

DeKalb Health maintains a comprehensive calendar of events detailing upcoming community events, education opportunities, health and wellness programs, support group meetings, childbirth classes, certification classes, employee functions, health observations and other scheduling information.

## OCTOBER

### OCT. 11

#### Diabetic Support Group

Sponsored in part by DeKalb County Council on Aging  
Tuesday, 6:30 p.m. Program: TBA  
Heimach Center  
1800 E. 7th St., Auburn  
Contact Vickie Faux 260.920.2652  
or Meg Zenk 260.925.3311

### OCT. 12

**Shots For Tots** (Free Infant / Child Immunization Clinic)  
Wednesday, 1 p.m. - 4:30 p.m.  
DeKalb County Health Department  
220 E. 7th St., Auburn  
Requirements: Infant to age 18. Shot record.  
Must be accompanied by parent or legal guardian.  
Contact DeKalb County Health Department at 260.925.2220

### OCT. 17

#### Multiple Sclerosis Support Group

Monday, 7 p.m. Program: Open Discussion / Pizza Night  
Medical Arts Center East, Conf. Rm. 303  
1314 E. 7th St., Auburn  
Contact Neal Esselburn at 260.637.3820

### OCT. 17, 19, 24, 26, 31

#### Adult Smoking Cessation

(Five-session class)  
American Lung Association's  
"Freedom from Smoking."  
11:30 a.m., Fee \$54  
Medical Arts Center  
East, Conf. Rm. 303  
1314 E. 7th St., Auburn  
Registration required, call 260.920.2571.

### OCT. 17, 19, 21

#### Prenatal Education

Monday, Wednesday, Friday, 1 p.m. - 4 p.m.  
DeKalb Health OB Conf. Rm., 2nd Floor  
1316 E. 7th St., Auburn  
Fee \$20. Need-based financial assistance available.  
Registration required, contact Julie Wagner at 260.920.2510

### OCT. 18

#### CPR/First Aid

Tuesday, 6 p.m. - 10 p.m.  
Medical Arts Center East, Conf. Rm. 303  
1314 E. 7th St., Auburn  
Registration required, contact Doug Taylor at 260.920.2701

### OCT. 19

#### Healthcare Provider CPR

Wednesday, 7:30 a.m. - 11:30 a.m.  
Medical Arts Center East, Conf. Rm. 303  
1314 E. 7th St., Auburn  
Registration required, contact Doug Taylor at 260.920.2701

### OCT. 21

#### Hip on Hep Support Group

Friday, 6 p.m.  
Medical Arts Center  
East, Conf. Rm. 303  
1314 E. 7th St., Auburn  
Contact Christie Soaper at 260.927.8180

### OCT. 23

#### GRAND OPENING

#### Public Open House

2-4 p.m.  
1316 East Seventh Street  
Auburn, Indiana  
See page 3 for more information

### OCT. 24

#### Breastfeeding Education

Monday, 6 p.m. - 8 p.m.  
DeKalb Health OB Conf. Rm., 2nd Floor  
1316 E. 7th St., Auburn  
Fee \$5. Need-based financial

### OCT. 24

#### "Have You Been Carded?"

Medication List Program  
Free program offering assistance to fill out medication card or update listings  
Monday, 8:30 a.m. to 10 a.m.  
(4th Monday of every month)  
Heimach Center 1800 E. 7th St., Auburn  
Contact Vickie Faux, RN, CDE, WCC at 260.920.2652

### OCT. 25

#### Healthy Halloween Fair

Sponsored in part by DeKalb EMS, Auburn Fire and Police  
Tuesday, 6 p.m. - 8 p.m.  
DeKalb County Fairgrounds  
908 S. Union St., Auburn  
Contact Cheryl Clark at 260.920.2518

This event is FREE, open to children 12 and under with parents or guardians. (no pets, animals or smoking please!) Children enjoy dressing in costume, meeting mascots, playing games, prizes, healthy snacks, a haunted room and music from FROGGY 106.7.

## NOVEMBER

### NOV. 8, 9, 10

#### Prenatal Education

Tuesday, Wednesday, Thursday, 6 p.m. - 9 p.m.  
DeKalb Health OB Conf. Rm., 2nd Floor  
1316 E. 7th St., Auburn  
Fee \$20. Need-based financial assistance available.  
Registration required, contact Julie Wagner at 260.920.2510

### NOV. 9

**Shots For Tots** (Free Infant / Child Immunization Clinic)  
Wednesday, 1 p.m. - 4:30 p.m.  
DeKalb County Health Department  
220 E. 7th St., Auburn  
Requirements: Infant to age 18. Shot record.  
Must be accompanied by parent or legal guardian.  
Contact DeKalb County Health Department at 260.925.2220

### NOV. 15

#### CPR/First Aid

Tuesday, 6 p.m. - 10 p.m.  
Medical Arts Center East., Conf. Rm. 303,  
1314 E. 7th St., Auburn  
Registration required, contact Doug Taylor at 260.920.2701

### NOV. 14

#### Breastfeeding Education

Monday, 6 p.m. - 8 p.m.  
DeKalb Health OB Conf. Rm., 2nd Floor  
1316 E. 7th St., Auburn  
Fee \$5. Need-based financial assistance available.  
Registration required, contact Julie Wagner at 260.920.2510

### NOV. 16

#### Diabetes Fair

Wednesday, 8 a.m. - 1 p.m.  
1314 E. 7th St., Auburn  
Contact Vickie Faux at 260.920.2652

Each November, hundreds of our local community members come together to receive valuable information from experts about diabetic products, medications and programs. Join us as representatives again share important insight and advice about our support groups, ADA accredited diabetes management program, nutrition and home healthcare services all in service and support of our diabetic community.

### NOV. 18

#### ACLS Provider Class

Friday, 8 a.m.  
Medical Arts Center  
East, Conf. Rm. 303  
1314 E. 7th St., Auburn  
Registration required, contact Jerry Schwartz at 260.920.2766

### NOV. 18

#### Hip on Hep Support Group

Friday, 6 p.m.  
DeKalb Medical Arts Center, Conf. Rm. 303  
1314 E. 7th St., Auburn  
Contact Christie Soaper at 260.927.8180.

### NOV. 21

#### Multiple Sclerosis Support Group

Monday, 7 p.m. Program: Yoga Instructor  
Medical Arts Center, Conf. Rm. 303  
1314 E. 7th St., Auburn  
Contact Neal Esselburn at 260.637.3820

### NOV. 25

#### DeKalb County Night at the Fort Wayne Mad Ants Home Opener

Sponsored by DeKalb Health  
7:30pm, Memorial Coliseum  
A portion of pre-sale ticket proceeds will help to support the United Way of DeKalb County

### NOV. 28

#### "Have You Been Carded?"

Medication List Program  
Free program offering assistance to fill out medication card or update listings  
Tuesday, 6 p.m. - 10 p.m.  
(4th Monday of every month)  
Heimach Center 1800 E. 7th St., Auburn  
Contact Vickie Faux, RN, CDE, WCC at 260.920.2652

## DECEMBER

### DEC. 10

#### Prenatal Education

Saturday, 9 a.m. - 4 p.m.  
DeKalb Health OB Conf. Rm., 2nd Floor  
1316 E. 7th St., Auburn  
Fee \$20. Need-based financial assistance available.  
Registration required, contact Julie Wagner at 260.920.2510

### DEC. 12

#### Breastfeeding Education

Monday, 6 p.m. - 8 p.m.  
DeKalb Health OB Conf. Rm., 2nd Floor  
1316 E. 7th St., Auburn  
Fee \$5. Need-based financial assistance available.  
Registration required, contact Julie Wagner at 260.920.2510

### DEC. 14

**Shots For Tots** (Free Infant / Child Immunization Clinic)  
Wednesday, 1 p.m. - 4:30 p.m.  
DeKalb County Health Department  
220 E. 7th St., Auburn  
Requirements: Infant to age 18. Shot record.  
Must be accompanied by parent or legal guardian.  
Contact DeKalb County Health Department at 260.925.2220

### DEC. 16

#### Hip on Hep Support Group

Friday, 6 p.m.  
Medical Arts Center  
East, Conf. Rm. 303  
1314 E. 7th St., Auburn  
Contact Christie Soaper at 260.927.8180.

### DEC. 19

#### Multiple Sclerosis Support Group

Monday, 7 p.m. Program: Christmas Party/ White Elephant Exchange  
Medical Arts Center  
East, Conf. Rm. 303  
1314 E. 7th St., Auburn  
Contact Neal Esselburn at 260.637.3820

### DEC. 20

#### CPR/First Aid

Tuesday, 6 p.m. - 10 p.m.  
Medical Arts Center  
East., Conf. Rm. 303,  
1314 E. 7th St., Auburn  
Registration required, contact Doug Taylor at 260.920.2701

### DEC. 21

#### Healthcare Provider CPR

Wednesday, 7:30 a.m. - 11:30 a.m.  
Medical Arts Center  
East, Conf. Rm. 303  
1314 E. 7th St., Auburn  
Registration required, contact Doug Taylor at 260.920.2701.

### DEC. 26

#### "Have You Been Carded?"

Medication List Program  
Free program offering assistance to fill out medication card or update listings  
Monday, 8:30 a.m. to 10 a.m.  
(4th Monday of every month)  
Heimach Center 1800 E. 7th St., Auburn  
Contact Vickie Faux, RN, CDE, WCC at 260.920.2652

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# BetterHEALTH

Promote.  
Preserve.  
Restore.

GRAND OPENING &

OPEN HOUSE

OCTOBER 23, 2011







## ON THE COVER

Join us as we celebrate our newest addition moving from rendering to reality. On October 23, from 2-4 pm, take guided tours of the new facilities, learn more about the state-of-the art technology it will utilize and see firsthand how DeKalb Health continues in its commitment to provide world-class care right here in DeKalb County.

This \$8.7 million, 20,000-square-foot expansion brings with it expanded capabilities and care to several departments and facets of DeKalb Health, especially our new and state-of-the art Emergency Room and Imaging Department, which will feature new technology and a women's imaging diagnostic suite. New and simplified patient access will improve patient experience as well.

Read about this new addition on the following pages. And make plans to join us for our Open House celebration on Oct. 23!

# CONTACT US

Send Inquires to [info@dekalbhealth.com](mailto:info@dekalbhealth.com) or call:

## MEDICAL SERVICES

### AMBULANCE

Anticoagulation Clinic Services  
Cardiopulmonary Rehabilitation Services  
Diabetes Management Services  
Home Health and Hospice Services  
Imaging and Radiology Services  
Laboratory Services Auburn – Main Hospital  
Laboratory Services Butler  
Laboratory Services Garrett  
Nutrition Services  
Obstetrical Services  
Occupational Therapy Services  
Physical Therapy  
Respiratory Services  
Sleep Diagnostic Services  
Speech Therapy  
Surgical Services  
Wellness Services

## DIRECT LINE

### 911

260.920.2738  
260.920.2571  
260.920.2652  
260.925.8699  
260.920.2513  
260.920.2602  
260.868.0502  
260.357.0380  
260.920.2651  
260.920.2510  
260.920.2632  
260.920.2632  
260.920.2574  
260.920.2574  
260.920.2632  
260.920.2639  
260.920.2812

## MAIN HOSPITAL

Administration  
Admitting, Registration and Patient Access  
Billing and Insurance  
Community Services  
CPR and First Aid Education  
Gift Shop  
Media Inquiries  
Outpatient Clinic Scheduling  
Patient and Guest Relations  
Patient Condition  
Physician Referral  
Prenatal Breastfeeding Education  
Release of Medical Information  
Support Group Information

## 260.925.4600

260.920.2501  
260.920.2603  
260.920.2850  
260.920.2518  
260.920.2701  
260.920.2553  
260.920.2555  
260.920.2741  
260.920.2518  
260.920.2518  
260.920.2556  
260.920.2510  
260.920.2749  
260.920.2518



**Experience firsthand the expanded DeKalb Health at our Open House on October 23.**



## DEKALB HEALTH DOCTOR A HEALTH CARE HERO

Dr. Mason was specifically honored for "Life is Cool," the hospital-based educational program he developed in collaboration with the Indiana Organ Procurement Organization. Through the program, Dr. Mason encourages fourth-grade students in DeKalb County to make healthy decisions and to discuss organ and tissue donation with adults. Congratulations to Dr. Mason, and thanks for all you do!

We are proud to recognize our own Thomas Mason, MD, who was recently named a Health Care Hero by the Greater Fort Wayne Business Weekly. A family practitioner associated with DeKalb Health since 1998,



# WE'RE GROWING. SEE FOR YOURSELF.

**Months of hard work, many hard hats and lots of dust are bringing an important step in our future near completion, and we want to share the impressive and exciting results with you.**

Later this month, we will unveil the fruit of all that labor, our new \$8.7 million expansion project featuring our new Emergency, Imaging, Laboratory and Respiratory Centers. Our new addition will also feature an all-new registration and reception area to welcome DeKalb Health patients with increased comfort, convenience and privacy.

We will celebrate the opening of this era in DeKalb Health history by sharing it with you and all members of the community first. So please join us for an Open House celebration on October 23, from 2-4 p.m. Tour the new facility to get a firsthand look and learn more about the state-of-the-art medical technology it brings right here to DeKalb County.



Kirk Ray  
DeKalb Health CEO

"This extensive expansion project represents a significant upgrade to areas of the DeKalb Health campus that have the most critical points of patient contact," said Kirk Ray, DeKalb Health CEO. "By combining these incredible new facilities with the already outstanding care and service our skilled staff provides, we believe we will create even better experiences for patients and their families."

We are excited to share with you details of all the new features and benefits of this expansion over the next several pages.



## JOIN US AS WE CELEBRATE OUR EXPANSION!

We're so excited about the newest addition to the DeKalb Health campus that we want everyone in the community to see it. So please join us for an open house of our new Emergency, Imaging, Laboratory and Respiratory Centers from 2-4 p.m. on October 23. Tour the new DeKalb Health facilities, learn more about our state-of-the-art additions and see how they're helping provide the very best in medical care right here in our community.

### OPEN HOUSE

*October 23, 2011 from 2-4 p.m.*

# ALL-NEW ER. IMAGING. REGISTRATION. LABORATORY. RESPIRATORY.

The centerpiece of this expansion, our new 15,000 sq. ft. emergency room features **13 all-private exam and treatment rooms**, as well as facilities dedicated to children and rooms with special care equipment to meet a wide range of patient needs:

- Trauma room
- Two cardiac care rooms
- OB/GYN room
- Orthopedics room
- Hazmat shower
- Ear, nose and throat (ENT) room
- Secure treatment space for patients with mental illness or developmental disabilities

**“This new Emergency Department will help advance the care we deliver our patients,” Karleen Harp, critical care manager for DeKalb Health, adding that the department is currently under consideration for recognition as an accredited Chest Pain Center. “It’s an exciting thing for our staff, and it will be a great resource for our community.”**



Karleen Harp

The new ER is state-of-the art and designed with both patients and care providers in mind. Ambulance bays help protect EMS personnel and patients from the weather. New, color-coded banners, signage and painted strips point patients in the right direction in an easy-to-understand manner.

Inside, the physicians, nurses and staff of the DeKalb Health Emergency Department had significant input on the design and set-up of the new facility, which underscores how its layout maximizes efficiency, convenience and privacy for patients. Upon arrival, patients will enter a triage room that will lead to one of two dedicated care tracks: more urgent (high acuity) or less urgent (ExpressCare, tentatively scheduled to roll out this December). Processes are in place for bedside registration, and immediate bedding will take place when necessary. For family and friends of patients, new waiting areas – a general area and a family/pediatric area – provide plenty of space for comfort and convenience.

This expansion will only help to strengthen DeKalb Health’s collaboration with the doctors of Emergency Physicians of Indiana – Drs. James Lebarnoff, Keith Schreffler, John Wagel and Gary Davis – who will continue to lead our medical care services in the new Emergency Room.

Technological advances will have a big impact as well. **Computers in every room**, for example, ensure immediate and secure access to electronic medical records. An **electronic tracking board** offers doctors and nurses real-time communications and status updates regarding patient care and needs. State-of-the art **cardiac monitoring systems** will allow cardiologists to instantly view patient rhythms from a remote location. A **one-call system** is also being implemented to access area tertiary facilities.

The spacious new nurses’ station is centrally located in the new ER and is designed to optimize and enhance workflow. Its central location puts all levels of treatment rooms within view of the station, which also allows for quicker and more comprehensive monitoring of patients at all times. Each bed features built-in digital scales, which can weigh patients instantaneously and allow for accurate calculation of medicine dosages.

## DeKalb Health Imaging

Our newest addition to the DeKalb Health campus will also be home to a new, state-of-the-art, all-digital imaging department. This impressive 18,000 sq. ft. facility will feature brand-new, large opening, high-field MRI unit, CT scanner and bone-density scanner, bringing the most advanced and developed imaging technology to DeKalb Health patients. Indeed, the new MRI unit, says director of imaging Paula Amstutz, means the department can accommodate up to a 30 percent increase in MRI procedures once it opens on October 24.



Paula Amstutz

Amstutz and her team of highly skilled and trained staff are ready to start utilizing the new technology. “Everything will be better with this new facility,” she explains. **“It allows us to enhance and expand what we do best, which is focus on our patients.”** The whole process will be streamlined and simplified, both for our staff and for our patients. Everybody wins and benefits.”

A centerpiece of the new department is its new, dedicated women’s imaging diagnostic suite. This stand-alone unit features its own waiting area to welcome women for a variety of specific services, including mammography, ultrasounds and bone density (DEXA) scans.

The capabilities of DeKalb Health Imaging is made even stronger by the ongoing support of and partnership with Steven Marchioni, M.D., and Mitchell Travis, M.D., of Auburn Radiology. In addition, all modalities are American College of Radiology accredited.

## EXPERIENCE IN THE NEW ER

**A look at the combined training and experience of our outstanding ER team**

**17** regular RN staff members - 340 years

**8** RN per diem staff - 100 years

**4** Dedicated Doctors - 79 years

**7** Ward Clerks - 53 years

### Required training and certification

Advanced Cardiac Life Support (ACLS)  
Pediatric Advanced Life Support (PALS)  
Basic Life Support / Healthcare Provider CPR (BLS)

### Additional training and certification

Advanced Burn Life Support (ABLS)  
ADLS Instructors  
Advanced Disaster Life Support (ADLS)  
Basic Disaster Life Support (BDLS)  
BLS Instructors  
Emergency Nursing Pediatric Course (ENPC)  
Emergency Preparedness and Homeland Security  
Pediatric Education Prehospital Professional (PEPP)  
Pre Hospital Trauma Life Support (PHTLS)  
Trauma Nursing Core Course (TNCC)  
TB Certification



### All-new patient access/registration area

DeKalb Health patients will now enjoy an enhanced customer service experience thanks to our new patient access/registration area. By replacing the previous reception cubicles with new private rooms, patients will have greater privacy during the sharing of personal medical and financial information.

In addition, by combining the reception areas for several different departments, including radiology, respiratory, emergency room and laboratory, patients will also enjoy a simpler, more streamlined registration process.



Sara Yarian

For Sara Yarian, director of patient access for DeKalb Health, simplification is the most important benefit of a more centralized registration and reception area. **"It will eliminate any potential patient confusion," Yarian, who's been with DeKalb Health for seven years, explains.** "Patients won't have multiple waiting rooms to navigate."

### DeKalb EMS to benefit from expansion, too

Access into the new ER for DeKalb EMS personnel is enhanced thanks to an entrance that can now accommodate two ambulances side-by-side, says EMS Director Randy Fox. **"Our main objective is to respond quickly, assess, treat and transport patients to the appropriate facility," he explains. "This new ER facility makes for an efficient and orderly transition from EMS to hospital care."**



Randy Fox

In addition, Fox says, simply expanding the ER's space and capabilities helps his team of 21 full-time certified paramedics. "They know they will have immediate availability of space, personnel and capabilities," he says. Fox is also quick to praise DeKalb Health for its "proactive stance on care" when it comes to emergency response. "It's about doing what is best for the patient no matter what," Fox explains. "On the rare occasion when a patient requires specialized services not available at DeKalb Health, he or she may be transported directly from the scene to another hospital."

### New home for Respiratory Care

To ensure that the DeKalb Health respiratory department has easy, quick access to the Emergency Department and triaged patients, it will also relocate to new facilities as part of the expansion. The relocation of Respiratory means that its staff will be centrally located and able to care for and assist patients in all parts of the hospital facility, something critical to its overall operations.

"This is an excellent move for our department," Rob Miller, the director of respiratory for DeKalb Health, says. **Because Miller and his team of 11 respiratory care practitioners go to every part of the hospital, he says, "having a central location is very important."**



Rob Miller

### Adding room for the Laboratory

The lab will both move and not move as part of the expansion. That's because the department's staff of 12 phlebotomists will now operate out of the new facility via four dedicated drawing areas (and a separate pediatric draw room), to better integrate service and care with other departments, while its behind-the-scenes team of technicians and other support staff will remain at its current location. This means more space for department staff and a seamless service experience for patients.



Brenda Seely

"We had a lot of input on the design of the new department," Brenda Seely, lab director for DeKalb Health, said. **"We see around 100 patients a day here, so having a workspace that is ergonomic, efficient and streamlined was very important."**

The lab, which is accredited by the College of American Pathologists, will continue its full array of services, including 24/7 availability, home and office draw services and "car-side" draws.



# WHAT'S IN A NAME?

Our campus isn't the only thing changing and updating around here these days. Indeed, the debut of our new DeKalb Health brand means the identity for several service lines within our service family will also change. What won't change, of course, is each service line's commitment to quality patient care and the highest customer service. Read on to learn more about some name changes taking place in the DeKalb Health family.

DeKalb  
Medical Services  
is now:



To align with our new branding, our family practice group, formerly known as DeKalb Medical Services, is now known as DeKalb Health Medical Group. This group of family physicians, pediatricians, obstetricians, other specialists and support medical staff operate locations both on the DeKalb Health campus in Auburn and in Butler and Garrett.

DeKalb  
Obstetrics  
is now:



It's a new name backed by the same skilled, caring staff and superb facilities for the newly named DeKalb Health Family BirthPlace. As always, helping families have a Baby Day Your Way is a top priority for us. From informative and helpful prenatal classes from the beginning of pregnancy through our child seat safety inspections when you're ready to take baby home, the DeKalb Health Family BirthPlace is your partner and resource throughout this exciting and memorable time.

Introducing  
ExpressCare:



In addition to our new, state-of-the-art Emergency Care Department, we will also open our new ExpressCare facility this December. ExpressCare will provide a convenient and cost-effective alternative to traditional Emergency Room care for patients requiring less-urgent care than the ER. We are excited about offering this great new resource to our community beginning this winter.

Home Health  
& Hospice  
is now:



This is the new identity of our skilled and caring team of professionals delivering specialized treatments, health services, therapies and, when necessary, critical hospice care. Our Home Care & Hospice team strives to provide the best general care and comfort to residents of our region 24 hours a day, seven days a week.

DeKalb  
PharmaCare  
is now:



DeKalb Health acquired DeKalb PharmaCare, the pharmacy located within the DeKalb Health hospital facility, in November 2010. This past July, we changed its name to DeKalb Health PharmaCare. DeKalb Health PharmaCare offers patients many of the same features and benefits of our other DeKalb Health programs and services, including a highly trained and experienced staff, a commitment to friendly and helpful customers service and a dedication to convenience for our patients. And our convenience is more than just our location – we offer almost all currently prescribed outpatient medications, the ability to work with a wide array of insurance companies and the ease of home delivery.

# EXERCISE AND WELLNESS PROGRAMS

## PUBLIC WELLNESS AND FITNESS CLASSES

### DeKalb Health Wellness Works Center

1316 East Seventh Street, Auburn

For program dates and times or to register, contact Kasie Milk at 260.920.2812.

**FIT OVER 50** A new lifestyle enrichment program committed to improving the lives of adults age 50 and older. An annual membership of \$25/participant or \$35/couple provides a variety of discounts, activities and events, exercise and wellness classes, in-hospital privileges and much more. Register today by calling Jamie Leeper at 260.920.2572.

**FITNESS YOGA/YOGA CORE** This mind-body exercise strengthens and stretches the entire body. Relaxing music and challenging poses are highlights of this class held in the Wellness Center.

**GENTLE YOGA** All yoga poses performed in this class are rejuvenating and relaxing. All levels are welcome to attend this gentle, stress-relieving class held in the Wellness Center. Please bring your own mat, blanket and pillows.

**BASIC YOGA** Perfect for the individual looking to begin a yoga practice. This class will introduce you to basic yoga moves with a goal of making poses more challenging as the individual gains strength. Give this class a try!

**TOTAL BODY TONING** Total body workout in the quickest time possible. Appropriate for all fitness levels. No need to change clothes. Class held in Wellness Center.

**TO THE CORE** Looking to shape up your midsection? This quick and sweat-free class is perfect for those looking to tighten and tone their tummy.

**TOTAL BODY BLAST** Similar to PM Power, this evening class will accommodate all fitness levels. Uses hand weights, stability balls and resistance bands to work all major muscle groups. Especially good for beginners. Class held in Wellness Center.

**PILATES** Using body weight as your primary source of resistance, you'll learn how to strengthen your abs, low back, glutes and thighs. Enjoy this slower paced, yet challenging form of exercise. All fitness levels welcome. Class held in Wellness Center.

**WORK-IT CIRCUIT** Join the fun in this circuit-style class! Move your way through the different strength and cardio stations set up in the Wellness Center for a full-body workout! Stay 10, 20 or 30 minutes in this self-guided class.

**YOGA FUSION** Fusing yoga and Pilates, this class is perfect for anyone interested in adding variety to their current yoga or Pilates practice. Build strength and endurance with this challenging and unique fusion class.

**20-20-20** Twenty minutes of cardio, 20 minutes of strength training and 20 minutes of abs means an overall, calorie-burning workout! A great way to spend a Friday evening!

**CYCLING/F'AB RIDE** Sweat it out in these cardio cycling classes held in the Wellness Center. Lana and Nora will get your heart rate up by taking you through different cycling routines and intervals. F'Ab Ride includes 15 minutes of ab workouts! No previous cycling experience required.

**ZUMBA** The Zumba® program routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got a Zumba class!

## PLEASE WELCOME NEW PHYSICIANS TO DEKALB HEALTH



Dr. Ghanem



Dr. Morrison

**DeKalb Health is excited to welcome two new physicians to our growing medical staff, Ammar Ghanem, MD, FCCP, DABSM, and Charles Morrison, MD.**

**Dr. Ghanem** brings specialties in internal medicine, pulmonary medicine, sleep medicine and critical care medicine to DeKalb Health. He is board-certified in internal, pulmonary and sleep medicine.

Dr. Ghanem earned his medical degree from Damascus University Medical School in Syria in 1994 and completed his internal medicine residency in the United States at Robert Packer Hospital in Sayre, Pa. In addition, he completed fellowships in sleep and pulmonology at Marshall University in Huntington, W.V., in 2005 and in critical care at University of Pittsburgh Medical Center in 2010.

Dr. Ghanem will be available from 1-5 p.m. every other Monday at his DeKalb Health campus location. To schedule an appointment, call 260-920-2840.

**Dr. Morrison** brings his experience and expertise as a member of the Center for Colon and Rectal Care team to DeKalb Health. He earned his medical degree from the University of Cincinnati College of Medicine and trained in general surgery at Indiana University School of Medicine in Indianapolis.

His training and practice cover the field of colon and rectal surgery, with a special interest in minimally invasive treatment of colon and rectal cancers. In fact, Dr. Morrison is the first surgeon in northeast Indiana to perform robotically assisted surgery for rectal cancer.

Dr. Morrison will be available the first and third Wednesday of each month at the Center for Colon & Rectal Care. To schedule an appointment, call 260.436.0259.