Celebrating 100 Years of Health!
Join Us For A Party!

THURSDAY, JUNE 13 @ 7:30 PM
LYNNE SHERWOOD WATERFRONT STADIUM

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LIVE MUSIC
Fred Knapp Band plays all your favorites

HOSTED BY
Eric Kaelin
103.5 WAWL FM

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MUSICAL FOUNTAIN
Stay for a tribute to NOCHS’ Centennial Anniversary

Presenting Sponsors

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One of the pleasures of living in a tight-knit community is that deep sense of belonging that people feel, especially after they have been there a while. As we celebrate our 100th anniversary this year, we are honoring many facets of belonging through our theme, “We are One (hundred).”

**We are one with our community.** The friendly faces you see downtown, in your neighborhood, at your church or at school are the same people who care for you when you walk in our doors.

**We are one system.** We’ve expanded greatly from our humble beginnings as a hospital. We now provide a continuum of care options in multiple locations. But no matter where you seek our services, we still know you and your family.

**And we are one hundred years old.** That’s a remarkable achievement. Not many organizations can say it. That’s because very few communities make the ongoing investments needed to ensure local access to health care.

Way back in 1919, community leaders took thoughtful, deliberate steps to provide local health care...an unprecedented move for a community of this size. Local leaders — whose names are still visible today — donated the building, the funds and the time to bring a vision to life. They “planted a flag,” staking out the position that a hospital impacted the health and wellness of each person here, and that those things mattered enough to merit investment.

**One hundred years ago, our community chose to make itself better through local health care. We’re still “planting flags” by investing in excellent, local care.**

We are excited about sharing our 100th anniversary milestone with you. After all, the health system exists solely for this community. We are proud of our legacy and excited about our future. We hope you are, too.

I invite you to explore some of the innovative, high-quality services highlighted in these articles. I look forward to meeting you at the waterfront celebration on June 13 (see page 2). Connect with us on Facebook or sign up for our e-news at nochgetbetter.org to learn about the amazing pioneers who explored the frontiers of health care right in this community.

This is a year to be proud of our community, our health, and our freedom to invest in what matters most to us.

Shelleye Yaklin
President/CEO

Look for the flag throughout this newsletter to learn about noteworthy services we’re proud to offer our community.
It sounds like the stuff of science fiction, doesn’t it? Yet robotic-assisted surgeries are now the standard of care for many procedures. NOCHS has both the da Vinci® surgical system and the Mako System. Our surgeons use them daily to help patients achieve better health.

Meet Mako

We live in an age where technology is doing a lot of our work for us. It’s easy to think surgery is going that same direction when you hear people talking about “robots in the operating room.”

“There’s a common misperception out there that a robot is doing the surgery,” says Dr. Rick Baszler of Grand Haven Bone and Joint/Orthopaedic Associates of Muskegon “That’s not the case! The robotic arm is simply a tool that a surgeon uses to be more precise.”

Robotic-arm assisted surgery eliminates the guesswork of joint placement. “We can now put the joint in the perfect position,” says Dr. Dirk Bakker of the same office. “The robotic technology allows us to stress the joint, move it, and ensure that it’s in just the right place. Using the Mako System, we have a
degree of precision that’s not possible any other way.”

Successful surgery still requires an excellent surgeon. The surgeon is making the decisions and evaluating the images, not the robotic arm. “Our group performed more than 1,400 joint replacements last year,” notes Dr. Baszler. “I have performed more than 2,800 total knee and total hip replacements myself. I use that experience to make decisions. Then I use the robotic arm to help me implement those decisions.”

Robotic-arm assisted surgery provides many more benefits to the patient. The first is a faster recovery time. Traditional joint replacement involves a two to three night hospital stay. A Mako Total Knee application requires a single night stay. There’s also less blood loss, less tissue displacement, fewer pain pills and faster rehab. Patients who have had one traditional joint replacement and then one Mako Total Knee say that it’s a lot less painful and they recover much faster.

**Don’t Forget da Vinci**

In 2000, the da Vinci surgical system was the first robotic system approved by the FDA for general laparoscopic surgery. The high magnification and nimble robotic arm allow surgeons to perform delicate procedures through very small incisions.

This means big benefits to patients. The da Vinci surgical system has become the standard of care for hysterectomies, urological procedures and pelvic reconstruction. Surgeons who use this tool can provide patients with less invasive surgery, faster recovery times, less pain and less dependence on pain medication. The expert surgeons in our women’s health and urology departments are highly qualified with this system.

The da Vinci surgical system is also transforming other specialty areas. NOCHS General Surgeon Dr. Zachary Horton uses this tool to help minimize the impact of procedures such as hernia repair. “Our goal is to fix problems with as little impact to the patient as possible,” he notes. “The da Vinci surgical system has a huge impact on recovery, especially in hernia repair surgery. This is traditionally a very painful surgery, but the pain can be minimized when performed robotically. When I use the da Vinci surgical system, many of my patients don’t even need pain medication. They can be back to normal in two to three days, rather than weeks. The robot helps me reduce trauma to the body, and that makes recovery easier.”

Robotic technology plays a significant role in other delicate surgeries such as pelvic reconstruction. This is becoming an increasingly important service, especially for women who have had larger babies, several children, or multiple births (ex: twins). A lot of vital organs occupy the relatively small pelvic space. If one is stretched too far or slips out of place, it can compromise the placement of the other organs around it. Our surgeons have shown that the da Vinci surgical system offers the best results for women who need to have their pelvic structure rebuilt.

By the end of this year, we will have performed more than 500 Mako robotic arm-assisted joint replacements.
A Long Legacy of Local Care

Elizabeth Hatton Memorial Hospital established at 114 S. Fifth St.

First baby born at Hatton Memorial Hospital on July 4, 1919: Elizabeth Hatton Vyn Meier.

Grand Haven Municipal Hospital opens at 1309 Sheldon

First surgery performed at Hatton Hospital: tonsillectomy. Cost: $2.50.

Obstetrics moved from maternity houses to hospital

Hospital gift shop opens in a closet, generates first year profit of $638 to help fund a free bed.

Ownership transfers to six municipalities – becomes North Ottawa Community Hospital

Dr. Mary Kitchel led the transition to the hospital-based maternity model, and later became the area’s first female anesthesiologist.

Ambulance service established

4,000+ people attend the grand opening for the Municipal Hospital, built with a $45,000 Public Works Administration grant and a $55,000 bond issue.

New ambulance replaces hearse for transporting patients!

1919

1939

1941

1967

1969

Hospital partners with the community, uses bartering to help people get care during the Great Depression.

It’s decided! Sheldon Road location chosen by the public for the new hospital after three separate community votes.
More than 4,300 patients received care at Heartwood Lodge during its first ten years.

Urgent Care doubled in size and added X-ray in 2016.

Robotics program now includes da Vinci® surgical system (urology, gynecology, general surgery) and Mako System (orthopedic).

Auxiliary is 100 years old, and has raised more than $1.5 million! Its first gift: two electric fans in 1925 at a cost of $32.40.

Hospice joins the NOCHS system

Urgent Care opens

Heartwood Lodge opens (residential and hospice care)

NOCHS invests $1.9 million in robotic surgical capabilities

Emergency Room renovation and expansion

Celebrating 100 years of community care!

1998

2004

2008

2011

2016

2019

Dr. Norman Boeve, a pioneer in joint replacement at NOCHS, illustrates an early artificial hip joint. (1973)

New $10 million Emergency Room opens, doubles trauma care capacity and can serve 24,000+ patients each year.

WE ARE ONE (hundred)

North Ottawa Community Health System
It’s hard for an average consumer to figure out what makes health care good. Certainly the service you receive is an important part. Ease of scheduling plays a role. But is there a real standard? And who decides?

Those are great questions. The medical standards of excellence are not as well known as, say, the “Good Housekeeping Seal of Approval.” But the idea is similar. Each medical specialty has a professional body that sets standards for best-in-class performance. They also have auditors who test providers against those standards. Organizations that meet the standards earn accreditation for a period of time.

Our hospital accreditation integrates with our ISO 9001 quality management system. In addition, we’d like to introduce you to three areas in which NOCHS has achieved excellence according to national experts.
Center for Sleep Disorders

If you have trouble sleeping, you want to see an accredited professional. Sleep is critical to your overall health. If you don’t get enough sleep, your body does not heal and regenerate itself. You won’t function at 100 percent during the day. And, of course, you become susceptible to colds and other illnesses when you don’t sleep well. Our Medical Director, Dr. Mehul B. Patel, is board-certified in sleep, pulmonology and intensive care. He and the team will evaluate you for physical disorders (such as sleep apnea). They will also check for habits that detract from quality sleep. This could include things like napping, or screen use before bedtime. Then they will recommend a course of action to help you get back on track with quality sleep.

Certified by the American Academy of Sleep Medicine (www.sleepeducation.org/find-a-facility)

Bariatric Clinic

The Bariatric Clinic offers two options for weight loss. The first is a medical weight loss program. This non-surgical option consists of weekly classes, lab work, education and exercise. Patients also interact with a dietitian, an exercise physiologist and a behaviorist. The other option is bariatric surgery. Bariatric surgery can help reduce or eliminate other health issues such as hypertension, high cholesterol and sleep apnea. It will have a lifelong impact and help you become a healthier person.

The certification we have earned means we have one of the best bariatric clinics in the country. Some insurance programs require that patients go to an accredited facility. This accreditation makes it easy for tri-cities residents to receive excellent, covered care right at home.

Note: our Bariatric Clinic also earned the designation of Blue Distinction Center from Blue Cross Blue Shield, similar to that described for maternity care below.

Certified by the Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program (www.facs.org/search/bariatric-surgery-centers)

Maternity Care

NOCHS has received the prestigious designation of a Blue Distinction Center+ for Maternity Care.

Blue Cross Blue Shield determines which healthcare providers have the potential to earn this award. They then invite organizations to submit an application.

NOCHS Family Birthing Unit received one of these invitations. The team decided to pursue the designation and went through the rigorous submission process.

What does this designation mean?

First, it means that NOCHS delivers excellent quality care. Moms who plan to come to the Family Birthing Unit write up specific care plans. This plan includes topics such as anesthesia preference, immunizations, cultural considerations and more. On the happy day, there’s plenty of space for mom, baby and family to be together in our large rooms. Mom is encouraged to stay with the infant 24/7, while receiving support for breastfeeding and newborn care. NOCHS also offers an innovative Perinatal Mood Disorders program to support mothers during and after pregnancy.

The designation also means that NOCHS is a cost-effective provider. Cost efficiency comes second to quality in this designation. However, it is an important indicator for consumers and insurers alike.

Designated a Blue Distinction Center+ by Blue Cross Blue Shield (www.bcbs.com/blue-distinction-center/facility)
We’re also celebrating the 50th anniversary of ambulance service at NOCHS this year. We recently sat down with Dr. Jack Roossien, who trained at this hospital and served on the board for 10 years, including a term as both vice chair and chair. He shared his recollections of what things were like back in the early days.

Q. How did patients get to the hospital before 1969 if they were unable to drive themselves there?

Dr. There was no such thing as an ambulance prior to 1969. The national ambulance movement was just coming into being at that time. People who needed to get to the hospital and didn’t have transportation called the funeral home. It seems strange now, but it made sense back then. The hearses had roomy spaces where patients could lie down flat if necessary.

Q. How were your tools and training different that what we have today?

Dr. I think our first ambulance was a converted Chevy truck that could carry four people. Most of our education came from the nurses and physicians in the hospital. All the training requirements and checklists that an EMT follows today were still years ahead. That led to some interesting situations. For example, we had to load our own supplies in the ambulance. One night we missed a few things…like a stretcher! We got to the patient’s house and had no way to carry him out. So I took a door off its hinges and loaded the patient on it. Once we got him safely to the hospital, I had to go return his door! Communication systems were also still being developed. We relied on two-way radios and police band frequencies to stay connected.

“I delivered my first baby in the ambulance when I was still an orderly. I admit…it shook me up a little bit. But mom and baby did fine.”

[Dr. Jack Roossien]
Any other significant “firsts” that you recall? The folks on the leading edge of a new service always learn lessons the hard way. For example, our uniforms were all white, like the nurses. We wore short-sleeve white shirts, white shoes, light jackets and no boots. White wasn’t a great color for the work we did. I got stuck in the snow more than once, and pretty much blended into the drifts! I was glad when that uniform guideline changed.

How did your work as an ambulance driver help you prepare to be a physician? Driving an ambulance and being a physician are both high-pressure jobs. For example, I delivered my first baby in the ambulance when I was still an orderly. Because mom and baby could not wait, I had to handle the situation right there in the parking lot. I admit…it shook me up a little bit. But mom and baby did fine.

How did you begin your medical career? I was a college student back in 1969. I was lucky enough to get a job as an orderly in the NOCHS Emergency Room while attending GVSU. They needed drivers, and I thought it would be interesting. So I ended up being one of the first ambulance drivers. I earned my nursing degree first, serving in hospital administration and developing many programs for nursing education. When I was accepted to medical school, I went back and earned my M.D.

When did you stop working as an EMT? I decided to stop driving the ambulance when I entered my first medical practice as a physician. By then, the EMTs needed to be able to deliver a lot more care out in the field, and also had to follow more state regulations. I had my hands full with other responsibilities, including my practice and my family, so I decided it was time to step down.

Do you miss it? Yes, I miss driving the ambulance. I lived for the moment when I could help someone. Emergency medicine is different than family practice. You’re serving people in life-threatening situations. You have to do something, or there will be serious consequences. I guess I’ll always miss the adrenaline.

Did you know? NOCHS was at the forefront of the national emergency services movement. We’ve provided ambulance service for 50 years, and our new ER is a certified trauma center.
Safer, More Powerful Diagnostic Tools Have Arrived at the Breast Center
And we still have the emotional support to go with them

“Can I hug you?” That’s a pretty standard question from patients in the Breast Evaluation Center at NOCHS. That may seem odd until you understand a bit more about our services.

“Our Breast Evaluation Center is modeled after the best,” says Carol Poppema, Nurse Navigator. “We start with the premise of privacy and comfort. Our Center is separate from other imaging services. Our team has a full array of screening tools that cover any situation. We also have onsite, board-certified radiologists who read screening studies immediately and can perform next-day biopsies. A woman can go from a suspicious mammogram to a biopsy to results and be ready for a surgeon referral in three days or less. That’s simply unheard of in this day and age.”

Since breast cancer is the number one-occurring cancer in women, it makes sense to focus on detection and treatment. That’s why NOCHS has recently purchased the top-of-the-line tomosynthesis (“tomo”) system.

NOCHS is the only place on the lakeshore where women can get the most accurate screening with less radiation. Our tomo system combines both 2D and 3D images in high resolution. “This is significant, because it reduces discomfort while exposing a woman to half as much radiation as she would get with separate 2D and 3D diagnostic studies,” says Dr. Michael Schmidt of Envision Radiology. It also means the image is extremely clear with excellent contrast. The radiologists can spot smaller tumors, leading to earlier detection. And our tomo system has a curved compression surface that offers a more comfortable patient experience without compromising image quality or exam time.

“This technology looks at tissue in much thinner slices,” continues Dr. Schmidt. “The radiologist can look through the slices and distinguish healthy tissue from potentially cancerous tissue.” Tomo reduces those emotionally terrifying callbacks, and also dramatically reduces a woman’s exposure to radiation.

The technology is certainly critical. But the human factor is just as important. “We guide patients every step of the way,” says Carol. “We coordinate services, make appointments, and help women move as quickly as possible to a plan of action.” That’s why Carol and the team get so many hugs. There’s very little waiting. No one is cast adrift to figure it out alone.

“You don’t need a doctor’s order to get a mammogram,” says Dr. Schmidt. “Depending on their risk factors, women should start having annual screenings in their 40s. But it’s never too late to start! If you do nothing else for your health, you should do this.”

Our tomo system provides the best diagnostic views with less radiation. Call 616.847.5430 to schedule your appointment today!
Find Your Fit
Groups, Seminars and Classes

ONGOING MONTHLY SEMINARS

WEIGHT LOSS
NOCHS offers surgical and Medical Weight Loss options. Call (616) 847-5489 to learn more about our free monthly seminars or to determine what weight loss option is best for you. You can also download the free app by searching NOCH Bariatric Clinic in the Apple or Google Play app stores.

JOINT REPLACEMENT
Join our Orthopedic Coordinator to learn about the joint replacement process, including pre- and post-operative care. Call (616) 847-5309 for dates.

SUPPORT GROUPS

BARIATRIC SURGICAL SUPPORT GROUP
Bariatric patients are encouraged to attend preoperatively as they explore their weight loss options and prepare for surgery, and postoperatively for continued support, regardless of where surgery was performed. For questions and times, call (616) 847-5489.

BREASTFEEDING SUPPORT GROUP
This group provides continuing support for mothers and their breastfed babies. For questions and meeting times, call (616) 847-5512.

LIFE AFTER LOSS
Hospice of North Ottawa Community offers an ongoing grief support group that is open to all community members who are dealing with a death-related loss. This group is facilitated by a hospice bereavement counselor. Contact a bereavement counselor prior to attending by calling (616) 846-2015.

LUNCH BUNCH
Hospice of North Ottawa Community offers the opportunity to share a meal and conversation with others who have lost someone special. For a schedule, call (616) 846-2015. Reservations are not required.

PREGNANCY AND POSTPARTUM SUPPORT GROUP
You’re not alone if you experience any of these things after childbirth: lack of sleep, feeling overwhelmed, feeling isolated or alone, increased anxiety, difficulty finding a balance at home, feelings of guilt or sadness. NOCHS’ specially trained nurses can help. For days and meeting times, call (616) 847-5512.

CHILDBIRTH & FAMILY CLASSES
To obtain a class schedule or to register, call (616) 847-5512.

CHILDBIRTH PREPARATION CLASSES
Our class is recommended for expectant mothers and their support persons. Content includes labor and delivery, comfort measures, relaxation and breathing, role of the support person, cesarean birth, early infant care and postpartum care. A tour of the Family Birthing Unit is also included.

CHILDBIRTH REFRESHER CLASS
This class is great for those who have already gone through the initial preparation class and would like a refresher on the course.

BREASTFEEDING PREPARATION CLASS
This class helps mother and her support person learn about the art of breastfeeding. Registration is not required, but it is encouraged.

SIBLING CLASS
This one-hour class helps children prepare for the arrival of a new sibling. It is recommended for children three years or older. This class includes a visit to the Family Birthing Unit and Newborn Nursery.

CPR CLASSES
Call (616) 847-5671 to register.

BASIC LIFE SUPPORT (BLS) CERTIFICATION
This course is designed for professional rescuers who want to earn an initial healthcare provider certification or recertification. Students will have the opportunity for hands-on practice before completing skills testing and a written exam. The certification is valid for two years.

BABYSITTING 101
This class is open to girls and boys ages 12 and up who want to learn the important “how-tos” of babysitting.
Community Engagement

We offer a variety of ways for you to learn about and get involved in your own health, as well as that of the community. All our sessions are free and open to the public. We hope to see you soon!

All seminars will be held in the NOCHS Community Room at South Beacon Plaza unless otherwise noted.
1061 S. Beacon Boulevard, Grand Haven
(Use Four Pointes entrance)

RSVP is encouraged. Please call (616) 847-5671 or visit nochgetbetter.com

Note: Check the North Ottawa Community Health System Facebook page for weather-related cancellations.

Health and Well-Being

**YOU ARE MORE THAN YOUR PHYSICAL BODY!**
**Monday, May 13, 6:00 pm**
Join us in an exploration of balance of your physical, emotional, mental and spiritual bodies in pursuit of optimal health and wellness. Learn basic meditation and self-healing exercises to start as a daily practice. Presented by Jennifer Wolffis MSPT, CPEH, Certified Practitioner of Esoteric Healing.

**Injury Prevention/Pain Management**

**FOOT PAIN: CAUSES AND SOLUTIONS**
**Wednesday, May 8, 6:00 pm**
Dr. Brandon King of Orthopedic Associates of Muskegon will discuss common foot problems and the different treatment options, including joint replacements in the foot and ankle (total ankle and great toe).

**PAIN SCIENCE: THE COMPLEXITY OF MANAGING CHRONIC PAIN**
**Monday, May 20, 6:00 pm**
Living with chronic pain can be quite challenging. Explore the role of emotion, history, and the impact on managing chronic physical pain. Presented by Ben Wiersma, DPT, TPS (Therapeutic Pain Specialist).

**Specific Conditions**

**MAKO ROBOTIC-ARM ASSISTED HIP & KNEE REPLACEMENT**
**Tuesday, June 4, 6:00 pm**
Join the surgeons from Grand Haven Bone and Joint to learn about Mako Robotic Arm-Assisted joint replacement. See if you are a candidate for the surgery, hear the benefits and also learn about how this could be a treatment option for adults living with arthritis.

**BARIATRIC SURGERY SEMINAR**
**Wednesday, June 5: 6:00pm**
NOCHS Multipurpose Room, 1309 Sheldon Rd.
**Tuesday, July 16, 6:00pm**
The Bariatric Clinic, 1445 Sheldon Rd. Suite 304 (Dunewood)
**Wednesday, August 21, 6:00pm**
NOCHS Multipurpose Room, 1309 Sheldon Rd.
**Tuesday, September 10, 6:00pm**
NOCHS Multipurpose Room, 1309 Sheldon Rd.
The Bariatric Clinic at NOCHS is here to help you. If you’re considering bariatric surgery, or have questions about it, we invite you to this seminar with our knowledgeable staff. Call us at (616) 847-5489 to RSVP.
MEDICAL WEIGHT LOSS SEMINAR
*All seminars held at NOCHS Bariatric Clinic, 1445 Sheldon Rd. Suite 304 (Dunewood)
Monday, June 10: 5:30pm*
Monday, July 8: 5:30pm*
Monday, August 12: 5:30pm*
Monday, September 9: 5:30pm*
Our nonsurgical weight loss options can help you lead a healthier life. We offer several options for medical weight loss, which will be reviewed in these sessions. Call us at (616) 847-5489 to RSVP.

CONQUERING LOW VISION
Monday, May 6, 6:00 pm
Shannon Davis, M/OTR, a Low Vision Occupational Therapist specialist, will show you strategies to maximize vision and functional independence in all aspects of everyday life.

LIVING AND THRIVING WITH CHRONIC PULMONARY DISEASE
Tuesday, May 14, 6:00 pm
Therapist Tessa Hagen, M/ OTR, will share a 24-hour approach to managing everyday tasks, including realistic exercise regimens, breathing exercises, nutrition and more. This class will help you live a better life with COPD.

MANAGING SCOLIOSIS
Tuesday, September 17, 6:00 pm
Scoliosis is an abnormal curvature of the spine. This presentation will cover The Scroth Method, a cutting-edge approach to the aggressive management of scoliosis. Jamie Morris, MSPT, COMT, OCS will lead the discussion.

ALZHEIMER’S DISEASE — PART 1
Wednesday, September 18, 6:00 pm
Alzheimer’s disease is the most common type of dementia in older people. It is a difficult, challenging and complex disease. Please join Susan Thorpe from the Alzheimer’s Association learn what Alzheimer’s is, how it is diagnosed, the early signs, and when and how to get your affairs in order.

OSTEOPOROSIS MANAGEMENT: WHAT YOU CAN CONTROL
Monday, September 23, 6:00 pm
Learn how to prevent or slow down the progression of osteoporosis. Heidi Brouwer, DPT, CMP, Physical Therapist, will discuss all aspects of osteoporosis management that can be influenced through lifestyle improvements, nutrition, weight bearing exercises and more.

RECALIBRATING MOVEMENT WITH PARKINSON’S
Monday, September 30, 6:00 pm
Brian Keenoy, DPT, Certified LSVT physical therapist, is well-known for his expertise and outstanding clinical outcomes improving function in people with Parkinson’s disease. He will share the most successful methods used to maximize speed and size of movement, thus improving everyday abilities.

GENERAL EDUCATION

SUICIDE PREVENTION: QPR (QUESTION, PERSUADE, REFER)
Wednesday, May 8, 10:00 am
Wednesday, June 5, 5:00 pm
Wednesday, August 7, 10:00 am
Suicide has become a public health crisis. In this class, you will learn basic skills to assist someone who is struggling and talking about taking their own life. Led by professionals from TCM Counseling.

STOP THE BLEED
Wednesday, May 15, 4:00-5:30 pm*
Wednesday, June 19, 4:00-5:30 pm*
1309 Sheldon Rd (Hospital), Back Dining Room
Gain the skills to make a difference in a life-threatening emergency by learning the basic techniques of bleeding control. You could make the difference between life and death. Presented by NOCHS’ Trauma Team.

BABYSITTING 101
Monday, June 10, 12:00-4:00 pm
Monday, June 17, 12:00-4:00 pm
Wednesday, July 10, 12:00-4:00 pm
Wednesday, August 14, 12:00-4:00 pm
This class will prepare young people to be competent, sought-after babysitters. The course features topics important to parents, including safety and security, what to do in an emergency, communicating with parents, and implementing a plan to find babysitting jobs. Attendees will earn their Babysitting Certificate!

ADVERSE CHILDHOOD EXPERIENCES (ACES)
TOWN HALL MEETING
Monday, June 3, 6:30– 9:00 pm*
Grand Haven Community Center
Traumatic or stressful childhood events such as abuse, neglect, and household dysfunction can result in long-term negative effects on learning, behavior and health outcomes from childhood onward. This panel presentation features local experts in pediatrics, counseling, and mental health. Come learn about our community plan to address and prevent this prioritized public health crisis.
Join NOCHS for a little healthy fun at our local Farmers Markets by stopping by on the dates below from 9:30 - 11:30 AM.

GRAND HAVEN  SPRING LAKE
CHINOOK PIER  HARVEST BIBLE CHAPEL
UNDER THE GREEN CANOPY  PARKING LOT
JUNE 5  JUNE 6
JUNE 12  JUNE 13
JULY 17  JULY 18
AUGUST 14  AUGUST 15

To learn more, visit nochgetbetter.com

3-D Tomosynthesis
Advanced Mammography Designed for Comfort and Less Radiation. Only at NOCHS.

To schedule your mammogram at NOCHS Breast Evaluation Center, call 616.847.5430.