

Children's Clinic keeps community youth healthy

"Without the Children's Clinic I would have to take my children to the emergency room when they got sick," says Victoria Hudson, a mother of four children who is grateful for the clinic.

Whether children are sick or need a school physical or immunization, they are able to receive these through the Children's Clinic, even if they don't have insurance.

Part of the McLaren Oakland Children's Health Services, the Children's Clinic provides free health care to uninsured children who live in Oakland County. The Children's Clinic averages over 1,000 visits annually.

"Our clinic has benefited the community because it provides a medical home for those children who have no other place to get their health care or would otherwise use the ER as their primary care provider," says the clinic's administrator, Helen Stewart, DNP [Doctor of Nursing Practice].

Hudson has been bringing her children to the clinic ever since they were born. "Doctors Stewart and Alnajjar have always been there for my children and me. They go above and beyond to make sure they figure out what's wrong when my children are sick," says Hudson.

Cristie Rochowiak has also been bringing her children to the clinic since they were born. "My children trust Dr. Stewart. She is very responsive and takes care of my children right away," says Rochowiak. "My oldest son has autism, and the staff is very good with him. He does not like to be touched at times but they know just what to do to make him feel comfortable," she adds.

Before Christmas, both Hudson and Rochowiak received a call from the Children's Clinic because their families were selected for the Adopt a Family at Christmas—a program the Children's



Clinic sponsors with the McLaren Oakland Foundation. "My kids were so happy and excited. I was excited for them—seeing their faces light up as they opened their presents on Christmas Day," says Hudson.

Summing up her experience with the Children's Clinic, Rochowiak remarks that it is a trusting, caring place where she can bring her children for all their health care needs.

A special thanks to our donors for their continued support of our clinic—making it possible for us to provide much-needed health care for children in our community.



McLaren Oakland Children's Health Services

HOURS OF OPERATION

9 a.m.-5 p.m. Monday, Wednesday, and Friday
10 a.m.-6 p.m. Tuesday and Thursday

ADDRESS & PHONE

673 Martin Luther King Blvd., Pontiac, MI 48342
(248) 334-0024

Dr. Helen Stewart pictured (left) with Lynn Richards, medical assistant, and two of Cristie Rochowiak's children.

Safe Wheels and Heels program keeps kids safe while biking

A little over 600 second graders in Pontiac and Oxford schools received shiny, new bike helmets last spring, just in time for outdoor bicycling.

This is part of the Safe Wheels and Heels program that is coordinated by the McLaren Oakland trauma department with support from several organizations and the McLaren Oakland Foundation. Staffs from the Oakland County Sheriff's Department and Oxford Fire Department were also on hand to help fit the kids with helmets and answer any questions related to safety. Besides being fitted with new bicycle helmets, the students learned general safety tips, including "stranger danger" and when to call 911.

According to Safe Kids Worldwide, more children ages 5 to 14 go to emergency rooms each year for injuries related to biking than from any other sport. The good news is helmets can reduce the risk of severe brain injuries by 88 percent.

Chad Boyd, the principal, at Daniel Axford Elementary School in Oxford, thinks the Safe Wheels and Heels program is great. "When I drive through the community on the weekends, I see the kids wearing their helmets. The parents love the program too and we look forward to it every year."

Matt Blacker, a second grade teacher at Alcott Elementary School in Pontiac, appreciates the Safe Wheels and Heels program. "For some of these kids, it's probably the only chance they would have in getting a bicycle helmet," he says.

Courtney Berry, R.N., B.S.N., trauma program manager for McLaren Oakland and coordinator of the Safe Wheels and Heels program, says "With help from our community partners, we have been able to provide over 6,000 helmets to second graders in Pontiac and Oxford school districts since the program's inception in 2008. We've also been able to provide 2,500 helmets to the community at local events. Because of this program, the rate of head

injuries seen and treated in our emergency department associated with riding bikes, scooters, etc., has decreased dramatically."

Jennifer Thamer, executive director for the McLaren Oakland Foundation is excited for this year's Safe Wheels and Heels program. "Because of the generous support from our current and new supporters, we're able to expand the program to include not only Pontiac and Oxford but also Waterford and Clarkston schools."

A SPECIAL THANKS

to this year's sponsors of our Safe Wheels and Heels program. We couldn't have done it without your support!

- ❖ Brooksie Way
- ❖ Four County Community Foundation
- ❖ Genisys Credit Union
- ❖ Kohl's Injury Prevention Program
- ❖ Michigan Department of Health and Human Services
- ❖ UnitedHealthcare Community Plan



Helping breast cancer patients navigate through channels of care

"I don't know where I would be without Joey; she was there for me in my darkest moments," says Susan Storey, a recently diagnosed breast cancer patient. Susan is one of the patients benefiting from the McLaren Breast Center's patient navigation program.

From diagnosis to cure, this program provides a dedicated breast health nurse navigator who is here for patients as an advocate and resource, making sure patients receive timely, appropriate, and seamless cancer treatment. The service is free for patients and is funded by a grant, thanks to the National Breast Cancer Foundation.

Joey Sheroski, B.S.N., R.N., is the center's breast health nurse navigator. While holding a bachelor's degree in nursing from Chamberlain College of Nursing, Joey is actively pursuing a master of science nursing degree. She is a registered nurse on the Michigan Board of Nursing, and has been a medical oncology nurse throughout her career.

Receiving timely care is one of the benefits Storey experienced from the patient navigation program. "When I found out I had breast cancer, which was on a Tuesday, I couldn't get in to see the breast surgeon until Friday," says Storey. "But Joey got an appointment for me to see the oncologist the very next day. She also recommended I keep my appointment for Friday to get a second opinion on the best treatment protocol for me."

"My goal is to guide patients through the health care system, making sure they receive coordinated care, along with any other necessary support services," says Sheroski. She is a constant familiar face that is always there to answer questions, reinforce patient education, ease anxiety, and eliminate any barriers that might impede care.

Another breast cancer patient, Beverly Territo, started to get mouth sores

from her chemotherapy treatments. "Joey suggested a salt and baking soda swish rather than getting a prescription, and it helped a lot," says Territo. "Joey is right on target with so many things."

"One of my biggest moments has been helping one of my patients, Samantha Jackson, who was diagnosed with breast cancer at age 27 secure funding for fertility preservation," says Sheroski. [Fertility preservation is a process of saving a female's eggs so she can use them to have biological children in the future.] "I was shocked when I found out I had breast cancer and just after a few months of getting married," says Jackson. "Instead of planning our future lives together, we had to think about my survival and how we were going to get through this," she adds.

"After doing research on the effects of chemotherapy on reproductive health, and talking with my doctors and Joey, my husband and I decided on embryo cryopreservation* before my chemotherapy. We had to act fast, but our insurance would not cover the procedure and it was very expensive," she adds. With the help of Joey and the McLaren Oakland Foundation, Jackson was able to secure funding for this procedure. As a result, Jackson has several embryos harvested for the future.

Breast cancer patients would definitely recommend the patient navigation program to anyone going through breast cancer. Storey says, "Joey has followed up with me after every doctor's appointment, every chemo treatment to see how I am doing and if I need anything. "Who does that? What doctor's office does that for patients? I can't say enough about this program."

* "Embryo cryopreservation," also called "embryo freezing", is where a health care provider removes eggs from a woman's ovaries; the eggs are then fertilized with sperm from her partner or a donor in a lab in a process called "in vitro fertilization." The resulting embryos are frozen and stored for future use



Joey Sheroski, B.S.N., R.N.



Susan Storey (right) with her daughter, Nora

For more information

about the McLaren Oakland navigation services, please call [248] 922-6810, or visit their website at www.mclaren.org/oakland/breast-navigator.aspx

Barton P. Buxton appointed president and CEO of McLaren Oakland

Barton P. Buxton, Ed.D., assumed the position of president and CEO of McLaren Oakland on February 20, 2017. "McLaren Oakland has established itself as a high quality health care provider and asset to its community," says Buxton. "It's an exciting opportunity to join this team, and I'm eagerly looking forward to working with its leadership to further this reputation."



Since joining McLaren Health Care in December 2003 as the president and CEO of Lapeer Regional Medical Center, now McLaren Lapeer Region, Buxton has elevated the clinical quality and financial performance

of the organization and transformed a community hospital into a regional destination for quality health care.

Under Buxton's management, the Lapeer hospital has expanded services, including the addition of a fixed MRI system in 2005; the completion of a \$20 million expansion and renovation in 2006; the opening of the cancer center in 2008; and expanding trauma services, earning verification as a Level II Trauma Center in 2013. In 2014, Buxton was given additional responsibility for managing the McLaren Homecare Group and will continue his position as CEO for this group.

Prior to joining McLaren, Buxton served as chief operating officer of the 290-bed Crittenton Hospital Medical Center (CHMC) in Rochester, Michigan. During his tenure, he led a turn-around of the community hospital, which included a nine percent increase in admissions over a two-year period and achievement of their highest-ever quality standards score.

He earned his undergraduate degree at Tulane University in New Orleans and a doctorate of education from the University of Virginia.

Buxton has held several positions with nationally recognized health care programs, including associate vice president of Tulane University Hospital and Clinic in Louisiana, associate professor and sports medicine program director at Georgia Southern University, and associate professor and sports medicine program director at the John A. Burns School of Medicine at the University of Hawaii.

THANK YOU TO OUR SUPPORTERS

This column highlights grants recently awarded to the McLaren Oakland Foundation.

Children's Clinic

- MGM Resorts Foundation

Hospital Support

- Respiratory Foundation of Southeast Michigan

Personal Action Toward Health (PATH)

- Michigan Department of Health and Human Services

Sister & Sister Free Mammogram Program

- National Breast Cancer Foundation Patient Navigation Program
- National Breast Cancer Foundation Screening Program
- Susan G. Komen Detroit Race for the Cure

Safe Wheels and Heels

- Brooksie Way
- Four County Community Foundation
- Genisys Credit Union
- Kohl's Injury Prevention Program
- Michigan Department of Health and Human Services
- UnitedHealthcare Community Plan

Stroke Prevention Programs

- Centers for Disease Control and Prevention
- Michigan Fitness Foundation
- Michigan Public Health Institute

Thanks to all of you who help make our community outreach and hospital programs a reality to benefit those in need.

Donor profile: Star EMS – helping the McLaren Oakland Foundation make a difference



The relationship between Star EMS and the McLaren Oakland Foundation was being formed even before the foundation's inception. In 2003, Bill Grubb, president and CEO of Star EMS met with the CEO of McLaren Oakland [then Pontiac Osteopathic Hospital, or POH] to begin a conversation with the hospital's ER Discharge Planning. "The nature of this conversation was to ask the hospital's discharge planners to trust Star EMS with their patients who needed to be discharged to another health care facility or to home." In addition to 911 emergency ambulance services, Star EMS provides non-emergency ambulance services to hospitals, extended-care facilities, nursing homes, doctors' offices, and private residences when medically necessary.

As time went on, Star EMS became a familiar face around McLaren Oakland, relationships were established, and "it was time to give back to the community," says Grubb. Star EMS has supported the McLaren Oakland Foundation for many years. For example, it is the major sponsor of the foundation's annual golf classic and attends the foundation's special events.

"The McLaren Oakland Foundation funds programs that are life changers for recipients, like the free mammogram

program for eligible women who otherwise cannot afford this potentially life-saving test," says Grubb. He adds, "The McLaren Oakland Foundation's mission aligns with our company mission: "We take care of people, that's what we do."

Locally owned and operated, Star EMS is the area leader in providing emergent and non-emergent ambulance services throughout Oakland County, including Pontiac where it is headquartered.

One of the foundation programs, Star EMS, supports is the annual sports fair where Oakland County youth can get a free sports physical for the upcoming school year. Star EMS has an ambulance on-site and provides tours for the children during the health fair.

"The McLaren Oakland Foundation has a sense of community, not only in Pontiac but beyond in Oakland County, and, we share this same sense of community. That is one of the reasons we support the foundation," says Grubb.

Grubb, who began his career as an emergency medical technician in 1978, purchased Star EMS in 2003. Through his leadership and extensive contacts and relationships, he helped the company to expand and grow significantly—tripling the number of ambulance units in service. He



Bill Grubb

was one of the honorees at the McLaren Oakland Foundation's Tribute to Excellence gala in 2014.

Grubb is a long-time member of the community. He and his wife, Jan, attend the foundation's events. On a final note Grubb says, "We truly value our relationship with the McLaren Oakland Foundation. They are passionate people and make us a better company."



Meet Jacob Van Loon—one of McLaren Oakland's youngest volunteers

Jacob Van Loon always had a strong interest in medicine as well as patient care. He is pursuing these interests in several ways—one of them as a volunteer for McLaren Oakland.



Van Loon began volunteering last July in the hospital's emergency department. "I chose ER because where there is suffering you can help and make it better—even if it's just holding someone's hand," says Van Loon. He did a lot of that in the ER, as well as get blankets for patients, run errands for the nurses, or just talk with patients to lessen their anxiety.

Van Loon is now a comfort care assistant on the nursing units where he visits patients and asks them how their day is going, if they need anything, or if they are having any issues; if so, he brings these to the attention of the care team. "I wanted to familiarize myself with how patient care is delivered in a hospital setting and learn more about good bedside manners," he says. Van Loon is studying biomedical science at Oakland University and wants to pursue a medical education.

"I have met so many amazing people and learned about how care is delivered in a hospital," says Van Loon. "I've seen a lot of suffering and then people getting better, which makes my life better because I'm helping others. My experience as a volunteer at McLaren Oakland has also given me a better connection with my own community," he adds. Van Loon lives in Pontiac where the hospital is located.

VOLUNTEER OPPORTUNITIES

- ❖ Are you looking to make a difference in your community?
- ❖ Do you want to develop a new skill?
- ❖ Are you exploring a career in health care?
- ❖ Do you enjoy helping others?
- ❖ Are you looking to fulfill community service hours for school?

There are many ways to volunteer for McLaren Oakland. We'll work with your schedule and find a project that is rewarding for you. Call [248] 338-5460, or visit www.mclaren.org/oakland/volunteer.aspx.

In his free time, Van Loon enjoys playing the guitar and cooking. His favorite dish to make is classic Bolognese. He also does research at Oakland University in immunology, which is the field of medicine he wants to pursue.

Van Loon's biggest take-away from volunteering at McLaren Oakland, is "learning to be a better listener and that altruism is still alive," he says.

SAVE THE DATE—2017 EVENTS



34TH ANNUAL GOLF CLASSIC

MONDAY
JUNE 12, 2017

Indianwood Golf & Country Club,
Lake Orion, MI



BLACK TIE GALA

FRIDAY
OCTOBER 13, 2017

MGM Grand Detroit,
Detroit, MI

For sponsorship opportunities, or to attend any event, please call Kathy Krause at 248-338-5385, or email Kathy.krause@mclaren.org

REASONS TO GIVE

You can help the McLaren Oakland Foundation provide a vital source of support for maintaining community programs and health care services for undeserved children, adults, and families. Gifts large and small will enable us to continue supporting those who look to us for quality, compassionate health care services.

Ways to give

- Complete the remittance form in this newsletter
- Call the Foundation at (248) 338-5385
- Email the Foundation at oaklandfoundation@mcclaren.org
- Check our other options



Legacy planning

- IRAs and Retirement Plans
- Stocks, Bonds, and Mutual Fund Shares
- Bequests from Wills and Trusts
- Life Insurance

Your everyday shopping can make a difference

Shop your favorite stores and they'll give back a portion to McLaren Oakland at no extra cost to you.

Every time you use your Kroger Plus card at checkout, a portion of your total purchase will benefit McLaren Oakland without costing you a cent! If you currently have a Kroger Plus card, you can connect to the community rewards program by following these steps:



1. Go to www.krogercommunityrewards.com
2. Create an account and register your Kroger Plus card with McLaren Oakland.
3. Enter either our NPO number [18599] or the name of our organization: McLaren Oakland Foundation.
4. You must re-enroll each year in April.
5. If you don't have a Kroger Plus card, you can get one at the customer service desk at any Kroger.



At smile.amazon.com, you'll have the same convenient shopping experience with great prices and a vast selection of products as an Amazon shopper, plus Amazon will donate a portion of the purchase price to your favorite organization.

If you are already an Amazon shopper, go to smile.amazon.com and select **McLaren Oakland d.b.a POH**. The site will remember your selection, and then every eligible purchase you make will result in a donation to McLaren Oakland.

If you have any questions, please call the McLaren Oakland Foundation at (248) 338-5698.

Happy Shopping!



Your unwanted vehicle can make a difference

McLaren Oakland Foundation through v-Dac offers a free and convenient service for converting that extra car, truck, or RV into a tax-deductible donation benefiting McLaren Oakland. This car donation program is very simple and saves you time (because you won't have to sell your vehicle yourself). Then McLaren Oakland gets the benefit of your tax-deductible donation. It's a win-win!

To learn more about this program, or to donate your vehicle, call (877) 999-8322, or visit www.v-dac.com/org/?id=20-0442217

Be a Gem (Gives Every Month)

It's not the amount of your gift that is important; it's the power of giving on a consistent basis. Annual giving is the lifeblood of any nonprofit organization. It's this consistency from staff, friends, and the community that keeps McLaren Oakland strong.

And we make it easy and secure for you. Just complete the form below, tear off, and mail it back in the envelope attached to the newsletter. You can start and stop whenever you choose.

Cut Here ✂



I give McLaren Oakland Foundation authorization to keep my credit card on file, to be used as stated below:

This card is to be charged: _____ [amount]

Monthly Other _____

Credit Card #: _____

Billing Address: _____

Name on Card: _____

City: _____

Expiration Date: _____ CVV: _____

State: _____ Zip: _____

Email for receipt: _____

Authorized signature _____ Date: _____

FOR OFFICE USE ONLY:

Date received: _____ By: _____

50 North Perry Street | Pontiac, Michigan 48342-2217

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COMMUNITY OUTREACH & EDUCATION CALENDAR

DIABETES BASICS CLASS

WHEN: Tuesdays [May 9, June 6, July 11, August 8, September 12, October 10, November 7, December 12]

TIMES: 9 – 11 a.m. and 5 – 7 p.m.

WHERE: McLaren Oakland, Floor 4N, Room B, 50 North Perry Street, Pontiac, MI 48342

TO REGISTER:

Call [248] 338-5284 or online, visit mclaren.org/Oakland, and click "health and wellness" at top; then click "classes & events," and then select the Diabetes Basics Class.

NUTRITION BASICS CLASS

WHEN: Thursdays [May 11, June 8, July 13, August 10, September 14, October 12, November 9, December 14]

TIME: 1 – 3 p.m.

WHERE: McLaren Oakland, Floor 4N, Room B, 50 North Perry St., Pontiac, MI 48342

TO REGISTER:

Call [248] 338-5284 or online, visit mclaren.org/Oakland, and click "health and wellness" at top; then click "classes & events," and then select the Diabetic Nutrition Class.

SKIN CANCER SCREENING

WHEN: Tuesday, May 23, 2017

TIME: 1 – 5 p.m.

WHERE: Karmanos Cancer Institute at Clarkston, 5680 Bow Pointe Drive, Clarkston, MI 48346

CONTACT: David Bowman at: david.bowman@mclaren.org, or [248] 906-6327.

OAKLAND COUNTY 4-H FAIR

WHEN: Sunday, July 16, 2017

TIME: 10 a.m. – 4 p.m.

WHERE: Springfield Oaks County Park, 12451 Andersonville Road, Davisburg, MI 48350

CONTACT: David Bowman at david.bowman@mclaren.org, or [248] 906-6327

OAKLAND COUNTY INTERNATIONAL AIRSHOW OPEN HOUSE

WHEN: Sunday, August 27, 2017

TIME: 10 a.m. – 2 p.m.

WHERE: Oakland County Airport, 6500 Highland Road, Waterford, MI 48327

CONTACT: David Bowman at david.bowman@mclaren.org, or [248] 906-6327

FREE CHILDREN'S SPORTS HEALTH FAIR

Food • Fun • Games • Prizes

Free Sports Physicals

for Oakland County youth ages 18 & younger

Saturday, July 29, 2017 • 10 a.m. – 2 p.m.

Contact: David Bowman at David.Bowman@mclaren.org or [248] 906-6327.

Get social with us on Facebook and Linked In:



www.facebook.com/McLarenOAKFoundation



www.linkedin.com/company/mclaren-oakland-foundation