

# BALANCE

 St. Vincent HEALTH  
St. Joseph  
Hospital

body ■ mind ■ spirit<sup>®</sup>  
fall 2010

[stjoseph.stvincent.org](http://stjoseph.stvincent.org)

3 TESTS  
TO MAKE YOUR  
HEART THANK YOU

IMPROVING  
THE FIGHT  
AGAINST  
BREAST  
CANCER

*Music*  
for the Heart  
ADVANCING CARDIAC CARE





# YOUR HEART

## *Near Middle Age*

Your heart gives you what you need to participate in everyday life. It's a powerful organ—and it's also prone to serious disease.

If you're concerned about your risk for heart disease, ask yourself the following questions.

- + *Do I drink more than one (if you're a woman) or two (if you're a man) alcoholic beverages per day?*
- + *Do I have diabetes?*
- + *Do I have high blood pressure or cholesterol?*
- + *Do I skip exercising?*
- + *Am I overweight or obese?*
- + *Do I smoke?*
- + *Do I frequently eat foods that are bad for me?*

A "yes" answer to these questions means you could be at increased risk. Take steps now so you can answer "no" to the majority of these questions, and speak with your physician about ways to keep your heart healthy for years to come.

■ ACCORDING TO THE CENTERS for Disease Control and Prevention, heart disease is the leading cause of death among females in the United States, contrary to the general thought of heart disease being a "man's disease." The condition is also largely preventable. Certain healthy habits go a long way in reducing your chances of developing the disease, especially when you practice them in your 30s and 40s. Follow these tips to combat your risk before problems start.

**Turn to your family tree.** Find out whether or not anyone in your family has had heart disease. Knowing your level of risk facilitates more meaningful discussion with your healthcare provider about how to minimize it.

**Eat good-for-you foods.** Adopt eating habits that lead to a long, healthy life. Select foods that are low on the "bad stuff:" trans fats, cholesterol, sodium and added sugars. Prepare meals at home that feature lots of vitamin- and mineral-rich fresh fruits and vegetables.

**Get and stay active.** Not only is exercising great for your heart, but it also helps you remain at a healthy weight, gives you energy and helps you manage stress. Work toward the recommended 30 minutes of moderate-intensity aerobic activity five days per week. If you feel crunched for time, keep a pair of sneakers at work and use your lunch break to take a brisk stroll, or ask your employer to dedicate a small room at the office to house a treadmill and exercise bike.

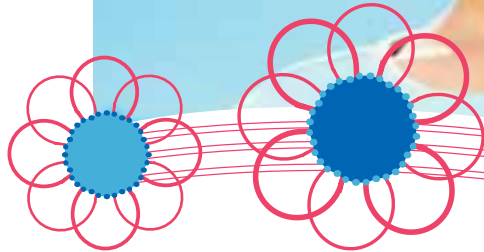
**Get yearly checkups.** Making time for annual checkups is essential to detecting and preventing heart disease. In addition to performing heart exams, your physician should regularly monitor your weight and body mass index (BMI), waist circumference, blood pressure and blood cholesterol levels, and fasting blood glucose level for those with prediabetes or diabetes. Proactively inquire about the health of your heart and what your numbers mean. Knowing the answers will help you gauge your health and determine the most appropriate steps to reduce your risk.

For more information about heart care at St. Joseph Hospital, please call 765.456.5898.

# GROWING UP WITH Epilepsy



A diagnosis of pediatric epilepsy can be distressing for children and parents alike. However, help and hope are here.



*Advice & Tips*  
 24/7 FREE Nurse Advice Line:  
**317.338.KIDS (5437)**  
 Health reminders for busy parents... sign up for our Tip of the Day at  
**peytonmanning.stvincent.org.**

James Pappas, M.D.



**■ WATCHING A PERSON** experience a seizure can be a frightening situation. That fear is compounded if it's a parent seeing his or her child having a seizure.

Knowing the signs of a seizure and how to respond to a seizure can help you keep your child safe if a seizure strikes.

Symptoms of a seizure may include staring, lack of responsiveness, abnormal stiffening or turning to one side, brief startle-type jerking, and eye deviation to one side. If you notice any of these signs, you should:

- Observe your child closely and time the episode with a watch.
- Turn your child on his or her side during convulsions.
- Have your child evaluated in an emergency department for a first-time seizure.
- Notify your child's physician about subsequent seizures, especially if they last longer than five minutes.

"Epilepsy is defined as two or more seizures without an immediate cause," said James Pappas, M.D., medical director of pediatric neurology at Peyton Manning Children's Hospital at St. Vincent. "Some cases of epilepsy are genetic; however, the majority have no cause. Children who have a brain abnormality

or have suffered a brain injury are at greater risk for seizures. Some seizures involve brief staring episodes in which a child doesn't respond for 3 to 10 seconds. Others are characterized by repetitive movements or a depressed level of consciousness that may lead to general convulsions."

## Seizing Control

Epilepsy is often evaluated with an EEG and MRI scan. Although EEG is often normal in epilepsy, abnormal discharges can be seen and can be helpful in choosing a medicine. MRI looks for abnormalities in the brain that may cause seizures.

Treatments for epilepsy include medication and, in more severe cases, surgery, including implanted devices such as the vagal nerve stimulator, which stimulates the vagus nerve, sending an electrical stimulus to the brain.

"There are a lot of misconceptions surrounding pediatric epilepsy," Dr. Pappas explained. "Many normal kids will have seizures, but they're treatable. If parents treat children with epilepsy differently, they will only create more problems."

## License to Make a Difference

Hoosier motorists wishing to express their support for Peyton Manning Children's Hospital at St. Vincent will soon be able to do so in a special way. When drivers choose their 2011 license plates from the Bureau of Motor Vehicles, they can select a specialty plate benefiting the Peyton Manning Children's Hospital at St. Vincent Child Protection Center. The Child Protection Center is a haven of care and support for abused and neglected children, and \$25 from each sale of the \$40 license plate goes to support these vulnerable young people.

For more information about the specialty license plates, visit [peytonmanning.stvincent.org](http://peytonmanning.stvincent.org) or [myBMV.com](http://myBMV.com).

**Peyton Manning**  
 Children's Hospital



at  St. Vincent



Today's  
Prescription:

# One Four- Legged Friend



SIX MONTHS AGO, ST. JOSEPH HOSPITAL introduced a new program designed to cheer patients and speed their recovery. The Pet Partners pet therapy program launched with seven specially trained volunteers and their Delta Society-certified pet dogs. Visits from the pairs have proven very popular with patients and their families. Program volunteers find they get a lot from the program, too.

## Mary Priola and Emily

"My golden retriever, Emily, is 2 years old and a sweet, friendly dog. I heard about the Pet Partners course at St. Joseph Hospital and thought Emily was well-suited for the program.

"We completed the Pet Partners training course administered by the local chapter of the Delta Society, which strives to educate people about the use of animals in goal-driven treatment. After completing the test, we were issued picture badges that indicate Emily and I are a certified Pet Partners team—she cannot volunteer at the hospital without me.

"We visit patients at St. Joseph Hospital on Monday afternoons with my volunteer buddy, Lynda Glunt. She asks patients if they would like a visit from Emily, while we wait in the hall for the OK.

"One of our first visits was with a little boy tethered to an

IV. He brightened up when he saw Emily, and she made him laugh as she nuzzled close.

"As a former registered nurse, I enjoy being able to help patients, relieving the boredom or stress of being in the hospital. It is such a privilege to be welcomed into patients' rooms while they recover at St. Joseph Hospital."

## Pam Eldridge and Christine

"When my father was in a nursing home with Alzheimer's disease four years ago, I would visit him with my miniature poodle. Everyone there enjoyed the visits so much—I wanted to do something like that with my new dog, a 2-year-old standard poodle, Christine.

"I have worked at St. Joseph Hospital for 23 years and currently work in Trinity House, the hospital's behavioral health unit. On Thursdays, I go home, get Christine and bring her back to visit patients.

"Christine loves volunteering at St. Joseph Hospital, and I think she looks forward to our weekly visits.

"On our first night, we stopped at the door of a woman who was crying with her head under a blanket. My experience working in mental health urged me to ask her softly if she would like a visit.

"The woman peeked out and invited us in when she saw Christine was a poodle. Christine laid her head on the lady's hand while big tears streamed down the woman's face. She hugged Christine, saying she'd had a very bad day.

"The next time we saw the woman, she was sitting up in bed and smiling. Christine recognized her before I did and greeted her like an old friend."

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For more information about volunteering or the Pet Partners program, call Harry Kenworthy, volunteer coordinator, at 765.456.5791.

# Particular About Parts



Shelly Wood, manager of material services, offers insight into a part of the hospital never seen by patients.

**Q:** *What does the St. Joseph material services department do?*

**A:** *Shelly:* We receive, warehouse and distribute the supplies used throughout St. Joseph Hospital. It is the responsibility of the material services team to make sure the right item is available at the right time and in the right quantity.

**Q:** *How many different parts do you handle annually?*

**A:** *Shelly:* Material services is responsible for handling approximately \$1.5 million of general medical supplies each year, which translates to more than a million parts annually. That may sound like a lot, but it's just a portion of what it takes to care for our patients—the hospital also maintains pharmacy and surgery supplies, as well as office supplies. In material services, we store more than 800 separate types of items, many of which are ordered in high quantities.

**Q:** *How do you make sure each caregiver has exactly what he or she needs?*

**A:** *Shelly:* Clear communication is key. In terms of knowing what is needed, I listen to my “customers.” My door is always open to associates who have ideas about better products. Also, I attend monthly meetings with material services managers and clinical experts from other St. Vincent Health ministries to discuss new

products. By collaborating and sharing best practices, we make sure we're using the best of the best ideas at St. Joseph and throughout St. Vincent Health.

To assure there is enough of what is needed, we utilize a two-bin supply system. For each type of item used in a given area there are two identical bins. Each bin contains one day's worth of supplies. Once the front bin is emptied it is collected by material services, brought to our warehouse and refilled, then returned to its “home” the next day. Each bin is coded, so everyone in the department knows exactly what to put in the bin and where to return the bin. We resupply every floor seven days a week, 365 days a year. This system assures there are always enough supplies, even when we get really busy, and it helps us keep our inventory costs low, which helps lower the cost of health care.

**Q:** *Why do you personally enjoy being the manager of St. Joseph material services?*

**A:** *Shelly:* I enjoy working in a mission-driven hospital where each associate cares so much about patients, visitors and co-workers. We have a very professional staff and everyone is treated like family. I might not be able to go take care of patients myself, but I can make sure the doctors and nurses have the materials they need to do their jobs well. Here, we're all caregivers, just in different ways. I'm proud to be part of the St. Joseph team.

# ADVANCES IN FIGHTING Breast Cancer



When Bari Sargent, 59, went for her annual mammogram a little more than a year ago, she had no idea she was living with cancer. Although the discovery of a tiny tumor in her breast came as quite a shock, Bari's faith in God and confidence in her physicians helped her remain strong.

## Learn Your Risk

For women at higher risk for breast cancer, annual mammograms may need to begin earlier than age 40 or additional screenings may be recommended. One way to identify if you are at higher risk is through genetic counseling. St. Joseph Hospital offers genetic screenings designed to assess cancer risk. Women who wish to be assessed will complete a brief questionnaire about their own history and their family members' history of cancer. Survey responses will be evaluated by trained genetic counselors. Individuals who are determined to be at high risk of an inherited cancer will be offered the opportunity to schedule an appointment to speak with a nurse in the Cancer Center to discuss their genetic risk and to have genetic testing if appropriate.

**A**FTER CONDUCTING A BIOPSY OF THE TUMOR FOUND during Bari's mammogram, physicians determined she had ductal carcinoma in situ (DCIS), which is the most common form of noninvasive breast cancer. This type of cancer forms in the milk ducts and is described as noninvasive because it often does not spread to surrounding breast tissues.

"When I met with Dr. Sarah Longmire-Cook, my breast surgeon at St. Joseph Hospital, she sat down with my husband and me and explained everything," Bari said. "I remember telling her, 'I'm kind of in shock right now, but I'll probably think of all kinds of questions later.' Quite honestly, I didn't, because she'd already answered everything."

Following her diagnosis, Bari underwent a lumpectomy and radiation treatments five days a week for about seven weeks. Although she experienced a small amount of postsurgical pain and minor radiation burns, Bari's treatment went extremely well. She explains that even through the toughest parts of treatment, St. Joseph Hospital staff motivated her to push through.

Radiation burns are similar to sunburn and can be very uncomfortable for sufferers. As a redhead with fair skin, Bari was at higher risk for developing radiation burns than people with darker complexions.

"When I went in for my last radiation treatment, I brought a bag of candy I had heard my radiation oncologist mention was her favorite," Bari said. "She asked me, 'What's this?' and I told her, 'A bribe. I can't do this anymore. I really can't.' But she reminded me it was the very last treatment and that it would be over soon, so I told her I'd do it for her."

## Back to the Everyday

Today, Bari is cancer-free and runs a salon with her best friend. She has seven children and stepchildren and 15 grandchildren. Bari and her husband enjoy traveling with friends, and some of her favorite vacation destinations include England, Rome and Disney World.



## Think Pink



October is National Breast Cancer Awareness Month, so take a moment to review the following facts and statistics.

- Approximately one in eight women will develop breast cancer at some point in her life.
- Breast cancer is most common in women ages 55 to 64.
- Caucasian and African-American women are at higher risk for breast cancer than women of any other ethnicity.
- The American Cancer Society and the American Society of Breast Surgeons continue to recommend that women receive annual mammograms beginning at age 40.
- The American Cancer Society estimates that 4,350 new breast cancer cases will be diagnosed in Indiana women by the end of 2010. Nationwide, 1,970 men will be diagnosed.

“I can’t stress enough to my family, friends and community how important it is to receive regular mammograms,” Bari said. “I am so fortunate my cancer was detected and treated in its earliest stages. The sooner cancer is detected, the better your chances of recovery.”

### How Technology Helps

Bari was told the tumor in her breast was so small, she was lucky it was even noticed. In cases such as these, full-field digital mammography technology helps physicians and other medical professionals get a clearer view of tumors. As technology allows for better visualization of breast tissues, tumors can be detected in their earliest stages.

St. Joseph Hospital is the only healthcare facility in Howard County to offer the latest generation full-field mammography.

“At St. Joseph Hospital, we use the Hologic Selenia® full-field digital mammography system, which is especially beneficial for women who have larger breasts,” said Lauren West, radiologic technologist and manager of the Higgins Center for Women’s Wellness at St. Joseph Hospital. “Older systems required us to take more than one film per view and then sort of put them together like a puzzle. Now, we can get one seamless picture that can be carefully inspected on a high-resolution monitor. There’s a much smaller margin of error with this sophisticated system.”

To learn more about women’s wellness and cancer services at St. Joseph Hospital, visit [stjoseph.stvincent.org](http://stjoseph.stvincent.org).



## Care With You in Mind



When a woman is diagnosed with breast cancer, she may feel frightened, anxious and generally overwhelmed. Because physicians at St. Joseph Hospital understand there’s more to high-quality cancer care than simply treating the disease itself, they also focus heavily on education and emotional support.

“I want to personally help each patient through every step of the evaluation and treatment of her breast problem,” said Sarah Longmire-Cook, M.D., breast surgeon at St. Joseph Hospital. “I feel strongly that if a patient understands what she is going through, it gives her some power and decreases her fears—so education and psychological support are as important as the actual medical care a patient receives.”

St. Joseph Hospital Cancer Center offers a cancer support group. Call 765.456.5687 to learn more or turn to page 12 for upcoming dates.

# New Name, Same Great Care



## New Practice Names, Same Great Doctors

### St. Vincent Physician Network

3109 West Sycamore Street  
Kokomo, IN 46901  
765.236.8282  
Devona Beard, M.D., family medicine  
Christi Redmon, M.D., OB/GYN  
James E. Whitfield, M.D., family medicine

### St. Vincent Physician Network

188 East Southway Boulevard  
Kokomo, IN 46902  
765.453.9000  
Victoria Moyer, M.D., family medicine  
Odell Smith, M.D., family medicine  
Phillip Whitfield, M.D., family medicine  
Lisa Owens, F.N.P., family nurse practitioner

### St. Vincent Physician Network

317 South Berkley Road  
Kokomo, IN 46901  
765.459.4070  
Joseph Westrom, M.D., family medicine

### St. Vincent Physician Network

712 West Main Street  
Greentown, IN 46936  
765.628.3317  
Devona Beard, M.D., family medicine  
Ken Ridgeway, D.O., family medicine  
Margaret Romine, N.P., family medicine

### St. Vincent Physician Network

1907 West Sycamore Street  
Kokomo, IN 46901  
765.236.8457  
Maryann Chimhanda, M.D., OB/GYN  
Andrea Hoover, M.D., OB/GYN  
Jennifer Shook, N.P., nurse practitioner

### St. Vincent Physician Network

2343 West Lincoln Road  
Kokomo, IN 46902  
765.455.4090  
Karam Abbasi, M.D., general surgery  
Ala Shiyab, M.D., general surgery

MANY RESIDENTS OF HOWARD County know St. Joseph Hospital and St. Joseph Physicians are part of the St. Vincent Health system. The connection between St. Joseph and St. Vincent offers patients the best of both worlds: the convenience of world-class health care close to home and access to world-renowned specialists at St. Vincent hospitals in Indianapolis when the need arises.

This past summer the connection between St. Joseph and St. Vincent became a bit more visible when St. Joseph Physicians practices experienced a name change to St. Vincent Physician Network. The change in name had been in the works for about a year, and changing over signage, letterhead and business cards was completed during the summer months.

“St. Vincent Health is the largest healthcare employer in Indiana,” said Kathy Young, M.S., FACHE, president of St. Joseph Hospital. “With 20 hospitals statewide and approximately 13,000

employees, we are fortunate to have an opportunity to share best practices among all our sister hospitals and enjoy efficiencies that lead to reduced cost of care for our patients. The St. Joseph Physicians practices were among the last physician practices in the system to take the St. Vincent Physician Network name. With this change, we have consistency throughout the system.”

Kathy says that although the name on the outside of the building may have changed, the physicians practicing inside the offices are still the same caring doctors.

“The name change reflects our commitment to continuously improve how we operate the business side of health care,” Kathy added. “Patients will continue to see their same doctor and continue to receive exceptional care at their doctor’s office and at St. Joseph Hospital. The physicians are still connected to St. Joseph Hospital. For patients, the only change they are likely to notice is a new practice name on the door of the office.”



# Healthy Heart

## Do you know your numbers?

**TWICE EACH YEAR, ST. JOSEPH HOSPITAL INVITES** members of the community into the hospital for Healthy Heart, an all-day heart health screening provided at no charge as a service to the community. The event has proved extremely popular because of the important health information it provides—information that serves as an early warning system for those who discover they are at high risk of a heart attack or stroke.

The most recent Healthy Heart event took place on Sept. 30 and provided 300 participants with EKGs and information about their blood pressure, cholesterol, glucose and body mass index.

Trained cardiology nurses spoke privately with each participant about his or her results and offered recommendations that could improve the individual's heart health.

If you didn't attend the fall Healthy Heart event, it's still important to know your numbers. Schedule an appointment with your primary care physician and find out if your numbers are in a healthy range—it could save your life!

Call 765.452.CARE (2273) to find a physician nearby who can provide these screenings for you.



### Blood Pressure

*What is normal:*  
Less than 120/80 mm Hg

*Why it matters:* Uncontrolled high blood pressure can injure or kill you. It's sometimes called "the silent killer" because high blood pressure has no symptoms, so you may not be aware that it's damaging your arteries, heart and other organs. Possible health consequences that can happen over time when high blood pressure is left untreated include damage to the heart and coronary arteries, as well as stroke, kidney damage, vision loss and memory loss.

**Studies report 77 percent of Americans treated for a first stroke have blood pressure over 140/90 and 69 percent of Americans who have a first heart attack have blood pressure over 140/90.**

### Total Cholesterol

*What is normal:*  
Less than 200 mg/dL

*Why it matters:* As your blood cholesterol rises, so does your risk of coronary heart disease. When too much LDL (bad) cholesterol circulates in the blood, it can slowly build up in the inner walls of the arteries that feed the heart and brain. Together with other substances, it can form plaque, a thick, hard deposit that can narrow the arteries and make them less flexible. This condition is known as atherosclerosis. If a clot forms and blocks a narrowed artery, a heart attack or stroke can result.

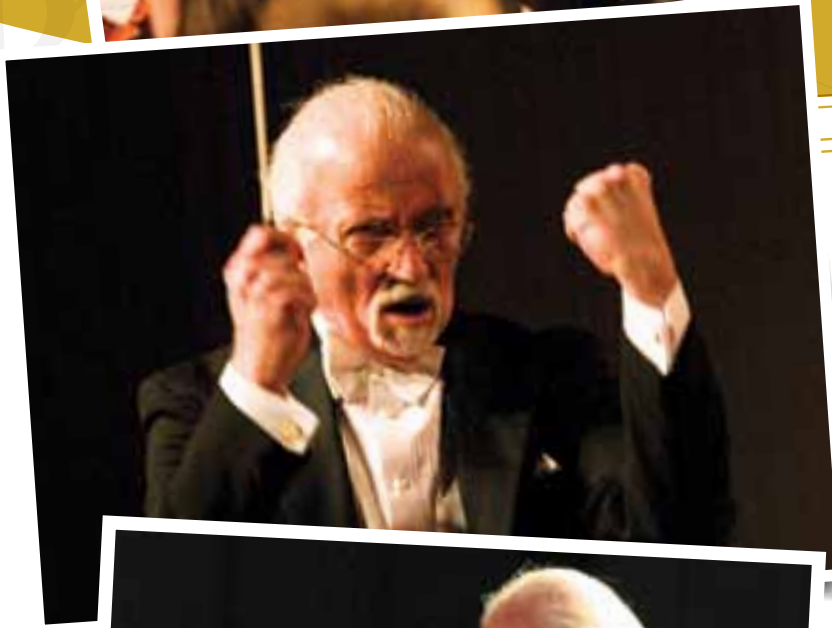
### Fasting Glucose

*What is normal:*  
Less than 100 mg/dL

*Why it matters:* A high fasting glucose can be an indication that you have diabetes. Untreated diabetes can lead to many serious medical problems, including blindness, kidney disease, nerve disease, limb amputations and cardiovascular disease.

**At least 65 percent of people with diabetes die of some form of heart disease or stroke.**

\*Source: American Heart Association



Photos by Lisa Blythe

Benjamin Del Vecchio's heart has always skipped to the beat of his own music, figuratively and literally, as Benjamin has a heart murmur.

AT 66, BENJAMIN HAD A REWARDING career as an orchestra conductor and instructor that spanned nearly 50 years and led to his present position. As the musical director of the Hendricks Symphony, his chosen profession requires him to stand for hours throughout the day, conducting his musicians with vigor and enthusiasm as he leads them through rehearsals and performances.

"I've had a heart murmur all my life, and I was always fine and seemingly unaffected. As I grew older I noticed subtle changes," explained the Indianapolis resident. "I started experiencing shortness of breath and extreme fatigue. I grew concerned when I would get up to rehearse and 10 to 15 minutes into it, it felt as if the room were spinning and I became dizzy. I knew I had to seek help."

Benjamin contacted one of his former college students, Kirk Parr, M.D., cardiologist with St. Vincent Heart Center of Indiana, and described his symptoms. Dr. Parr referred him to a colleague, Jack Hall, M.D., cardiologist and cardiovascular disease specialist at St. Vincent Heart Center of Indiana.

Dr. Hall discovered Benjamin had mitral valve regurgitation, or a "leaky valve," caused by his heart murmur and age progression. Mitral valve regurgitation occurs when the heart's mitral valve doesn't close correctly and causes

## A Grade Above the Rest

According to the Annual Hospital Quality in America Study performed by HealthGrades, St. Vincent Heart Center of Indiana continues to be ranked number one in Indiana for overall cardiac services, a ranking that's been reflected in 2006, 2007, 2008, 2009 and 2010. St. Vincent Heart Center of Indiana also ranks among the top 5 percent of all hospitals across the nation.

# Musical Interlude of the Heart

blood to flow backward into the upper heart chamber when the lower chamber contracts. Symptoms typically include:

- Cough
- Excessive urination at night
- Fatigue or exhaustion
- Light-headedness or dizziness
- Shortness of breath

### The Crescendo

Following his diagnosis, physicians determined Benjamin would require surgery.

"I remember I was terrified at first," Benjamin recalled. "I also was concerned because my surgery was scheduled for Aug. 7, and the first day of symphony rehearsal was Aug. 17—I had to be back at work in 10 days. You just don't miss rehearsal nights in this business."

Benjamin's surgery was successful, and he was strong enough to attend that first rehearsal. He credits the skilled physicians at St. Vincent Heart Center of Indiana and the incredible care he received as contributors to his speedy recovery.

"I've been to other facilities for other conditions, and the physicians at St. Vincent have been the best I've ever had," Benjamin said. "My wife was able to stay with me overnight following my procedures, which was really nice. I don't even remember much about my admission experience or when it was time to leave—that's how seamless the care was."

### Music to the Ears

Today, Benjamin reports he's feeling great. "I don't get exhausted at all like I used to," he said. "Before, I would come home from rehearsal, eat supper and fall asleep immediately. Now, after rehearsal my wife and I can go out to dinner and when we come home, I feel like I could go out and do my day all over again. My quality of life is much better. I'm on my feet, singing, yelling and conducting the music I love and hope I'll be doing just that for another 20 years."

### Chamber Music

People with similar cardiac conditions now can turn to the St. Vincent Valve Center of Excellence for advanced care.

"The Valve Center is a new concept in medicine in which cardiologists, cardiothoracic surgeons and other caregivers work together under one roof, providing comprehensive care to patients in one visit with no referral," said David Heimansohn, M.D., cardiothoracic surgeon at the St. Vincent Valve Center of Excellence. "Our physicians and surgeons offer the latest technology and valve replacement procedures, improving patient care and saving time by providing all these services in one location."

### Take Your Pulse

Individuals may take their pulse to guard against stroke and other serious heart conditions.

#### Take your pulse:

- + **STEP 1**—Take three fingers and place them on the outside of your wrist.
- + **STEP 2**—Count pulses (beats) for 15 seconds.
- + **STEP 3**—Multiply the number you count by 4; this will reveal your beats per minute (BPM).

A BPM between 60 and 100 is considered normal. If you are outside this range or feel your heartbeat is irregular, contact your physician to be evaluated.

"Atrial fibrillation is an abnormal rhythm of the heart that can lead to serious problems," said Jeff Olson, D.O., electrophysiologist with St. Vincent Heart Center of Indiana. "Taking your pulse and determining if you are within a normal range can give you insight as to whether you should have cause for concern."

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St. Joseph Hospital is a member of St. Vincent Health, the state's largest faith-based healthcare system with 20 ministries serving 47 counties in Southern and Central Indiana. | The Spirit of Caring® close to home.

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## TAKE TIME for Health

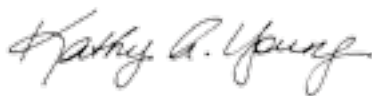


The seasons have turned again. The long, lazy days of summer are over. School is back in session. Football is in full swing. Doesn't it feel like life got busier again? And this is nothing; in a couple short weeks we'll slip into November and then it will be time to plan Thanksgiving dinners and begin the Christmas frenzy.

The busyness of life can provide a convenient excuse to avoid healthy habits: "I'm too busy to cook a healthy meal...I'll just pick up take out on the way home tonight." "After my busy day I'm just too beat to exercise...maybe I'll have time tomorrow." "I was going to find time to get together with friends and relax, but things are just so busy right now!"

As the days get shorter and life gets busier, resolve to stick with your healthy habits. Not only will good health help provide a longer life, but it will give you the energy you need to keep up with all you have to do and all you want to do.

Wishing you a happy, healthy fall!



**Kathy A. Young, M.S., FACHE**  
President, St. Joseph Hospital

## ST. JOSEPH HOSPITAL CALENDAR of EVENTS

### Classes and Programs

To register for classes, programs and seminars or for more information, please call the number noted in the descriptions below. If no phone number is provided, please call 765.456.5000. All classes are held at the St. Joseph Education Center at 615 St. Joseph Dr. unless otherwise noted.

#### Prenatal Series Classes

6:30–9 p.m.

**Oct. 25**

Prenatal Series #1—Preparation For Labor

**Nov. 1**

Prenatal Series #2—Labor

**Nov. 8**

Prenatal Series #3—Hospital Management

**Oct. 4, Nov. 15**

Prenatal Series #4—Boot Camp For Dads & Infant Feeding Basics For Moms

**Oct. 11, Nov. 22**

Prenatal Series #5—Tour and Movie Night

#### Other Classes For New Parents

**Oct. 16, Nov. 20, Dec. 11**

Accelerated Prenatal Class  
9 a.m.–6 p.m.

**Oct. 2, Nov. 6, Dec. 4**

Sibling Class  
Conference Center (lower level of hospital)  
11 a.m.–noon

**Nov. 6**

Prenatal Refresher  
Conference Center (lower level of hospital)  
2–4 p.m.

**Oct. 13, Dec. 8**

Breastfeeding Class  
6:30–9 p.m.

**Oct. 18, Dec. 6**  
Infant CPR Class  
6:30–9 p.m.

**Nov. 18**

Baby Care Basics  
6:30–9 p.m.

**New Moms Meeting**

Every Wednesday, 10–11 a.m.

#### Support For Good Health

**Amputee Support Group**

First Thursday of each month, 4:30–6 p.m.  
765.236.8500  
St. Joseph Physical & Sports Therapy,  
Forest Park

**Asthma Education Partners**

For more information, call 765.456.5233

**Bariatric Support Group**

Third Wednesday of each month,  
7–8:30 p.m.  
Call 888.338.CARE (2273) to schedule an  
appointment.

**Cancer Support Group**

Oct. 18, Dec. 30, 4:30 p.m.  
765.456.5687  
St. Joseph Hospital Cancer Center

**Narcotics Anonymous (NA)**

Donations are accepted but not required.  
For more information, call 765.456.5905.

**St. Joseph Higgins Center**

Offers a variety of massage therapies to keep  
you on the road to good health.  
Call 765.456.5000 to schedule an  
appointment.

**Stroke Support Group**

Third Thursday of each month,  
3–4:30 p.m.  
765.236.8500  
St. Joseph Physical & Sports Therapy,  
Forest Park