IN GOOD HEALTH

SPRING 2020





DOING WHAT'S BEST.[®]

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MESSAGE FROM THE PRESIDENT

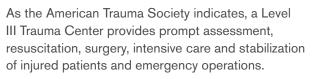
McLaren Port Huron distinguished as St. Clair County's only Nationally Verified Trauma Center



As spring and summer months approach, more people will start enjoying outdoor activities, such as jogging, biking, boating and gardening. While those activities are usually enjoyable, sometimes minor and even serious injuries are sustained.

Traumatic injuries are serious emergencies. In St. Clair and Sanilac counties, falls are the biggest cause of trauma cases, with many involving fractured hips. Motor vehicle accidents – including cars, motorcycles, ATVs, dirt bikes and boats – are the second biggest cause. Other trauma cases involve animal bites, bicycle accidents and assaults. When serious trauma occurs, the availability of a medical facility that can respond quickly and effectively means the difference between life and death.

McLaren Port Huron has taken an important step forward in its effort to serve our community with comprehensive, efficient emergency care. McLaren Port Huron was recently re-verified by the American College of Surgeons as a Level III trauma facility. Our hospital is one of only 45 verified trauma centers in Michigan and the only nationally verified trauma center in the Blue Water Area.



What does a nationally verified trauma center mean to our community?

- The team providing care are working under nationally recognized protocols for injury treatment.
- We continuously work to educate the community on injury prevention and to enhance the trauma care that we provide to our patients.
- Trauma patients can remain here in the Blue Water community to receive trusted, highquality care for most serious conditions.

Our physicians and staff take our trauma distinction very seriously. When the threat of a serious injury or medical emergency happens, the hospital is a critical resource that is available to Blue Water Area residents. Our experience and verification make us a great choice versus lesser experienced trauma centers.

This voluntary accreditation gives us capabilities to care for a wider range of serious emergencies, and it means exceeding national standards for trauma care staffing, injury prevention and quality improvement.



Jennifer Montgomery, MSA, RN, FACHE President and CEO

On behalf of the trauma and ER team at McLaren Port Huron, we hope you have an enjoyable spring. Should an emergency arise, please turn to McLaren Port Huron for expert emergency and trauma care.



WHEN TIME AND EXPERTISE ARE OF THE ESSENCE, CHOOSE THE AREA'S ONLY NATIONALLY VERIFIED TRAUMA CENTER

You need only drive past McLaren Port Huron to see all the changes and growth over the last few years. You've noticed our buildings have grown and access to services is now greater than ever. What you can't see from the outside is the significant growth within our walls.

One example is our trauma center status. What was once an Emergency Department, then later an Emergency Center, is now the only Level III Trauma Center in St. Clair County that has been verified by the American College of Surgeons. This sets McLaren Port Huron apart from any other local trauma service and raises the level of trauma care in significant ways.

As a Verified Level III Trauma Center, McLaren Port Huron provides:

- 24-hour immediate coverage by emergency medicine physicians and the prompt availability of general surgeons, orthopedic surgeons and anesthesiologists
- A comprehensive quality improvement program
- Transfer agreements for patients requiring care at Level I or Level II trauma centers
- Back-up treatment for rural and community hospitals who send patients to us for advanced care
- Ongoing education of the nursing and allied health personnel and the trauma team
- Prevention efforts and an active outreach program for its referring communities

This means that 24 hours a day, surgeons, physicians specializing in emergency medicine, specially trained nurses, and other vital personnel provide immediate care rather than on-call care. This makes such a difference in outcomes when time and expertise is of the essence. In addition to immediate care, vital support services throughout the hospital are available, such as the blood bank, laboratory services and diagnostic radiology, as well as case managers, clinical social workers, respiratory therapists, physical therapists and other medical professionals. These are all part of the McLaren Port Huron trauma team.

Following initial trauma care, and if follow up treatment is required, McLaren Port Huron has additional advantages:

- It has been recognized as a high-performing hospital in the treatment of heart failure and chronic obstructive pulmonary disease (COPD) by U.S. News & World Report
- It is the only open heart surgery program in the area, so interventional cardiology can be obtained quickly, and without being transferred
- It is a certified stroke center with a comprehensive continuum of care
- It is the only county facility to offer 24-hour inpatient psychiatric care

Seeking and obtaining this high-level verification is not something all hospitals do, nor are they required to do. It is pursued by hospitals that want to ensure the highest levels of care.

"We are advancing to meet the growing health care needs of our community," says Jennifer Montgomery, McLaren Port Huron's president and chief executive officer. "We do it because providing the highest quality patient care experience has always been at the core of what we do."

To learn more about our trauma verification, visit www.mclaren.org/phtrauma.

MAKE A DIFFERENCE – VOLUNTEER!

Have you been thinking about finding balance in your busy life by giving back? Do you have high school age children (age 14 and over) who are looking to build their resume for college or employment applications? Do you know older adults who are looking for ways to stay engaged? There are a variety of volunteer positions available and representatives will be on hand to talk about opportunities with McLaren Port Huron, Marwood Nursing & Rehab, McLaren Hospice and McLaren Port Huron Foundation. In today's fast-paced world, it can be hard to find the time to volunteer. However, the benefits of volunteering can be enormous. Volunteering can help you make friends, learn new skills, advance your career, and even feel happier and healthier. While it's true the more you volunteer, the more benefits you'll experience, volunteering doesn't have to involve a long-term commitment or take a huge amount of time out of your busy day.

VOLUNTEER RECRUITMENT FAIR:

Thursday, April 23, 2-6 p.m. McLaren Port Huron Jefferson Building 1320 Washington Ave. | Port Huron



WHY I VOLUNTEER:

I started volunteering at McLaren Port Huron because I like to give back to the community. I began in the Gift Shop, and now volunteer at the Skylight Café. I enjoy interacting with all the different people who come to the café. I enjoy making them smile and making their day a little better.

- Mona Williams • Volunteer since 2010



WHY I VOLUNTEER:

I started coming to Marwood when a good friend was admitted to the memory care unit over six years ago. At first, I tried to see her twice a week; however, the more I visited her, the more I wanted to be at Marwood. I feel comfortable sitting with the residents, even if we're not doing anything but chatting about the good old days. I'm going to be 86 this year, and I'm glad I am able to volunteer. I often wonder why I didn't start volunteering when I was younger. I look forward to volunteering at Marwood – it is fulfilling for me.

- Charlene Sinne - Volunteer since 2017



WHY WE VOLUNTEER:

What a special, rewarding, and wonderful service McLaren Hospice provides for so many patients, families, and caregivers! When asked why we volunteer while holding down such busy work schedules, we simply and quickly respond by saying, in our opinions, nothing is more important than responding affirmatively to the calling! We have experienced the "privilege" of saying our final goodbyes (however sad) to loved ones, and realize how sacred and cherished this time is. Even if the patient isn't immediately close to death -- we find it a joy, and so rewarding, to be able to share our encouragement, kindness, and love, while patients, family, and friends deal with sickness. Sometimes patients don't have anybody to visit them, or, their family members may simply need a small respite to recuperate. We appreciate allowing them the time to "catch a breath of fresh air" to get back on track with caring for loved ones. Sometimes patients (and family) simply need a friend and a listening ear - what a privilege to work with such a wonderful and caring group of people, and then to be able to call ourselves a part of their fantastic hospice team!

- Pat & Mike Pearson • Volunteers since 2019

GUARDIAN ANGEL PROGRAM

Gifts received through this program recognize deserving caregivers, and also provide a healthier tomorrow for our community. As a non-profit hospital, McLaren Port Huron provides millions of dollars in charity care each year, as well as community benefit activities like free health screenings, educational programs, and partnerships with our local schools.

Guardian Angel brochures can be found in different locations of the hospital, accessed online at www.mclaren.org/phangel, or by calling the McLaren Port Huron Foundation at 810-989-3776.

FROM A PATIENT:

"I came into the ER presenting with chest pains. The team in the ER saved my life after I coded. I, along with my family, are forever grateful we have the "team" we do at McLaren that provided such awesome care!"

~ 2019 GUARDIAN ANGEL RECIPIENTS ~

Calla Adamo Amy Bolt (2) Karen Bonney Anne Brady **Stacy Britz** Nicole Chalut Andrew Chandler Dr. Kimberly Clark-Paul **Bonnie DePalma** James Dickinson Melissa Farquhar **Claire Feher** Linda Galbraith **Stephanie Gallo** Elizabeth Geldhof Heather Gieleghem (4) Joanna Gorecki **Georgia Griner** Amanda Guzman **Dr. Michael Helmreich** Marie Huffman Meghan Hull Victoria James-Vail **Eugenie Judson-Sanchez** Karen Kelly Brittany Kerluke (2)

Kayla King (2) **Rose Kittridge** Jennifer Koehn Jessica Kolman Kristen Krahnke Diane Kring (2) Amberli Kue Dr. Alan Kuester Matthew Kulman Amy Magnus (2) Sherry McKenzie Amanda McKeon McLaren Port Huron -6 North Staff Jourdan Mills Thomas Moore Marta Munroe Jennifer Mynhier Martha Nowakowski Dr. Michael Paul **Nicole Pauly Tristane Payne Rachel Pearson Keely Ptach** Scott Quade Dr. B.R. Reddy

Tresa Rogalski **Heather Salgat** Barbara Sawher (6) Wendy Scofield Alyssa Seidl (3) **David Singleton** Paige Smith (2) **Amy Spencer** LeAnn Stern **Kara Thomas** Jessica Tolin Dr. Stacey Tremp Michelle VanCamp **Amy VanNest** Shannon VanNest **Maribeth Vickers Danielle Watson** Samantha Weiss Hannah Wiegand Lauren Williamson Laura Winkelman **Derrick Wise** Kathryn Woodburn **Melinda Wright Jaclyn Yost**



SPRING 2020

Registration is required for all programs, unless stated otherwise. Register online at **www.mclaren.org/phevents** or call HealthAccess at **1-800-228-1484** with credit card information. Refunds cannot be given unless there is a 48-hour notice or McLaren Port Huron cancels the program.

SPECIAL NOTICE:

McLaren Port Huron continues to evaluate classes and programs based on CDC recommendations for social distancing to prevent the risk of coronavirus exposure. For the latest information regarding cancellations or rescheduling, visit www.mclaren.org/phevents.

Bariatric Informational Seminars

Upcoming seminar dates and information about surgeons and surgery options is listed at mclaren.org/phbariatric. MPH Wismer Third Floor Classroom • Cost: Free

Breakfast with the Doctor: Diabetes

Diabetes mellitus refers to a group of diseases that affect how your body uses glucose (blood sugar). Join Dr. Vladimir Stefan, McLaren Port Huron Family Medicine, to learn about the different types of diabetes, risk factors, and treatment. April 8; 8:30 – 10 a.m. MPH Charles Classroom • Cost: Free

Hands-Only CPR & Basic First Aid

Hands-only CPR is CPR without mouth-to-mouth breaths. This procedure is simplified so that individuals can respond quickly to medical emergencies. Participants will also learn basic first aid techniques to assist in treating common on-the-spot medical emergencies. This class is for informational purposes only. April 14; 10 – 11:30 a.m. Marwood Main Lounge • Cost: Free

Medicare Counseling Appointments

Need help with Medicare? A Michigan Medicare/Medicaid Assistance Program (MMAP) counselor is available to meet with St. Clair County residents on the third Thursday of the month. An appointment is required. To make an appointment, call MMAP at 1-800-803-7174. April 16 • May 21 • June 18; by appointment only MPH Jefferson Building • Cost: Free

Legal Aspects of Long-Term Care

All older adults, regardless of current health, should have a long-term care plan. Join Brian Duda of Brian Duda Financial and Kellen Elliott of the Kelly Law Firm to discuss the advanced planning checklist, including topics such as Medicaid planning, general estate planning, and financial planning for long-term care. Sponsored by McLaren Port Huron Foundation. April 21; 10 – 11:30 a.m.

MPH Jefferson Building - Cost: Free

Beauty & Healing

This program teaches women during any stage of cancer treatment about skin care, makeup application, and using scarves and hats as head coverings. Select a wig, free of charge, from our wig bank. Registration is required. Call HealthAccess at 1-800-228-1484 to register.

April 23 • May 28 • June 25; 1 p.m.

MPH Charles Classroom (Rourke Entrance) - Cost: Free

Volunteer Recruitment Fair

Interested participants ages 14 and up will learn about volunteer opportunities with McLaren Port Huron, McLaren Port Huron Foundation, McLaren Hospice and Marwood Nursing & Rehab. Complete a volunteer application on-site. Enjoy refreshments and enter to win prizes. No registration required. April 23; 2 – 6 p.m.

MPH Jefferson Building - Cost: Free

Lunch with the Nurse Practitioners: Preventing the Spread of Infection

Join nurse practitioners Christine Allor, MPH Marysville Family Medicine, and Laura Winkelman, MPH Fort Gratiot Internal Medicine, to learn how to prevent the spread of infection from common viruses, like colds and flu, and debunking myths. An overview about what you need to know about Coronavirus and how to keep you and your family safe will also be included. April 29; 11:30 a.m. – 1 p.m.

MPH Duffy Classroom • Cost: Free

Art Therapy: April Showers Bring May Flowers!

Join Registered Art Therapist Sara Sharpe for a therapeutic spring flower painting session. Participants will learn the purpose and benefits of art therapy while creating their own masterpiece. Seating is limited. Registration required. May 7; 10 - 11:30 a.m.

Marwood Main Lounge - Cost: Free

CarFit

CarFit offers area senior drivers a free opportunity to check how their cars "fit" them. CarFit's trained professionals take older drivers through a 12-point checklist with their vehicle, recommending minor adjustments that help make their cars "fit" better for comfort and safety. Occupational therapists from Marwood Nursing & Rehab will provide information on how to maintain and strengthen driving health.

June 2; 9 a.m. – 3 p.m. MPH Jefferson Building - Cost: Free

Lunch & Learn: Be Prepared for 72 Hours

June is National Safety Awareness Month. Join the St. Clair County Office of Homeland Security for an emergency preparedness overview. Participants will learn how to prepare for and respond to an emergency. Seating is limited. Registration required. June 16; 11:30 a.m. – 1 p.m. Marwood Main Lounge • Cost: Free

DIABETES EDUCATION

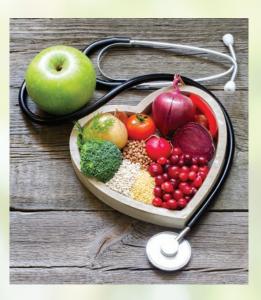
Diabetes Education

MPH offers diabetes education in a small group or individual setting Monday – Friday at various times. A physician order and registration are required. For more information or to register, call 810-989-3362. MPH Diabetes Education Classroom • Wismer Third Floor • Cost: Varies

Diabetes Care: Put a Spring in Your Step

Join the McLaren Port Huron Diabetes Education team for an informational program on wound healing and foot health. A cooking demonstration with recipe ideas and a fun exercise activity will also take place. Sponsored by the Lions Club of Michigan and the Lions Club International Foundation. April 21; 1:30 – 3 p.m. • MPH Charles Classroom • Cost: Free





CHILDBIRTH EDUCATION

Several courses are offered throughout the quarter. For more information or to register for the following classes, call HealthAccess at 1-800-228-1484.

100

Saturday Express

April 4 • May 2 • June 6 8:30 a.m. – 4 p.m.

Breastfeeding May 20

5 – 7 p.m.

Comfort and Relaxation During the Birthing Process May 18 • June 22 6 – 8 p.m.

Childbirth Education Online Call HealthAccess for more information.

AMERICAN RED CROSS BLOOD DRIVE SAVE THE DATE! July 8; 10 a.m. – 4 p.m. Marwood Main Lounge

SUPPORT GROUPS

Alzheimer's Support Group April 28 • May 26 • June 23 2 - 3:30 p.m. Marwood Nursing & Rehab Blue Water Room at Independence Pointe 1300 Beard St., Port Huron

Bariatric Surgery Support Group

April 15 • June 17 5:30 – 6:30 p.m. MPH Wismer 3rd Floor Classroom

Heart to Heart Support Group

April 15 • May 20 • June 17 5:30 – 7 p.m. MPH Jefferson Building

Multiple Sclerosis Support Group

April 11 • May 9 • June 13 10 a.m. – noon MPH North Classroom

Overeaters Anonymous

April 1, 8, 15, 22, 29 • May 6, 13, 20, 27 June 3, 10, 17, 24 7 – 8:30 p.m. MPH North Classroom

Stroke Survivors Support Group

April 1 • May 6 • June 3 10 – 11 a.m. MPH North Classroom

Generosity Heals

McLaren Port Huron is grateful for the generosity of this community. In every area of the hospital, generosity has impacted our patients, staff and community. Charitable gifts from our supporters are used for new technology, upgraded equipment, education programs, and financial assistance. Generosity brings scholarships for employees continuing their education, support for those being treated for cancer, and the new James C. Acheson Heart & Vascular Center, scheduled to open this summer.

GENEROSITY TOUCHES LIVES. GENEROSITY IMPACTS PATIENTS. GENEROSITY HEALS.

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Northgate Ford Lincoln Taking a Shot at Breast Cancer - Steve & Emily Goudy Tee It Up To Beat Cancer

Levi's Link Run - The Wilson Family Lisa Harris Pink Ribbon of Hope Foundation Little Black Dress for Breast Cancer

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*Deceased

USING DONOR DOLLARS WISELY

The **Shape Up for Surgery** program was developed in May 2013 in alignment with the Michigan Surgical Quality Collaborative (MSQC). The initial focus was on elective colectomy procedures. After the successful implementation for colectomy surgeries, the program has grown to include general surgery procedures such as cholecystectomy (gallbladder) and hernia repairs, elective total knee and hip procedures, bariatric surgery, open heart surgery, and cesarean sections. Thanks to the generosity of the members of McLaren Port Huron Foundation's Cornerstone Club, each patient receives a McLaren Port Huron Shape up for Surgery bag directly from their surgeon's office at the time their procedure is scheduled.

EACH SHAPE UP FOR SURGERY BAG CONSISTS OF:

An Instructional Insert

Step-by-step instructions for evidence-based interventions to be done prior to surgery.

One Incentive Spirometer

To be used three times a day each day before surgery to strengthen respiratory muscles and decrease the incidence of pneumonia.

CHG Surgical Scrub Sponges

Antibacterial sponges to be used when showering the night before and the morning of surgery to decrease the risk of surgical site infections. Orthopedic patients receive three sponges and are instructed to use them two days before surgery and the morning of surgery.

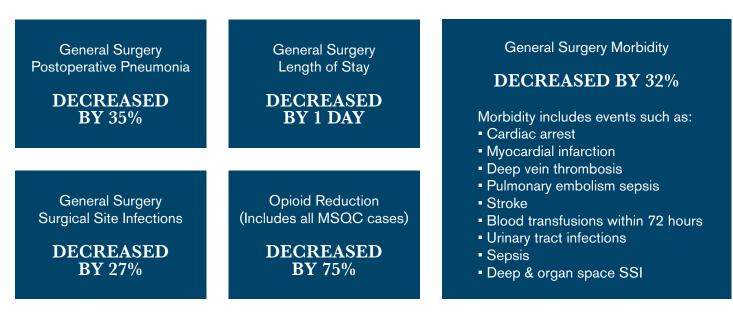
Mouthwash

1.5% hydrogen peroxide mouthwash to be used the night before and the morning of surgery to aid in the decrease of post-operative pneumonia.

PORT HURON

Shape up for Surgery

Multiple studies have shown that the implementation of a prehabilitation program such as *Shape Up for Surgery* is beneficial in decreasing the incidence of postoperative complications. Since 2012, the *Shape Up for Surgery* program has played a successful part in improving our patients' surgical experience.





SAVE THESE DATES...



MAY 14 Cocktails for a Cause is back! *Elks Lodge* mclaren.org/phcocktail



JULY 14 41st Annual Golf Classic Port Huron Golf Club mclaren.org/phgolf





DECEMBER 5 & 6 Festival of Trees Blue Water Convention Center mclaren.org/phfestival

EXAM JACKETS BRING PRIVACY, DIGNITY TO CANCER PATIENTS

Donna Sefton is a breast cancer survivor who treated at McLaren Port Huron. Throughout her cancer journey, she brought her own exam jacket, which she felt gave her more privacy, warmth and dignity during her many treatments and hours spent at the hospital. Donna wanted other women to have the option to feel the same way she did and made a very generous donation to McLaren Port Huron Foundation to purchase the same exam jacket she owns. The jackets are now available for women at the Barbara Ann Karmanos Cancer Institute and the Demashkieh Women's Wellness Place at McLaren Port Huron.

Thank you, Donna, for making a difference in the health of our community and lives of women in our care.



Left to right: Bonnie DePlama, Stacey Krause, Donna Sefton, Dr. Neal Bhatt, Amelia Symons



Left to right: Marie Drozer, Shelly Kaster, Donna Sefton, Dr. Kimberley Clark-Paul



Left to right: Lori Lougrige, Donna Sefton, Dr. Youssef Hanna



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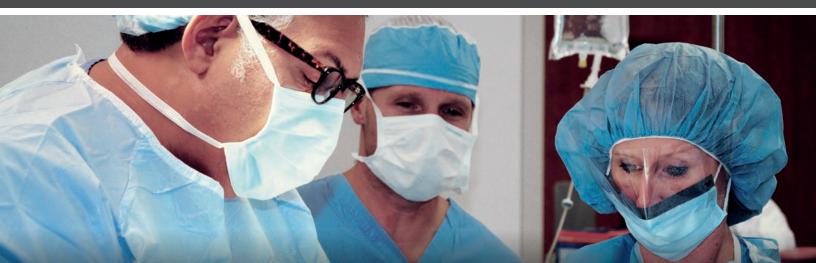
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DOING WHAT'S BEST IN TRAUMA CARE

Trauma care is one of the most complex and fast-paced areas of care requiring the skill of expert physicians, highly trained staff, and a specialized environment to treat patients with some of the most severe or life-threatening emergencies – from hip fractures to injuries sustained from a motor vehicle accident.

THE AREA'S ONLY NATIONALLY-VERIFIED TRAUMA CENTER

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