

## Parkview Whitley Hospital grants \$55,000 to improve community health

Parkview Whitley Hospital has renewed community partnerships with four not-for-profit organizations in Whitley County that have received a share of \$55,000 in Community Health Improvement funds for 2012. The organizations, which meet guidelines for being able to work collaboratively and proactively to improve the health of the community, are:

- Beds & Britches, Etc. (B.A.B.E.)
- Community Action of Northeast Indiana (CANI)
- Interfaith Mission, Inc. / The Lighthouse

- Cancer Services of Northeast Indiana

To be eligible, the organizations had to demonstrate how they address specific community health needs and show that they are able to measure the specific improvements their programs contribute to community health.

“We are pleased to be able to renew our partnerships with these important community organizations,” said Scott Gabriel, Parkview Whitley Hospital chief operating officer. “They best meet our criteria for establishing community

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Four organizations in Whitley County are receiving a share of \$55,000 from Parkview Whitley Hospital's Community Health Improvement program to promote their initiatives in Whitley County. Pictured above, from left, are: Tania Keirn, executive director, Interfaith Mission / The Lighthouse; Scott Gabriel, chief operating officer, Parkview Whitley Hospital; Beth Arms, board treasurer, Beds & Britches, Etc. (B.A.B.E.); Kay Fleck, board member, Parkview Whitley Hospital; Paige Wilkins, program provider, Community Action of Northeast Indiana (CANI); Linda Loy, board chair, Beds & Britches, Etc. (B.A.B.E.); and Amber Recker, director of development, Cancer Services of Northeast Indiana.

## Inexpensive, non-invasive scan to detect coronary heart disease offered

A quick, simple, inexpensive and non-invasive scan that detects coronary artery disease in its early stages is now offered at Parkview Whitley Hospital: the HeartSmart CT scan.

There are no injections, special preparations or pain associated with the test.

The HeartSmart CT takes a stop-motion picture of the beating heart and the coronary arteries, showing the calcified or hardened plaque, which is an early warning sign of heart disease. The scan constructs a three-dimensional image of the heart, which the cardiologist and radiologist can view from any angle.

“A proactive, hard-working staff at both Parkview Whitley Hospital and Parkview Health made it possible for us to offer this affordable and life-saving test in Columbia City,” said Scott Gabriel, Parkview Whitley chief operating officer. “And we’ve made it convenient. People don’t have to drive to Fort Wayne for a test that takes less than 20 minutes of their time.”

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# COMMUNITY CALENDAR

In keeping with Parkview Whitley Hospital's mission to improve the health of our communities, we offer monthly classes and community support groups to help educate residents about health issues. For more information, or to register, call Parkview Whitley Hospital Community Relations at (260) 248-9400 or (800) 325-1338, unless otherwise specified.

## CLASSES

### Preparing for Childbirth

Childbirth education classes are designed for expectant mothers and their partners. Class sessions meet each Monday for four consecutive weeks and are free. Classes are held from 6 to 8:30 p.m. at Parkview Whitley Hospital. Dates are:

- March 26, April 2, 9, 16
- June 4, 11, 18, 25

To register, or for more information, call (260) 248-9426 or (260) 248-9321.

### Breastfeeding Your Baby

Learn about the benefits of breastfeeding for you and your baby; correct positioning and latching; and pumping and storage of milk, as well as answers to common concerns and questions. Partners are welcome. Free classes meet one Monday night in designated months, from 6 to 8:30 p.m., at Parkview Whitley Hospital. Dates are:

- March 5
- May 7
- July 16

To register, or for more information, call (260) 248-9426 or (260) 248-9321.

## SUPPORT ACTIVITIES

### Breastfeeding Mothers' Support Group

This free support group meets on Mondays from 10:30 a.m. to noon in Parkview Whitley Hospital's Family Birthing Center. A certified lactation consultant is available to answer questions or address concerns about breastfeeding. Baby weight checks are available.

For more information, call (260) 248-9426 or (260) 248-9321.

### Diabetes Support Group

This free class meets on the third Tuesday of every month at 6 p.m. in classroom A at Parkview Whitley Hospital. No registration is required. Class dates are:

- March 20 – Being Active
- April 17 – Monitoring
- May 15 – Medications
- June 19 – Healthy Coping

For more information, call (260)248-9319 or (800) 325-1338, ext. 89319.

### Weight Support Group

Designed for anyone interested in weight management, the group meets on the third Monday of each month. There is no cost. All weigh-ins take place at Parkview Whitley Hospital with the use of digital scales. Weigh-in times are 8 to 10 a.m. or 5 to 6 p.m. A short education session is held at 5:30 p.m. Dates are:

- March 19
- April 16

For more information, call (260) 248-9354.

### Whitley Better Breathers

Parkview Whitley Hospital's Whitley Better Breathers Club, organized by the hospital's Cardiopulmonary Unit, meets bi-monthly to support people with respiratory concerns and challenges.

Meetings are free. For additional information, call (260) 248-9459.

## MISCELLANEOUS

### Parkview Whitley Seniors Club

Each month, a free event is offered to Seniors Club members, featuring a speaker and a topic of interest to seniors, along with snacks or lunch. Seniors 55 and older are eligible to join for a \$10 annual fee. Call (260) 248-9900 or (800) 325-1338, ext. 89900 for instructions on how to join. Program dates are:

- March 1
- April 5
- May 3
- June 7

To register, or for more information, call (260) 248-9426 or (260) 248-9321.

## “Corned” Beef and Cabbage

A flavor-filled remake of a St. Paddy's Day favorite – now low-sodium and gluten-free!

- 4 lbs. lean beef brisket
- ¼ cup dark brown sugar
- 1 cinnamon stick
- 1 tsp. black peppercorns
- 10 whole cloves
- 2 bay leaves
- 1 tsp. each: dill seeds, mustard seeds, ground ginger
- ½ tsp. each: ground allspice, cardamom, mace
- 1 head cabbage, quartered
- 6 red potatoes, quartered
- 4 large carrots, peeled and quartered
- 2 parsnips, peeled and quartered
- 2 onions, chopped

1. Trim visible fat from brisket. Place in a large pot with spices and add water to cover. Bring to a boil and then reduce to a simmer. Cover and cook for 4 hours.
2. Add potatoes, carrots, parsnips and onions to the pot. Let beef and vegetables simmer for another 40 minutes. Add cabbage and cook for 20 minutes more.
3. Transfer corned beef to platter and slice across the grain. Drain vegetables and add to platter. Serves 12.

Nutrition per serving:  
489 calories; 16 g total fat;  
6 g saturated fat; 140 mg cholesterol,  
153 mg sodium; 36 g carbohydrate,  
7 g fiber; 11 g sugar; 50 g protein.  
Excellent source of vitamins A and C.



partners by truly making Whitley County a better place to live.”

Since 2000, the Beds & Britches, Etc. (B.A.B.E.) program has provided quality incentives to Whitley County parents who participate in preventive and prenatal care, including parenting, educational and nutritional classes to promote healthy pregnancies, birth outcomes and early childhood development. Funds granted to the B.A.B.E. program are being used for program operating expenses. It also is the referral service for all health- and education-related services available to families in Whitley County.

Community Action of Northeast Indiana (CANI) has existed since 1965 to help communities, families and individuals remove the causes and conditions of poverty by promoting self-sufficiency and healthy relationships. CANI is using its Community Health Improvement funds to support outreach, marketing, advocacy, coalition-building, enrollment and retention activities for Covering Kids and

Families of Northeast Indiana Coalition (CKFI-NEIN). The coalition is a statewide program committed to ensuring that all children, adults and families eligible for Medicaid, Hoosier Healthwise and the Healthy Indiana Plan are enrolled.

Interfaith Mission, Inc. / The Lighthouse was established in 1998 to provide shelter, food and a program of self-sufficiency and healthy living to homeless people in the Whitley County area. The organization is using its grant funds to provide basic needs relating to physical and mental health issues of the homeless families living at The Lighthouse Transitional Shelter, and to educate them to adopt healthy practices to provide a safe environment for themselves and their children.

Cancer Services of Northeast Indiana has been serving people diagnosed with cancer since 1944. It focuses on the tangible supports and practical needs of cancer patients, such as financial and prescription assistance, durable

medical equipment, health supplies and wigs, transportation assistance, support groups and supportive counseling. Its grant funds are designated to support its Client Advocate Program, which provides psychosocial support through personal advocacy, supportive counseling, and information referral, as well as access to durable medical equipment, personal health supplies, financial and prescription assistance, transportation to treatment facilities, wigs, support groups and education resources.

Parkview Whitley Hospital supports the community through gifts to local agencies in order to fulfill Parkview's mission to improve the health of the community. Parkview Whitley Hospital's Community Health Improvement program is funded annually through a title of the hospital's net income. As the community's only non-profit hospital, Parkview chooses to give to programs that have a positive impact on the health of Whitley County residents.

## Original paintings, plaques from old hospital offered to local artists, donors, family members

For 60 years, nearly 200 framed prints and several original paintings brightened the rooms and hallways of the old Parkview Whitley Hospital. Also throughout the decades, plaques accumulated on the walls as local sponsors contributed to various renovations or building projects.

Two decisions have been made for the future of both the wall art and plaques at the old hospital. First, the prints were donated to a local not-for-profit organization, Passages, for use in displaying the artwork created by its clients. An effort is being made to return the original paintings to the artists or the artists' family members. Carrie Hoffman, Parkview Whitley Foundation director, is spearheading the initiative.

Second, the numerous plaques have been removed, photographed and stored at the new hospital. Again, family members associated with the plaques are given the opportunity to retrieve them if they wish. Hoffman is supervising this undertaking as well. She can be reached at (260) 248-9802. Two or three collages depicting the plaques will be created and installed in the hospital in a location yet to be determined.

The first of the original paintings to find a new home was a watercolor painting by lifetime Columbia City resident Katie Jones, who gave art lessons and was a member of the Whitley County Art Guild. Together with her husband, Louis, they ran a small business for art, framing, matting and woodworking called Art Shack 609.

In the mid-1970s, both were diagnosed with life-threatening illnesses within a few months of each other, and received care at Whitley County Memorial Hospital. Grateful for the care they received, Katie painted a rural-scene watercolor and Louis matted and framed it. The dedication on the painting reads: "To the nurses and aides of Whitley County Memorial Hospital, in appreciation for your tender, loving care. – Louis & Katie Jones"

The painting was returned to the Jones' three daughters, Yvonna Jones, Teresa Johnson and Yolonda Johnson.



Carrie Hoffman (left), Parkview Whitley Foundation director, presents to sisters Yvonna Jones and Teresa Johnson their mother's watercolor painting, which hung in the old hospital from the mid-1970s to 2011.

*You're invited*

Public Tours of  
Parkview Regional  
Medical Center

Saturday, March 3, 2012  
11:30 a.m. – 2:30 p.m.

Sunday, March 4, 2012  
12:30 – 3 p.m.

Please enter through Entrance 1.  
Then enter at the main entrance and  
lobby area for the tours.

11109 Parkview Plaza Drive  
Fort Wayne

*Near the intersection of I-69  
and Dupont Road*



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## New at Parkview Whitley Hospital

### Good-for-you meals

Patients at Parkview Whitley Hospital are now offered At Your Request Room Service Dining<sup>®</sup>, which allows patients to order a variety of appetizing, good-for-you menu items anytime. The new menu is part of the hospital's Wellness and You!<sup>®</sup> program, and all items on the menu meet special criteria developed by registered dietitians and culinarians. (Some items may not be available if a modified diet has been prescribed for a patient.)

Room-service operators are available to assist with making decisions. Patients may place orders seven days a week, and to order meals for visitors, Guest Tray tickets may be purchased from the cashier in the café.

### Color-coordinated

Parkview Whitley Hospital co-workers have begun wearing attire that identifies them with a specific department by color of uniform. For example, all Cardiopulmonary and Sleep Services staff wear chocolate-colored uniforms.

The new colored scrubs help patients know who their caregivers are and what care is provided. Caregivers will continue to introduce themselves to patients and families and explain their role in the patient's care. The visual cue of consistent uniforms for each hospital department is also a safety element for patients.

At Your Request Room Service Dining<sup>®</sup> and Wellness & You!<sup>®</sup> are registered trademarks of Sodexo.

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A HeartSmart scan can be scheduled by obtaining a physician's order, or it also is available without a physician's referral. To schedule an appointment at Parkview Whitley Hospital, call Parkview Scheduling at (877) 225-5747. Full payment is expected at the time of the HeartSmart CT scan. The cost is \$50. MasterCard, Visa, Discover, checks and cash are accepted.

Parkview Whitley Hospital's HeartSmart CT services are under the direction of Parkview Physicians Group – Cardiology and FWRadiology. Parkview Whitley Hospital is located at 1260 E. State Road 205, Columbia City.