

IN GOOD HEALTH

SPRING 2020



INSIDE

- 1-2** When time and expertise are of the essence
- 3** Make a difference – Volunteer!
- 7-10** Generosity Heals

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.

As the American Trauma Society indicates, a Level III Trauma Center provides prompt assessment, resuscitation, surgery, intensive care and stabilization of injured patients and emergency operations.

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, high-quality 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, R.N., 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 Gielegem (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.

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.

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

AMERICAN RED CROSS BLOOD DRIVE

SAVE THE DATE! July 8; 10 a.m. – 4 p.m.

Marwood Main Lounge

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.

– CORNERSTONE CLUB –

GOLD

Carol Campbell
Dr. & Mrs. Thomas Coury
Dyck Security Services, Inc.
William & Linda Forster
Giarmarco, Mullins, & Horton, PC
JoAnn Wine & Associates, Inc.
Drs. Timothy & Susan Lukas
George & Dolores Noble
John H. & Dale Ann Ogden
Sherry Ann Petersen
William & Wesenyelesh Peterson
Edwin VanderHeuvel
David* & Nancy Wright

SILVER

Allegra Marketing, Print, Mail
Todd & Mona Armstrong
Richard & Kathleen Bordogna
Herbert & Marilynn* Campbell
Joe & Debbie Eagen
Eighth Day Media, LLC
Bill & Kathy Emery
Alice I. Giese

Michael Gillett
Dr. & Mrs. Ralph M. Gillhooley
Dr. Robert C. Glapinski
Gerald & Cathy Grace
Charles & Denise Koob
Dr. Robert & Marilyn Kovach
Val Kraft
Dr. Ponan D. Kumar
Dr. John M. & Ann K. Pelachyk
Edward & Judith Pitrago
Jan Pryor
Timothy & Peggy Regan
Mr. & Mrs. Anthony Richards
Marvin & Amy Smith
Joseph & Janett Vandervest
Chuck & Chris Warczynski
Randy & Cathy Wilkinson
Walter A. Wypych
Zimmer Roofing & Construction LTD

MEMBER

Honorable & Mrs. James P. Adair
Sharon Touma Adams
Mr. & Mrs. Matt Alley

Luann Klettner Black
Deborah J. Callahan
Mr. & Mrs. Clifford W. Clark
Alan D. Cletcher
Mr. & Mrs. Lawrence M. Dent
Bill Durow
Ronald & Ann Erickson
Richard S. Evans
Jodi & Jamie Farrand
Dr. & Mrs. Edmond W. Fitzgerald
Dr. & Mrs. Armin Franke
Wanda M. Gawron
Rose Grizzoffi
Shirley E. Hegyan
Kay Huston
Angela E. Klein
Robert C. Leslie
Mr. Fred J. Locke
Dan Lockwood
Marvin & Joyce McCallum
Judith Meno
Rosalie E. Metzger
Michigan Endodontics, P.C./
Blue Water Endodontics

Justin Neil
Ken & June Pond
Precision Care Landscape, LLC
Douglas N. & Barbara T. Price
Ralph & Pat Roberts
Mary J. Sams
St. Clair County Community
Mental Health Authority
Bernadette F. Steffke
Stewart, Beauvais & Whipple, PC
Keith E. & Joyce E. Stoner
David & Pamela Thomas
Wendy & Joel Thompson
Timbers Tree Service, Inc.
Karl & Denise Tomion
Jason & Jessica Trombley
Dr. & Mrs. A. Vaitiekaitis
Judith A. Vandewarker
Melanie & Martin Weiss
Brian Wit & Jane Whaling Wit
Tom & Grace Wood
John & Beverly Wylie
Ann Yull
Ronald Zimmer

– HERITAGE CIRCLE –

Howard A. Acheson, Sr.*
Miriam F. Acheson*
Laura W. Andreae*
Robert E. Andreae*
Grace T. Baer*
Oscar C. Baer*
Theodora I. Beard*
Elvira B. Bonnett*
Letitia Bridge
David A. & Denise M. Brooks
Mr. & Mrs. Emerson G. Brown*
Greg & Cathy Busdicker
Ruby J. Cannon*
Jean Cochran*

Evelyn M. Dent*
Robert Dent
Margaret Draves*
Brian & Susan Duda
George C. Dunn*
Clara P. Embury*
Sally L. Emerson*
F. Bingham Fead*
Robert C. Fraser, M.D.*
Gerald F. Gerlach*
Donald* & Alice I. Giese
Theron & Eleanor M. Godbold*
John F. Haas
Frank N. Hayes*

Sanford T. & Ethel Hewitt*
Mr. & Mrs. Gary Klemmer
Valery F. Kraft
Isaac & Pearl Lang*
Harold F. Lewis*
Dr. Frederick E. Ludwig*
Archibald MacLachlan*
F. Bruce McFarland*
Dr. & Mrs. James W. Mitchener
Marian Pollock Moore*
Robert W. Moore*
Ethel A. Morgan*
John H. & Dale Ann Ogden
Julius W. Priehs*

Marguerite Jardine Ramsey*
Janice C. Rose
Anne W. Smeltzer*
H.A. & Carl H. Smith*
Loretta M. Sophia*
George C. Watson
Elaine M. Wilke*
Jennie Jenkinson Willson*
Mortimer J. Willson*
William J. Willson*
John F. Wismer*

– PARTNERS IN HEALTH –

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

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

– BEACON SOCIETY –

BEACON

LIFETIME DONORS

Greg & Cathy Busdicker
Gary & Susan LeRoy
Donna M. Niester

BEACON

PRESIDENT'S CIRCLE

Jim Acheson
Mrs. Suzanne Acheson
Norman D. & Joyce Beauchamp
Cardiology Associates
of Port Huron, PC
Community Foundation
of St. Clair County
Dr. & Mrs. Walid Demashkieh
Jay & Kae Hartford
Herbert* & Catherine Houghton
James C. Acheson Foundation
Mr. & Mrs. Gerald J. Kramer, Jr.
Isaac & Pearl Lang*
Marwood Nursing & Rehab
McLaren Port Huron Auxiliary
McLaren Port Huron
Employees That Care Club
Jim* & Cindy Rourke
SEMCO Energy, Inc.
Mr. John F. Wismer*

BEACON BENEFACTOR

Dr. & Mrs. Richard T. Anderson
Mr. & Mrs. George T. Ferris*
Don & Bonnie Fletcher
David C. & Janice U. Whipple

BEACON PATRON

Jack & Mary Belyea
David A. & Denise M. Brooks
Chase Bank
Earl Smith Distributing Company
Donald* & Alice I. Giese
Sivaji & Jaya Gundlapalli
Marwood Nursing &
Rehab Auxiliary
Oakland County Medical
Control Authority, Inc.
Dr. & Mrs. Virender Parekh
Dr. & Mrs. Vrajmohan C. Parikh
Dr. Madhu C. &
Mrs. Suma C. Reddy
Drs. Sushma & Ramesh Reddy
Salon Pizzazz
Drs. Bashar & Randa Samman
St. Clair County Health Department
Mr. & Mrs.* Clinton F. Stimpson, III
Mr. & Mrs. David A. Thompson
Mr. & Mrs. Melvyn J. Wallbank
Dr. & Mrs. Johnson K. Zacharias

BEACON FELLOW

Blue Water Hospice, Inc.
Dr. & Mrs. David R. Bolla
Larry & Leslie Boulter
Tom & Sue DeFauw
Dr. & Mrs. Vernon Dencklau
Eastern Michigan Bank
Lionel & Susan Ellerkamp
Family Independence Agency
Fifth Third Bank
Mr. & Mrs. David G. French
Mr. & Mrs. Gary Klemmer
Mr. & Mrs. John Liston
Mr. & Mrs. Andrew Montgomery
Pat & Deborah Moran
Mueller Brass Company
Dr.* & Mrs. Bassam Nasr
NEC Technologies, Inc.
Milton & Elizabeth Ploghoft
Erin & Paul* Quirk
Mr. & Mrs. Theodore A. Ruff*
Douglas E. & Ronda J. Ryan
Dr. Jim & Sandy Sharpe
Star Holdings, Inc.
State of Michigan
D. A. & Sandra Stephens
The Carls Foundation
Robert & Doris Thomson*
Lori K. Vinckier
In loving memory of
Charles J. Watza
X-Ray Associates of
Port Huron, PC

BEACON SOCIETY

Acheson Industries, Inc.
Mr. & Mrs. Richard Ainsworth
Michael & Gail Anderson
Dr. & Mrs. Daniel Angeli
Area Agency on Aging 1-B
Doug* & Tish Austin
Dr. & Mrs. Thabit M. Bahhur
Dr. & Mrs. Michael A. Basha
Meredith Baum
Dr. Christopher & Ann Beck
Bethany A. Belanger
Dr. & Mrs. Glenn G. Betrus
Dr. & Mrs. Zubin Bhesania
Julie Borowski
Mr. & Mrs.* Wayne "Bing" Boucher
Drs. Anthony & Julie Boutt
James & Helene Bridge
Mary J. Brooks
Dr. & Mrs. John V. Brooks
Mr. & Mrs. Daniel R. Busen
William J. & Shellie A. Butler
Marshall J. Campbell
Scott & Shirley Campbell
Peter & Catherine Cangemi
Eric & Pam Cecava
Gerard & Kim Chaltry
James & Denise Cole, Jr.
Laurie M. Cook
Ron & Patty Cooley
Dr. & Mrs. John J. Coury*
Dr. & Mrs. Timothy Cox
Dr. & Mrs. Loren J. DeCarlo
Mr. & Mrs. Lee Draper*
Christopher A. DuBay
Christopher & Tracy Dunsmore
Pattie & Dave Dziubinski
Jeanine M. Fleming
Fraternal Order of Eagles #4107
Roy & Carol French*
Steven & Ann Geib
Michael Gillett
Steven and Emily Goudy
Matt & Lynn Griffor
Bill & Jamie Guyor
HHA Services
Gary* & Judy Hall
N. Fred* & Marcia M. Haynes
John T. Hill & Sue Wismer-Hill
Mr. & Mrs. Dennis L. Hoover
Dr. Gary & Martha James
Dr. & Mrs. Paul S. Jerry
James & Joyce Josef
Dr. & Mrs. Leonard Karadimas
Mr. Christopher A. Kellerman
Mrs. Judith A. Kellerman
Gail & Charles G. Kelly
Mr. & Mrs. Jeffery Kleeves
Mr. & Mrs. Lawrence J. Krabach
Kramer Commercial Realty
Dr.* & Mrs. Wilmont R. Kreis
Dr. Alan D. Kuester &
Dr. Sara Liter-Kuester
Mr. & Mrs. Kenneth Kulman
Dr. & Mrs. Geoffry Kusch
Lake Huron Medical Center
Rodney & Jennifer LaMay
Jim & Michele Larsen
Charlie & Barb Lawrence
Dr. & Mrs. Antoine M. Letayf
Rick & Lisa Leveille
Dr. Janet T. Lomasney
R. James & Kathy Marsh
Paul & Marlene Maxwell
Mr.* & Mrs. Loia D. McNally
Ms. Kathleen McKenna &
Ms. Laura Tyburski
McLaren Port Huron Medical Staff
Geraldine McNash*
Dr. & Mrs. Scott A. McPhility
Mr. & Mrs. Joseph M. Mericka
Kathy Metcalf & Sal Ortiz

Dr. & Mrs. James W. Mitchener
Dr. & Mrs. William F. Moskal
Charles & Janal Mossett
Kris & Julie Moulds
John Scot Mueller
Ann Cleland Murphy in honor of:
John M. Murphy, MD &
William D. Cleland, MD
David & JoAnn Murphy
Dr. Karen Niver
Shawn and Melissa O'Connor
Dr. Michael K. Paul &
Dr. Kimberley Clark-Paul
Louis C. & Ellen Petho, III
Mr. & Mrs. Michael Petrat
Douglas N. & Barbara T. Price
John D. & Marcia A. Robbins
David & Christine Robinson
James L. & Marjorie E.
Kopp Ropposch
Janice C. Rose & Norman K. Krol
Tom & Ellen Ross
Robert & Sarajane Rowling
Mr. & Mrs. Nicholas Sansom
Dr. Clare A. & Marcia Scheurer
Mr. & Mrs. Timothy Schienke
Mr. & Mrs. James M. Schudlich
Ralph & Terry Scofield
Doris A. Seidl
Alex & Cynthia Shady*
Jeffrey & Bridget Sholtis
Thomas & Juliana Simpson
Jeffery & Suzanne Smith
Lawrence C. & Kathleen M. Smith
Robert & Linda Smith
Sputnik Resources
Mr. & Mrs. Frank Stein
Brenda* & George Stommel
Dr. & Mrs. John "Kevin" Sullivan
Dr. & Mrs. Dale R. Sweeney
Ms. Sara J. Tait & Mr. Todd A. May
Target Stores
Dr. & Mrs. Michael W. Tawney
David & Katherine Thompson
Elizabeth & Jeffrey Thomson
Dr. & Mrs. David P. Tracy
Drs. Kavita & Suresh Tumma
Mr. & Mrs. Mark VanderHeuvel
Stephen A.* & Grace E. Varga
Michael J. & Mary K. Whaling
Jim & Carol Whipple*
Robert & Darlene Wilbrett
Dr. & Mrs. Dan Wilhelm
Jeffrey & Debra Wine
Mrs. JoAnn Wine
Mr. John O. Wirtz

*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.



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.

General Surgery
Postoperative Pneumonia

**DECREASED
BY 35%**

General Surgery
Length of Stay

**DECREASED
BY 1 DAY**

General Surgery
Surgical Site Infections

**DECREASED
BY 27%**

Opioid Reduction
(Includes all MSQC cases)

**DECREASED
BY 75%**

General Surgery Morbidity

DECREASED BY 32%

Morbidity includes events such as:

- Cardiac arrest
- Myocardial infarction
- Deep vein thrombosis
- Pulmonary embolism sepsis
- Stroke
- Blood transfusions within 72 hours
- Urinary tract infections
- Sepsis
- Deep & organ space SSI

Cocktails
FOR A CAUSE

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

GOLF
-CLASSIC-

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

AFTER
DARK
-WINGFORD ESTATE-

OCTOBER 2
Inaugural After Dark Affair
Wingford Estate
mclaren.org/phafterdark

Festival
OF
TREES

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

1221 Pine Grove Ave.
Port Huron, MI 48060

810-987-5000 | mclaren.org/ph

“IN GOOD HEALTH” is published quarterly by the Marketing Department at McLaren Port Huron. It is designed to provide readers with the latest, most accurate information regarding health and hospital news and events. If you would like to receive this publication, visit mclaren.org/phsubscribe to sign up.

We value and respect your privacy – if you wish to be removed from the mailing list, please visit mclaren.org/phoptout and complete the form.



DEVELOP A HEALTHY HABIT.
Listen to McLaren's **In Good Health** Podcast for the latest health and wellness information. Visit mclaren.org/podcast or subscribe today.



 McLarenPortHuron  @McLarenPH  company/mclarenporthuron  PHHTodaysHealth channel



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

McLaren Port Huron has recently re-earned Level III Trauma Center Verification from the American College of Surgeons. Verified trauma centers must meet stringent national standards and demonstrate its commitment to providing the highest quality trauma care for all injured patients.

McLaren Port Huron is one of only 45 verified trauma centers in the state of Michigan and the only verified trauma center in St. Clair County. Our staff and surgeons are specially trained to provide the right care, right away. Trust the most experienced trauma team in town – McLaren Port Huron.