive oil, balsamic vinegar, pepper and diced red onion. Add the diced watermelon, blueberries, mint and feta cheese to the bowl. Gently toss to coat.

NUTRITIONAL INFORMATION PER SERVING: 122 Calories; 6 grams Fat; 1 gram Saturated Fat; 4 mg Cholesterol; 74 mg Sodium; 19 grams Carbohydrates; 3 grams Fiber; 2 grams Protein



BEVERLY'S STORY: LIVING LIFE TO THE FULLEST AFTER SPINE SURGERY

IN 2004, BEVERLY JAGER STARTED EXPERIENCING SEVERE LOWER BACK PAIN. She was referred to Lance Chaldecott, M.D., an orthopedic surgeon at Henry Ford Wyandotte Hospital.

"After performing some tests, he discussed my results and explained the steps I should take before any surgery should be considered, such as injections and physical therapy," Beverly says.

Ultimately, however, her spine did not recover and she did need surgery.

SEVERAL PROCEDURES, A NEW DIAGNOSIS

Over the next 11 years, Dr. Chaldecott performed four lumbar and two cervical surgeries on her spine, which helped provide some relief for Beverly.

In the summer of 2018, Beverly began experiencing extreme pain in her thoracic spine and returned to Dr. Chaldecott. He located a herniated disc, but also found that she had extreme curvature in her thoracic spine. He explained that he could operate and correct the herniated disc, but without addressing the curvature, she would still experience pain.

COORDINATED CARE, A NEW LEASE ON LIFE

Dr. Chaldecott referred Beverly to another surgeon who specialized in correcting this curvature.

"Dr. Chaldecott explained the importance of me seeing him as soon as possible," Beverly says. "And knowing how frightened I was, he took it upon himself to personally contact the doctor on my behalf."

In October 2018, Beverly underwent thoracic surgery by the second surgeon, and Dr. Chaldecott contacted her for updates on the surgery's outcome and her progress.

"From the moment I met him, he has had my best interests in mind," Beverly says. "Dr. Chaldecott made it his responsibility to check on me and demonstrated his concern for my well-being and how much he cared."

In the last 15 years, Beverly has undergone a long treatment journey, and at times she was worried about becoming confined to a wheelchair for the rest of her life. However, her medical team gave her the encouragement she needed to stay positive.

"Today I am proud to say that my spine is healing, I am walking very well and my pain is limited," she says. "I have my life back because of Dr. Chaldecott."

For more information about our orthopedic services, call (734) 225-9100 or visit [HenryFord.com/Ortho](https://www.henryford.com/Ortho).



Back pain is a common problem. Most back or neck pain isn't serious and will go away on its own or with rest, over-the-counter pain medications and time. But, if you have severe or persistent back or neck pain, it may be a sign of a more serious condition. That's why it's important to have access to the most advanced procedures and top specialists to help you improve your quality of life.

The orthopedic surgeons at Henry Ford Wyandotte Hospital have experience with a wide range of back- and spine-related conditions and treatments. They work with you to determine the underlying cause of your pain and develop a personalized treatment plan.



VIRTUAL CARE OFFERS ALTERNATIVE OPTION FOR HEALTH VISITS

DIGITAL TECHNOLOGY IS CHANGING OUR LIVES IN SO MANY WAYS. WE SHOP ONLINE, CONNECT WITH FRIENDS THROUGH SOCIAL MEDIA, RECEIVE NEWS AND ENTERTAINMENT THROUGH MOBILE APPS, AND MORE. Quick and convenient access to everything is at our fingertips, including the way we receive our health care services.

The desire from health care consumers to use digital technology to control where, when and how they receive care is rapidly increasing. The Virtual Care program at Henry Ford Health System is quickly becoming a leader in this alternative method of receiving high-quality, fast and accessible personalized care, without disrupting your schedule.

THE FUTURE OF HEALTH CARE

Virtual Care connects you with a Henry Ford physician through your mobile device or computer without having to leave your home or work. This saves travel time and cost, eliminates contact with sick patients in the waiting room, and provides quick access to expert primary care, pediatric, dermatology and other specialty physicians.

“Virtual care provides an incredibly valuable service to patients who have limited access to transportation, are busy professionals, or those without childcare,” says Courtney Stevens, director of virtual care at Henry Ford. “It removes barriers that prevent people from taking care of themselves by giving them convenient, accessible virtual health care when they need it most.”

VIRTUAL CARE SERVICES

- MYCHART VIDEO VISIT:

A scheduled video appointment with your doctor from your home, office or any other location using your personal device. You can use the MyChart mobile app from your smartphone or tablet, or visit the website from your computer (with a web camera). Video visits are billed through insurance, just like an in-person visit.

- E-VISIT:

A non-scheduled, non-urgent visit using secure online messaging. During an E-visit, you are asked to fill out an online questionnaire based on your symptoms that is securely sent to your doctor. Your doctor assesses your responses and gets back to you within one business day with a diagnosis and recommended treatment plan. E-visits are \$35, and are covered by most insurance plans.

Last year, over 7,500 patient encounters were completed using virtual care services at Henry Ford, and this number is quickly increasing.

“The video visits gave me the opportunity to further my health in a way that didn’t interfere with my life as much,” says Timothy Schacht, virtual care cardiac rehab patient. “I actually believe I received better care because there was a person in front of me at all times during the session.”

Virtual care is set to become embedded as a standard method of health care in the near future. For more information about the Virtual Care program at Henry Ford Health System, visit HenryFord.com/VirtualCare.

DOWNLOAD THE HENRY FORD MYCHART MOBILE APP

With Henry Ford MyChart, managing your health has never been easier. This unique online tool offers patients a simple and convenient way to manage their health care how, where and when it’s best for them.

Visit HenryFord.com/MyChart today to download the app and get started using Henry Ford Virtual Care services.



4 TIPS FOR SUMMER FAMILY FITNESS FUN

SUMMER BRINGS WARM WEATHER, BLUE SKIES AND LOTS OF SUNSHINE, ALONG WITH INFINITE OPPORTUNITIES FOR FAMILIES TO GET MOVING. Keep your kids off the couch and get your whole family moving with these four summer fitness ideas.

- 1. TAKE A WALK.** Enhance your mind and body by heading outdoors. Downriver is brimming with parks and walking trails like Heritage Park in Taylor, Council Point Park in Lincoln Park, Huroc Park in Flat Rock and Elizabeth Park in Trenton.
- 2. SET UP AN OBSTACLE COURSE.** Nothing promises to tax your muscles more than a challenging obstacle course. Create stations in your backyard or at a park. Check out the fun play structures at places like Bishop Park in Wyandotte, Heritage Park in Taylor and the Big Timber Playscape in Woodhaven.
- 3. GET WET.** There are plenty of places in the area to cool off on hot summer days, including the Kennedy Aquatic Center in Trenton, the Lamarand Splash Pad at Heritage Park in Taylor or the Wyandotte city fountain.
- 4. BOUNCE.** Bouncing is great exercise. To sidestep boredom from just bouncing, try playing games on the trampoline. Or, pay a visit to local bounce houses and amusement centers like Sky Zone or Pump It Up in Taylor, or Rev'd Up Fun in Woodhaven.

No matter which summer activities you choose, it's important to wear sunscreen, cover up with a broad-brimmed hat and be sure to stay hydrated.

For more wellness resources you can share with your child, visit HenryFord.com/5210 and download our app. It's a fun way for kids to learn the importance of health and fitness.

Calendar of EVENTS

Summer Yoga

Join 359 Yoga Studio and Henry Ford Wyandotte Hospital for a series of free outdoor community yoga designed to improve your quality of life and promote a positive mind-body relationship.

**WEDNESDAYS THROUGH SEPTEMBER
6:30 – 7:30 P.M. (NO CLASS ON JULY 3 OR 10)**

Arrowhead Pavilion, Downtown Wyandotte (In event of rain, classes to be held at the Downriver Council for the Arts, 81 Chestnut, Wyandotte.)

No registration is necessary. For more information, please call (734) 246-6057.

Relax and Renew Yoga

Wear loose, comfortable clothing and bring a mat and water. All experience levels are welcome.

**THE SECOND AND FOURTH THURSDAYS OF
EACH MONTH
4 – 5 P.M.**

Multipurpose Rooms
Henry Ford Wyandotte Hospital

Call (734) 246-6057 to register.

Free Blood Pressure Screenings

No appointment necessary

AUG. 14 & SEPT. 11: 11 A.M. – 2 P.M.

Main Lobby, Henry Ford Wyandotte Hospital

AUG. 12, SEPT. 9: 8 – 10 A.M.

Lobby, Henry Ford Health Center – Brownstown

\$10 Cholesterol Screenings

No appointment necessary – Total and HDL

**AUG. 14 & SEPT. 11
12 – 2 P.M.**

Main Lobby
Henry Ford Wyandotte Hospital

Stop the Bleed

Learn basic lifesaving techniques to help control bleeding before emergency help arrives. Instructors will offer hands-on training to educate the public about lifesaving techniques to stop blood loss. Due to the graphic nature of some class materials, the class is for adults only. No cost to attend.

AUG. 21: 6 – 7 P.M.

Multipurpose Room
Henry Ford Wyandotte Hospital

The program is free to attend, but registration is required. Visit henryford.com/classes or call (734) 246-6057 to sign up.

Tai Chi for Your Health

A seven-week Tai Chi class that will focus on promoting flexibility, relaxation, breathing and balance to improve overall health. This martial art is performed standing and consists of a series of graceful, flowing movements.

**SEPT. 3, 10, 17 & 24 / OCT. 1, 8 & 15 (5 – 6 P.M.)
SEPT. 17 & 24 / OCT. 1, 8, 15, 22 & 29
(7:30 – 8:30 P.M.)**

Downriver Council for the Arts
81 Chestnut St., Wyandotte

Cost for the seven-week class is \$69. Class size is limited. Pre-registration is required at HenryFord.com/Classes.

Mantra Meditation: Uniting the Body, Mind and Spirit

Introduction and benefits of meditation. Learn mantra meditations and take a stress reduction break.

**THE SECOND AND FOURTH THURSDAYS OF
EACH MONTH
5 – 6:15 P.M.**

Multipurpose Rooms
Henry Ford Wyandotte Hospital

Call (734) 246-6057 to register.

Rehab to Home

Amputee and stroke patients can share their experiences during Rehab to Home: Keep Moving Forward, a social and learning event for current and former patients of Henry Ford Wyandotte Hospital's Physical Rehabilitation program. The group will offer guest speakers, vendor exhibits and presentations, question-and-answer forums and time to share stories with fellow patients.

SEPT. 27: 1 – 3 P.M.

Multipurpose Room B
Henry Ford Wyandotte Hospital

There is no cost to attend. Call (734) 246-7732 to register.

Harvest Moon Ball

Join us for the 12th Annual Harvest Moon Ball, honoring Henry Ford Wyandotte Hospital's continued commitment to providing exceptional health care services to the Downriver area while also honoring community members for their positive impact. This phenomenal evening includes cocktails, dinner, live entertainment provided by Chateau, a silent auction and more.

OCT. 25: 6:30 – 11 P.M.

MGM Grand Detroit
James Bond "007" themed event

For more information or to purchase tickets, call (313) 874-6349.

Yes Ma'am Program

A mammogram can save a life. The Henry Ford Wyandotte Yes Ma'am Program will host free breast screenings for uninsured women this fall.

**SEPT. 28
7:30 A.M. – 1 P.M.**

Henry Ford Wyandotte Hospital
Call (734) 246-9601 to register.

Bereavement Support Group

If you're grieving a loved one, a free support group is available the third Thursday of each month.

**JULY 18, AUG. 15 & SEPT. 19
1 – 2:30 P.M.**

3 Allen Conference Room
Henry Ford Wyandotte Hospital

Call (586) 276-9570 for questions.

Bariatric Surgery Seminar

Bariatric surgery can give you a new outlook on life and provide lifelong benefits. Join us for a free weight loss seminar and learn about preparation for bariatric surgery, postsurgical care, diet and exercise.

**JULY 25 & AUG. 15
6 – 7:30 P.M.**

Multipurpose Rooms
Henry Ford Wyandotte Hospital
Call (734) 285-7420 to register.

Stand Steady Seminar

Learn the impact of falls, how to make yourself and your home safe, and simple exercises to do at home during this free fall prevention seminar.

**JULY 18, AUG. 29 & SEPT. 6
4:30 – 6:30 P.M.**

Multipurpose Room A
Henry Ford Wyandotte Hospital

Register at HenryFord.com/StandSteady or call (734) 284-4499.

Caregiver Support Group

A free support group is available for anyone who provides care for a loved one and is interested in support, information and connections with local resources.

**THE THIRD THURSDAY OF EVERY MONTH
6 P.M.**

Cardiovascular Outpatient Classroom
Henry Ford Wyandotte Hospital

Learn more at HenryFord.com/CaregiverSupportGroup or call (313) 874-4838.

Birthing Classes and More

A range of birthing classes are offered at Henry Ford Wyandotte Hospital, including breastfeeding; infant CPR; and Great Expectations, which teaches participants about labor, comfort techniques, Cesarean sections and baby care. A tour of the birthing unit is included. Weekend, evening and online classes are available.

Call (734) 246-9601 for more information and to register.



*YOU ARE AT
THE HEART OF
OUR BREAKTHROUGH
TREATMENTS.*

ALL FOR YOU. Your heart is complex. As a world leader, the Henry Ford Heart & Vascular Institute is pioneering new minimally invasive surgeries and treatments every day. But we also become a leading expert on you. What makes you tick. After all, your heart beats to a rhythm all its own. Interested in learning more? Take our online heart risk assessment. **HenryFord.com/HeartQuiz (877) 711-6399**



all for you



HENRY FORD WVANDOTTE HOSPITAL
2333 Biddle Avenue
Wyandotte, MI 48192

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Henry Ford provides interpreters and other services for the deaf and hard of hearing.

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