

# LIVEWELL



WINTER 2020

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5 ways to savor the flavor

## FEATURED STORY

p. 6 Lifesaving cardiac care gives  
coach a second chance

## CALENDAR OF EVENTS

January 20: Infant CPR

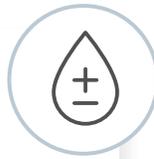
February 12: Good Yarn Club

February 27: Stand Steady Seminar

March 19: Caregiver Support Group



**HENRY FORD  
WYANDOTTE HOSPITAL**



## Donate Blood and **SAVE LIVES**

**DID YOU KNOW MANY MICHIGAN HOSPITALS ARE CURRENTLY EXPERIENCING A CRITICAL BLOOD SHORTAGE?** Your willingness to give the gift of life is needed now more than ever. Consider donating to the American Red Cross this month during the Henry Ford Wyandotte Hospital Blood Drive on Friday, Jan. 10, from 7:15 a.m. to 4:30 p.m. in the Multipurpose Rooms.

*Visit [RedCrossBlood.org](http://RedCrossBlood.org) or call (734) 246-6053 to schedule an appointment. Walk-ins are welcome.*



## **FREE** and Low-Cost Screenings

**GET YOUR BLOOD PRESSURE AND CHOLESTEROL CHECKED** during screenings offered monthly in Henry Ford Wyandotte Hospital's Main Lobby. Free blood pressure screenings take place from 11 a.m. to 2 p.m. the second Wednesday of every month. Low-cost cholesterol screenings are offered from noon to 2 p.m. the second Wednesday of each month. Cost is \$10. No appointment is necessary, and fasting is not required.

*Call (734) 246-6057 for more information.*



## Henry Ford Urgent Care Skill for **AMAZON ALEXA**

**ARE YOU LOOKING FOR CONVENIENT ACCESS TO THE MOST ADVANCED HEALTH CARE?** Henry Ford is excited to bring you an innovative way to find same-day primary care through the Henry Ford Urgent Care Skill for Amazon Alexa. This new tool will help you connect to our same-day primary care services in an instant. Ask Alexa to ask Henry Ford Health to help you find the closest urgent care and walk-in clinic location, hours, wait times and more.

*Visit [HenryFord.com/Alexa](http://HenryFord.com/Alexa) for more information and to learn how to enable the Skill on your Amazon Alexa device.*

## NATIONAL NUTRITION MONTH: 5 WAYS TO SAVOR THE FLAVOR

**MANY PEOPLE THINK EATING HEALTHY MEANS BLAND, TASTELESS MEALS, BUT NOTHING COULD BE FURTHER FROM THE TRUTH.** Kick up the flavor in your diet and your life by learning how delicious healthy eating can be during National Nutrition Month, an event held each year in March started by the Academy of Nutrition and Dietetics to encourage people to develop healthy eating habits.

Slow down and enjoy one of life's greatest pleasures: Good food!  
Here's how:

- 1. BE MINDFUL.** Create a mindful eating pattern that emphasizes eating nutritious, flavorful foods at a more relaxed pace to really taste the flavors.
- 2. BRANCH OUT.** Commit to trying one new fruit and vegetable each week.
- 3. EAT TOGETHER AS A FAMILY.** Not only will you eat more slowly, you'll also have the opportunity to connect with family members.
- 4. KICK UP THE FLAVOR.** Herbs and spices are great stand-ins for salt and fat, with little or no added calories.
- 5. START COOKING.** Consider flavor-enhancing cooking techniques like steaming, poaching, roasting, baking and broiling.

*Get started on the road to healthy eating. Need help with nutrition and meal planning? Visit [HenryFord.com](http://HenryFord.com) and request an appointment with a Henry Ford registered dietitian.*



## **INSTANT POT LENTIL STEW**

**YIELD: 6 SERVINGS**

This vegan-friendly lentil stew recipe cooks in less than a half hour but is so full of flavor you'd think it simmered all day.

### **INGREDIENTS:**

- 1 Tablespoon canola oil
- 1 onion, chopped
- 3 cloves garlic, chopped
- 2 ribs celery, chopped
- 1 ½ cups lentils
- 2 sweet potatoes, unpeeled, diced
- 1 15-ounce can diced tomatoes
- 4 cups low-sodium vegetable broth
- ¼ teaspoon salt
- Fresh ground black pepper to taste
- 1 bay leaf
- 2 teaspoons dried thyme
- ½ teaspoon cumin
- ½ teaspoon coriander

### **DIRECTIONS:**

Using sauté mode on your Instant Pot or high-pressure cooker, heat oil and cook the onion for about 5 minutes. Add garlic and celery and cook another 5 minutes, stirring occasionally, or until onion is browned. Push cancel and add remaining ingredients. Stir, secure lid and cook on "Soup" mode for 10-15 minutes. Use quick release.

**NUTRITIONAL INFORMATION PER SERVING:**  
252 Calories; 4 grams Fat; 0 grams Saturated Fat; 0 mg Cholesterol; 263 mg Sodium; 44 grams Carbohydrates; 7 grams Sugar; 11 grams Fiber; 12 grams Protein.



## HIT A WEIGHT-LOSS PLATEAU? 8 WAYS TO GET OVER IT

**DIET LONG ENOUGH AND YOU'RE BOUND TO HIT A POINT WHERE THE SCALE GETS STUCK.** Weight loss levels off, your motivation wanes and staying the course can be difficult. The reason behind it: Your body has gotten used to your healthier habits and needs new challenges.

Research suggests that an initial, consistent loss during the first four to eight weeks is critical for both short-term and long-term success. In fact, what happens in the first few weeks of a weight loss journey not only predicts the total number of pounds you will shed, but also whether you'll keep it off.

### HOW TO BREAK THE WEIGHT LOSS STANDSTILL

No matter how healthful your diet, or how much you work out, the scale will eventually reach a standstill. Follow these eight strategies to head back toward a downward trend:

- 1. EAT FIRST.** Eat within one hour of waking. Having something to chew on can help get your metabolism going.
- 2. SWITCH UP YOUR WORKOUTS.** Instead of logging in your regular half hour on the treadmill at a steady pace, try the interval option and add some strength training to boost fat burning.
- 3. EAT MORE.** If you're losing weight by reducing calories, you're going to reach a point where you can't decrease your calories further without sabotaging nutrients. When your body is deprived of food, it can go into starvation mode, slowing your metabolism and making weight loss even more difficult.

- 4. EAT MORE OFTEN.** Eat small meals every three to four hours to keep your metabolism humming.
- 5. BRANCH OUT.** Shake things up with your food choices. Load up on different fruits and vegetables and experiment with seasonings.
- 6. WEIGH YOURSELF.** Step on the scale at least once a week to catch yourself before you slip into a weight gain trend.
- 7. DON'T GIVE UP.** If at first you don't succeed, try something different.
- 8. HOLD YOURSELF ACCOUNTABLE.** Record food intake and exercise frequency and intensity using an app or notebook.

Weight management doesn't have a beginning or end. Instead, it's a daily commitment. The key is focusing on lifestyle changes rather than subscribing to a specific diet.

*Ready to take the next step in your weight loss journey? Call (734) 285-7420 to learn more about the Metabolic Health & Weight Management program at Henry Ford Wyandotte Hospital.*

## THE PATH TO A HEALTHIER LIFE

Henry Ford Wyandotte's Center for Metabolic Health and Weight Management provides programming for supporting patients in preventing or better managing their weight as well as type 2 and pre-diabetes, high blood pressure and cholesterol. Our 6-month lifestyle change program includes:

- Regular registered dietitian visits for individualized meal planning and health coaching
- Weekly group classes
- Seasonal cooking demonstrations
- Regular check-ins with a health coach

*Call (734) 285-7420 to learn more about the program and attend our next free informational seminar.*



## LIFESAVING CARDIAC CARE GIVES COACH A SECOND CHANCE

**AN AVERAGE DAY OF GETTING UP FOR WORK TURNED INTO THE MOST FRIGHTENING EXPERIENCE OF CHUCK SINGLETON'S LIFE.** The 45-year-old sports coach and father of four collapsed in the kitchen of his Riverview home after suffering a heart attack.

He was rushed to Henry Ford Wyandotte Hospital, where he had two stents inserted into his heart and coded twice.

Chuck then spent three weeks in a medically induced coma in the ICU and his family was told to prepare for the worst. However, the cardiology team at Henry Ford Wyandotte Hospital saved his life and he began making strides toward recovery.

"I started waking up and would squeeze people's hands when they talked to me," Chuck says. "Every day I would do something more."

### A TEAM APPROACH

The team at Henry Ford Wyandotte Hospital included four doctors – Mustafa Hashem, M.D., medical director of the Cardiac Catheterization Lab; Mark

*"You can always tell when someone cares. That's how I felt with my team of doctors at Wyandotte."*

Pensler, M.D., respiratory care medical director; Qaiser Shafiq, M.D., Henry Ford cardiologist, and Fadi Delly, M.D., Henry Ford neurologist – as well as dedicated nurses and other care team members.

"I know doctors and nurses sometimes don't get the recognition they deserve, and I want them to know how thankful I am for them saving my life and treating my family like they were family," Chuck says. "I'm alive because of them."

### THE ROAD TO RECOVERY

After undergoing cardiac rehabilitation, Chuck is recovering with a new perspective on life that has inspired several lifestyle changes, including quitting smoking.

"Life is different now," Chuck says. "You think about what you're eating and it makes you want to do things you keep putting off, like going to the doctor."

His wife, Lina, credits Chuck's care team with giving her husband a new lease on life and being there every step of the way.

"Dr. Pensler was so wonderful," Lina says. "He was on the journey with us."

### CHANGING YOUNG LIVES

An avid sports lover, Chuck coaches Little League baseball and football teams in Riverview, because he enjoys making a difference in the children's lives.

Several Henry Ford Wyandotte Hospital nurses have children on the teams and collaborated to do something special to celebrate Chuck's recovery. The last game of the season was a special highlight as Dr. Hashem and Dr. Shafiq donated an automated external defibrillator (AED) to the football team in Chuck's honor.

"I'm not one to be the center of attention, but it was amazing," Chuck says.

"You can always tell when someone cares. That's how I felt with my team of doctors at Wyandotte."



## Calendar of EVENTS

### FREE Blood Pressure Screenings

**WEDNESDAYS: FEB. 12 & MARCH 11**  
11 A.M. – 2 P.M.

Main Lobby, Henry Ford Wyandotte Hospital

**MONDAYS: JAN. 13, FEB. 10 & MARCH 9**  
8 – 10 A.M.

Lobby, Henry Ford Health Center – Brownstown  
*No appointment necessary.*

### \$10 Cholesterol Screenings – Total and HDL

No appointment necessary.

**WEDNESDAYS: FEB. 12 & MARCH 11**  
12 – 2 P.M.

Main Lobby, Henry Ford Wyandotte Hospital

### 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.

**THURSDAYS: JAN. 16, FEB. 20 & MARCH 19**  
6 P.M.

Cardiovascular Outpatient Classroom  
Henry Ford Wyandotte Hospital

Visit [HenryFord.com/CaregiverSupport](http://HenryFord.com/CaregiverSupport)  
Group or call (313) 874-4838.

### Good Yarn Club

The Good Yarn Club is a new community charity drop-in knitting and crocheting group at Henry Ford Wyandotte Hospital. The club creates life-changing items for the community and is a registered “Knitted Knockers” group that creates breast prostheses for breast cancer survivors who cannot obtain a prosthesis due to cost. Yarn and patterns are provided. Participants should bring their own hooks or needles. All items created will be distributed to the Downriver community and throughout southeastern Michigan.

**SECOND WEDNESDAY OF THE MONTH**  
**FEB. 12 & MARCH 11**  
5 – 8 P.M.

Surgical Services Conference Room, Henry Ford  
Wyandotte Hospital

Call (734) 287-9902 for more information.

### Bariatric Surgery Seminars

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

**THURSDAYS: JAN. 16, FEB. 20 & MARCH 19**  
6 – 7:30 P.M.

Multipurpose Rooms  
Henry Ford Wyandotte Hospital

Call (734) 285-7420 to register.  
*Registration is required.*

### Mental Illness Support Group

The National Alliance for Mental Illness (NAMI) offers meetings to provide support through counseling and fellowship; guidance in times of crisis; exchange of information concerning treatment; promotion of public awareness, and serves as an advocate for the needs of the mentally/emotionally ill and protecting the rights of all concerned with mental illness.

**THIRD WEDNESDAY OF THE MONTH**  
**JAN. 15, FEB. 19 & MARCH 18**  
5 – 8 P.M.

2 Allen Conference Room, Henry Ford  
Wyandotte Hospital

Call (313) 292-3324 or (313) 563-1245 for  
more information.

### Chemical Dependency Support Group

A Chemical Dependency Support Group meets every Monday and Thursday. The cost for each meeting is \$5.

**EVERY MONDAY AND THURSDAY**  
7 – 8:30 P.M.

Henry Ford Wyandotte Hospital

Call (734) 246-9431 for more information.

### Bereavement Support Group

If you're grieving a loved one, join us for a free support group.

**THIRD THURSDAY OF THE MONTH**  
**JAN. 16, FEB. 20 & MARCH 19**  
1 – 2:30 P.M.

3 Allen Conference Room  
Henry Ford Wyandotte Hospital

Call (586) 276-9570 for more information.

### Stand Steady Seminars

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.

**THURSDAYS: JAN. 30, FEB. 27 & MARCH 26**  
4:30 – 6:30 P.M.

Multipurpose Room B  
Henry Ford Wyandotte Hospital

Visit [HenryFord.com/StandSteady](http://HenryFord.com/StandSteady) or call  
(734) 284-4499 to register.

### Healthy You: New Year, New You

Join us for a free informational seminar led by Lindsey Battistelli, MS, RDN, to learn about healthy lifestyle habits to achieve good health. The event will focus on 5 lifestyle areas, including nutrition, physical activity, behavioral change, environment and accountability.

**MONDAY, JAN. 20**  
6:30 – 7:30 P.M.

Multipurpose Room B  
Henry Ford Wyandotte Hospital

Call (734) 285-7420 to register. *Registration is required.*



### Cooking for a Healthy Heart and Weight

Join dietitian Nur Ayoubi, RDN, for a free cooking demonstration to help you achieve and maintain weight loss goals through healthy lifestyle changes.

**MONDAY, FEB. 17**  
6:30 – 7:30 P.M.

Multipurpose Room B  
Henry Ford Wyandotte Hospital

Call (734) 285-7420 to register.  
*Registration is required.*



## Calendar of **EVENTS**, *cont'd*

### Mantra Meditation

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

**SECOND AND FOURTH THURSDAYS OF EACH MONTH**

**5 – 6:15 P.M.**

Multipurpose Rooms  
Henry Ford Wyandotte Hospital

Call (734) 246-6057 to register.

### Exercise Class for Everyone

The Center for Weight Management in Wyandotte offers semi-private personal training classes taught by a certified personal trainer. Classes are limited to 12 people per class to allow for more personal attention focusing on core training, strength training, mixed with cardio interval sessions. Try one class for free; additional classes are \$10 per class for six- or 12-class packages. Discounts are available for larger packages.

**MONDAYS, WEDNESDAYS & FRIDAYS  
6 & 9 A.M.**

**TUESDAYS & THURSDAYS  
5:45 & 6:45 P.M.**

2101 Grove St., Wyandotte

Call the Center for Weight Management at (734) 285-7420 for more information or to register.

### Massage Therapy

Massage therapy is more than a luxury that leaves you feeling refreshed and rejuvenated. It can have positive health implications, including reduced stress, relief of muscle soreness, lower blood pressure and heart rate, and increased flexibility. Henry Ford Wyandotte Physical Rehabilitation offers full body massage by appointment only.

**MONDAY – THURSDAY: 7 A.M. – 6 P.M.**

**FRIDAY: 7 A.M. – 5:30 P.M.**

*60-minute massage: \$55*

*90-minute massage: \$80*

Henry Ford Wyandotte Physical Rehabilitation  
3323 Biddle Ave., Wyandotte

Call (734) 284-4499 for more information or to make an appointment.

### Chair Massage

Ten-minute chair massages. \$5 per massage. Must be purchased in the cashier's office. Punch cards are available for \$20 and are good for five massages.

**MONDAY THROUGH FRIDAY  
HOURS POSTED WEEKLY**

Massage room across from Multipurpose Room A  
Henry Ford Wyandotte Hospital

Call the Physical Rehabilitation Department at (734) 324-3946 for more information.

## 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. Weekend, evening and online classes are available.

### Breastfeeding Support Group

Mothers and babies can join a free breastfeeding support group that meets the second Tuesday of each month at Henry Ford Wyandotte Hospital and the first and third Tuesday of each month at 9 Month Bump in Wyandotte.

**TUESDAYS: JAN. 14, FEB. 11 & MARCH 10  
6 – 8 P.M.**

OB Conference Room  
Henry Ford Wyandotte Hospital

**TUESDAYS: JAN. 21, FEB. 4 & 18,  
MARCH 3 & 17**

**11 A.M. – 12:30 P.M.**

9 Month Bump  
113 Elm St., Wyandotte

Call Lactation Services at (734) 246-7575 to register.

### Breastfeeding Class

Learn about the benefits of giving breast milk to your infant during our breastfeeding class taught by a knowledgeable lactation consultant. Cost is \$30.

**MONDAYS: JAN. 27 & FEB. 24**

**6 – 8:30 P.M.**

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

### Infant CPR

Learn the proper techniques to perform infant CPR.

**MONDAY, JAN. 20**

**7 – 8:30 P.M.**

OB Conference Room  
Henry Ford Wyandotte Hospital

Call (734) 246-9601 to register.

## Great Expectations Class

Join us to learn about labor, comfort techniques, possible complications, Cesarean Sections and baby care. A tour of the birthing unit is included. The \$65 fee may be covered by some insurances. Please contact your insurance company for further information.

**FULL-DAY CLASS**

**SATURDAYS: JAN. 18 & FEB. 15  
9 A.M. – 5 P.M.**

**ONLINE E-CLASS**

**(ONE EVENING ON-SITE CLASS)  
WED., JANUARY 15**

**EXPRESS CLASS**

**WEDNESDAYS: FEB. 5 & 12  
6 – 9 P.M.**

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

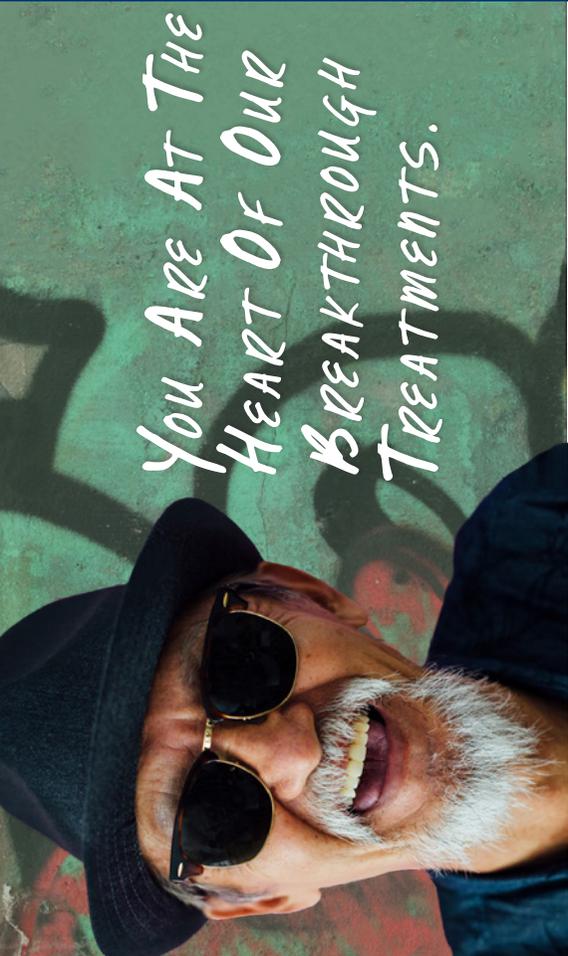
## WEIGHT MANAGEMENT

Henry Ford Wyandotte's Center for Metabolic Health and Weight Management provides programming to help patients better manage their weight as well as type 2 and pre-diabetes, high blood pressure and cholesterol. Our team will design a health optimization plan that fits you and your lifestyle.

**6-MONTH LIFESTYLE CHANGE PROGRAM:**

- Regular registered dietitian visits for individualized meal planning and health coaching
- Weekly group classes led by a behavioral health specialist, registered dietitian or exercise physiologist
- Seasonal cooking demonstrations
- Regular check-ins with a health coach

Call the Center for Metabolic Health & Weight Management at (734) 285-7420 for more information.



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](https://www.henryford.com/HeartQuiz) (313) 403-6108



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