Hairstylist loses 175 pounds without surgery...because your life matters
Chat with the CEO

Dear readers:

I have the privilege of serving an organization whose religious founders instilled in our health ministry the moral conviction that every person deserves access to health care. In this issue, we share a story about our new Dispensary of Hope program that provides needed medications for free to uninsured patients who cannot afford their prescriptions.

At Via Christi, our commitment to serving as a healing presence to the most vulnerable also means the debate over whether Kansas should expand the Medicaid health insurance program down to a moral question. We believe caring for the least fortunate among us is the right thing to do. We also believe that expanding Medicaid is the right decision to protect jobs and help enhance our state’s business climate.

We support Gov. Sam Brownback’s goals of reforming the state’s Medicaid system through the new KanCare managed health program. I had the pleasure of meeting with the governor recently to discuss how expanding Medicaid and KanCare can improve the overall health of lower-income Kansans and, as a result, lower health care costs for businesses.

I also attended a meeting of mostly small business leaders in late February at the White House, along with three other leaders from Ascension Health, to discuss how expanding Medicaid and KanCare can improve the overall health of lower-income Kansans and, as a result, lower health care costs for businesses.

By delivering the right care at the right time in the right place, KanCare is projected to save $1 billion in Medicaid costs over five years. By expanding Medicaid, Kansas will have a healthier population and, over time, health care costs will decline. That’s a win-win proposition for low-income Kansans, for businesses and for economic growth.

Sincerely,

Jeff Korsmo
President and CEO, Via Christi Health

In February, Jeff Korsmo met with Gov. Sam Brownback in Topeka for Via Christi’s annual Advocacy Day, at left, and attended a discussion on Medicaid expansion at the White House along with other leaders from Ascension Health.
As a staff gardener who helped plant Botanica’s Downing Children’s Garden in Wichita, Laura Pham is used to nurturing tiny plants and watching them grow. Her love of gardening stemmed from her time as a young child, planting vegetables alongside her grandmother.

Laura’s parents had announced her birth as another “P” has joined the Pennington pod, in a botanical play on words with her maiden name. As a fourth-grader, she knew she wanted a career in botany.

When Laura, a consummate planner, and husband, Quy (pronounced Kwee), her high school sweetheart, bought their Wichita home in 2012, they started preparing and painting a nursery. When Laura got pregnant, they planned to have a home water birth with a Christian midwife — with the baby’s due date falling right before Christmas 2013.

“But I didn’t even make it to Halloween,” says Laura.

For the Phams, Laura’s pregnancy would become a lesson in patience, faith and trust in doctors and nurses who would try to help their unborn baby flourish.

After some unexpected issues with the pregnancy in August, the midwife recommended bed rest. Later, Laura was referred to Via Christi maternal fetal medicine specialist Michael Wolfe, MD, and then hospitalized at Via Christi Hospital St. Joseph on Sept. 12 to continue bed rest. Her water broke the next day, way too soon in the pregnancy.

“I wanted to give my son a fighting chance, but it was scary, knowing I might go into labor at any time,” says Laura.

One day past Laura’s 29th week of pregnancy, the Phams’ baby was in fetal distress. His head was pressing down on the umbilical cord, essentially clamping off his lifeline, and the amniotic fluid level was getting too low.

On Oct. 6, Baby Pham was born, weighing 2 pounds, 10 ounces.

During Laura’s three-week stay on bed rest, St. Joseph hospital became their home away from home, with Quy often spending nights by Laura’s side, then going to work at nearby Via Christi Village on Georgetown where he is a cook.

Registration costs vary. To register, go online to viachristi.org/new-parents.

Classes
- Childbirth Preparation — choose from four- or six-week classes
- Baby Care Seminar
- Nursing Your Baby
- Boot Camp for New Dads
- Happiest Baby on the Block™ — a two-hour class on calming techniques
- Two different sibling preparation classes
- Free, monthly car seat checks

“Faith is the confidence that what we hope for will actually happen; it gives us assurance about things we cannot see.”

- HEVERBS 11:1

Laura Pham prepared prayer cards to help her through her pregnancy.

Whether it’s your first child or you’ve already started a family, you can ensure a great start to your new baby’s life with the resources available through Via Christi Health.

Can you help?
To learn how you can support Via Christi’s OB services and the special needs of both mother and baby, visit viachristi.org/ways-to-give or contact the Via Christi Foundation at 316-239-3520.

No doubting Thomas
Born 11 weeks early, Thomas Pham was nurtured at Via Christi Hospital St. Joseph and is now blossoming under his parents’ care.

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(Cont. on page 6)
“We were there for so long, we knew everyone by name,” remarks Quy. Laura, in keeping with her meticulous nature, wrote down the name of every nurse and staff member she and her family encountered.

The staff members “were so knowledgeable, answering all our questions, and really helped provide us with encouragement,” recalls Laura.

Laura also found tremendous solace in the prayer cards she’d created during the last few days of summer – in anticipation that she’d be using them during the home birth in December.

Four days after their baby’s birth, the Phams settled on a name: Thomas, rooted in the Biblical story about the Apostle Thomas who initially doubted Jesus’ resurrection. “God still provides, even when you doubt,” says Laura.

Thomas flourished during his nearly two-month stay in Via Christi’s Neonatal Intensive Care Unit. By the time he was released Dec. 2, the day after Laura’s birthday, he had more than doubled his birth weight.

How early was Thomas’ birth?
A baby born at 40 weeks is considered full term. Little Thomas was born at only 29 weeks.

New beginnings
NewLife Center
Via Christi Hospital St. Joseph
3600 E. Harry
Wichita, KS 67218
316-268-5000

Via Christi’s NewLife Center offers privacy, special touches, and highly skilled labor and delivery nurses dedicated to offering family-centered care. Expectant families also have access to the technology and specialists needed for high-risk pregnant mothers and premature or ill newborns. It spans the entire fourth floor of the hospital, giving it the feel of a freestanding birth center.

In the NewLife Center’s Level III Newborn Intensive Care Unit, newborns with urgent health concerns receive life-transforming care.

Other features:
• 15 labor and delivery suites
• Mom and baby suites with queen-size beds for postpartum care
• State-of-the-art surgical suites
• Certified lactation consultants available in hospital and for follow-up support

To arrange a tour of the birthing unit and suites, go online to viachristi.org/new-parents

How early was Thomas’ birth?
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What are the challenges for babies born this early?
With significant help from highly skilled NICU staff and specialized equipment, most babies born as early as Thomas survive.

• Breathing may require constant monitoring, treatment with oxygen and airway and lung support
• Feeding needs include IV nutrition or tube feeding; difficulty coordinating sucking, swallowing and breathing
• Susceptibility to infection may require antibiotics therapy
• Risks for brain bleeding and growth and developmental delays
• Anemia, jaundice, low blood sugar and difficulty regulating body temperature

See yourself with the body you want
Be confident in your breast enhancement with 3-D imaging
Considering plastic surgery? Preview the new you with Via Christi Advanced Aesthetics & Plastic Surgery. With the only breast imaging system in Kansas, you can see a 3-D model of how you’ll look with your new figure.

Call today for your free consultation:
316.252.1413

Via Christi Life
GREAT CARE

About 500,000 people in the United States have severe aortic stenosis, a heart valve disease in which the valve is narrowed. Because this disease usually occurs in people over the age of 75, some patients with the disease are identified as inoperable or at high risk if they were to undergo open heart surgery. Without treatment — replacement of the diseased aortic valve — severe aortic stenosis will shorten life, and it has a far higher risk of death than cancer. But these inoperable or high-risk patients now have new hope with a non-invasive procedure, a transcatheter aortic valve replacement (TAVR), that delivers a replacement heart valve in much the same manner as a common heart catheterization procedure. The replacement valve is delivered either through an artery in the leg (transfemoral) or an incision between the ribs and through the bottom of the heart (transapical). These procedures require the highest-quality technology for success, which can be found in the hybrid operating room at Via Christi Hospital St. Francis.

The team determined that she was, and Jene and her family decided to go forward with the only treatment option available to them. On Oct. 17, 2013, Jene became the first of approximately a dozen Kansas patients to undergo a TAVR procedure in St. Francis’ hybrid operating room, which combines the technology of a catheterization lab with high-quality X-ray and other imaging equipment, all within the sterile environment of an OR. Her physician team included Dr. Chehab, cardiothoracic surgeons Brett Grizzell and Sanjay Khicha, cardiologist Richard Stockley and anesthesiologist David Havey. Within six hours, Jene was up in a chair and by the following morning was walking in the halls. She returned to her Garden City home five days after her surgery and since that time, says Sam, “It’s been amazing what my mother has been able to do.”

“God bless, we came here to St. Francis, where everything just fell into place. It’s been awesome.” — Sam Hanes

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The new valve is guided into position.

The valve is expanded with a balloon.

The replacement valve functions immediately.

More about the transcatheter aortic valve replacement, or TAVR procedure

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The process

1. The new valve is guided into position.
2. The valve is expanded with a balloon.
3. The replacement valve functions immediately.

Is TAVR right for you? Talk with your cardiologist about the procedure. Or call 316-268-8650 to speak with our clinical coordinator at the Heart Valve Clinic.

Via Christi Life 9
In the air and during recovery, injured skydiver pushes himself to the max

**The jump** started like all the rest. Dan Watts stepped out of the plane with two friends, met up briefly with them in midair to grasp hands, then separated from them to pull his parachute ripcord.

Only this time, unlike his previous 173 skydiving jumps, he couldn’t get his main chute to open. As he continued to free fall, he eventually got his emergency chute to open just 900 feet off the ground — far lower than normal.

Dan hit the ground hard, shattering his right femur, fracturing his right sacrum (bone between the spine and the pelvis) and breaking the pedicles, or bony protrusions, off one of his neck vertebrae.

After a 10-day hospital stay, Dan was still unable to move himself around in bed, walk more than a few steps with a walker or dress himself.

“There was no way I could have brought him home like that,” says Dan’s wife, Brenda. “Had he not gone to rehab, I don’t know what he would have done.”

**Team approach**

The Wattses chose to continue Dan’s care at Via Christi Rehabilitation Hospital, in part because of its proximity to their home in Derby. But they soon realized that the Wichita hospital was a good fit because of the care Dan received to help him return to his busy lifestyle.

**“I just credit the staff at the Rehabilitation Hospital with their extreme kindness — from the therapists to the ladies who work in the kitchen.”**

—Dan Watts, former Via Christi Rehabilitation Hospital patient, shown with Brittany George, therapist

The hospital, located at 1151 N. Rock Road, offers an array of treatment options, including physical, occupational, and speech therapy; dialysis; and aquatics for patients with a variety of conditions.

“We use the term interdisciplinary,” says Kevin Rieg, MD, medical director at Via Christi Rehabilitation Hospital. “For instance, if a physical therapist is working with a patient with low blood sugar, they might call the nurse. Everyone coordinates and talks with one another so we’re all moving in the same direction.”

Dan and his care team set goals for his therapy, including being able to dress himself and sit up to eat. Later, the goals included walking distances with a walker.

“The encouragement the therapists give you is huge — it’skeys,” Dan says. “I pushed myself to the max. It hurt, but you know it’s all for the better.”

**Major progress**

The therapists who worked with Dan say he was a model patient during the nine days he was at the Rehabilitation Hospital. By discharge, he was able to bathe and dress himself and could walk 300 feet with a walker.

“He was the perfect rehab candidate,” says physical therapist Kelly Moore. “He had a high level of intensity.”

Adds occupational therapist Brittany George: “He had a pretty big turnaround for nine days. Once he could see he was doing more for himself, he took off — I had to remind him to slow down sometimes.”

As he continues to recuperate at home, the self-proclaimed “adrenaline junkie” is focusing on returning to his job delivering beverages around Wichita.

“When Dan is asked if he would return to skydiving, his wife intervenes. “Yes, he will,” Brenda says. “No ifs, ands or buts about it.”

**Inpatient rehabilitation**

Is it right for you?

Do you require 24-hour medical services by registered nurses and close supervision by a rehabilitation physician?

Do you have a condition or disability in one of these categories? Stroke, spinal cord injury, congenital deformity, amputation, major medical trauma, fracture of the femur, brain injury, neurological disorder, burns or other appropriate diagnosis.

Can you participate in a minimum of three hours of therapy, five days a week?

Do you expect to improve enough to return to a home setting?

To learn more about Via Christi Rehabilitation Hospital, visit viachristi.org/rehab.

For information about inpatient rehabilitation services at Via Christi Hospital St. Teresa in west Wichita visit viachristi.org/st-teresa-rehab, and at Via Christi Hospital in Pittsburg visit viachristi.org/pittsburg-rehab.
New processes help Via Christi Hospital in Pittsburg maintain consistence and quality

It’s an unfortunate reality that sometimes being in the hospital can make you sicker than you were when you came in. At Via Christi Health, we are taking steps to make that don’t happen.

Industries like aviation and manufacturing have developed steps to increase safety and processes that make them high-reliability organizations. Throughout Via Christi, we are working to become a high-reliability organization as well. What does that mean?

That means safety is at the forefront of everything we do. We are searching for ways to make your hospital stay safer and sure that doesn’t happen.

“You came in. At Via Christi Health, we are taking steps to make your hospital stay safer and processes that make them falling to avoid injuries.

The team put together a “fall room,” where staff from all departments were asked to identify fall risks within a patient room by completing a checklist. An educator guided the learning so that it was interactive for each staff member.

Communicating and implementing change

Efforts like this are happening throughout the Pittsburg hospital and all of Via Christi, with a focus on changing the culture of health care.

“We have to be talking about it. We have to change the culture,” says Julianna Rieschick, MSN, the hospital’s patient care and nursing administrator. “We have to focus on what we can do, and change doesn’t happen in one day. We’re starting with things that employees understand and appreciate.”

Improving safety is everyone’s responsibility.

“We focus on safety input from a variety of sources, from patients to physicians,” says Carrie Amershek, director of Quality and Risk Management. “The concept of high reliability had its beginnings in the aircraft and nuclear power industries, and health care systems are working to implement processes learned from those industries. That means better and safer care for patients.”

Identifying safety issues

Falls by patients are of significant concern for nearly all hospitals, so the hospital in Pittsburg has put together a fall-prevention team. This team includes physicians and nurses, and looks at what can be done to keep any patient from falling, but especially to help those at higher risk of falling to avoid injuries.

“The members of this team recognized that it’s not enough for just the clinical team to recognize potential fall concerns,” says Julie Ibeh, RN, a nurse education specialist. “Everyone can help prevent a possible fall.”

The team put together a “fall room,” where staff from all departments were asked to identify fall risks within a patient room by completing a checklist. An educator guided the learning so that it was interactive for each staff member.

“What is a HIGH-RELIABILITY ORGANIZATION?

A high-reliability organization is one that is consistent in reaching its goals and works to avoid possible catastrophic events. The concept of high reliability had its beginnings in the aircraft and nuclear power industries, and health care systems are working to implement processes learned from those industries. That means better and safer care for patients.

WHAT DOES THAT MEAN?

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Drink plenty of water
Because your body is made up of 60 percent water, it needs water to work properly. Adequate hydration leads to better waste removal, circulation, organ function and energy levels. Dehydration can lead to fatigue, dizziness, dry skin and other symptoms, says Dr. Huskey.

Replacing drinks that are high in calories, such as soda or juice, with water is a good way to lose weight. Not drinking enough water throughout the day can lead you to mistake thirst for hunger, and you might eat more than you need.

Having water readily available makes it more likely that you will sip on water than a high-calorie beverage. Also, drinking water during and after each meal can help you feel full longer and aid in the digestion of your food.

Focus parenting on “time in,” not “time out”
Your children don’t really want more toys or gadgets or after-school activities. What they crave is your attention and approval.

— Amy Seery, MD, pediatrician

Jeremy Stallbaumer, MD, orthopedic spine surgeon at Via Christi Clinic on Founders’ Circle in Wichita
A fellowship-trained spine surgeon, Dr. Stallbaumer grew up in Kansas, attending Wichita State University and the University of Kansas School of Medicine. He and his wife, Leah, have a 2-year-old daughter. In his spare time, Dr. Stallbaumer enjoys running and watching KU basketball.

Have your child tested for scoliosis
About 1 in 200 school-aged children will develop scoliosis, which is a lateral curvature of the spine, says Dr. Stallbaumer.

Warning signs of scoliosis include:
• Shoulders at different heights, or one shoulder blade is more prominent
• Head not centered over the pelvis
• One hip appears higher or is more prominent
• The rib cage is uneven
• The waist is uneven, with one side looking more curved than the other
• The entire body leans to one side

If you observe one or more signs, you should have your child tested by your family physician. Oftentimes, minor curvature is only observed to make sure it doesn’t get worse. In other cases, a child can be treated with a back brace or, in more extreme instances, with surgery.

Denise Huskey, MD, family physician at Via Christi Clinic on East 21st in Wichita
Originally from Andover, Dr. Huskey has known she wanted to be a doctor since the age of 3. She and her husband, Steven, have two children: Landon, 3, and Mason, 6 months. Prior to joining Via Christi Clinic, Dr. Huskey practiced in Parsons. In her spare time, she enjoys Zumba workouts, watching television and spending time with her family.

Invest in a good pair of shoes
Shoes play the lead role in affecting foot function and helping us avoid pain. Seek out an established business where staff will take time to fit your feet well, including measuring your foot to determine appropriate sizing.

— Joseph Lickteig, DPM, podiatrist

Stick to a sleep schedule
Define a bedtime and make yourself a bedtime routine to wind down for a better night’s sleep. Go to bed only when sleepy. Avoid screen technology before bed and naps.

— Marvin Sih, MD, neurologist and sleep medicine specialist

Most of us have made New Year’s resolutions, but how many of us stick to them?
What if, instead of trying to change our entire lives around with the flip of a calendar year, we did it one simple step at a time?

We’ve asked Via Christi physicians to suggest “One Healthy Thing” you can do to help make you or your family healthier in 2014.

See “One Healthy Thing” tips on avoiding heartburn, diabetes, losing weight and more at vcwomensconnection.com/one-healthy-thing
Dispensary of Hope: Turning ‘waste’ into blessings for patients in need

Sonja Struble’s patient — who was recently diagnosed with lung cancer and recovering from pneumonia — was ready to be discharged from Via Christi Hospital St. Francis. But as he told Struble, his hospital case manager, he was unemployed, had no insurance and no way to pay for the medications his doctor had prescribed to help keep him out of the hospital. One medication alone — to help him breathe more easily — would have cost him more than $240 for a month’s supply.

The man easily could have become one of the 1-in-10 hospital patients who go home without the vital follow-up medications they need simply because they can’t afford them.

“Without his medications, he probably would have ended up right back in the hospital,” says Struble. “What a relief — to him and to me — that we could get him the medications he needed for free because Via Christi is part of the Dispensary of Hope network.”

Helping patients in need, here and nationwide

Every year, pharmaceutical companies give billions of dollars in medication samples to doctors’ offices. Many of these samples go unused, never helping the patients for whom they were intended.

Dispensary of Hope is helping put a stop to that waste.

This nationwide nonprofit collaborative, sponsored by Saint Thomas Health of Nashville, invites doctors to send their unused samples directly to the program’s Tennessee clearinghouse, where they are inventoried and shipped free of charge to not-for-profit hospital and clinic patients in need. The dispensary also receives donated medications from pharmaceutical manufacturers and accepts cash donations from individuals to purchase additional medications.

Via Christi is the only Kansas access site for Dispensary of Hope. Its Outpatient Pharmacy at St. Francis and the Via Christi Clinic Pharmacy at 3311 E. Murdock fill prescriptions through the program for qualifying Via Christi hospital and ER patients who have no insurance and meet low-income guidelines, says Mark Gagnon, PharmD, director of ePharmacy and part of the Via Christi leadership team that worked together to bring the Dispensary of Hope program here.

Since January, when it became part of the Dispensary of Hope network, Via Christi has received more than $25,000 in free medication for distribution to its patients in need, says Gagnon.

A service at the heart of our mission

By filling that need in the community, this program “goes to the heart of the mission here at Via Christi,” says Peg Tichacek, interim chief mission integration officer. After hearing about the program at Saint Thomas — which also is part of the Dispensary of Hope network — Via Christi lobbied hard to become an access site.

“Dispensary of Hope is a wonderful collaboration across the country that is solely focused on serving persons who are poor and vulnerable, and it’s wonderful to be a part of that,” Tichacek says.

HOW DOES DISPENSARY OF HOPE WORK?

Donations from pharmaceutical companies

Unused medication samples from doctors

Shipped to a warehouse

Made available to an uninsured, low-income patient

Distributed to a licensed dispensary

Visit dispensaryofhope.org to learn more about Dispensary of Hope or to support its mission with a donation.
As a seventh-grader, Molly Sapp weighed 250 pounds, leading her mother to enroll her in a nationally franchised weight management program. But by high school, Molly had put back on the 100 pounds she’d lost, plus some. So at her mother’s urging, she joined Via Christi’s Weight Management program.

At the time, she says, she wasn’t ready to fully commit to the program and consequently didn’t benefit as much as she could have and quickly regained the weight. She later tried to restart her program, “but while I wanted it more, I believed in my ability to be successful even less.”

It wasn’t until Molly was nearly 30 and earning professional success that she was ready to fully invest in a weight management program and in herself. And when she was, she chose Via Christi’s HMR® Program for Weight Management™. “I decided to let it do for me what it was designed to do,” says the 31-year-old hairstylist and social worker, who after 18 months of program participation has maintained a weight loss of more than 175 pounds and is looking and feeling great.

And while it hasn’t been an easy journey, the rewards have been far greater than achieving a target weight or body mass index. “It’s never been about a number — it’s about being comfortable with my own reflection in the mirror and being a more authentic version of me,” says Molly.

Highest weight, lowest point

After graduating from high school, Molly’s interest in fashion, hair and makeup led her to enroll in hair design school, even though beauty “was something I didn’t feel like I could claim for myself because of my weight.”

Working as a stylist, she found that she loved being able to make a difference in how her clients felt about themselves in such a short period of time. But Molly wanted to help people make even bigger changes in their lives, so she enrolled in college and earned her undergraduate and graduate degrees in social work. She began working as a social worker helping others feel better, while continuing to operate her own after-hours salon.

“When I was at a place in my career where I was comfortable tending to others, my own weight was the most I had ever been,” she says. “My highest weight brought me to my lowest point. I’d reached bottom, as I knew I couldn’t go on living the way I was.”

So, she decided it was time for her to help herself and enrolled in Via Christi’s HMR® Program for Weight Management™. “I had tried every single diet that was out there, but knew Via Christi statistically had the best long-term results,” she says. As a social worker, she needed the program’s research and outcomes data which she knew offered the resources, tools and support she needed.

Is medically supervised weight loss for you?

Via Christi’s HMR® Program for Weight Management™ uses a common-sense, safe approach to help participants in their efforts to achieve and maintain a healthy weight. It includes:

- A medically directed program with a proven track record of rapid and significant weight loss.
- Weekly lifestyle education classes.
- A personal weight-loss coach who, along with fellow participants, provides support and encouragement.
- Tasty and nutritious low-calorie foods.
- Weekly encouragement.
- Access to the resources she needs going forward.

From conspicuous to capable

Molly completed three 12-week, first-phase sessions and most of a fourth before moving on to the second-phase maintenance portion of the program. “I’m still learning how to manage my weight and enjoy all aspects of my life,” says Molly, who continues to participate in the program’s maintenance phase.

But with the help and support of her coach, Angie Cassity, and the rest of the Via Christi Weight Management team, her program peers and her family, she’s gone from feeling conspicuous to capable. And while she says “by no stretch of the imagination has this been easy,” she now has the skills and access to the resources she needs going forward.

Says Molly: “I started out believing in Via Christi’s program. Today I believe in me.”
'myViaChristi' a major key to improving the patient experience

Jacques Blackman, MD, hates when he phones a doctor's office or business, then gets a recording telling him to press number after number before he can be connected with a live person — only to end up having to leave a message anyway, and begin a game of telephone tag.

He doesn’t think Via Christi Clinic patients should have to endure that. So three years ago, Dr. Blackman, a family physician, began offering his patients an opportunity to communicate with him directly, using secure email.

Today, more than 900 patients use email to ask Dr. Blackman and his care team questions, to review their lab results and request prescription renewals. Other Via Christi Clinic physicians also have begun using secure email to connect with their patients.

In early summer, Via Christi will take that concept a step further, by giving all of its patients the ability to email their care teams and review their medical records through a secure online patient portal called ‘myViaChristi.’ Think of it as online banking with your doctor.

Using the portal will be optional, but Dr. Blackman says his patients tell him they love the convenience of emailing him. He also believes providing all Via Christi patients electronic access to their medical records will help them become more engaged in their own health care.

“I think the more information patients have, the better their care will be,” says Dr. Blackman, who practices at Via Christi Clinic’s offices on West 21st Street in Wichita. “People already do quite a bit of research on the Internet before they come in to see me. I think our patients really like using email to communicate with us — and I hear complaints when they can’t email other doctors or get their lab results emailed to them.”

Using email also saves time for Dr. Blackman and his care team. “This eliminates phone tag,” he says with a smile. “And our patients are happier.”

Jacques Blackman, MD, pictured at right with Tasha Lucas, medical assistant

A virtual house call

Emaile McCafferty, a medical technologist at Via Christi Hospital St. Teresa, is among the nearly 50 percent of Dr. Blackman’s patients who have chosen to use email as a method of communicating with him and his patient-care team.

“It has been so helpful to have an email relationship with Dr. Blackman,” says Emaile, who helps coordinate care for her husband, three children and her 85-year-old mother. “I feel like Dr. Blackman and I are...”
Health care harmony
‘myViaChristi’ helps patients stay closely in tune with their care provider

By registering to use the new myViaChristi Web portal, Via Christi patients will be able to:
- Review their medical record
- Review laboratory test results
- Use secure email messaging to communicate with their Via Christi Clinic physicians and care teams
- Request prescription refills and renewals
- Request an appointment with a Via Christi Clinic physician and review a schedule of upcoming appointments

Goggles distract pediatric patients with movies during MRI exam

Last March, 6-year-old Ethan Wallace began experiencing some numbness in his feet. After seeing his family physician in Garden City, he was referred to a specialist in Wichita, who ordered a magnetic resonance imaging exam at Via Christi Hospital St. Francis.

However, in order for the MRI to be successful, Ethan would have to lie completely still for at least 35 minutes. That’s not easy for most young children, and often requires sedation.

Luckily for Ethan, the Grant and Norma Davis ChildLife Center at St. Francis had recently purchased CinemaVision MRI goggles, which allow pediatric patients to watch movies during exams.

“When we arrived for the MRI, they offered the goggles as an alternative to having him sedated,” says Renee Cornett-Wallace, Ethan’s mother.

Renee was skeptical that the goggles would hold her son’s attention. But Ethan selected a movie from a small library of titles and stayed completely still during the exam.

“I would definitely tell other parents to give the goggles a try,” says Renee. “If my 6-year-old can lie still for more than 30 minutes, I think it would work for about anyone.”

To learn more about how to support CMN Hospitals at Via Christi Health, visit viachristi.org/cmnhospitals
Newton physicians share a passion for patient care and service to their hometown

When longtime Newton residents Irma and Max Voran were looking for a new primary care doctor, they chose Randall Goering, MD, family medicine physician with Via Christi Clinic in Newton, based on the recommendation of friends.

“We heard he had patients follow him from Wichita to Newton for their care. We thought that was a pretty good endorsement,” says Irma.

He exceeded their expectations. Twenty years later, because of the Vorans’ recommendation, their daughter and her family and many of their friends are also his patients.

A trusting relationship * “Dr. Goering really listens,” says Max. “He is thorough; often follows up with us personally. He always works together with us as patients.”

The couple cited an example in 2009 when Max experienced shortness of breath while they were hiking in the Appalachian Mountains. Soon after their return home, at her routine appointment, Irma expressed her concern about Max to Dr. Goering. The doctor made time to see Max that same day and, after a comprehensive examination, recommended he see a specialist.

“He’s very proactive,” Max says. “He was open to the idea of me seeing a cardiologist of my choice, not limiting his referral to a doctor within his organization.”

Community ties • Dr. Goering was born at Bethel Hospital, one of two hospitals that later merged to form the Newton Medical Center. He grew up in Wichita and attended Bethel College in Newton, where he met his wife, Carol. After working as a physician in Wichita for seven years, he moved to Newton in 1994 for a position with Axtell Clinic.

Moving to Newton was an easy and obvious choice because his parents and alma mater were there, and Carol was able to teach at elementary schools throughout the city.

Many of Dr. Goering’s clinic colleagues are also longtime Newton residents. He and Jon Casimir, MD, and Michael Williams, MD, worked together at Axtell Clinic for six years before joining what is now Via Christi Clinic in 2000.

“We’ve developed a relationship from working together over the years. We enjoy spending time together outside the office,” says Dr. Casimir of the unique camaraderie shared by many of the physicians.

The Vorans feel that kindred spirit, too. They share Dr. Goering’s affinity for both photography and travel. Irma, a retired interior designer, decorated three of the doctor’s exam rooms with mounted prints of both men’s photos.

“We feel like our relationship with him is personal as well as professional,” Irma says.

A civic-minded team • The clinic physicians strive to improve life for Newton’s large population of chronically ill patients and older adults. Several of them have volunteered at the Health Ministries Clinic — the vision of Timothy Wiens, MD — which provides care to the underserved. Additionally, they serve on the Nursing Home Consortium board and are the medical directors for seven of the nine nursing homes in Newton.

“We all want to improve the efficiency in the way community physicians interact with nursing homes,” Dr. Goering says. “As the concept of a ‘patient-centered medical home’ for primary care evolves, we are working toward the same goals to reduce readmissions and improve care. It’s an opportunity for all of us to work together.”

Drs. Goering and Wiens also are active with the First Mennonite Church as well as the Harvey County Homeless Shelter. Other physicians volunteer with a local Boy Scouts of America troop and participate in other service opportunities. Clinic manager Stefanie Hayes says the community commitment of the physicians and staff is what drew her from Missouri. “They are all about relationships; very patient-, family- and community-focused.”

Via Christi physicians enjoy a positive relationship with the Newton Medical Center. Dr. Goering has been on the hospital board for eight years, and Dr. Williams was a board member prior to him. Clinic physicians appreciate that Via Christi leaders advocate for local care.

“We are grateful to have a supportive administrative group which understands and supports patient preference to remain in their local community for care when appropriate,” says Terry Mills, MD.

“Newton has a great hospital and medical staff. It’s a good place to live and a wonderful community of people.”

— Dr. Goering
Mom continues to enjoy active life after skin cancer diagnosis

Since being diagnosed with skin cancer nearly two years ago, Marsha Epperson has gone through a series of biopsies and lifesaving treatments. It’s the second time the 56-year-old mother of three has been treated for skin cancer, but the diagnosis still came as a shock.

“I was always outside, either playing sports like tennis and softball or at the lake, but I never was a ‘sun tanner,’” says Marsha. “So I never thought I would get diagnosed with skin cancer once, let alone twice.”

Precaution pays off

In 2006, Marsha began seeing a dermatologist yearly. During the next five years, she had a few precancerous sites frozen, but was never diagnosed with skin cancer. She continued to work with her physician to carefully monitor her skin for any new sites or concerns.

When her dermatologist moved in 2012, she was referred for a routine check to Kesha J. Buster, MD, a dermatologist with Via Christi Clinic. During her initial screening, Marsha asked about a growing lesion on her right lower leg. Dr. Buster identified 10 additional areas of concern for skin cancer. She biopsied six of the most worrisome sites, treated three basal cell carcinomas — the most common and least threatening cancer that develops in the lower layers of the skin — on Marsha’s back and prescribed topical chemotherapy for other areas.

The diagnosis

Test results confirmed two spots, including the one on her leg, were melanomas, the most dangerous and invasive type of skin cancer, and Marsha returned to Dr. Buster’s office for further treatment and some additional tests.

“I decided that the other suspected basal cell carcinomas needed to be biopsied and tested as well, especially since the spot on Marsha’s right arm was atypical and turned out to be amelanotic or ‘pink’ melanoma,” says Dr. Buster. Microscopic examination confirmed Dr. Buster’s suspicions. The areas were basal cell carcinomas and Marsha completed a course of topical chemotherapy.

In August 2013, Marsha underwent a series of treatments for her melanomas and, as a precautionary measure, had the sentinel lymph node removed from her right leg where the cancer had been especially deep.

Marsha was fortunate the cancer had not yet spread to her lymph nodes, but she’s not yet in the clear as new spots have required treatment at each of her three-month check-ups.

Thinking positive

While the cancer and subsequent treatment has scoured her skin, it hasn’t taken away her positive outlook and hopes for the future.

“I am not going to let cancer define me,” says Marsha, who is eagerly awaiting the birth of her fourth grandchild.

KNOWLEDGE IS POWER

While skin cancer occurs among all skin types, people with darker complexions often aren’t diagnosed until their cancer has reached a more advanced stage, which makes it more difficult to treat and leads to a higher mortality rate.

The good news: If skin cancer is detected early, it is highly treatable. It’s important to ask your physician about any new or changing spots on your skin, paying close attention to the palms of your hands, the soles of your feet, your finger and toe nails, mouth, groin and buttocks.

You can reduce the risk of skin cancer by taking precautions such as seeking shade, wearing protective clothing, applying sunscreen and avoiding intentional tanning. Taking oral vitamin D is beneficial for skin cell health and is especially important for people of color, postmenopausal women and older adults as they are often deficient in this important vitamin.
Just one blistering sunburn in childhood doubles your risk of melanoma.

1 in 5 Americans will develop skin cancer in the course of their lifetime.

There are three main types of skin cancer:

- **MELANOMA**: Usually dark with irregular border, usually greater than 6 millimeters in diameter. Forms in pigment cells.
- **SQUAMOUS CELL CARCINOMA**: Slowly or rapidly growing red, scaly bump. Forms on the skin’s surface. Translucent, fleshy color with tiny blood vessels on the surface.
- **BASAL CELL CARCINOMA**: Forms in lower epidermis. Forms in lower epidermis.

Soaking up the sun is a favorite pastime for many, but too much unprotected exposure can lead to deadly results. Learn the facts about skin cancer and some easy ways to protect yourself.

- **How much sunscreen should you use?** A shot glass worth, or 1 ounce.
- **Reduce your sun exposure, especially between 10 a.m. and 2 p.m.** when the sun’s rays are the strongest.
- **Wear sunscreen.** Choose one with a sun protection factor (SPF) of at least 30 and with both UVA and UVB protection.
- **Get an annual skin cancer screening by a medical professional.** Skin cancer is sometimes mistaken for harmless freckles or moles and may go unrecognized.
- **Put on a hat and shirt.** The use of shirts, hats and UV-blocking sunglasses offers safe and effective protection from the sun.
- **Seek the shade.** To cover up.

Each year there are more new cases of skin cancer than breast, prostate, lung and colon cancer combined.

Get an annual skin cancer screening by a medical professional. Skin cancer is sometimes mistaken for harmless freckles or moles and may go unrecognized.

Get checked!

Wear sunscreen. Choose one with a sun protection factor (SPF) of at least 30 and with both UVA and UVB protection.

Protect yourself!
Get walking and start taking a more active role in your health.

You’ll find everything from a mobile app to map out your own walking path to an activity tracker at StartWalkingNow.org — one of the many resources developed as part of the My Heart. My Life. initiative.

Make plans now to join us for:

APRIL 2
NATIONAL WALKING DAY
Put on your sneakers and grab a co-worker, friend or family member and go for a walk.

MAY 4-5
PRAIRIE FIRE HALF MARATHON RACE SERIES
Register now at prairiefiremarathon.com, then pick up your packet at Saturday’s KidFest for Sunday’s 1-mile My Heart. My Life. Fun Run/Walk.

JUNE 14
MY HEART. MY LIFE. WICHITA HEART WALK
Take part in either the 3-mile or the 1-mile survivor walk at this family-friendly Saturday morning event at Cessna Stadium — and enjoy some heart-healthy refreshments when you finish. To register or get more information, go to wichitahartwalk.org.

Via Christi Health is partnering with the American Heart Association and American Stroke Association in My Heart. My Life. — a national campaign designed to help families eat healthier, become more active and live longer.

1. GET ACTIVE
Getting at least 30 minutes of moderate physical activity five times per week will lower your risk for cholesterol, blood sugar and blood pressure problems, and help you manage your weight. An added bonus: Physically active people nearly always report better moods, less stress and more energy.

2. CONTROL CHOLESTEROL
Being physically active and eating foods low in cholesterol, trans fats and saturated fats, and high in fiber can help you keep your cholesterol in check. If your cholesterol is 200 mg/dL or higher, work with your physician to develop a plan and follow through.

3. EAT BETTER
If you’re frequently skipping out on veggies, fruit, low-fat dairy, whole grains, and lean meats and fish, your body is missing the basic building blocks for a healthy life. So stock your kitchen with more produce and less junk food and start tracking what you eat.

4. MANAGE BLOOD PRESSURE
Eating a heart-healthy, reduced-sodium diet, enjoying regular physical activity, maintaining a healthy weight, managing stress, limiting your alcohol intake and avoiding tobacco smoke can all help bring your blood pressure within a healthy range.

5. LOSE WEIGHT
If you have too much fat — especially if a lot of it is around your waist — you’re at higher risk for high blood pressure, high blood cholesterol and diabetes. Losing even 5 to 10 pounds can produce a dramatic blood pressure reduction.

6. REDUCE BLOOD SUGAR
If your fasting blood sugar level is above 100, that could indicate diabetes or pre-diabetes. Your doctor may prescribe changes in eating habits, weight control, exercise programs and medication. The good news: Small changes can add up to big improvements.

7. STOP SMOKING
Smoking increases your risk for coronary heart disease, hardened arteries, aneurysm and blood clots and can reduce your good cholesterol (HDL) and lung capacity. So do whatever it takes to quit. Need help? Talk with your physician or call the Kansas Tobacco Quitline, 800-784-8669.

You’ll find everything from a mobile app to map out your own walking path to an activity tracker at StartWalkingNow.org — one of the many resources developed as part of the My Heart. My Life. initiative.

Make plans now to join us for:

APRIL 2
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Put on your sneakers and grab a co-worker, friend or family member and go for a walk.

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PRAIRIE FIRE HALF MARATHON RACE SERIES
Register now at prairiefiremarathon.com, then pick up your packet at Saturday’s KidFest for Sunday’s 1-mile My Heart. My Life. Fun Run/Walk.

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List all the vegetables you ate today. A slice of tomato on your burger? A baked potato with your steak? You can do better than that!

In fact, Via Christi dietitians encourage all of us to eat at least three to five servings of vegetables every day to get the vitamins, minerals and fiber we need.

But who does that?

We all can, with a bit of help from tasty recipes like this one, a meal in itself that includes more than three servings of vegetables.

**Southwestern Salad with Black Beans**

**Serves four**

**Dressing**

- ½ ripe avocado, peeled
- ¼ cup of cilantro, chopped
- ¼ cup nonfat plain yogurt
- 2 green onions, chopped
- 1 clove garlic, quartered
- 1 tablespoon lime juice
- ½ teaspoon sugar
- ½ teaspoon salt (optional)

**Salad**

- 12 cups spring mix or other mixed greens
- 1 can black beans, drained and rinsed
- 2 cups corn kernels, fresh or frozen (thawed)
- 2 cups grape tomatoes

To make salad dressing, place in blender the avocado, cilantro, yogurt, green onions, garlic, lime juice, sugar and salt, then blend until smooth. Makes about 1 cup dressing (8 servings).

Place greens in large salad bowl and toss with ½ cup of the dressing. (Refrigerate the remaining dressing in a covered container.) Divide the greens between four large plates (3 cups per person). Top each plate with about ½ cup each of the black beans, corn and tomatoes. If more dressing is desired, drizzle an additional tablespoon over each serving (adds about 25 calories).

**Nutritional Information (Per Serving):** 235 CALORIES, 4 G TOTAL FAT, 307 MG SODIUM, 43 G CARBOHYDRATES, 13 G FIBER, 13 G PROTEIN, 1,325 MG POTASSIUM; AND NEARLY 100 PERCENT OF DAILY REQUIREMENTS OF BOTH VITAMINS A AND C. DIETARY EXCHANGES: 2 STARCH, 2 VEGETABLE, 1 LEAN MEAT, 1/2 FAT.
Residents enjoy choices, personal touch with Via Christi Villages dining

Eugene Hock shared his wife Rometta’s recipe for Poppy Seed Lemon Bread in a bake-off held at Catholic Care Center’s assisted living community.

A sk residents of Via Christi Life’s assisted living community about their favorite meal or dish and you’ll likely get a different answer each time.

Ivonne Burmeister enjoys the variety of salads, such as the Caesar salad with pieces of banana pepper, olives and croutons. “It’s a little tart, but that’s why it’s so good,” she says.

“Flavorful foundations

The foundation of menu planning is simple at Catholic Care Center and the other senior communities in Kansas and Oklahoma that make up Via Christi Villages, says Kay Billinger, senior director of Nutrition Services. “Providing nutritionally balanced meals with flavor is No. 1,” she says. “It’s a misconception that in senior care food should be bland. We still fry. We use seasoning, gravy and cheese. But you always have to account for calories and portion sizes.”

About 55-60 percent of one’s daily calorie needs should come from carbohydrates, 10 percent from fat; and 10-15 percent from protein, says Billinger. While the base of the diet should be carbs, the majority of that should be complex carbohydrates, found in bread, whole grains and rice. For example. Simple carbs from sugars should be limited.

A good diet for seniors is the same diet all of us should be eating. It doesn’t change with age.”
— Kay Billinger, Via Christi Villages

Breakfast options appeal to Eugene Hock. “I really like the made-to-order omelets. The breakfast sandwich is also very good. The cooks know just how I like it.”

Sue Stolz looks forward to breakfasts, too. “The waffle special really hits the spot if you haven’t had one in a while. All the choices are great.”

To find recipes mentioned in this article and for other favorite dishes of Via Christi Villages residents and staff, visit viachristi.org/recipes

Health changes may affect seniors’ diet

Eating is one of life’s pleasures, yet there are reasons associated with aging that affect whether people are getting appropriate nutrition, says Kay Billinger, senior director of Nutrition Services for Via Christi Villages.

Lost taste buds

By age 65, half of one’s taste buds are gone. When food tastes bland, people may lose interest in eating. Medicines also may change how food tastes or cause appetite loss.

A sweet tooth

Of the five taste sensations — sweet, sour, bitter, salty and savory — sweet is the last to go.

Slower metabolism

Fewer calories are needed when the body uses less energy.

Dental problems

Oral health changes can lead to poor food intake.

Decreased vitamin and mineral absorption

Taking a multivitamin with minerals is typically necessary.

Loneliness

Social isolation or depression can decrease desire to eat.

Abundant choices

In the bright and spacious dining hall at Catholic Care Center assisted living, residents’ meals are served restaurant-style in courses. Breakfast choices include cooked-to-order eggs, hot cereal, bacon and sausage, as well as daily specials such as cinnamon rolls, quick bread or pancakes. At lunch and dinner, residents pick from standing menu items or the daily feature meal. Monthly specials are also rotated in.

Systems are in place to ensure residents receive adequate nutrition and have plenty of healthy options. For example, the daily feature meals are approved by the Villages’ regional dietitian for meeting the Recommended Dietary Allowance set by the Food and Nutrition Board of the Institute of Medicine, National Academy of Sciences. Heart-healthy, lower-calorie menu staples include grilled chicken and baked fish. Sugar-free sweets are always available, says Gretchen Rumback, director of Nutrition Services for Catholic Care Center assisted living. “Residents are provided both options and the nutritional education, and they make their own choices.”

Respecting the independence, unique needs and taste preferences of every resident is key. Made-to-order and special-preparation requests are always welcome.

“Unlike with some of our competitors, a special dietary need will not be
Savoring socialization

Meal times and activities are planned as enjoyable social events for Village residents. Here are a few traditions at Catholic Care Center assisted living.

- **“Cooking with Gretchen”**
  - With nearly 30 years of food service experience with school children and catering, Gretchen Rumback, director of Nutrition Services, leads food demonstrations with plenty of hands-on participation and tasting. Demos have included making fruit smoothies, decorating cookies and dipping strawberries in chocolate.
  - Rumback once served up eight pasta salads, including her take on BLT Pasta Salad. The top three vote-getters were placed into menu rotation.

- **Friday Happy Hour**
  - At a recent gathering, volunteer bartender Eugene Hock served brownies, and sips of beer, wine or soda, the between bites of chips with cheese sauce or brownies, and sips of beer, wine or soda, the group had an impromptu singalong.

- **Competitions**
  - Whether it’s quick bread or chili, residents enjoy sampling and voting on dishes prepared by staff and fellow residents. Winning recipes often make it on the menu.

- **Menu taste tests**
  - Rumback once served up eight pasta salads, including her take on BLT Pasta Salad. The top three vote-getters were placed into menu rotation.

- **Personal touches**
  - Resident participation is one way the Villages emphasize independence and dignity. Through their Dining Ambassadors program, Catholic Care Center’s assisted living residents provide monthly feedback regarding meals and service. They’re empowered to seek and share ideas for menus and events.
  - Serving favorite comfort foods and cultivating positive relationships are key ways Rumback delivers personalized care. “It’s a taste of home, and I want to encourage that.”

  - When she learned about Sue Stolz’s treasured Beef Chop Suey dish, she planned how to mass-produce and serve it for dinner. “I was thrilled to pieces that I could give her the recipe and give other residents a chance to see how delicious it is,” says Sue.

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Boot Camp for New Dads
Basic training for first-time dads.
Receive a training manual and T-shirt.
Register: viachristi.org/new-parents
Cost: $10
Dates: Monthly, details online
Time: 9 a.m.-Noon
Where: Via Christi Hospital St. Joseph
3600 E. Harry, 3rd floor

Cardiac nutrition
Attend one or all sessions.
Register: 316-689-5700
Cost: $5 per person/per class
Where: Via Christi Hospital St. Francis
929 N. St. Francis
Heart-healthy nutrition: Understand cholesterol, fiber and healthy oils.
Date: April 2 or June 4
Time: 11:30 a.m.-12:30 p.m.
Where: 2nd floor, Room 2039
Shaking it up and spitting out the facts: Learn flavorful low-sodium options and better understanding of food labels.
Date: April 9 or June 11
Time: 11:30 a.m.-12:30 p.m.
Where: 2nd floor, Holt Conf. Room
Cooking up a healthy heart: Low-fat techniques, substitutions and tips. A cookbook will be available for $6.
Date: April 16 or June 18
Time: 11:30 a.m.-12:30 p.m.
Where: 2nd floor, Room 2039
Survival skills for dining out: Learn to make the best choices for your heart when eating at restaurants.
Date: April 23 or June 25
Time: 11:30 a.m.-12:30 p.m.
Where: 2nd floor, Room 2039

Can't hear on the telephone?
Captioned Telephone, CapTel, allows individuals to listen while reading captions of what's being said. Cady Maclean, Kansas Outreach Coordinator for Hamilton Relay, will share how the CapTel phone works, explain features that add clarity and confidence to using the phone, plus ways to receive captioned calls on the go.
Register: 316-689-5700
Cost: Free
Date: April 9
Time: 2-3 p.m.
Where: Via Christi Rehabilitation Hospital, 1151 N. Rock Road
Room 1016

Living with Parkinson’s
Have you or a loved one been diagnosed with Parkinson’s disease? Topics subject to change. Space is limited.
Register: 316-689-5700
Cost: Free
Date: April 9
Time: 2-3 p.m.
Where: Via Christi Hospital St. Francis
929 N. St. Francis
Heart-healthy nutrition: Understand cholesterol, fiber and healthy oils.
Date: May 21
Time: 2-3 p.m.
Where: 2nd floor, Room 2039
Deep brain stimulation
When: April 16, 2-3 p.m.
Brain changes and diet modification for safer swallowing
When: May 21, 2-3 p.m.
Restorative yoga practices
When: June 18, 2-3 p.m.

Look good ... feel better™
This American Cancer Society program is designed for women dealing with hair loss and skin changes from chemotherapy and radiation. Includes a makeup package valued at $200.
Register: 316-616-6500
Cost: Free
Dates: April 21, May 19 or June 16
Time: 10 a.m.-Noon
Where: Via Christi Cancer Resource Center, 817 N. Emporia

Introduction to lymphedema
The manual lymphatic drainage system will be discussed as a treatment option.
Register: 316-689-5700
Cost: Free
Date: April 9
Time: 11 a.m.-Noon
Where: Via Christi Cancer Resource Center, 817 N. Emporia

Surgical weight loss session
Learn ways to treat severe obesity, including surgical options available through Via Christi.
Register: 316-689-6082
Cost: Free
Dates: April 8 and June 10
Time: 6-7 p.m.
Where: Via Christi Rehabilitation Hospital, 1151 N. Rock Road
Room 1016

You’ve got a lot to gain by losing weight
Learn about the HMR® Program for Medical Weight Management offered by Via Christi Weight Management.
Register: 316-689-6082
Cost: Free
Where: Via Christi Weight Management
6100 E. Central (NW corner of Genesis)

Don’t see what you’re looking for?
Our classes and events are listed online. Please visit viachristi.org/calendar-events

Support groups
Via Christi Rehabilitation Hospital
1151N. Rock Road
For more info: 316-634-3400

Amputee
Brain injury
CVA/Stroke
2nd Tuesday, bimonthly
1st Thursday, monthly
1st Tuesday, bimonthly
April 8 and June 10
April 3, May 1 and June 5
May 6
6-7:30 p.m.
6-4 p.m.
4-6 p.m.

Do I have a problem with sleep?
Have you been told that you snore? Do you awaken frequently? Do you experience sleepiness and fatigue during the day? If you answered “yes” to any of these questions we may be able to help! Sue Fleming, Sleep Lab coordinator, will discuss sleep apnea, its symptoms and effects on your health.
Register: 316-689-5700
Cost: Free
Dates: April 15, May 20 or June 17
Time: 6-7 p.m.
Where: Via Christi Rehabilitation Hospital, 1151 N. Rock Road, Room 1016

For more info: 316-634-3400

Heart-healthy nutrition: Understand cholesterol, fiber and healthy oils.

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For more info: 316-634-3400

The latest treatments
Life-changing care

Weakness … shortness of breath … chest discomfort. These are a few ways heart valve disease can limit the lives of older adults like Jene Hanes. Without proper treatment, it can be life-threatening.

Via Christi’s leading-edge cardiac treatments offer new possibilities for previously untreatable patients. With a new, non-surgical procedure, Jene had her heart valve replaced without the risk of traditional open heart surgery.

Within three months, Jene no longer needed a cane or walker and was caring for herself and her home.

“Their saved my mother’s life and they enhanced the quality of her life.”
—Sam Hanes

To learn more, visit viachristi.org/heart
316.268.8650