



# Healthy Communities

News about Bon Secours' regional health services and community partners

Vol. 4 · No. 1 · Spring 2010

making hampton roads healthier

# ONE

community at a time

“Bon Secours isn't here for just a single project – they are helping bring the community's vision to life.”

Pastor Ken Gerry  
 New Life Christian Center

**I**n the summer of 2009, Bon Secours began its Healthy Communities Initiative in the Pleasant Avenue section of East Ocean View in Norfolk. This marks a 10 to 15 year commitment to work alongside the community to help revitalize East Ocean View, and ultimately improve the health of its residents.

“In 10 years, I want to see Ocean View become a safe beach community where families want to live,” said Pastor Ken Gerry of New Life Christian Center. “But, right now, we're setting our sights on a new food pantry and sidewalks. Bon Secours isn't here for just a single project – they are helping bring the community's vision to life.”

In 2009, the initiative in Ocean View began with planting bushes in the neighborhood, stocking the food pantry and contributing to the church's collection of clothing for those in need. “We chose to adopt East Ocean View as part of our

Healthy Communities project because we could see there was something happening there that Bon Secours could support,” said Steve Zollos, executive director of the Healthy Communities Initiative and Senior Community Outreach for Bon Secours Hampton Roads. “The people in the area have a vision for themselves and care about their community.”

During the nor'easter in November 2009, much of the community was damaged, including the food pantry at New Life Christian Center that Bon Secours planned to replace. Working with Operation Blessing, Bon Secours has rebuilt and stocked the Store House, reopening the program in February 2010.

Bon Secours Hampton Roads also jumped into action to help the community after the nor'easter. “Bon Secours came out and set up a tent with hot food,” said Pastor Gerry. “It meant so much more to us than eating – it was about morale and having everyone come out to be together.”



Shaun Smith working on new Store House in East Ocean View.



## Community Commitment

Health care is experiencing a great deal of change this year. While activity continues on Capitol Hill, locally, we're making health care about the patient and about our community.

In this issue of *Healthy Communities*, we're focusing on what we call “community commitment” – and this includes more than caring for those in need. Our community commitment includes community programs, services for those in need, and actions that ensure that Hampton Roads residents receive the highest quality of care.

Delivering quality care starts with the right tools. In 2009, we added a second digital mammography machine at Bon Secours Health Center at Harbour View; we began implementing ConnectCare electronic medical records to provide a single record for each patient; and we expanded our Care-A-Van mobile health clinic to reach more residents. In this issue, you will read about those, as well as hear from nurses, physicians and community leaders about life and health in Hampton Roads.

Sincerely,



Michael K. Kerner, CEO  
 Bon Secours Hampton Roads

## Spotlight on Quality: Patient Safety at Bon Secours Mary Immaculate

While hospitals are places where people heal, sometimes patients acquire an infection after surgery. Bon Secours is doing its part to prevent infections, and it's paying off.

Debbie Malliarakis, RN, and Karen Wentzel, RN, from Bon Secours Mary Immaculate Hospital were presented with the prestigious Patient Safety Award at the recent Virginia Healthcare Quality Center Safety Conference. This recognizes their efforts to decrease infections acquired at the hospital. From a national perspective, Bon Secours Mary Immaculate has always had low rates for hospital-acquired infections. After designating a team to continue to reduce these rates, the hospital successfully reduced the overall rate by 20 percent.

# 2009 Bon Secours' Commitment in Hampton Roads

In 2009, the U.S. saw an increase in unemployment, and subsequently, an increase in the number of people without health insurance. Bon Secours Hampton Roads made significant contributions in 2009 to cover the costs of health care for the uninsured.

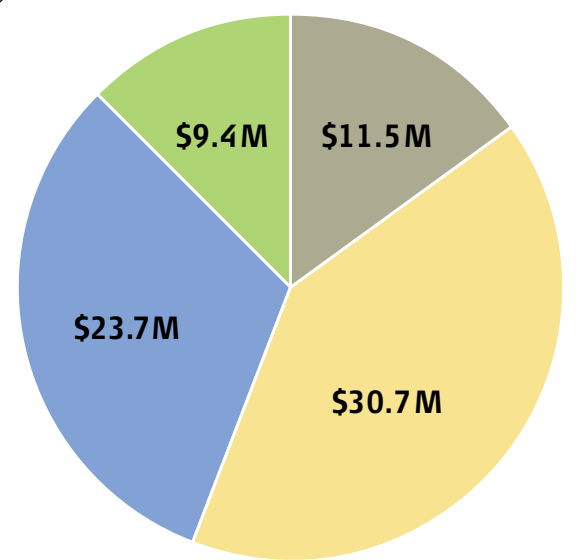
Bon Secours served the Hampton Roads community in the areas of charitable care, medical advancement and high quality service. New digital mammography equipment for improved breast cancer screenings was added at Bon Secours Health Center at Harbour View, and programs like the Care-A-Van were expanded to care for more people in the region.

"Our ministry calls for us to look for unique ways to meet our community's needs," said Sister Patricia Heath, SUSC, senior vice president of sponsorship for Bon Secours Hampton Roads. "In 2009, we did that, and we will continue to identify opportunities to invest in state-of-the-art equipment, to provide excellent care and to bring good help to those in need."

**"Our ministry calls for us to look for unique ways to meet our community's needs..."**

– Sister Patricia Heath, SUSC –

MEDICAID SHORTFALL . . . . .	\$ 11,513,000
CHARITY . . . . .	\$ 30,706,000
MEDICARE SHORTFALL . . . . .	\$ 23,728,000
OTHER COMMUNITY BENEFITS . . . . .	\$ 9,439,000
<b>TOTAL (at cost) . . . . .</b>	<b>\$ 75,386,000</b>



Through community programs and covering costs for the uninsured, Bon Secours contributed \$75.3 million (at cost) to Hampton Roads in 2009.

## Good Help In Action

Diagnosed with breast cancer and without health insurance, Carolina Zarate turned to Bon Secours in early 2009. Carolina's surgeon, Greg Adams, MD, of Tidewater Surgical Specialists, and her medical oncologist, Daniel Atienza, MD, of Virginia Oncology Associates, worked with her to ensure that she had access to care.

"When your mother has breast cancer, you

**"When your mother has breast cancer, you want the best for her."**

– Natalie Zarate-Green –

want the best for her," said Natalie Zarate-Green, Carolina's daughter. "Everyone was kind to her. It was everything I could have asked for."

When Carolina requested someone pray with her at the hospital, a nurse was at her bedside. Now, Carolina is receiving outpatient chemotherapy, and she is progressing well. Her children are excited for her continued recovery.

"We are big advocates for Bon Secours," said Natalie. "The staff at Maryview went above and beyond to make my mother comfortable."

## REAL BIKERS

# Wear Pink



### READY FOR FLU SEASON

In October 2009, nearly 40 volunteers helped to make the Bon Secours Drive-Up Flu Shot Day a success. More than 700 vaccinations were provided in four locations. The drive-up style for getting the flu shot was an easy and convenient way for families to stay flu-free.



Check presentation to Bon Secours Maryview Foundation by Scott Reid, Larry Becker, Mary Lupe Arana, Scott Davis, Shannon Worrell, Tony Grower, Tina Drager, Jim Newell, Loree Eysaman, Sheila Grower, JR Riley and Mike Moss.

**600** bikers hit the road in October 2009, but this time it wasn't about the open road or a joy ride to Knuckleheads Roadhouse in Virginia Beach. This was the Pink Ride, a charity ride for breast cancer sponsored by Knuckleheads Roadhouse to raise money for Bon Secours Maryview Foundation. Roughly 1,200 people turned out for the event, which included live music and a motorcycle giveaway.

"Knuckleheads Roadhouse chose the Bon Secours Maryview Foundation because we know we'll see an impact," said Mary Lupe Arana, a consultant and Virginia Beach resident who volunteered her time to organize the Pink Ride. "The Pink Ride is benefiting our own community, and our goal is to help make treatment available to women in Hampton Roads. Knuckleheads, corporate sponsors and Bon Secours Maryview staff brought that goal to life."

Bon Secours Maryview Foundation will allocate the funds for breast cancer services for the region's women

**"Knuckleheads Roadhouse chose the Bon Secours Maryview Foundation because we know we'll see an impact."**

– Mary Lupe Arana, Pink Ride Advisor –

who are uninsured and underinsured, particularly for free mammograms, biopsies and treatment. Recent contributions to the Maryview Foundation have resulted in the addition of a second digital mammography machine at Bon Secours Health Center at Harbour View to better detect breast cancer. Contributions from events like the Pink Ride enable the foundation to continue this work.

"I can't imagine having cancer, let alone having cancer without the resources to treat it," said Arana. "We know more women will have access to the services they need through Bon Secours."

### Healthy Communities

- **Michael Kerner**  
CEO, Bon Secours Hampton Roads
- **Sister Patricia Heath, SUSC**  
Senior Vice President, Sponsorship  
Bon Secours Hampton Roads
- **Linwood Howard**  
Chairman, Board of Directors  
Bon Secours Hampton Roads
- **Paul Garman**  
Chairman, Board of Directors  
Mary Immaculate Hospital
- **Lisa Kersey**  
Administrative Director, Business Development  
Bon Secours Hampton Roads
- **Lynne Zultanky**  
Director, Corporate Communications and  
Media Relations, Bon Secours Hampton Roads
- **Debbie Gup**  
Creative Director  
Bon Secours Hampton Roads  
Bon Secours Hampton Roads  
5818 Harbour View Blvd.  
Suffolk, Virginia 23435  
757.889.CARE • www.bshr.com

# A SNEAK-PEEK INTO MyBonSecours.com

When it comes to health information online, many users are experiencing information overload. MyBonSecours.com, a site launched across all Bon Secours facilities, will lighten the load for Hampton Roads residents online by compiling health information alongside information about local resources.

The site makes it easier to take action when it comes to health, advising when a symptom requires immediate attention. Online screening tests like HeartAware and CancerAware also help evaluate overall wellness and risk. These interactive tools help people to make decisions about their health care.

“MyBonSecours will allow the community to have better access to important information,” said Jeannine Leadbeater, MD, family practitioner with Harbour View Family Practice in Suffolk. “And with better information, patients can make better decisions and become more actively involved in managing their health and wellness.”

While MyBonSecours.com provides health information, it’s no substitute for a consultation with your doctor. Choose “My Doctor” on MyBonSecours.com to find a physician near you.



**“MyBonSecours will allow the community to have better access to important information.”**

– Jeannine Leadbeater, MD –

## Features of MyBonSecours.com

### mysymptoms

By clicking on a map of the human body, you can identify symptoms and get tips on what to do next.

### mydoctor

Search Bon Secours’ website for a physician by entering a physician’s name, medical specialty, city or zip code.

### myhealth

Get personal assessments of specific health issues, and when you complete a screening, you find out if you may need professional care and where to get it.

### mypersonal health record

Enter information about illnesses, medications (including dosages), health insurance and health provider information to create a secure health history.

### myhealth library

The medical information at MyBonSecours.com allows you to scan a specific topic or investigate a topic in depth. Search the online medical encyclopedia for the latest information.

### myhospital bill

Now, you can securely check your Bon Secours hospital account balance, create a payment plan and get immediate approval. You can also change your insurer information and review your payment record.

## One Medical Record Means Better Care

Worried that no one can read your doctor’s bad handwriting? You don’t have to anymore. ConnectCare, Bon Secours’ new electronic medical record system, will provide a single patient record.

“The benefit of a single record system is that physicians, nurses and staff are all looking at the same information,” said Alison Christian-Taylor, MD, of Western Branch Family Practice in Chesapeake. “It greatly reduces the risk of errors, especially when it comes to medications.”

Dr. Christian-Taylor is part of the first physician practice in Bon Secours Medical Group to implement ConnectCare, which transferred all of its written records to the new system in 2009. The three-year implementation process began with physician practices in 2009 and will be introduced in Bon Secours Virginia hospitals in 2010 and 2011.

“It’s a great tool to give a thorough account of patient care,” said Dr. Christian-Taylor.

The “one patient, one record” system gives physicians and staff access to a comprehensive medical record. It also alerts medical staff to potential complications, such as the risk for negative drug interactions.

“The system will change how we work with patients,” said Christy Payne, a medical assistant. “When patients call, we’ll be able to look up their charts without putting them on hold to go pull their records, and we’ll be able to tell them immediately if their test and lab results are complete.”

**“The benefit of a single record system is that physicians, nurses and staff are all looking at the same information.”**

– Alison Christian-Taylor, MD –



The physicians and staff of Western Branch Family Practice are proud to bring ConnectCare to Hampton Roads.

### Follow us on Twitter and Facebook

Check out more photos from the Pink Ride and Bon Secours’ work in East Ocean View. Stay informed about upcoming community events, and tell us what you’re doing to live healthier in Hampton Roads.



Follow Bon Secours Hampton Roads at @BonSecours757



Become a fan of Bon Secours Hampton Roads on Facebook

# Lowest C-Section Rate

## Bon Secours DePaul Leads the Region



Elizabeth Golpira, MD, with Katelyva Peterson and her newborn, Ella

An ongoing international survey from the World Health Organization indicates that, despite medical advances in obstetrics, surgical childbirths are risky for mothers and babies.

**A**CCORDING to a recent report from Virginia Health Information (VHI), Bon Secours DePaul Medical Center's Caesarian section rates were lower than expected, and were dramatically lower than the national average. This is important news, since Caesarian deliveries increase a woman's chance for complications and infection and can dramatically lengthen recovery times. An ongoing international survey from the World Health Organization (WHO) indicates that despite medical advances in obstetrics, surgical childbirths are risky for mothers and babies.

Bon Secours DePaul's Center for Birth has a 91 percent success rate for vaginal birth after a C-section – good news for new mothers in Hampton Roads. The VHI report cites 2006 data that shows that Bon Secours DePaul's C-section rate was 14.25 percent, 3.5 points lower than its expected rate. The rate is also less than half of the national C-section rate, which hovers between 30 and 40 percent.

Elizabeth Golpira, MD, an OB/GYN at Bon Secours DePaul, says that the doctors and midwives at Bon Secours are committed to helping mothers deliver vaginally, unless medically necessary. They also encourage women to try to deliver vaginally, even after having a C-section, while many hospitals do not offer this as an option.

Dr. Golpira said there are a number of reasons why women are having more Caesarians:

- more women are having babies who weigh more than 9 lbs;
- with women having more ultrasounds, doctors are better able to determine if the baby is going to be large; and
- some older patients worry about the labor process, or have complications such as hypertension or gestational diabetes.

"We want to give women the chance to deliver naturally," Dr. Golpira said. "Having this option is especially important for overweight or diabetic women, who are more at risk for infection or may have difficulty healing."

# New Procedure Cuts Recovery Time

**COLONOSCOPY  
– COMBINED WITH MINIMALLY INVASIVE LAPAROSCOPY –  
CAN REPLACE SURGERY FOR SOME**



Emily Rivet, MD, and Ray Ramirez, MD

**M**any abnormal growths, called polyps, can be removed during a colonoscopy. But when the polyp is too large or unfavorably placed, patients are faced with a surgical procedure to remove a section of the colon. While this procedure can be performed using a minimally invasive approach, the surgery is complex and usually requires a two to three day stay in the hospital and a two to three week recovery at home.

Now there's a new option. Emily Rivet, MD, and Ray Ramirez, MD, FACS, FASCRS, both fellowship-trained colorectal surgeons with Tidewater Surgical Specialists, are the first in Hampton Roads to

**"Most patients return to normal activities the day after the procedure"**

– Ray Ramirez, MD, FACS, FASCRS –

perform a new procedure. It is called a combined laparoscopic endoscopic polypectomy and removes larger polyps without removing a section of the colon.

The combined procedure, which has been performed at Bon Secours Maryview, requires two surgeons. While one surgeon removes the polyp with a colonoscope, the second surgeon watches the outside of the colon using a tiny laparoscope

camera to ensure the colon isn't damaged.

"The new procedure is like a colonoscopy, it just happens in the operating room," said Dr. Rivet. "We use a laparoscope to ensure there's no damage. If there is, we're prepared to repair the colon immediately." According to Dr. Ramirez, medical director and board-certified colorectal surgeon for the Bon Secours Center for Colon and Rectal Diseases, most patients return to normal activities the day after the procedure.

"Removing a section of the colon and reconnecting it carries many operative risks," said Dr. Ramirez. "This procedure reduces those risks, and that is a significant benefit to patients."

# What you don't know about heart disease can hurt you.



Kevin Shortt, MD

## Despite tremendous advances in caring for patients with heart disease,

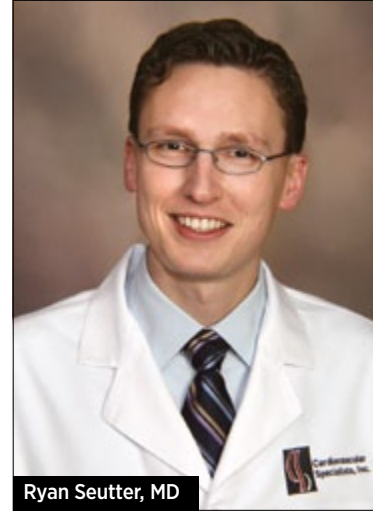
some conditions remain under-treated and under-diagnosed. Aortic stenosis, a narrowing of the aortic valve, is one of those conditions.

Aortic stenosis is a common valvular heart disease that increases in frequency as we age. Often unrelated to other heart diseases, it can lead to serious complications, even sudden death, if it remains untreated. Recent reports suggest that 75 percent of people with severe or critical aortic stenosis do not receive potentially life-saving treatment. This is due to the lack of symptoms, symptoms that are not recognized, or the patient being evaluated as inappropriate for surgery.

"The threshold for treatment of aortic stenosis has shifted. We now know that if the condition has reached a point of critical narrowing, even in people without symptoms, treatment can help avoid additional damage to their heart," said Kevin Shortt, MD, board-certified cardiothoracic surgeon at Bon Secours Heart and Vascular Institute. Even someone who has maintained a healthy weight and diet or is without a family history of heart disease can develop aortic stenosis. Patients need to maintain a relationship with their primary care providers, explain all symptoms, and obtain an echocardiogram if they have a new or chronic heart murmur.

According to Dr. Shortt, who has specialized training in valvular heart surgery, it's important to be a proactive patient. "If you have been diagnosed with a heart problem in the past, continue to see your cardiologist annually. The relationship is especially important to follow the progression of a condition or diagnose early any new problems that arise."

# Make Sure You Don't Miss A Beat



Ryan Seutter, MD

Sometimes irregular heartbeats can be triggered by caffeine consumption or stress. In fact, nearly everyone has extra heartbeats that go unnoticed. These palpitations take place in the upper chambers of the heart.

However, palpitations originating from the lower chambers of the heart are a warning sign and are associated with sudden death. These are caused by abnormal electrical activity in the heart.

"Sudden arrhythmias often point to an underlying problem with the heart," said Ryan Seutter, MD, a cardiologist who specializes in heart arrhythmias at Bon Secours Heart and Vascular Institute. "It serves as a warning of an impending heart attack, a weak heart or high blood pressure."

Dr. Seutter recommends that all heart palpitations be evaluated. However, if palpitations are accompanied by dizziness, chest pain or shortness of breath, you should have them evaluated right away. "Some people are more sensitive to their heartbeat and notice changes that are not serious," said Dr. Seutter. "But it is good these people are paying attention to their bodies – they sometimes identify a life-threatening problem."

## A Milestone in Hampton Roads Home Care

Marie Yack, RN, has been there from the very beginning. "We started small and I was the first nurse hired 30 years ago," said Yack, information systems educator for Bon Secours Hampton Roads Home Care. In October 1979, Bon Secours Maryview Medical Center was the second hospital in the state to offer home care, and the first hospital-based home care agency in the area to earn Medicare certification.

Even with technology advancements, she says that some things haven't changed. "We have very dedicated nurses and are proud to be able to carry out the mission to care for the people in need," said Yack.

# 5 Ways to Live Healthier in 2010



Tarsha Darden, MD

"Weight loss means you lose pounds, but that ends eventually. Wellness, however, is a lifestyle," said Tarsha Darden, MD, family practitioner with Deep Creek Family Practice in Chesapeake. "Setting wellness goals will help you have more energy and feel good. Sometimes weight loss comes along with that."

When it comes to setting goals, those who decide to walk every day are more likely to stick to their new routine than those who set running goals or general goals to "exercise more." According to Dr. Darden, wellness is about more than diet and exercise.

"Mental well-being can affect physical well-being," said Dr. Darden. "Studies show a link between social isolation and negative health outcomes. It is essential to maintain strong relationships."

### Dr. Darden recommends changing day-to-day habits in 2010

- Add more fresh, leafy vegetables to your diet. They have cancer-fighting properties and less sodium than canned vegetables. Most people don't eat enough fresh vegetables.
- Add 30 minutes of activity to your day.
- See your doctor for preventive care. Plan to discuss your family history and use this time to set new wellness goals.
- Make time for family and friends.
- Maintain an optimistic outlook.

To begin working with a physician to discuss your family history and set your wellness objectives, visit [www.bshr.com/primarycare](http://www.bshr.com/primarycare)

# New Approach for Training Nurses

## Bon Secours Maryview Medical Center

According to the U.S. Bureau of Labor Statistics, 233,000 jobs will open for nurses each year through 2016. The need for nurses will continue to be an issue as the number of nurses retiring increases.

With these challenges in mind, Bon Secours Maryview embarked on a new model for training ER nurses in February 2009. Rather than only working in the emergency department, nurses rotate into other departments to gain broader experience. Orientation also includes mentorships to help new nurses prioritize tasks and manage patient care.

“After I completed the orientation, I felt much more confident and prepared to meet any situation that may arise,” said Renee Buchanan, RN, who joined Bon Secours’ nursing staff in February 2009. “Through each stage of education and evaluation, the process is patient-centered.”

Since implementing the model, as many as 21 nurses have been part of Bon Secours Maryview’s orientation program at one time. Toni Higgins, RN, clinical educator for the Emergency Department, expected the new model of learning to improve the experience, but she didn’t anticipate the volume of interest in the program.

“There’s always an opportunity to learn. I’m still learning,” said Higgins. “When we properly train our nurses, more nurses want to work here, and patients receive the care they need.”

“Through each stage of the education and evaluation, the process is patient-centered.”

– Renee Buchanan, RN –



Susan Anderson, RN, Michelle Smith, RN, Deborah Stickland, RN, clinical nurse educator, and Jennifer Tippens, RN

# On-The-Move in Hampton Roads Neighborhoods



Janikka Cochran and daughters Shantinae and Syriah with Mary Baker, RN

In collaboration with local churches and the “Heal-Thy” Generation Coalition, the Bon Secours Care-A-Van began providing care to Hampton Roads, beginning in Newport News in the summer of 2009. The Care-A-Van is a mobile health clinic providing free health care to adults and children who have no health insurance.



“Patients have the same experience as they would have going to any doctor’s office, except that the waiting room is in a local church,” said Herbert Cummings, director of mobile health services for Bon Secours Virginia. “We have caring doctors and staff, and we have the same team week-after-week to ensure that we can provide consistent care.”

The program, which treated nearly 20,000 patients last year, continues to expand into new communities. “We want to reach more communities in Hampton Roads, especially those that have few health resources,” said Cummings.

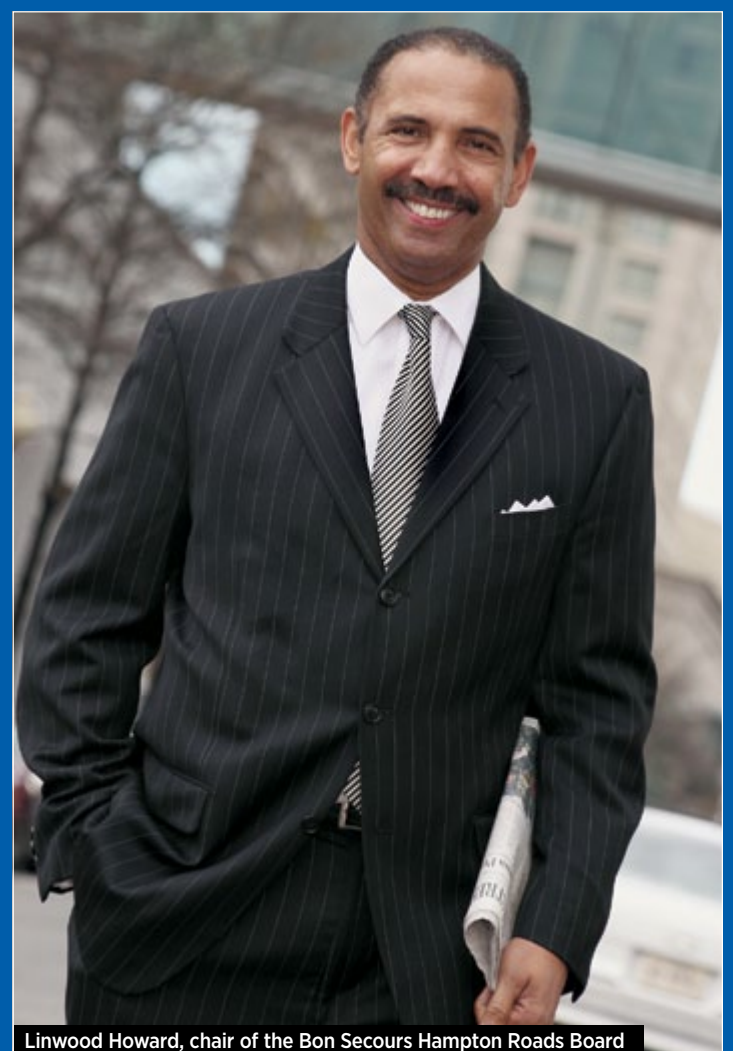
# Connecting the SEVEN CITIES

Board Member Profile: Linwood Howard

A graduate of Bethel High School in Hampton, Linwood Howard didn’t spend a lot of time on the Southside when he was young. But when his work brought him back to Hampton Roads after living in North Carolina for many years, he and his family made their home in Virginia Beach. As regional manager for RBC Bank, Howard leads the retail banking network from Williamsburg to the Peninsula to the Southside.

“I see how Hampton Roads functions as a region day-to-day,” said Howard. “That’s exactly what interested me in the board member position with Bon Secours Hampton Roads. It’s about an effort that spans the region and a mission reaching beyond city limits.”

Prior to becoming chair of the Bon Secours Hampton Roads Board of Directors in early 2010, Howard led the board’s strategic ad hoc committee. He says he has been impressed with everyone he has met at Bon Secours, particularly the high level of caring put into Bon Secours’ work.



Linwood Howard, chair of the Bon Secours Hampton Roads Board

# Bon Secours in the Community



**Top:**

- Runners prepare for the Arthritis Foundation's Jingle Bell Run/Walk for Arthritis®.

**Left, top to bottom:**

- Ken Gerry, pastor of New Life Christian Center, and Sharon Jester served hot pizza at Store House in East Ocean View.
- Keatha Galofaro of Mary Immaculate Heart Center, with Hezekiah Spruill at the Peninsula Heart Walk.
- Allan Gollihue, Matthew James, Elizabeth Dula, Jennifer Lee, John Steven and Steve Zollos at the Capitol Hill Club.

**Right, top to bottom:**

- Iris Welsch and Sherry Taylor at the Jingle Bell run.
- Deborah Brown, Echo Vascular Technician, at the Eagle Harbor open house.
- Paige Flores and Linda Millard having fun learning at Girls' Night Out.

# INJURIES STRIKE OUT YOUNG ATHLETES



Paul Mitchell, PT, certified athletic trainer with InMotion, goes over pitching motion with Tanner Phelps.

**W**ith childhood obesity a prevalent problem in the U.S., a need to limit athletic participation may come as a surprise. But more young athletes, many in elementary and middle school, are training like professionals and experiencing overuse injuries that come along with specializing in a sport.

Anand Kapur, MD, family physician and director of sports medicine at InMotion Physical Therapy at Harbour View, said he sees young athletes with overuse injuries from little-leaguer's elbow to rotator cuff injuries for swimmers. "Most parents played different sports in the fall and spring when they were young," said Dr. Kapur. "Now, kids are specializing at a young age, and the year-round commitment causes them injuries you didn't normally see."

The American Academy of Pediatrics Council on Sports Medicine and Fitness

**"Now, kids are specializing at a young age, and the year-round commitment causes them injuries you didn't normally see."**

— Anand Kapur, MD —

recommends limiting practice of a single sport to five or fewer days per week, with at least one day off from any organized physical activity each week. Diversifying kids' activities is beneficial for their performance, as well as their safety.

When kids are given a chance to rest some muscles and exercise new ones in another sport, they become well-rounded athletes and improve their performance overall.

## BEYOND THE PYRAMID

# Tips for Healthier Eating

According to Brooke Mercedes, registered dietitian at InMotion Physical Therapy and Sports Performance in Virginia Beach, being conscious of what you eat can make the difference. Losing weight, lowering cholesterol, and preventing diabetes are all impacted by paying attention to foods you eat.

"Americans need to lower their cholesterol, and diabetes is more prevalent than ever," said Mercedes, who is board-certified in sports dietetics and adult weight management. "People should know that they can do something about these conditions, and it starts by being aware of diet and how the body works."

Mercedes speaks to community groups across Hampton Roads, and shows how calories pile up. For example, in a large sweet tea from a fast food



Brooke Mercedes, registered dietitian, with runners.

restaurant, there are over 300 calories and 17 sugar packets. She also offers tips (right sidebar) to start eating healthier.

### • Write It Down

Sites like [dailyplate.com](http://dailyplate.com) help you track your eating. This often helps unveil bad habits you may not realize you have.

### • Drink Water

Drinks, even juices and sports drinks, have calories. Diet sodas may not have calories, but sweeteners increase cravings for other sweets.

### • Increase Your Protein

This helps your body balance the reduction of carbohydrates to help build muscle as you lose weight.

### • Eat Something Every Four Hours

Eating more frequently increases your metabolism, burning more calories. Without food, the body rests. Even a small snack will help to keep your metabolism working.

8

## Upcoming Event Bon Secours Gala

Please join Bon Secours for an evening of elegance on March 13 at the Founders Inn and Spa, located in Virginia Beach. The upcoming gala will feature a silent auction, live auction and gourmet dinner. Proceeds will go to enhancing services and programs in local Bon Secours facilities. Call 889-5900 for more information.

## 20 YEARS OF CARING

Bon Secours Maryview Nursing Care Center in northern Suffolk celebrated its 20th anniversary in December. On December 12, 1989, the 120-bed facility opened its doors to the community. Since that day two decades ago, the center has served nearly 5,550 residents. The center provides both long-term and short-term care, and the building was renovated in recent years to create an atmosphere like home, with a fully-equipped kitchen and laundry area. "The ministry is what makes this place special," said Dianna Jarrett, RN, administrator for the center.

**"We have to have a heart for people, and that's why patients choose us if they ever need to return."**

### Hospital Providers



#### Bon Secours DePaul Medical Center

Daniel Duggan  
Executive Vice President/  
Administrator

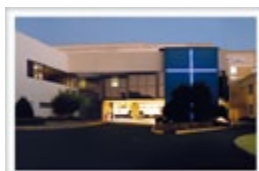
150 Kingsley Lane  
Norfolk, VA 23505  
757-889-5000



#### Bon Secours Health Center at Virginia Beach

Barbara Lynch  
Vice President  
Ambulatory Services

828 Healthy Way  
Virginia Beach, VA 23462  
757-673-5800



#### Bon Secours Maryview Medical Center

Michael Kerner  
CEO of Bon Secours Hampton Roads

3636 High Street  
Portsmouth, VA 23707  
757-398-2200



#### Bon Secours Health Center at Harbour View

Barbara Lynch  
Vice President  
Ambulatory Services

5818 Harbour View Boulevard  
Suffolk, VA 23435  
757-673-5800



#### Mary Immaculate Hospital

Patricia Robertson  
Executive Vice President/Administrator

2 Bernardine Drive  
Newport News, VA 23602  
757-886-6000

### Continuing Care Facilities

#### Bon Secours Maryview Nursing Care Center

Province Place of DePaul

Province Place of Maryview

St. Francis Nursing Center

Patricia Robertson, Executive Vice President

[www.bshr.com](http://www.bshr.com)  
757-889-CARE (2273)

  
BON SECOURS VIRGINIA HEALTH SYSTEM