

IN GOOD HEALTH

Fall 2015

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PORT HURON

President's Message

From the Desk of Tom DeFauw

A Time to Say Thanks

By the time you read this, I will be officially retired as president of McLaren Port Huron. I consider myself lucky and blessed to have served you for eight years.

My wife Sue and I have cherished our time here and look forward to remaining in the community. We've met so many wonderful people, and it's been a daily joy to work together with such a highly regarded medical staff, exceptional employees and dedicated volunteers. We've shared a common cause: to provide high-quality health care to the Blue Water community. Together, we've accomplished a lot.

It was especially heartwarming to take part in the groundbreaking ceremony July 27, which marked the official start of construction for our master facility project, Rising to New Heights. More than 150 people - including our Board of Trustees, employees, volunteers, managers, medical staff, community members and media - were on hand for the birth of our Barbara Ann Karmanos Cancer Institute, new patient tower and complete hospital renovation. It's an exciting and historic time for our community.

If you drive by the hospital, you will notice a buzz of activity. Fencing has been installed around the northeast corner of the Emergency Center parking lot and around the vacant lot at the intersection of Elk and Lincoln for the excavation of a new employee parking lot. Heavy equipment has been brought in for selective demolition. Construction crews are removing existing items from the façade of the Emergency Center, including brick, slate and limestone. These materials will be salvaged for possible reuse on the new facility to match the current exterior of the Emergency Center.

In September, site work for the Karmanos center began. The goal is to have the building enclosed for interior work by January. The target date for opening is still on track for late spring.

When I see this project take shape, I can't help but think about all the people who have made this possible. Becoming a part of the McLaren organization was an important catalyst, but in the end, it's the generosity of the Blue Water community that makes these advances possible. Every day, I've seen the giving spirit in action, and I'm thankful for that. It's a spirit that runs deep. Our hospital has a 133-year history built on the kindness and contributions of our community.

We can all be proud of our hospital's reputation for excellent care. The future is bright. Thanks to a true team effort, McLaren Port Huron will continue to be a leader in healing and our community's partner in health for many generations to come.

Thank you for your support

Thomas DeFauw, FACHE
Retired President and Chief Executive Officer
McLaren Port Huron



FRIENDS & SURVIVORS



Lessons learned while fighting cancer together

While McLaren Port Huron's current cancer services have evolved into a well-respected program, cancer patients will soon have local access to treatments exclusive to Karmanos as well as clinical trials, cancer prevention programs and teams of cancer specialists right here in the Blue Water Area. Karmanos doctors, whether based in Detroit or locally in Port Huron, meet the same high-quality standards.

After hearing that a community-based Karmanos Cancer Institute will be coming to Port Huron, two local cancer survivors said they were happy that the friendly, personalized and highly standardized levels of care will soon be provided in the area.

Blue Water area residents Lisa Bowman and Valerie Kowal are long-time friends with a lot in common.

They were diagnosed with breast cancer a month apart. Both speak glowingly about the care they received from the Karmanos Cancer Institute in Detroit. "I made many long trips there from Lexington, sometimes twice a week," says Valerie. "I always felt like more than a patient. Nurses held my hand. Care was very personalized."

Both are active in the McLaren Port Huron Cancer Survivor Support Group and local fundraising activities. And, both participated in the July groundbreaking for the new Karmanos center at McLaren Port Huron.

To help others facing similar challenges, Lisa and Valerie took the time to share the lessons they learned on their health journeys.

- 1. Stay positive.** "That's the most important thing during treatment," says Lisa. "Don't feed into the fear of what others tell you."
- 2. Do your homework.** "The first thing I say to women who are newly diagnosed is that you are your own best advocate," says Valerie. "Make sure you do your research."
- 3. Support helps.** Lisa says her son, Ashton, is her biggest advocate. She credits him for helping her get through the emotional journey. Ashton participates in cancer walks with her. He wears pink from head to toe and even sells raffle tickets for the cause. She says he knows a lot about cancer for an eight-year-old. He was just a toddler when she was diagnosed.
- 4. "It's OK to sometimes feel weak and vulnerable," says Valerie. "It's OK to cry."**

Lisa says the biggest eye-opener to her was the realization that life is short. "You have to put your feet on the ground every morning, be grateful and take advantage of every minute," she says. "The little things just don't matter as much anymore."

Valerie says that her cancer diagnosis will always be a part of who she is. "If this hadn't happened to me, I would have been unable to help so many other women," she says. "Cancer was a pivotal point in my life."

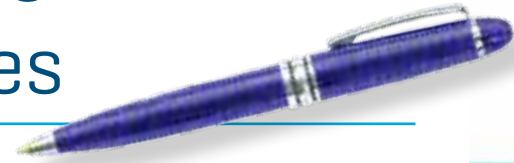


Don't wait: Schedule your annual mammogram now

If there's one important lesson to learn from cancer survivors, it's this: Don't put off scheduling your annual mammogram. The American Cancer Society recommends annual mammography screening for all healthy women beginning at age 40.

It's as easy as calling Women's Wellness Place at McLaren Port Huron at (810) 985-2663. Please bring your physician order with you to the appointment.





From the Desk of Lynn Griffor

McLaren Port Huron Foundation Director

When was the last time you planned a big party, for say...80 people? How about 800 people? Can you imagine planning a party for 8,000?

While it might seem like summer just ended, our staff and volunteers are busy planning for the 27th Annual Festival of Trees event. Ranging from a black tie cocktail reception to children's crafts and Breakfast with Santa, the Festival of Trees is our community's three-day-long start to the holiday season.

For many families, the Festival of Trees is deeply woven into holiday tradition, and just the mention of the event brings back fond memories and feelings of nostalgia. I love hearing stories that begin with "Do you remember the year we..." and end with a warm smile, or sometimes even a tear or two.

We are honored to be part of something so important to so many people, and we are excited to celebrate another year of holiday tradition with 8,000 of our closest friends and neighbors.

Celebrate the Season—27th Annual Festival of Trees

Kick off your holiday season at McLaren Port Huron Foundation's 27th Annual Festival of Trees.

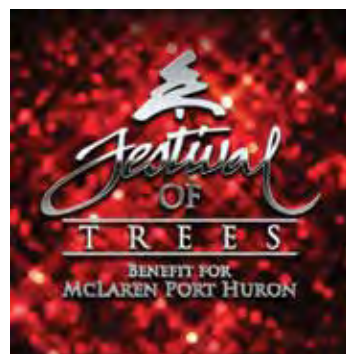
The festival takes place Saturday and Sunday, December 5 and 6, at McMorran Place Arena in downtown Port Huron. Enjoy a visit with Santa, Mrs. Claus and the reindeer, along with children's crafts and cookie decorating, raffles, entertainment and much more. The hours of the Festival are Saturday, December 5, 10 a.m.-9 p.m., and Sunday, December 6, 10:30 a.m.-5:30 p.m. Tickets are \$6 for adults, \$4 for youth (ages 3-12), and children under 2 are admitted free.

The Festival of Trees Preview Party takes

place Friday, December 4, 7-10:30 p.m. at

McMorran Place Arena. Enjoy an elegant strolling buffet, complimentary champagne, entertainment and cash bar at this black tie optional event. The cost is \$95 per person. Reservations are required.

The popular Breakfast with Santa happens Sunday, December 6. Enjoy a full, hot breakfast and a special visit with Santa. Don't forget your camera! Seatings are available at 9:30 and 11:30 a.m. Cost is \$11 for adults, \$7 for youth (ages 3-12), and children under 2 are \$1. Cost includes admission to the Festival of Trees. Reservations are required. Space is limited, so make your reservations early.



Festival of Trees is a benefit for services at McLaren Port Huron. Funds this year will help support the Rising to New Heights campaign. For more information or to purchase tickets, visit www.mclaren.org/phfestival or call the Foundation office at (810) 989-3776.



Auxiliary and Employees That Care Support Rising to New Heights Campaign



Pictured left - right: Lynn Griffor, Foundation Director; Dean Billings, Auxiliary President-elect; Cindy Nunn, Employees That Care Committee

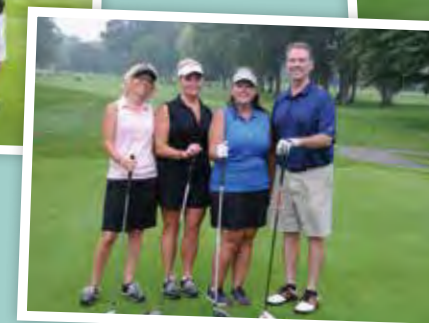
Before the official start of the Rising to New Heights fundraising campaign, the McLaren Port Huron Foundation received two very special gifts. The Employees That Care Committee and the Auxiliary both committed \$50,000 to support the construction of the Barbara Ann Karmanos Cancer Institute and expanded cancer services at McLaren Port Huron.

Both of these groups have a long history of strong support for hospital projects, and the Foundation is very grateful for their dedication and generosity.

THANKS FOR YOUR SUPPORT! 35th Annual Charity Golf Classic Results

Our 36th Annual Charity Golf Classic on July 14 at Port Huron Golf Club was another successful event. Thank you to everyone who participated. Whether you purchased a raffle ticket, volunteered, golfed or sponsored the event, your support plays a part in making our golf outing such a success.

With your support, the event raised over \$86,000. These funds will be used to support the new Barbara Ann Karmanos Cancer Institute at McLaren Port Huron and the Rising to New Heights campaign. Mark your calendar for the 2016 outing, set for Tuesday, July 12.



Men's 1st Place:

Skylar Dodson
Brian Kulpa
Craig Noonan
Steve Weber

Women's 1st Place:

Shirley Campbell
Julie Moulds
Mary Whaling
Meredith Wirtz

Mixed 1st Place:

Lisa Owen
Amy Freiger
Ginger VanNuck
Ray Scroggie

Longest Drive (Women) >

Amy Freiger

Longest Drive (Men) >

Don Fletcher

Straightest Drive (Women) >

Mary Pool-Belyea

Straightest Drive (Men) >

Pat Child

Longest Putt (Women) >

Janice Whipple

Longest Putt (Men) >

Don Fletcher

Closest to the Pin >

Craig Noonan

20
15

HEALTH

Registration is required for all programs, unless stated otherwise. Register online at www.mclaren.org/phevents, or call HealthAccess at (810) 989-3199 or (800) 228-1484 with credit card information. Refunds cannot be given unless there is 48-hour notice or McLaren Port Huron cancels the program.

Programs

Bariatric Informational Seminars

Learn about gastric banding, gastric sleeve and gastric bypass procedures offered at the Bariatric Center of Michigan. Upcoming seminar dates and information on surgery options and the surgeons is listed at www.mclaren.org/phbariatric. McLaren Port Huron Duffy Classrooms
Cost: Free

Building a Healthy Future with Diabetes Workshops

Learn to manage diabetes by managing nutritional needs, exercise and medications in this one-day, four-hour workshop. Registration and a physician order are required. Call (810) 989-3362 to register. October 1, December 2; 12:30 – 4:30 p.m. November 4; 8:30 a.m. – 12:30 p.m. McLaren Port Huron Diabetes Education Classroom, Wismer 3rd Floor
Cost: Varies

Joint Connections Seminar

Learn about the causes of hip and knee pain and various treatment options available. Presented by orthopedic surgeon Dr. Robert Carson and McLaren Port Huron physical therapist Kurt Brinker. October 6; 5:30 – 6:30 p.m. McLaren Port Huron Duffy Classrooms
Cost: Free

Keep Your Motor Running – Men's Health Event

Attention all men! Participate in various health screenings, enjoy dinner and learn more about your health at this annual event. October 6; 5:30 – 7:30 p.m. Moran Chevrolet, 4511 24th Ave., Fort Gratiot
Cost: Free

Effective Communication Strategies for Alzheimer's Caregivers

Learn about the changes in communication that occur with memory loss and dementia, and identify ways to connect at each stage of the disease. October 7; 11 a.m. – noon 55 Plus Classroom McLaren Port Huron Jefferson Building 1320 Washington Ave., Port Huron
Cost: Free

National Depression Screening Day

Participants complete a free, confidential depression screening and meet privately with a mental health professional to discuss the results. October 8; 9 a.m. – 5 p.m. St. Clair County Community College College Center Café, 323 Erie St., Port Huron
Cost: Free

Medicare Counseling One-on-One

One hour, one-on-one appointments are available with a Certified Medicare Counselor to answer questions regarding your coverage, a bill or supplemental insurance. October 8, November 5; 10 a.m., 11 a.m., 1 p.m., 2 p.m. 55 Plus Classroom McLaren Port Huron Jefferson Building 1320 Washington Ave., Port Huron
Cost: Free

Women's Health Events

Enjoy a heart healthy dinner and various health screenings and listen to keynote speaker Crystal Mosher present her story of living with congestive heart failure. Registration preferred. October 15; 5:30 – 7:30 p.m. Marysville United Methodist Church, 721 W. Huron Blvd., Marysville October 29; 5:30 – 7:30 p.m. Yale Sacred Heart Church, 310 N. Main St., Yale
Cost: Free

Balance Matters

Participate in screenings that will assess your balance and safety. Learn simple exercises that can improve balance and reduce the risk of falls. October 20, 10 – 11:30 a.m.; November 10; 1 – 2:30 p.m. 55 Plus Classroom McLaren Port Huron Jefferson Building 1320 Washington Ave., Port Huron
Cost: Free

Medicare Counseling: Open Enrollment

One-hour, one-on-one appointments are available with a Certified Medicare Counselor to review your health and drug coverage choices. October 22, November 17, December 1; 9 a.m., 10 a.m., 11 a.m., 1 p.m., 2 p.m., 3 p.m. McLaren Port Huron Jefferson Building 1320 Washington Ave., Port Huron
Cost: Free

12th Annual Breast Cancer Survivor Brunch

A brunch to celebrate breast cancer survivors. Enjoy brunch, door prizes and vendors (cash & carry). This year's program features the stories of four women through their cancer journey. Registration required by October 9. October 24; 10 a.m. – noon (doors open at 9:45 a.m.) Solitude Links Golf Course & Banquet Center, 5810 Flinchbaugh Rd., Kimball
Cost: \$15

Heart Disease and You

Learn about your risk for heart disease, the signs of heart attack and steps you can take to protect your heart. November 18; 5:30 – 6:30 p.m. McLaren Port Huron Duffy Classrooms
Cost: Free

Rheumatoid Arthritis Answers

Learn to identify the symptoms and challenges of rheumatoid arthritis and how to manage them with Dr. Rafia Khalil. Lunch provided by AbbVie, Inc. November 20; 11:30 a.m. – 1 p.m. McLaren Port Huron Duffy Classrooms
Cost: Free

Lunch and Learn: Music In Me

Join Marwood Nursing & Rehab's board certified music therapist Holly Semrow to learn how music therapy can promote wellness, manage stress, alleviate pain, enhance memory and improve communication. December 3; 11:30 a.m. – 1 p.m. McLaren Port Huron Duffy Classrooms
Cost: Free



Childbirth Education

Several courses are offered for Childbirth Education. For more information or to register for the following classes, call HealthAccess at (800) 228-1484.

Screenings Offered by 55 Plus

Blood Pressure Screenings

October 7, November 4, December 2; 8:30 – 10 a.m. McLaren Port Huron Jefferson Building 1320 Washington Ave., Port Huron
Cost: Free

Foot Screenings

October 9, December 11; 9 a.m. – noon McLaren Port Huron Jefferson Building 1320 Washington Ave., Port Huron
Cost: Free

Lung Screenings

November 3; 1:30 – 3 p.m. McLaren Port Huron Duffy Classrooms
Cost: Free

Hearing Screenings

November 11; 12:30 – 3 p.m. McLaren Port Huron Jefferson Building 1320 Washington Ave., Port Huron
Cost: Free

Support Groups

Alzheimer's Support Group

October 27, November 24, December 22; 1 – 2:30 p.m. McLaren Port Huron Jefferson Building 1320 Washington Ave., Port Huron

Bariatric Surgery Support Group

October 20, November 17, December 15; 6:30 – 8 p.m. McLaren Port Huron Duffy Wellness Classrooms

Cancer Support Group for Women

October 13, November 10, December 8; 6 – 7:30 p.m. McLaren Port Huron Women's Wellness Place

Depression and Bipolar Support Alliance

October 8 & 22, November 12 & 26, December 10 & 24; 6:30 – 8 p.m. McLaren Port Huron North Classroom

Diabetes Support Group

October 20; 10 – 11 a.m. McLaren Port Huron Diabetes Education Classroom, Wismer 3rd Floor

Look Good...Feel Better

October 22, 6 – 8 p.m.; November 19, 1 – 3 p.m. (No program in December.) McLaren Port Huron Jefferson Building 1320 Washington Ave., Port Huron
Cost: Free

Multiple Sclerosis Support Group

October 10, November 14, December 12; 10 a.m. – noon McLaren Port Huron North Classroom

Parkinson's Support Group

October 7, November 4, December 2; 2 – 3:30 p.m. McLaren Port Huron Jefferson Building 1320 Washington Ave., Port Huron

Stroke Survivors Support Group

October 7 & 21, November 4 & 18, December 2 & 16; 10 – 11 a.m. McLaren Port Huron Gathering Place

Childbirth Education Series

October 5, 12, 19 & 26; November 2, 9, 16, & 23; 6:30 – 8:30 p.m. (No series in December.)

Saturday Express

October 3, November 7, December 5; 8:30 a.m. – 3:30 p.m.

Breastfeeding

November 14; 1 – 3 p.m.

Deliver Me Smoke-Free

Call (810) 989-3432 for more information.

Pregnancy Fitness Program:

Fit for Two

Call the Blue Water YMCA at (810) 987-6400 for more information.



Top traumas seen at McLaren Port Huron

- › Falls, most involving fractured hips
- › Motor vehicle accidents (cars, motorcycles, boats, ATVs, etc.)
- › Animal bites
- › Burns
- › Bicycle accidents
- › Assaults

McLaren Port Huron Seeks Trauma Center Verification

When serious or life-threatening injury occurs, you want to know you'll receive the right level of care as quickly as possible. McLaren Port Huron is diligently working to ensure you'll find that level of care right here, in our community.

Trauma is a serious injury caused by external force, like a motor vehicle accident, fall, or violent act – such as a shooting or stabbing. A trauma center is able to provide the level of care that can make the difference between life and death, requiring the skill of expert physicians, highly trained staff and a specialized environment.

Currently, there are no nationally verified trauma centers in St. Clair County. McLaren Port Huron is looking to change that, as we seek Level III Trauma Center verification from the American College of Surgeons (ACS). The ACS has established national standards of care for seriously injured patients that are recognized across the country.

Since January of this year, McLaren Port Huron has been following ACS guidelines for a Level III Trauma Center. In order to meet these guidelines and improve care for our trauma patients, we have added to our facilities, staff, treatment capabilities and more.

Some of the changes we've made include:

- › Hiring a trauma medical director to oversee the program
- › Establishing protocol to have a trauma surgeon and operating suite available within 30 minutes
- › Providing additional training and education for nurses, physicians and surgeons
- › Incorporating a quality assessment program
- › Expanding involvement in prevention efforts and outreach programs to the community
- › Setting up transfer agreements with Level I and Level II trauma centers for patients requiring more intensive care

In November or December, representatives from the ACS will visit McLaren Port Huron for an assessment and consultation as our next step toward achieving trauma verification.

Kathy Napolitan, trauma program coordinator, is pleased with the progress that has been made to meet trauma center guidelines. "Our surgeons and physicians are looking at trauma injuries differently, because they know we've made the commitment to have the facilities, equipment and staff available to take care of them here," she says.

New training and education classes have ensured the nurses, physicians and surgeons who may come in contact with severe trauma injuries have the knowledge and skills to assess, resuscitate and/or stabilize patients right here at McLaren Port Huron. For trauma that includes burns, brain injuries or pediatric injuries, we have established transfer agreements with nearby trauma centers, like McLaren Macomb, McLaren Lapeer and McLaren Flint.

Being a Level III Trauma Center will allow us to provide the highest level of trauma care to our community, treat more trauma patients at McLaren Port Huron and transfer only those patients with the most severe traumatic injuries.

Take Charge of Your Weight Loss

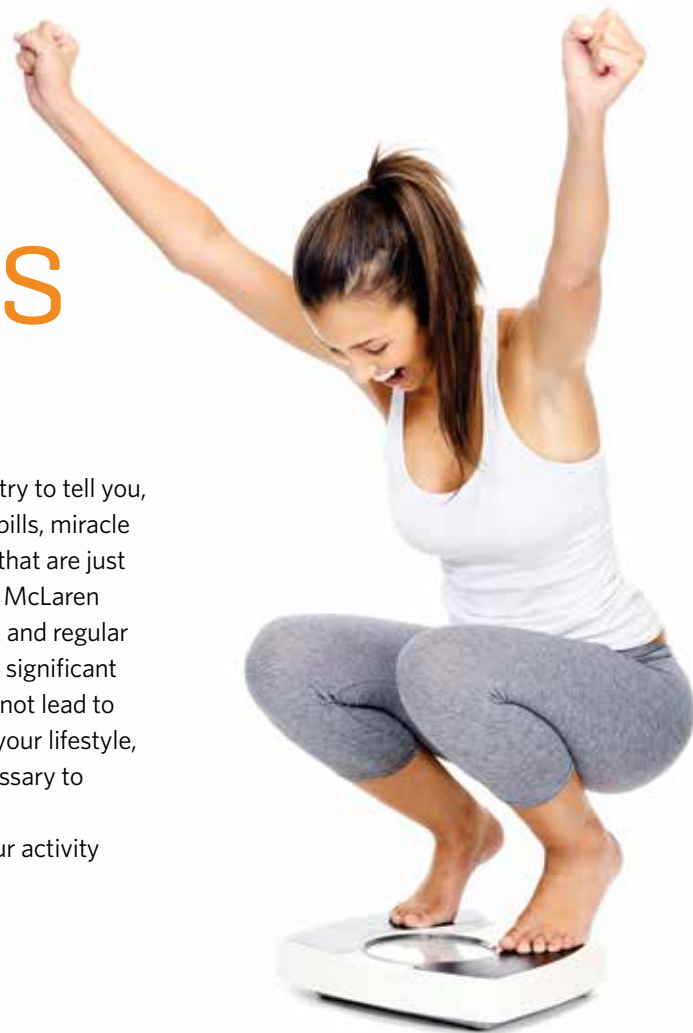
No matter what the Internet ads or late-night infomercials try to tell you, there is no “magic trick” for permanent weight loss. Diet pills, miracle foods and similar claims are falsehoods from companies that are just trying to make a quick buck. Instead, trust the doctors you know at McLaren Port Huron for the best advice on lasting weight loss: a healthy diet and regular exercise. Bariatric surgery is an option for those who need to lose a significant amount of weight for health reasons. However, surgery alone does not lead to permanent success in losing weight and keeping it off. Changes in your lifestyle, including following a healthy diet and exercising regularly, are necessary to maintain weight loss.

While it may sound difficult to change the way you eat and your activity levels, developing a healthy lifestyle does not have to be difficult.

Make it easier for yourself by following these tips:

- Reduce temptations at home and work. Remove foods from your environment that do not fit into a healthy diet, like candy, desserts, potato chips, etc.
- Add more fruits, vegetables and whole grains to your diet.
- Keep a daily food and exercise journal to track your progress and learn what helps you lose weight.
- Purchase measuring spoons and cups and a food scale to take the guessing game out of portion sizes.
- Choose an exercise activity you enjoy doing. Also, ask a friend to join you for added fun and motivation.
- Weight loss is a pretty simple equation: calories consumed must be less than calories burned. Read labels and understand the calories you are consuming, or download a calorie tracker app on your smartphone.
- Attend support group meetings regularly before and after bariatric surgery. McLaren Port Huron’s Bariatric Surgery Support Group meets 6:30 – 8 p.m. the third Tuesday of every month in the Duffy classrooms.

Some issues related to weight loss may be psychological, so if you are struggling with developing a healthy lifestyle, speak with your doctor about any additional assistance you may need.



Eating Right with Diabetes

November is American Diabetes Month. This year’s theme focuses on eating healthy as a key factor in the fight against diabetes. A healthy meal plan balanced with activity can help you control your diabetes and manage your diabetes risks.

Follow these tips for a healthy meal plan:

- Eat smaller portions.
- Choose fewer high-fat foods and use less fat for cooking.
- Limit foods that are high in saturated fats or trans fats.
- Get more fiber and whole grains in your diet.
- Eat a variety of fruits and vegetables every day.
- Cut back on sugar and salt.
- Talk with a registered dietitian at McLaren Port Huron for help developing a diabetes meal plan.

Know your risk for diabetes. Visit www.mclaren.org/phdiabetesrisk to take the American Diabetes Association’s Diabetes Risk Test.

Meet Ahmad Ahad, MD, General Surgeon

Now accepting
new patients

HOPE Surgical Services
1216 Washington Street
Port Huron, MI 48060
Phone: (810) 982-1111



Dr. Ahad is an independent surgeon on staff at McLaren Port Huron. He has been board certified in general surgery since 2010. In addition to general surgical procedures, Dr. Ahad performs surgeries for the Bariatric Center of Michigan and care in the Wound Healing Center.

Spiced Apple Cider Muffins



Streusel

- 2 T packed light brown sugar
- 4 t whole-wheat flour
- ½ t ground cinnamon
- 1 T butter, cut into small pieces
- 2 T finely chopped walnuts (optional)

Muffins

- 1 c whole-wheat flour
- 1 c all-purpose flour
- 1½ t baking powder
- ½ t baking soda
- ¼ t salt
- 1 T ground cinnamon
- ½ t ground nutmeg
- ½ c packed light brown sugar
- 1 large egg
- ½ c apple butter
- ⅓ c maple syrup
- ⅓ c apple cider
- ⅓ c low-fat plain yogurt
- ¼ c canola oil

- 1 Preheat oven to 400°F. Coat 12 muffin cups with cooking spray.
- 2 Streusel: Mix brown sugar, whole-wheat flour and cinnamon in small bowl. With pastry blender or your fingers, cut in butter until mixture resembles coarse crumbs. Stir in walnuts, if using. Set aside.
- 3 Muffins: Whisk whole-wheat flour, all-purpose flour, baking powder, baking soda, salt, cinnamon and nutmeg in large bowl.
- 4 Whisk egg and brown sugar in medium bowl until smooth. Whisk in apple butter, syrup, cider, yogurt and oil. Add to dry ingredients and mix with rubber spatula until moistened. Scoop batter into prepared muffin cups (they’ll be quite full). Sprinkle with streusel.
- 5 Bake muffins until tops are golden brown and spring back when touched lightly, 15-25 minutes. Let cool in pan for 5 minutes. Loosen edges and turn muffins out onto wire rack to cool before serving.

Makes 1 dozen muffins. Per muffin: 209 calories; 7 g total fat (1 g sat, 3 g mono); 21 mg cholesterol; 34 g carbohydrate; 4 g protein; 2 g fiber; 161 mg sodium.



PORT HURON

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Port Huron, MI 48060

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- > Twitter: @McLarenPH
- > YouTube: PHHTodaysHealth channel



Experience matters

TRUST THE MOST EXPERIENCED

As a Breast Imaging Center of Excellence since 2009, Women's Wellness Place maintains high quality standards, personnel qualifications, and technology in mammography, breast ultrasound and breast biopsy procedures. You trust us with your breast health, why go elsewhere for your other routine yearly exams?

Well Woman Care

Well Woman Care staff gynecologist Dr. Peter Tseng is seeing patients for routine:

- > General physical
- > Pap smear
- > Breast exam
- > Pelvic exam
- > Family planning counseling

Call (810) 985-2663 today to schedule your yearly exams.

