

# Healthy

Summer 2025

## COMMUNITY

Broadway and film star

*Taye Diggs*

opens up about family  
and the stigma of  
mental health



**Powers**  
HEALTH<sub>SM</sub>

**This Issue:**  
**Focus on**  
**Mental**  
**Health**





# Mental Health Matters

**Acclaimed actor Taye Diggs opens up about family, mental health and breaking down stigmas**

**TAYE DIGGS** has long been recognized for his powerful performances on Broadway, in television series and in films. However, behind his success, Diggs has faced his own struggles with mental health, including dealing with anxiety and supporting his sister Christian through her diagnosis of schizophrenia. Today, he is using his platform to open up about mental health, break down stigmas and encourage honest conversations.

***What role did the arts play in your confidence growing up?***

Growing up in Rochester, NY, I was an insecure kid — short, skinny, nerdy — but performing was my outlet. It was in the arts that I found confidence. I still remember how, after I went to Syracuse University to study musical theater, I was determined to make it in New York City. Within six months of moving there, I landed a Broadway role in *Carousel*.

But even with success, anxiety was always lurking. I didn't even realize it was anxiety at the time — I just assumed everyone felt the same way. Over time, I developed my own coping mechanisms — like taking off my glasses on stage to blur out the audience. Sometimes I relied on alcohol to calm my nerves. Socially, I learned how to “perform” when I needed to exude charisma and confidence — but then retreat afterward to recharge.



### **How did your sister's diagnosis of schizophrenia impact your view of mental health?**

Everything shifted when my sister Christian was diagnosed with schizophrenia. At the time, it was terrifying. I was building my career, and I'd often get these frantic calls saying she had disappeared for days. I felt guilty, like I wasn't doing enough, but I supported her as best I could by providing the financial help she needed to get the care she deserved. When she said, "If it weren't for that, I don't know what I would've done," it made me feel a little better.

**"There is always hope and there is always a path forward."**

My family played a huge role in Christian's journey — my mom and sister Shalom were always there for her, making sure she felt supported. But even with the diagnosis, the road wasn't easy. It's not as simple as just getting a diagnosis and moving on; it's a continual learning process, and we're still on that journey.

### **How did therapy become a part of your life and why was it important?**

Therapy wasn't something I was used to. I was raised in a Pentecostal Christian household where we believed prayer could fix everything. It wasn't until my ex-wife, Idina Menzel, came into the picture that my perspective on therapy changed. She came from a family where therapy was just a normal part of life. When we were struggling in our relationship, she said, "I'm not staying unless we go to therapy." I laughed at first, but when I finally went, I realized how much I had been missing. It opened my eyes to a whole new way of looking at mental health.

Seeing Christian make progress in therapy also reinforced the importance of it. We all saw how much it helped

her, and it made us realize we could benefit from it too. When someone you love is struggling, it forces you to reflect inward, too.

### **What is your message to those in areas where mental health support is limited?**

The stigma surrounding mental health is still so strong, especially in areas where people have limited access to care. I remember growing up hearing things like, "That kid's just a little touched," and now we're learning that these conditions have names. Just raising awareness isn't enough for people who need actual support systems in place.

My family was there for Christian, and that was huge. Some people don't have that support, and that's why spreading awareness is so important. I want healthcare providers to meet people where they are, understand that therapy is a process and recognize that finding the right fit takes time and patience. You have a doctor for your heart, your teeth, why wouldn't you have one for your brain?

Through my advocacy, I hope to show people that mental health struggles don't define a person's future. Christian's story isn't a happy ending because the journey doesn't really end. But she's doing really well, and that's what matters. There is always light, even in the darkest tunnels.

### **Do you have any final thoughts?**

Mental health is an ongoing journey, not just for those struggling but for everyone around them. Through my own experiences with anxiety, my sister's schizophrenia and the power of therapy, I've learned that it's okay to ask for help. It's okay to not have all the answers, and it's okay to be vulnerable. We need to take care of our minds just as we do our bodies. My message is simple: Mental health doesn't have to define you. There is always hope, and there's always a path forward, even if it's not always a straight line. ■

## **Intensive Outpatient Program offers support in group setting**

**Powers Health** offers an outpatient program for adults experiencing behavioral or emotional difficulties but do not require an intense level of inpatient psychiatric care.

The Intensive Outpatient Program (IOP) is an individually designed confidential group therapy focused on improving daily coping skills, processing emotions, understanding symptoms and enhancing the ability to self-manage effectively. Supportive group therapy helps reduce the feeling of isolation and provides a safe learning environment for crisis management.

Most patients spend six to eight weeks in the program, which meets from 9:30 a.m. – 12:30 p.m. Monday through Thursday at St. Catherine Hospital in East Chicago. Conditions that are treated in IOP include adult attention deficit hyperactivity, anxiety, bipolar disorder, depression, obsessive-compulsive disorder, post-traumatic stress, schizophrenia, stress and treatment-resistant psychiatric disorders.

Interested patients must complete a psychiatric assessment to determine their personal goals for completing the program. To be referred to the program, contact your healthcare provider or call for an intake assessment at 219-392-7607. ■

**For more information on Powers Health's Behavioral Health Services, visit [PowersHealth.org/services/behavioral-health-HC-summer25](https://PowersHealth.org/services/behavioral-health-HC-summer25).**

*Sources: US Census Bureau; Centers for Disease Control and Prevention (CDC)*



# Reset Your Mental Health

Now is the perfect time to refresh not just your living space but also your mental well-being. Just as we declutter our homes, we can take steps to clear our minds, establish healthy habits and cultivate a sense of calm. Here are practical ways to give your mental health a spring cleaning.

## Declutter Your Schedule

An overloaded schedule can lead to stress and burnout. Assess your commitments. Are there activities that no longer bring you joy? Prioritize what matters most and say “no” to obligations that drain your energy. Simplifying your calendar allows you to focus on uplifting activities and create a healthier balance.

## Refresh Your Routine

Now is a great time to introduce small yet impactful changes to your daily habits. Regular physical activity, even a brisk walk outside, can boost your mood and reduce stress. Mindfulness practices like meditation or deep breathing help center your mind. A refreshed routine doesn't have to be drastic — find manageable ways to support your mental and emotional health every day.

## Let in the Light

Sunlight is a natural mood enhancer that helps regulate sleep and energy levels. Open your curtains, spend time outside and embrace longer daylight hours. Sun exposure increases serotonin, a hormone that boosts happiness. Even a few minutes in the sun can make a difference.

## Reorganize Your Mindset

Cleaning isn't just physical — it's emotional too. Evaluate your thought patterns. Are you holding onto negativity? Practice self-compassion and replace self-doubt with positive affirmations. Journaling can also help you process emotions and cultivate a clearer, more constructive mindset.

## Reconnect and Revitalize

Strong social connections are vital for mental health. Use this time as an opportunity to reconnect with friends, family and your community. Plan an outdoor picnic, join a club or volunteer. Strengthening relationships provides emotional support and enhances your sense of belonging.

## Tidy Up Your Digital Space

Your digital environment impacts your mental well-being. Organize your inbox, unsubscribe from unnecessary emails and declutter your social media feeds. Surround yourself with uplifting content and limit exposure to negativity. A cleaner digital space can promote a sense of calm.

## Make Time for Joy

Focus on renewal — embrace it by making time for activities that bring you joy. Whether it's gardening, painting or reading in the sunshine, prioritize hobbies that make you feel fulfilled.

## A Fresh Start

Here is a reminder to nurture yourself. By decluttering your schedule, refreshing your routine and embracing positive changes, you can build a strong foundation for mental wellness. Let self-care and mental clarity bloom.

**Sources:** Centers for Disease Control and Prevention (CDC), National Institutes of Health (NIH), American Heart Association, Cleveland Clinic, Mayo Clinic, Johns Hopkins Medicine





# Sun & Safety

## Your Guide to Skin Protection This Summer

**SUMMER IS THE PERFECT TIME** for outdoor fun, but increased UV exposure makes skin protection essential. Skin cancer rates are rising, so safeguarding your skin is more important than ever.

### ► Understanding UV Radiation

UV rays cause premature aging, sunburns and skin cancer. UVA rays penetrate deeply, leading to wrinkles, while UVB rays cause sunburn and increase cancer risk. The CDC warns that UV rays are strongest from 10 a.m. to 4 p.m., even on cloudy days.

### ► The Importance of Sunscreen

Use a broad-spectrum sunscreen with at least SPF 30, applying generously to exposed areas. Reapply every two hours or after swimming. Mineral-based sunscreens with zinc oxide or titanium dioxide provide strong UV protection.

### ► Protective Clothing and Accessories

Lightweight, long-sleeved shirts, wide-brimmed hats, and UV-blocking sunglasses reduce exposure. UPF-rated clothing offers additional protection while keeping you cool.

### ► Avoiding Tanning Beds

Tanning beds increase skin cancer risk. Opt for self-tanners or bronzers for a sun-kissed look without UV damage.

### ► Early Detection

Regular skin checks help detect issues early. Use the ABCDE method — Asymmetry, Border, Color, Diameter, and Evolving—to identify warning signs.

**Sources:** CDC, NIH, American Heart Association, Cleveland Clinic, Mayo Clinic, Johns Hopkins Medicine

## Sunburn to Heat Stroke: When to Head to the ER During Summer

Summer brings sunshine and outdoor fun, but it also poses health risks like severe sunburn, dehydration and heat stroke. Knowing when to seek emergency care is crucial.

### Severe Sunburn: More Than Just a Red Flag

Mild sunburns can be treated at home, but severe cases with blistering, swelling, intense pain, fever, chills, confusion or infection signs require medical attention. If symptoms worsen, visit the nearest Emergency Department (ED) or Immediate Care Center.

### Dehydration: When Water Isn't Enough

Mild dehydration can be managed with fluids and rest, but severe dehydration — marked by extreme thirst, dry skin, dizziness, rapid heartbeat, confusion, or fainting — requires urgent care. If someone can't keep fluids down, IV hydration at an ED is necessary.

### Heat Exhaustion vs. Heat Stroke

Heat exhaustion causes heavy sweating, weakness, nausea and clammy skin. Moving to a cool place, resting and hydrating can help. Heat stroke, however, is a medical emergency with symptoms like a body temperature over 103°F, confusion, slurred speech and loss of consciousness. Call 911 or head to the ED immediately.

### Prevention is Key

Wear SPF 30+ sunscreen, stay hydrated, take shade breaks and listen to your body. If severe symptoms arise, don't delay seeking medical help. It could save a life.

**Sources:** CDC, Mayo Clinic

# Building a Healthier Future

**M**ORE THAN 50 YEARS ago, when the geographic and healthcare landscape looked much different than today, my grandfather, Donald S. Powers, set out to provide Northwest

Indiana with access to advanced medical care closer to home. As a visionary community leader, he was instrumental in bringing Community Hospital to Munster and laying the foundation for Community Healthcare System.

Today, my grandfather's legacy continues as Powers Health. Although our healthcare system name has changed, our deep tradition and commitment to providing compassionate care remains steadfast.

With four hospitals – Community Hospital in Munster, St. Catherine Hospital in East Chicago, St. Mary Medical Center in Hobart and Powers Health Rehabilitation Center in Crown Point – and more than 50 facilities throughout Northwest Indiana, Powers Health is a trusted healthcare leader. We offer exceptional care across a comprehensive network.

With the support of some of the area's most talented medical professionals, we are proud to have earned numerous national accreditations and distinguished recognitions for exemplary care and advanced technology for cardiovascular, neuroscience, oncology and orthopedic care.

The Powers Health Structural Heart and Valve team has marked several momentous achievements, building on its reputation as a leader in cardiovascular

**“For more than a half a century, Powers Health has delivered on my grandfather’s promise to provide Northwest Indiana with outstanding medical care and advanced technology.”**

care. The team, which has extensive experience with minimally invasive cardiac procedures, recently performed the first transcatheter tricuspid valve replacement procedure in Indiana. This groundbreaking method helps patients who have severe tricuspid regurgitation. The team also performed its 1,000<sup>th</sup> transcatheter aortic valve replacement to treat aortic stenosis, a disease that causes restricted blood flow to the heart. Both of these procedures eliminate the need for conventional open-heart surgery.

When it comes to treating a stroke, our specially trained teams are prepared to act within moments of a patient's arrival for the most advanced neuro-interventional treatment. Powers Health offers the only Comprehensive Stroke Center in Northwest Indiana. Our Comprehensive Stroke Center at Community Hospital has seen a rise in transfers over the past five years, from 244 in 2019 to more than 1,000 in 2024.



**Donald P. Fesko,**  
president and CEO  
of Powers Health





Our nationally accredited comprehensive cancer care programs are designed around the needs of our patients and their loved ones – with multidisciplinary physicians and nurse navigators offering care from diagnosis through survivorship. Through clinical trials sponsored by the Powers Health Cancer Research Foundation, our patients have been among the first to benefit from innovative treatment.

Powers Health specializes in shoulder surgery and Joint Commission-certified advanced spine, hip and knee surgeries. Our orthopedic surgeons have performed more than 1,000 minimally invasive procedures for total hip and knee replacement.

### **Investing in Northwest Indiana's Health**

We continue to invest resources by building new facilities and expanding comprehensive medical services. These projects reflect our promise to a growing Northwest Indiana.

In Crown Point, Powers Health is opening two facilities this year to create a regional destination for specialized orthopedic and oncology services on the same campus as Powers Health Rehabilitation Center on Broadway.

In collaboration with Northwest Cancer Centers, a state-of-the-art Cancer Care Center will be a cornerstone for oncology care in Northwest Indiana. The 71,000-square-foot facility will include cancer-focused physical therapy; advanced testing and diagnostic services, including PET/CT imaging; medical oncology; infusion therapy; and radiation therapy, including a linear accelerator to treat tumors with pinpoint accuracy.

The Joint & Spine Center at Powers Health will serve as a premier regional destination for patients seeking exceptional orthopedic care. This project

will leverage the strengths and resources of both Powers Health and fellowship-trained orthopedic and spine surgeons. The 11,000-square-foot facility will offer a comprehensive range of orthopedic surgical procedures in a modern, comfortable environment. Services will include hip and knee replacements, minimally invasive spine procedures and robotic-assisted surgery, as well as shoulder, elbow, wrist, hand, foot and ankle care.

### **As Northwest Indiana grows, Powers Health continues to grow with it**

For more than a half a century, Powers Health has delivered on my grandfather's promise to provide Northwest Indiana with outstanding medical care and advanced technology. That commitment to grow with our community has been and always will be our mission. ■

**To learn more about Powers Health and its integrated healthcare system, visit [PowersHealth.org/about-us-HC-summer25](https://PowersHealth.org/about-us-HC-summer25).**



# Stay Safe in the Sun

Simple tips for protecting your skin

by Adam Whittington, MD

**S**PENDING TIME outdoors is one of the best parts of an Indiana summer. Whether you're playing sports, heading to the beach or just walking outside, the sun feels great. But too much sun can be dangerous.

Sunburns, skin damage and skin cancer are real risks. The good news is that protecting your skin is easy if you take a few simple steps.

The most important step is to wear sunscreen. Sunscreen helps block harmful rays from the sun called ultraviolet (UV) rays. These rays can damage your skin even on cloudy days. UV rays come in two main types: UVA, which causes aging and wrinkles, and UVB, which causes sunburns. A good sunscreen protects you from both. Look for one labeled "broad-spectrum," which means it protects against both UVA and UVB.

You'll also want to check the SPF, which stands for sun protection factor. SPF tells you how well a sunscreen protects your skin. An SPF of 30 is a good starting point, but a higher number offers better protection. If you have fair skin, a history of sunburns or are outside for long periods of time, go for SPF 50 or higher.

Make sure you apply sunscreen the right way. Most people don't use enough. You should use about a shot glass full for your whole body. Don't forget easy-to-miss spots like your ears, the back of your neck and the top of your feet. Put it on 15 to 30 minutes before going outside so it has time to soak in. Reapply every two hours – or sooner if you're sweating, swimming or wiping your face – especially if the label recommends it.

I tend to prefer mineral sunscreens. Their ingredients including zinc oxide or titanium dioxide, which act by physically reflecting sunlight away from your skin. Blue Lizard®,



CeraVe®, Neutrogena® and Coppertone® are just a few trusted brands. Of course, sunscreen isn't the only way to stay protected. Wear protective clothing, such as hats, sunglasses and long-sleeved shirts. Seek shade, especially between 10 a.m. and 2 p.m., when the sun's rays are strongest.

**“Getting a tan might seem cool now, but over time, too much sun can lead to wrinkles, dark spots and even cancer.”**

It's also smart to check your skin regularly for signs of cancer. Look for new moles, changes in the size, shape or color of existing ones or any spots that itch, bleed or don't heal. Use a mirror or ask someone to help check hard-to-see areas, such as your back. If you notice anything unusual, make an appointment with a dermatologic provider. Catching skin cancer early makes treatment much easier and more successful.

Getting a tan might seem cool now, but over time, too much sun can lead to wrinkles, dark spots and even cancer. Taking care of your skin now means healthier skin later. So whether you're going for a hike, hitting a pool party or just walking to lunch, remember sunscreen isn't just for beach days – it's for every day.

Your future self will thank you. ■

**Adam Whittington** is a dermatologist affiliated with Community Hospital in Munster. He received his medical degree from Northwestern University. To book an appointment with a dermatologic provider, visit [powershealth.org/find-a-doctor](https://powershealth.org/find-a-doctor).

For more information about services offered at Powers Health, visit [PowersHealth.org-HC-summer25](https://PowersHealth.org-HC-summer25).



# IN-spiring achievement

Powers Health hospitals again earn honors for infant, maternal care

by Vanessa Negrete



Women considering Powers Health for their birthing experience can rest assured they will be cared for by a team adhering to practices that meet top standards.

Community Hospital, St. Catherine Hospital and St. Mary Medical Center again have been recognized for excellence in infant and maternal health. All three earned accolades from the Indiana Hospital Association (IHA), in partnership with State Health Commissioner Lindsay Weaver, MD, FACEP, at the fifth annual INspire Hospital of Distinction recognition ceremony.

Recognition is based on implementation of best practices in six key areas, including safe sleep, breastfeeding, perinatal substance use, social drivers of health, obstetric hemorrhage and maternal hypertension. Family Birthing Services at the three

Powers Health acute care hospitals received the Hospital of Distinction Award, meaning they met four or five of those criteria.

Powers Health's Family Birthing Services set initiatives in place to meet high standards for healthy pregnancies and for healthy beginnings for infants. Understanding that delivery is only part of the effort to bring a new baby into the world, the healthcare system connects women with a perinatal

navigator for guidance, educates parents about safe sleep practices and sends at-risk mothers home with a blood pressure cuff to monitor their numbers, among other efforts.

Those practices demonstrate that Powers Health cares for moms and babies before, during and after delivery.

"In the past, our team received the Category of Excellence award, so we are excited to earn Hospital of Distinction, meaning we've met more criteria in our effort to support mothers and babies through best practices," said



Community Hospital, St. Catherine Hospital and St. Mary Medical Center nursing leaders hold their INspire banners.



LaTina Ashana, Family Birthing Services nurse manager at St. Catherine Hospital.

The INspire Awards launched in 2020. Community Hospital has earned the Hospital of Distinction award every year.

Carla Meyer, administrative director of Patient Care Services at Community Hospital, said Powers Health has a reputation for delivering excellent maternal and infant care.

“Our healthcare professionals strive for the best, not for recognition or accolades, but for our patients,” Meyer said. “We continue to invest in training and equipment to ensure we provide the high level of care our patients expect.”

Nurturing healthy beginnings for babies and their mothers is a top priority.

“We put a lot of hard work into preparation, education and training as we strive for positive outcomes for our patients,” said Brittany Pankiewicz, Family Birthing Services nurse manager at St. Mary Medical Center.

INspire, funded by the Indiana Department of Health’s Safety PIN grant, was developed to implement the delivery of best practice care for Hoosier moms and babies and to recognize hospitals for excellence in addressing key drivers of

**“We put a lot of hard work into preparation, education and training as we strive for positive outcomes for our patients.”**

infant and maternal health.

“The Indiana Department of Health remains focused on working with healthcare providers to improve outcomes for Hoosier moms and babies,” Weaver said. “We are grateful to have hospitals across the state support initiatives, such as the Indiana Perinatal Levels of Care and obstetrical emergencies training, that have contributed to improvements in both maternal and infant health.”

For the first time in the program’s history, 100% of Indiana’s birthing facilities earned one of two INspire recognitions, reinforcing the progress that has been made to improve upon the key drivers of maternal and infant health. ■

**For more information about Maternal and Neonatal Care at Powers Health, visit [PowersHealth.org/baby-HC-summer25](https://PowersHealth.org/baby-HC-summer25).**

# Time is of the essence

Protocols ensure rapid response for stroke patients

by Vanessa Negrete

**S**UDDEN WEAKNESS. Numbness on one side of the body. A severe headache that appears out of nowhere. When signs of a stroke strike, the clock begins. Each moment a stroke goes untreated, tissue is damaged. Time is brain.

**“We cover the spectrum of stroke needs, from prevention to diagnosis, treatment and rehabilitation.”**

A 911 call puts the wheels in motion. Emergency Medical Services (EMS) plays a critical role in the outcome of stroke patients. When emergency responders determine a person may be experiencing a stroke, EMS uses established rapid triage and transfer protocols to take patients to the closest hospital with the most appropriate level of care.

The hospitals of Powers Health are prepared.

Community Hospital in Munster is a Joint Commission Certified Comprehensive Stroke Center,

providing the highest level of expertise and treatment of complex acute strokes. Community Hospital provides 24/7 access to minimally invasive catheter procedures to treat stroke, as well as a dedicated neuroscience intensive care unit, on-site neurosurgical availability around the clock and access to research through participation in national stroke trials. This higher level of care and management allows Community Hospital to serve as the destination center for complex stroke patients, including those arriving from Primary Stroke Centers across northern Indiana.

Community Hospital is supported by certified Primary Stroke Centers at St. Catherine Hospital in East Chicago and St. Mary Medical Center in Hobart.

Specialty hospital Powers Health Rehabilitation





Center in Crown Point, along with Therapy Services throughout the healthcare system, is outfitted with advanced rehabilitation equipment to help stroke patients regain their quality of life.

“Stroke is a leading cause of disability and the No. 5 cause of death in America, and Powers Health is doing its part to give patients the best possible outcome,” said Jill Conner, executive director of Neuroscience Services for Powers Health.

When the Powers Health advanced multidisciplinary medical team is alerted that a possible stroke patient is on the way, they quickly mobilize to deliver urgent, specialized stroke or neuroendovascular care when the ambulance arrives at the Emergency Department.

From the ambulance, the patient moves directly to a 64-slice computerized tomography (CT) scanner, which will rapidly identify the type of stroke they are having – one caused by bleeding in the brain, by a blockage or by a blood clot that interrupted blood flow to the brain.

Other diagnostic procedures the stroke team uses include magnetic resonance imaging (MRI) for high-definition detail to find damage, especially in small vessels, and positron emission tomography (PET) scan, which measures brain cell metabolism to determine brain function.

If needed, vascular neurologists can arrive via video within minutes to any Powers Health hospital Emergency Department through TeleStroke technology. With TeleStroke, the vascular neurologist remotely reviews CT scans, vital signs and patient history and engages the patient and bedside team in a real-time, complex neurological assessment. TeleStroke technology allows the physician to view the patient through a high-powered camera to be able to identify things such as facial droop or pupil changes.

The neurologist works cooperatively with Emergency Department clinical staff to quickly determine a plan of care for the emergency physician to begin.

Patients who arrive at a Powers Health hospital within four hours from the onset of symptoms may benefit from tissue plasminogen activator, a clot-busting drug that restores blood flow to limit damage to the brain.

Treatment is tailored for each patient. Powers Health neuro specialists are skilled at complex interventions, such as mechanical thrombectomy, carotid stent



placement and other surgical procedures in a specialized hybrid operating suite to restore blood flow to the brain for optimal patient recovery.

At a Comprehensive Stroke Center, such as Community Hospital, available procedures include mechanical thrombectomy for acute stroke, cerebral diagnostic angiography, stenting of occlusive lesions, aneurysm clipping and coiling, decompressive craniotomy and more. As the healing process progresses, Therapy Services across Powers Health step in to help stroke patients set and meet goals to restore quality of life. Powers Health also facilitates stroke support groups for finding a network of community during recovery.

**“The neurologist works cooperatively with Emergency Department clinical staff to quickly determine a plan of care for the emergency physician to begin.”**

“Powers Health is a proven leader in treating stroke patients,” Conner said.

Among the achievements, Community Hospital has earned the Gold Seal of Approval from The Joint Commission. The Gold Seal is a symbol of quality that reflects an organization’s commitment to providing exceptional care to patients who experience the most severe types of strokes. ■

**For more information about stroke care at Powers Health, visit [PowersHealth.org/stroke-HC-summer25](https://PowersHealth.org/stroke-HC-summer25).**

# Nurturing the future of healthcare

by Karin Saltanovitz

Powers Health offers opportunities for career development

**T**HE RESULTS ARE IN. When it comes to career choices, healthcare is thriving. The U.S. Department of Labor estimates there are about 1.9 million openings each year in the healthcare field because of employment growth and the need to replace retiring workers.

**“We are dedicated to delivering compassionate care to our communities by combining innovative workforce management technology with a patient-centered approach.”**

“Healthcare continues to evolve and so does the Powers Health workforce,” said Sharron Catania, vice president of Human Resources. “There are so many healthcare positions in which a person can start in one field and progress to other areas. For example, a nurse may start his or her career working with inpatient care and transition to management, information technology or a specialized medical field.”

The hospitals of Powers Health – Community Hospital, Munster, St. Catherine Hospital, East Chicago, St. Mary Medical Center, Hobart, and Powers Health

Rehabilitation Center, Crown Point – remain focused on talent acquisition and retention by fostering a supportive environment that encourages professional growth.

Powers Health takes a proactive approach to filling in-demand jobs, both now and in the future.

## Walk-in interviews

Prospective job candidates are invited to Powers Health Human Resources locations for walk-in interviews from 1 to 3 p.m. every first and third Thursday of the month. New grads are welcome to apply.

“We are always looking for caring, compassionate people to join our team,” Catania said. “These interviews provide an easy opportunity for job candidates to meet directly with our recruiters at multiple locations throughout our system.”

Benefits-eligible positions include paid time off, life, medical, dental and vision insurance, a retirement program and tuition reimbursement program, as well as a loan forgiveness program for student debt.

Job opportunities are available throughout the healthcare system, including the hospitals, clinics and physician offices. ■

For more information, visit [www.powershealth.org/about-us/careers-HC-summer25](http://www.powershealth.org/about-us/careers-HC-summer25).



# Professional Development

**A**s one of Northwest Indiana's largest employers, Powers Health is committed to offering employees new opportunities. These programs serve as a pipeline to generate new staff. Many of these trainees get hired by Powers Health hospitals after graduation.

## Nursing Fellow Program

This program serves as a pathway from student to registered nurse. It strengthens the clinical skills of nursing students and helps them gain the confidence that is essential to providing high-quality patient care.

## Nursing Assistant Training Program

This five-week program prepares beginning level nurse assistants to work as members of the healthcare

team under the supervision of a licensed registered nurse.

## Medical Laboratory Science Program

Designed for baccalaureate graduates in the sciences, the School of Medical Laboratory course includes 22 weeks of classroom instruction. A career in Medical Laboratory Science involves testing of blood and bodily fluid specimens using complex chemistry analyzers; microscopic examination of blood cells; identification of pathogenic organisms causing infection; immunological evaluations; and preparation of blood products for life-saving transfusions.

## Pharmacy Technician Program

This Community Hospital program is for those seeking a career in the pharmacy. Experienced pharmacy

technicians and pharmacists serve as designated trainers, guiding students through real-time daily processes for a practical pharmacy experience. After completing the 10-week program, graduates are prepared to take a national certification exam.

## EMS Training Academy

St. Mary Medical Center's EMS Training Academy is responsible for initial training and subsequent skills development of EMS providers. As a nationally accredited EMS teaching hospital, St. Mary Medical Center offers an Emergency Medical Technician (EMT) course to the public for initial education and training. It also offers an advanced paramedic course for EMTs looking to extend their education and training. ■



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Taye Diggs



Mental Health



Summer Sun Safety



Building a Healthy Future

# Stretching for Summer Sports

## As Your Activity Increases, So Should Your Preparation

**A**s the days grow longer and the temperatures rise, many people take advantage of the warmer weather to engage in outdoor sports and activities. Whether you're hitting the trails, playing a friendly game of soccer or diving into summer workouts, one key element of preparation should never be overlooked — stretching.

## Why Stretching Matters

Stretching helps improve flexibility, reduce muscle tension and lower the risk of injuries such as strains and sprains. Dynamic stretching, such as performing squats, before activity can enhance performance, while static stretching, such as holding a stretch for several seconds, after exercise aids in muscle recovery.

## Preventing Injury and Supporting Performance

Jumping into high-intensity activities without proper warm-ups can increase the risk of injury, leading to unnecessary pain or even physical therapy. Stretching also boosts circulation and



improves joint range of motion, helping athletes of all levels move more efficiently.

## Start Your Stretching Routine Today!

Don't wait until soreness sets in. With proper stretching, you can make the most of your summer activities while keeping your body strong and injury-free! ■

**Sources:** Centers for Disease Control and Prevention (CDC), National Institutes of Health (NIH), American Heart Association, Cleveland Clinic, Mayo Clinic, Johns Hopkins Medicine

For information, visit [PowersHealth.org-HC-summer25](https://PowersHealth.org-HC-summer25).