

# IN GOOD HEALTH

Summer 2015

## 2 > Expansion & Renovation Plans Revealed

Including NEW Karmanos Cancer Institute

## 3 > Giving You the Tools to Manage Your Health with My McLaren Chart

## 5 > Keys to Healthy Aging

## 15 > Foundation News & Notes



PORT HURON

# President's Message

## It's All From the Desk of Tom DeFauw Coming Together

**W**elcome to In Good Health – McLaren Port Huron's newest publication. We've combined five separate newsletters into one so you can get the whole story about the exciting expansion efforts happening here on our hospital campus.

Many of these developments were made possible when our 132-year-old hospital joined McLaren Health Care last May. Since then, we've been able to move forward with our master facility plan, which includes a Barbara Ann Karmanos Cancer Institute and a new multi-story patient tower.

The \$162 million plan combines a renovation of existing floors with a redesign of most inpatient services. We're renovating 100,000 square feet of space and adding 200,000 more. This will enable us to offer greater privacy and comfort for our patients while providing the latest clinical services and technology. We will also gain flexibility to accommodate future health care trends.

The centerpiece will be the new tower on the south end of our campus, which should be ready for occupancy by the spring of 2017. It will have more than 70 private rooms, a new emergency center, operating rooms and cath labs and an expanded intensive care unit. With the new tower combined with the renovation of our east tower, all of our rooms will be private!

We are also excited to add the much-needed Karmanos Cancer Institute to our campus. Currently, about 60 percent of the cancer patients in St. Clair County need to travel outside our county for care. With the new Karmanos Cancer Institute, we will be able to provide comprehensive cancer services covering a wide spectrum of diagnoses, treatment and follow-up care options right here in the Port Huron area. The new 35,000 square-foot cancer center is slated to open next spring with full occupancy by the end of 2017.

A new, light-filled lobby and a renovated cafeteria are among the other amenities in the plan to enhance the experience for patients' families and friends. It's all a part of our commitment to provide the Blue Water community

with the highest quality health care possible, while remaining a locally governed, not-for-profit organization. Community support is instrumental in funding our renovation and expansion costs. Proceeds raised by the McLaren Port Huron Foundation will be dedicated to the construction project with particular attention to patient amenities.

Meanwhile, within our various departments, we have many noteworthy developments and activities that we want to tell you about. That's the purpose of this publication. We welcome your feedback. We also invite you to visit our website – [www.mclaren.org/porthuron](http://www.mclaren.org/porthuron) – for more.

Thank you for your ongoing support and for putting your faith and trust in us to provide exceptional care.

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



# RISING to New Heights



Expanding Our Facilities.  
Improving Your Health.



## Project Timeline

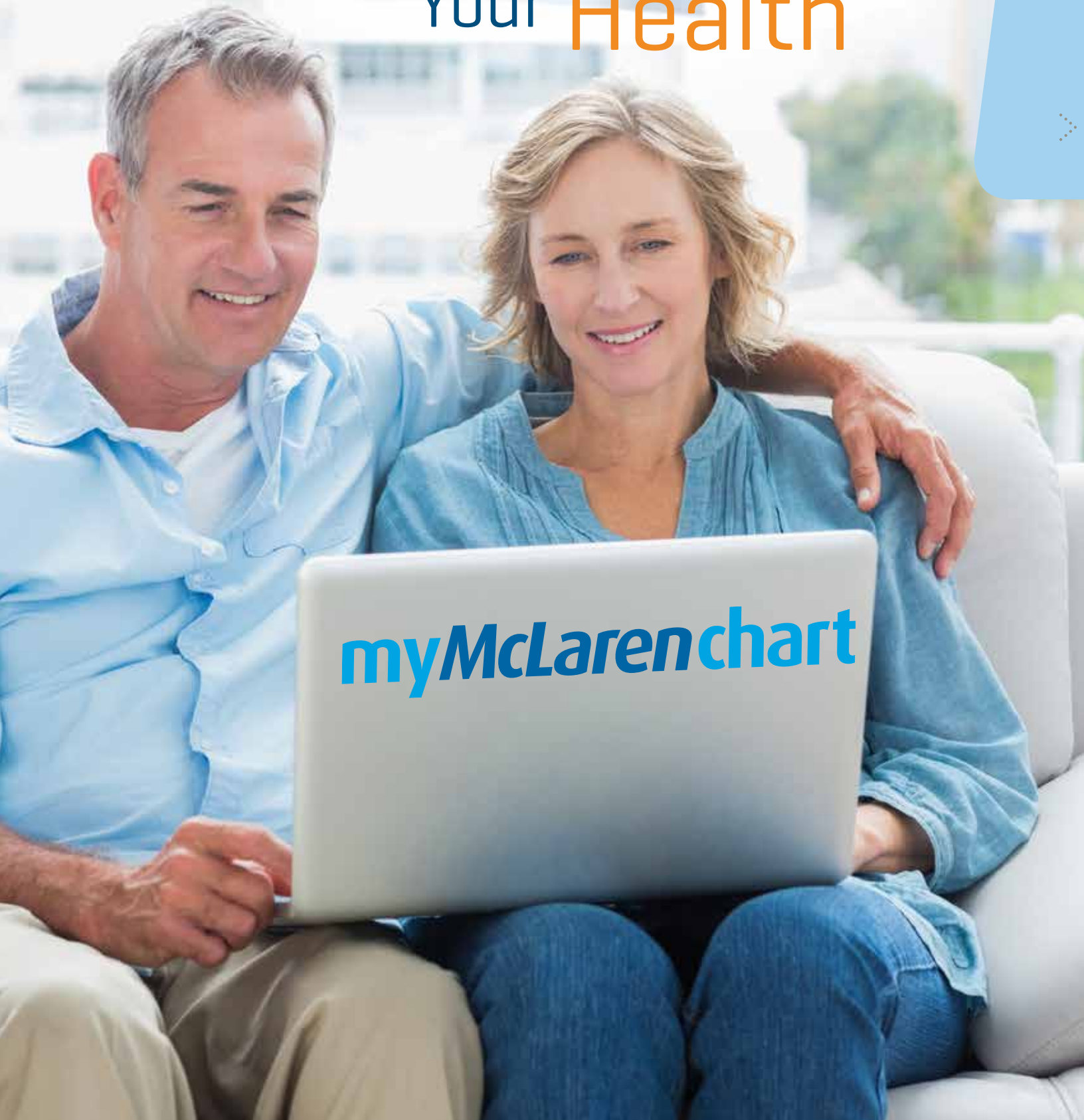
- Cancer center construction will begin in July. Radiation and oncology services will be available in the new center by spring 2016, with full occupancy by the end of 2017.
- Groundbreaking for the patient tower will begin this fall. The new multi-story tower is expected to open in spring 2017.
- All renovations are slated to be completed by fall 2018.

**M**claren Port Huron is excited to announce a \$162 million expansion and renovation plan to bring more services, state-of-the-art technology and greater privacy and comfort to our patients.

The master facility plan will combine a series of renovations and additions and will feature:

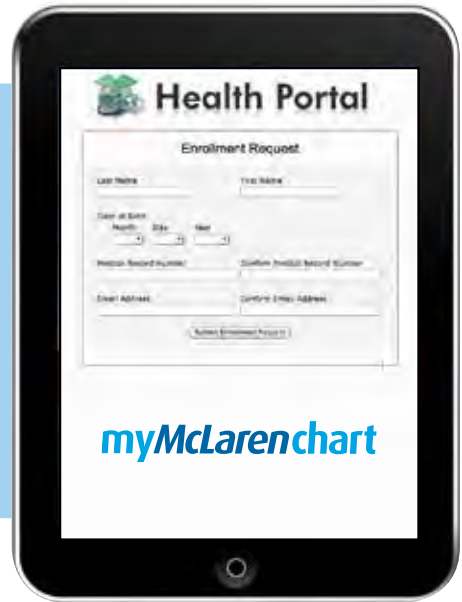
- **Barbara Ann Karmanos Cancer Institute.** The current emergency center will be transformed and expanded into the Karmanos Cancer Institute, a state-of-the-art facility where cancer patients can receive the care they need, close to home. The center will offer comprehensive cancer services, including infusion therapy, radiation therapy and the opportunity to participate in the latest clinical trials.
- **New multi-story patient tower.** The new tower will include more than 70 private rooms and a new emergency center, intensive care unit, cardiology lab and inpatient surgical suite.
- **Renovation of east tower.** Patient rooms will be made 100 percent private for improved comfort and care.
- **Upgrades to current facilities.** Our lobby, cafeteria and other amenities will be renovated to provide an enhanced experience for patients and visitors.

# Giving You the Tools to Manage Your **Health**



**myMcLarenchart**

My McLaren Chart allows you to access your health information electronically. For more information or to view a three-minute tutorial about enrolling in My McLaren Chart, visit [www.mclaren.org/phmymclarenvideo](http://www.mclaren.org/phmymclarenvideo)



Optimal health care involves a partnership among providers, caregivers and the patient. At McLaren Port Huron, we believe providing patients with the knowledge and tools to make healthy decisions is critical. That's why we are pleased to offer My McLaren Chart. It's a way for our patients to stay on top of their health information with flexibility and privacy using a computer, tablet or smartphone.

When you receive services at McLaren Port Huron, we make it a priority for you to understand your course of treatment, management of medications, and any follow-up care instructions. However, we know a visit to the hospital can be stressful, and remembering information or accessing paperwork for the future is probably the last thing on your mind. That's why My McLaren Chart is so useful. You can access your electronic health record, which includes:

- > Lab and radiology results
- > Visit history
- > Condition/reason for visit
- > Care instructions
- > Allergies verified by a health care professional
- > Home medications prescribed
- > Instructions for taking medications

According to Tanya Robbins, director of patient financial services, "Many people particularly like to have access to their laboratory results. With My McLaren Chart, you can view your lab results quickly, and you're also provided with standard ranges for comparison. This can be helpful when you follow up with your provider. You can also

electronically transfer your data from My McLaren Chart to participating physicians."

### Your Privacy Is Protected

Your health record is not stored on the Internet, nor is it available in the "cloud"; it is retrieved from the My McLaren Chart application as you access its pages. It also has a secure "time out" feature that protects your information if you leave a page open for an extended time.

### How to Sign Up

If you provided us an email address during the registration of a hospital service or stay, you will receive an email about enrollment. If you haven't already shared your email address with us, contact our Release of Health Information Desk at (810) 989-3127. Once we have your verified email address on file, you can sign up by going to [www.mclaren.org/mymclarenchartph](http://www.mclaren.org/mymclarenchartph) and clicking on the "Sign up for My McLaren Chart" button. To complete the easy five-step process, you will need your medical record number – this is a unique number assigned to you and is available on your discharge information or through our Release of Health Information Desk.

---

"This is about being a partner with us," says Tanya. "You can take ownership of your own health."

---

# 55 Plus Membership

Provides Keys to  
Healthy Aging



For 30 years, McLaren Port Huron's 55 Plus program has provided education and screenings to improve the health of older adults in the community. Becoming a member of 55 Plus has many benefits.

According to Kelly DiNardo, RN, BSN, program coordinator for 55 Plus, "Health care consumers are more engaged in their own health and in making decisions about their health care. By becoming a member of 55 Plus, seniors have access to educational programs, seminars and screenings that will provide accurate, evidence-based information that can guide them in making sound decisions about their health."

Adults today are looking to extend their lives and enjoy their extra years. The Centers for Disease Control and Prevention (CDC) has developed some keys to preventing some of the most common health issues facing older adults.

### Avoiding Brain Injuries Due to Falls

A traumatic brain injury is caused by a blow or jolt to the head or a penetrating head injury that disrupts the normal function of the brain. They often result in long-term cognitive, emotional and/or functional impairments. You can help prevent injuries caused by falls in your home by removing tripping hazards in walkways, using nonslip mats in the shower, installing grab bars next to the toilet and improving lighting.

55 Plus offers free fall risk assessments twice a year. These programs are designed to help seniors learn if they are at risk for a fall, how to prevent falls and how to be prepared if a fall occurs. Visit [www.mclaren.org/phevents](http://www.mclaren.org/phevents) for dates and times.

### Getting Vaccinated

Some older adults assume that the vaccines they received as children will protect them for the rest of their lives. Some of CDC's adult vaccine recommendations include:

- An annual influenza shot
- One dose of the shingles, or herpes zoster, vaccine for people ages 60 and older
- Pneumococcal polysaccharide vaccine after age 65

### Staying in Shape

Regular physical activity is one of the most important things you can do for your health. It can prevent many of the health problems that seem to come with age. It also helps your muscles grow stronger so you can keep doing your day-to-day activities without becoming dependent on others. Before beginning a regular exercise routine, talk with your doctor about what kinds of exercises are right for you.



### Preventing High Blood Pressure

High blood pressure is often called the "silent killer" because it usually has no noticeable warning signs or symptoms until other serious problems arise, such as heart failure and stroke. There are several things you can do to keep your blood pressure healthy, including maintaining a healthy weight and diet, staying active, quitting smoking, controlling alcohol consumption and working to prevent or manage diabetes. You should also discuss with your health care provider the best ways for you to address specific high blood pressure issues.

55 Plus provides free blood pressure screenings the first Wednesday of each month, no appointment necessary. Visit [www.mclaren.org/phevents](http://www.mclaren.org/phevents) for dates and times.

➤ For more information about the 55 Plus program or to become a member, visit [www.mclaren.org/ph55plus](http://www.mclaren.org/ph55plus).

# Step Up Your Walking Routine

**Laura Lucio-Reinke, MD**

Family Medicine Physician

Now accepting new patients!

McLaren Port Huron –

St. Clair Community Health Center

1163 South Carney Dr.,

St. Clair, MI 48079

(810) 561-8450



**E**xercise can energize your mood, relieve stress, help you manage symptoms of illness or pain and improve your overall sense of well-being,” says Laura Lucio-Reinke, MD.

Walking is the most popular form of exercise—and for good reason. It’s simple and requires little equipment. But variety is the key to keeping an exercise routine effective as well as interesting. Read on to find out how to change up your walking routine and get more out of every step.

**Seek out inclines.** Whether you’re walking outside or in the gym, walking uphill is a great way to increase your calorie burn while toning your legs and buttocks. Increase the incline on your treadmill if you’re indoors, or seek out hills and stairs if you’re outdoors.

**Sneak in speed.** Intervals are an effective way to burn calories and get your heart pumping. Increase your speed for short bursts throughout your workout and then return to your normal pace to recover.

**Incorporate hand weights.** Get an upper body workout while you walk by using light hand weights. Pump your arms and reap the benefits of toned biceps, triceps and shoulders.

## Other ways to add variety to your walks:

- Use a pedometer and try to take 10,000 steps each day
- Invest in walking poles
- Mix in strength training while you walk outside or on a track with push-ups, sit-ups and lunges every five to ten minutes

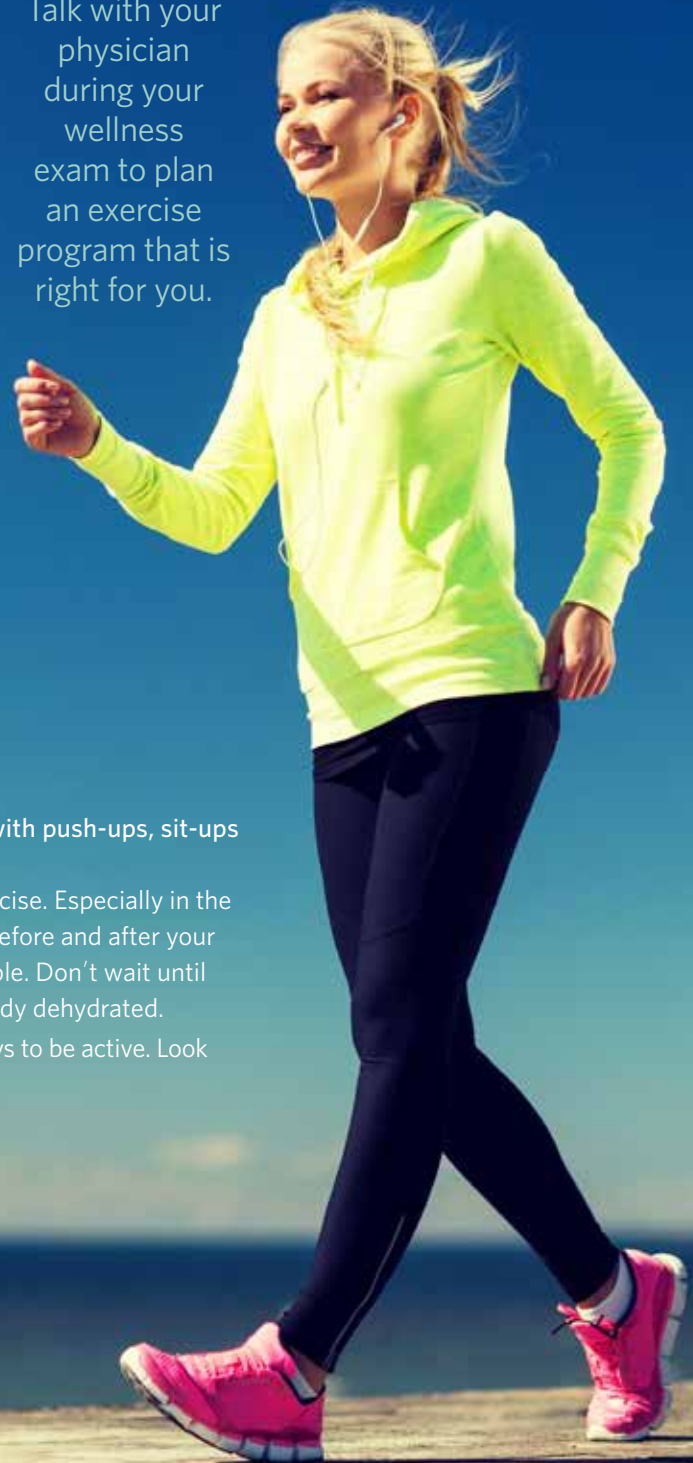


**Staying hydrated** is important during any form of exercise. Especially in the warmer months, remember to drink plenty of water before and after your walk, and bring a water bottle along with you if possible. Don’t wait until you’re thirsty to drink fluids – that means you’re already dehydrated.

**Not walking yet? Get moving!** Walking is one of the easiest ways to be active. Look at all of the ways it can improve your health:

- Strengthens heart and lungs
- Prevents heart disease
- Reduces obesity, high blood pressure and cholesterol
- Improves muscle tone in legs and abdomen
- Reduces stress and tension
- Reduces arthritis pain and bone decay
- Boosts metabolic rate

Talk with your physician during your wellness exam to plan an exercise program that is right for you.





# Breaking Through THE Weight Loss Plateau

**W**eight loss after bariatric surgery can be very significant early on, but it often plateaus after some time. This stall can last for days or weeks, even if you're staying on track with your post-surgery exercise and nutrition plans. When this happens, remember it's very common to plateau – and don't let your frustration cause you to give up.

A weight loss stall happens because your body's metabolism is adjusting to your new habits and lower weight. During weight loss, you lose some muscle along with fat. Muscle helps you burn calories, and lower muscle mass means you'll burn fewer calories. Follow these tips to jumpstart your metabolism again and overcome the stall:

**Change up your diet.** Your metabolism has adjusted to your new eating habits, so it may help to switch it up again. Take a look at your diet plan and see where changes could be made – like limiting carbs and increasing protein. Talk to your doctor about cutting your calorie intake, but never go below 1,200 calories per day.

**Rev up your workout.** Burn more calories by increasing your exercise amount and intensity. Add weightlifting exercises to increase your muscle mass. Activities that used to be a challenge prior to your surgery and weight loss may not be enough to get your heart rate up anymore. Challenge yourself with new forms of exercise such as Zumba, swimming and jogging.

**Manage your stress and sleep.** High stress and fatigue are the biggest triggers of sugar cravings. Make getting a full night's rest of seven to eight hours a priority, and find ways to decrease your stress levels, such as yoga or massage.

**Pack more activity into your day.** Think outside the gym. Increase your general physical activity throughout the day by walking more, taking the stairs and doing yardwork or vigorous cleaning.

**Join a bariatric support group.** It may help to discuss your struggles and learn from others on how to overcome them.

**Talk to your doctor.** If you're still struggling with your weight loss, make an appointment with your doctor.

Bariatric patients who participate in support groups have increased success in their weight loss journey. A support group helps keep individuals motivated and is a great place to talk about concerns, share tips and ideas and celebrate success.

McLaren Port Huron's bariatric surgery support group meets the third Tuesday of each month, 6:30 – 8 p.m., in the Duffy Wellness Classrooms. To learn more about the support group and bariatric surgery at McLaren Port Huron, visit [www.mclaren.org/phbariatric](http://www.mclaren.org/phbariatric).



# 20 15 SUMMER

Registration is required for all programs, unless stated otherwise. Register online at [www.mclaren.org/phevents](http://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](http://www.mclaren.org/phbariatric).

McLaren Port Huron Duffy Classrooms

Cost: FREE

### "No Butts About It" Smoking Cessation for Adults

Make a one-on-one appointment with a smoking cessation counselor to discuss a plan that will work for you. By appointment only—call (810) 989-3121, option 2.

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.

July 1, September 2;

8:30 a.m. – 12:30 p.m.

August 5, 12:30 – 4:30 p.m.

McLaren Port Huron Diabetes Education Classroom, Wismer 3rd Floor

Cost: Varies

### Lunch With the Doctor: Skin Care for Seniors

As we age, our skin begins to change. These changes can include dryness, wrinkles, age spots, easy bruising and even skin cancer. Join Dr. Meredith Price from Hamzavi Dermatology to learn more about skin health, sun safety and the importance of skin screenings.

July 30; 11:30 a.m. – 1 p.m.

McLaren Port Huron Duffy Classrooms

Cost: \$7; \$5 members of 55 Plus

### Joint Connections Seminar

Learn about the causes of hip and knee pain and various treatment options available. Presented by orthopedic surgeon Dr. Scott Heithoff and McLaren Port Huron physical therapist Kurt Brinker.

August 26; 5:30 – 6:30 p.m.

McLaren Port Huron Duffy Classrooms

Cost: FREE

### New to Medicare

A Michigan Medicare/Medicaid Assistance trained volunteer will provide information regarding eligibility, enrollment and coverage. Resources for choosing a supplemental insurance and prescription drug assistance will be explained in detail.

September 16; 10 – 11:30 a.m.

McLaren Port Huron Jefferson Building 1320 Washington Ave., Port Huron

Cost: FREE

### Take Control of Your Heart Failure

A program designed especially for those diagnosed with heart failure and their caregivers. Learn more about heart failure symptoms, treatments and recommended lifestyle changes.

September 15; 2 – 3 p.m.

McLaren Port Huron Jefferson Building 1320 Washington Ave., Port Huron

Cost: FREE

### The Basics of Estate Planning

Join Chuck Kelley, Janal Mossett and John Adair of the Kelley Law Firm for this two-part program. Learn the basics of estate planning, from developing a will and trust to Medicaid planning strategies aimed at preserving your loved one's assets. Sponsored by McLaren Port Huron Foundation.

September 17 & 29; 9:30 – 11 a.m.

McLaren Port Huron Duffy Classrooms

Cost: FREE



# Screenings offered by 55 Plus

## Foot Screenings

Dr. Bianchi will examine feet for problems or pain. Appointment required.

August 14; 9 a.m. – noon

McLaren Port Huron Jefferson Building  
1320 Washington Ave., Port Huron

Cost: Free

## Hearing Screenings

An audiologist from Port Huron E.N.T. performs hearing tests. Registration required.

July 8, September 9; 12:30 – 3 p.m.

McLaren Port Huron Jefferson Building  
1320 Washington Ave., Port Huron

Cost: Free



## Blood Pressure Screenings

High blood pressure is referred to as a silent killer because it has no symptoms, while damaging your arteries, heart and other organs. Walk in for a free screening and to learn more about high blood pressure.

July 8, August 5, September 2;  
8:30 – 10 a.m.

McLaren Port Huron Jefferson  
Building, 1320 Washington Ave.,  
Port Huron

Cost: Free

# Support Groups

## Alzheimer's Support Group

Education and support for spouses and families caring for someone with Alzheimer's disease. Sponsored by McLaren Port Huron 55 Plus and the Alzheimer's Association, Detroit Chapter. Meets the 4th Tuesday of the month.

July 28, August 25, September 22;  
1 – 2:30 p.m.

McLaren Port Huron Jefferson Building  
1320 Washington Ave., Port Huron

## Bariatric Surgery Support Group

Talk with fellow bariatric surgery patients about what's on your mind. This is a great opportunity to find answers and support. Meets the 3rd Tuesday of the month.

July 21, August 18, September 15;  
6:30 – 8 p.m.

McLaren Port Huron Duffy  
Wellness Classrooms

## Cancer Support Group for Women

A support group to help women cope with the struggles that all cancers can bring. All are welcome, whether you are newly diagnosed or need support during or after cancer treatment. Meets the 2nd Tuesday of the month.

July 14, August 11, September 8;  
6 – 7:30 p.m.

McLaren Port Huron Women's  
Wellness Place

## Depression and Bipolar Support Alliance

A peer-led support group open to participants, family and friends. A formal diagnosis is not needed. Meets the 2nd & 4th Thursdays of the month.

July 9 & 23, August 13 & 27,  
September 10 & 24; 6:30 – 8 p.m.

McLaren Port Huron North Classroom

## Diabetes Support Group

Support group for adults with diabetes. Meets quarterly.

July 21; 10 – 11 a.m.

McLaren Port Huron Diabetes  
Education Classroom Wismer 3rd Floor

## Look Good... Feel Better

This program shows women undergoing cancer treatment how to wear make-up and wigs and to strategically place scarves, complementing their features. All participants receive a complimentary wig. To register, call the American Cancer Society at (800) 227-2345.

July 23, 1 – 3 p.m.; August 27,  
6 – 8 p.m.; September 24, 1 – 3 p.m.

McLaren Port Huron Jefferson Building  
1320 Washington Ave., Port Huron

Cost: FREE

## Multiple Sclerosis Support Group

A self-help group where individuals can get information, referrals, handouts on research and updates and emotional support. Meets the 2nd Saturday of the month.

July 11, August 8, September 12;  
10 a.m. – noon

McLaren Port Huron North Classroom

## Parkinson's Support Group

This group provides support for anyone affected by Parkinson's disease. Meets the 1st Wednesday of the month.

September 2; 2 – 3:30 p.m.

McLaren Port Huron Jefferson Building  
1320 Washington Ave., Port Huron

## Stroke Survivors Support Group

A support group for survivors of stroke. Anyone who has been touched by a stroke is invited to join the discussion. Meets the 1st (with guest speaker) and 3rd (open discussion) Wednesdays of each month.

July 1 & 15, August 5 & 19,  
September 2 & 16; 10 – 11 a.m.

McLaren Port Huron Gathering Place

# 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.

## ➤ Childbirth Education Series

July 6, 13, 21 & 27; August 3, 10, 17  
& 24; September 8, 14, 21 & 28;  
6:30 – 8:30 p.m.

## ➤ Saturday Express

July 11, August 1, September 12;  
8:30 a.m. – 3:30 p.m.

## ➤ Breastfeeding

July 25, 1 – 3 p.m.; September 19;  
9:30 – 11:30 a.m.

## ➤ Deliver Me Smoke-Free

Call (810) 989-3432 for more information.

## ➤ Pregnancy Fitness Program: Fit for Two

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



# What is Breast Density

## & How is it Identified on a Mammogram?

### Experience Matters

In 2009, The American College of Radiology (ACR) first recognized McLaren Port Huron Women's Wellness Place as a Breast Imaging Center of Excellence. This designation put Women's Wellness Place into an elite group of breast imaging centers in Michigan. If you have a physician order and would like to schedule your mammogram, call **(810) 985-2663**.

**B**reast density is a measure used to describe the proportion of the different tissues that make up a woman's breasts. It's not a measure of how the breasts feel, but rather how the breasts look on a mammogram.

Breasts are made up of a combination of fibrous and glandular tissue and fatty tissue. Your breasts are considered dense if you have a lot of fibrous and glandular tissue but not much fat. Density may decrease with age, but there is little, if any, change in density for most women.

➤ **High breast density means there is a greater amount of breast and connective tissue compared to fat.**

➤ **Low breast density means there is a greater amount of fat compared to breast and connective tissue.**

Dense breast tissue is very common and is not abnormal. Many cancers are seen on mammograms even if you have dense breast tissue. However, dense breast tissue can make it harder to detect cancer through a mammogram, which may increase your risk for breast cancer.

Earlier this year, Michigan became the 21st state to adopt a breast density notification law in an effort to improve education about breast cancer risk and testing options. As a result, McLaren Port Huron will be notifying you in writing

if your mammogram reveals dense breast tissue. By notifying you that your mammogram revealed dense breast tissue, you are able to discuss your risks and further testing options with your health care provider.

### Detection is Key

A mammogram is the only medical imaging screening test proven to reduce breast cancer deaths. The American Cancer Society recommends all women have yearly mammograms beginning at age 40.



# Diabetes

## Self Care Tips

### Managing blood sugar fluctuation

**D**iabetes is a complex disease that requires daily self-management. Monitoring blood sugar is a very important part of a diabetes patient's care plan. Doing so can help prevent health problems caused by low or high blood sugar. Below are the most common causes of blood sugar level fluctuations and what you can do to manage the effects.

**Diet:** How much and what you eat largely affects blood sugar levels. Create a routine by eating the same amount at the same time every day. Pay special attention to regulating the amount of carbohydrates you eat, because they affect blood glucose more than fat and protein.

**Exercise:** Regular cardio and weight-bearing exercises will help keep your blood sugar level steady, because muscles use glucose for energy. After getting your doctor's permission to exercise, carefully monitor your blood glucose to learn how your body reacts to increased exertion.

**Alcohol:** While drinking alcohol, your liver struggles to release enough sugar to counteract falling blood sugar level. This can result in lower-than-normal blood glucose levels. If your diabetes is under control and your doctor has given you permission to drink moderately, stick to light beers, dry wine and sugar-free mixers.

**Smoking:** Tobacco greatly increases your risk of diabetes complications such as heart disease, nerve damage, stroke and kidney disease. If you smoke, talk to your doctor about ways to quit.

**Stress:** When life becomes stressful, it's easy to get off schedule and derail your diabetes management plan. Talk to your doctor about ways to control stress. Exercise, meditation and breathing exercises are all effective ways to reduce tension. Keeping your stress in check makes maintaining a routine much easier.

**Routine medical appointments are also necessary to problem-solve, reduce risks for complications and cope with lifestyle changes.**

McLaren Port Huron offers monthly diabetes education workshops. Our certified diabetes educators help you learn more about self-management. For more information, visit [www.mclaren.org/phdiabetes](http://www.mclaren.org/phdiabetes).



# Know the Act in Time. Signs.

**S**troke is the third leading cause of death in the United States and a leading cause of serious, long-term disability in adults. About 600,000 new strokes are reported in the United States each year. Treatments are available that can greatly reduce the damage caused by a stroke. However, you need to recognize the symptoms of a stroke and get to a hospital quickly. Getting treatment within 60 minutes can prevent disability.



McLaren Port Huron is certified as an Advanced Primary Stroke Center by The Joint Commission, in conjunction with the American Heart Association/American Stroke Association. To learn more about stroke care at McLaren Port Huron, visit [www.mclaren.org/phstroke](http://www.mclaren.org/phstroke).

## What Is a Stroke?

A stroke, sometimes called a “brain attack,” occurs when blood flow to the brain is interrupted. When a stroke occurs, brain cells in the immediate area begin to die because they stop getting the oxygen and nutrients they need to function.

## Signs of Stroke:

- Sudden numbness or weakness of the face, arms and legs, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden loss of balance and coordination, trouble walking
- Sudden severe headache with no known cause

Not ALL of the warning signs occur during a stroke. If you believe someone is having a stroke – if he or she suddenly loses the ability to speak, move an arm or leg on one side or experiences facial paralysis on one side – call 911 immediately.

## Act in Time

Stroke is a medical emergency. Every minute counts when someone is having a stroke. The longer blood flow is cut off to the brain, the greater the damage. Immediate treatment can save people’s lives and enhance their chances for successful recovery.

“For every minute you are left untreated after a stroke, you lose 19 million brain neurons. And, for every hour you lose, your brain ages by 3.6 years.”



– McLaren Port Huron Stroke Care Coordinator  
Stephanie McLaren, RN

## Risk Factors

The best treatment for stroke is prevention. There are several risk factors that increase your chances of having a stroke:

- Smoking
- High blood pressure
- High cholesterol
- Heart disease
- Diabetes

Controlling these risk factors will greatly reduce your chances of having a stroke.



## Simple 4-Step Test –

# Act F.A.S.T.

Use the following tool to help you recognize stroke symptoms and act F.A.S.T.:

**FACE** – Ask the person to smile. Does one side of the face droop?

**ARMS** – Ask the person to raise both arms. Does one arm drift downward?

**SPEECH** – Ask the person to repeat a simple sentence. Are the words slurred? Can he/she repeat the sentence correctly?

**TIME** – If the person shows any of these symptoms, time is important.

**Call 911 or get to the hospital quickly.**



## LYNN GRIFFOR

### Named Director of McLaren Port Huron Foundation

In April 2015, McLaren Port Huron appointed Lynn Alexander Griffor as director of the McLaren Port Huron Foundation. She succeeds Nancy Klemmer, who retired in January.

As director, Griffor will spearhead strategic and business planning for the Foundation, which is committed to broadening public awareness of the hospital's mission to generate the financial and volunteer support needed to underwrite programs and services. Previously, Griffor served as vice president of the Community Foundation of St. Clair County for seven years.

"Lynn has an impressive track record of developing strong donor relationships from within our community," said Tom DeFauw, McLaren Port Huron president and CEO. "With her expertise and enthusiasm, she will be a tremendous asset for the Foundation and McLaren Port Huron."

The Foundation will support the new broad campus expansion efforts (see Page 2 for more details) through a community fundraising campaign. Further details about the development and the campaign will be announced later this summer.

## From the Desk of Lynn Griffor

### McLaren Port Huron Foundation Director

Since my arrival at the McLaren Port Huron Foundation a few months ago, the one question I have heard over and over again is, "What will you do there?"

I love this question because when I answer it, I have the opportunity to talk not only about the Barbara Ann Karmanos Cancer Institute being built on our campus, but how the Foundation will help turn this "building" into a "community resource."

I get to talk about the new patient tower, operating rooms and emergency center. But I also get to explain how these are so much more than construction projects – they are opportunities to

relate to our patients, their families, physicians and staff.

I get to explain how every donor has a passion, and my job is to connect their passion with an unmet need and let them realize their dream. And, I get to express how honored I am to work with the most dedicated group of volunteers I have ever encountered.

The changes coming to McLaren Port Huron will be transformational, and there are endless ways in which you can join our efforts and make an impact. It's an exciting time in the Blue Water region, and I am proud to be part of this hospital and this community.

*If you would like to learn more about our upcoming fundraising programs and how your gift can make a difference in the lives of our patients, please call the McLaren Port Huron Foundation office at (810) 989-3776.*





# Donations to Donna Niester Breast Cancer Fund Benefit Breast Cancer Services

Kelly DiNardo, RN, BSN, education and outreach coordinator; Luann Black, manager of Women's Wellness Place; and Kathy Smith, RN, BSN, MSM, director of clinic and ambulatory services, accept the Little Black Dress event donation from Susan Barbe, McLaren Port Huron Auxiliary president, and Carolyn Bonacci and Debbie Reynolds, members of the Kearns family.

## About the Donna Niester Breast Cancer Fund

Donna Niester, local CPA and chief executive officer of Acheson Ventures, LLC, has long been active in our community. She is a past member of the hospital's board of trustees and the Foundation's board of directors. Donna wanted to help individuals in our community who needed access to health services but could not afford them. The Donna Niester Breast Cancer Fund was established in 2008 through the Port Huron Hospital Foundation. The fund helps local women who are facing breast cancer by supporting such programs as the American Cancer Society's Look Good, Feel Better, which teaches beauty techniques to women undergoing breast cancer treatment. The fund also provides free mammograms to women who do not have insurance or are unable to pay.

## Little Black Dress Event Benefits McLaren Port Huron's Look Good, Feel Better Program

Following the death of Betty Kearns, her family wanted to do something in her memory that would help others with breast cancer. The result was the creation of the Little Black Dress event, a fundraiser first held in 2007 to benefit local cancer services. It has been held annually since. The auxiliaries of McLaren Port Huron and St. Joseph Mercy Port Huron recently joined the Kearns family to coordinate the fundraiser. Following the 2015 event, the Kearns family presented McLaren Port Huron with a check for \$10,000 to help fund the hospital's American Cancer Society Look Good, Feel Better program.

## Marysville Fire Department Donates to Donna Niester Breast Cancer Fund

In honor of Breast Cancer Awareness Month last October, the Marysville Fire Department sold t-shirts. Proceeds totaling \$580 were donated to the Donna Niester Breast Cancer Fund. Jamie Guyor, development specialist, accepted the donation on behalf of the Foundation.



Jamie Guyor, development specialist, accepts the donation to the Donna Niester Fund from firefighter Mike Yarger.

Others present include (left-right) Don Patterson, Keith Wayburn, Chris Nesbitt, Tom Konik, Aaron Hempel, and Steve McNeil.



# Festival of Trees

## Record-Breaking Funds for Newborn Care



**T**he Festival of Trees has become a holiday tradition that is not just a fundraiser, but an event that brings together the entire community. Since 1989, the Festival of Trees has entertained more than 20,000 Preview Party guests and 200,000 visitors; received the support of over 11,000 volunteers; booked 9,000 hours of entertainment donated by the best of area talent; and raised over \$1.5 million for services at McLaren Port Huron. All funds raised stay local to purchase equipment and fund programs that benefit families in our community.

---

The 26th Annual Festival of Trees, *All That Glitters*, raised a record-breaking \$138,000 to benefit patient care.

---

Funds raised in 2014 supported the Foundation's Special Delivery project. The goal of the project was to raise \$500,000 to purchase advanced technology for Labor & Delivery and the newborn nursery, including items like infant scales and warmers, telemetry monitors and special blood pressure cuffs to provide the very best care for our tiniest patients.



## McLaren Port Huron Foundation Receives Grant from Starlight Foundation

**W**hen a child is diagnosed with a serious illness, the day-to-day aspects of childhood take a back seat to the rigors of treatment and hospitalization. Starlight Children's Foundation is a leading global charity that partners with experts to improve the life and health of kids and families around the world. Since 1982, Starlight has collaborated with innovators in pediatric health care, entertainment and technology to provide a unique blend of family-centered programs and services from the hospital to patients' homes.

McLaren Port Huron Foundation recently applied for a grant from the Starlight Foundation and was awarded two tablets and Nintendo® gaming centers. The gaming centers are now being used by our pediatrics patients as a way to take a break from their time in the hospital and just be a kid.

# Calling All Beacon Society Members

A fall field trip for Beacon Society members is planned for **Tuesday, October 27**. Enjoy a tour of historic Meadow Brook Hall, one of the finest examples of Tudor-revival architecture in America, with dinner to follow at Rochester Mills Beer Co. More information will be available closer to the event.

The Beacon Society was founded in 1991 to recognize individuals for their generous contributions to some of the hospital's areas of greatest need. The giving club is a minimum commitment of \$10,000 over a 10-year period. For additional information on the Beacon Society or to become a member, contact the Foundation office at **(810) 989-3776**.

# Save the Dates

July 14 ➤ **37th Annual Charity Golf Classic**  
Port Huron Golf Club

September 15 ➤ **3rd Annual Signature Cocktail Contest**  
Seaway Terminal

Fall ➤ **Men's and Women's Events**

December 4 ➤ **Festival of Trees – Preview Party**  
McMorran Place Arena

December 5-6 ➤ **Festival of Trees – General Admission**  
McMorran Place Arena

## Grilled *Pizza* with Pesto, Tomatoes & Feta



- 1 lb prepared pizza dough, preferably whole-wheat
- ½ c prepared pesto
- 4 ripe plum tomatoes, thinly sliced
- ½ c crumbled feta cheese
- Freshly ground pepper, to taste
- ¼ c lightly packed fresh basil leaves, torn

- 1 Heat grill to medium-high.
- 2 Meanwhile, place dough on a lightly floured surface. Divide into 4 pieces. Roll each piece into an 8-inch round crust, about ¼ inch thick. Place crusts on a floured baking sheet. Carry crusts and toppings out to the grill.
- 3 Lay crusts on grill (they won't stay perfectly round). Cover grill and cook until crusts are lightly puffed and undersides are lightly browned, about 3 minutes.
- 4 Using tongs, flip crusts. Immediately spread pesto over crusts. Top with tomatoes. Sprinkle with feta and pepper. Cover grill and cook until the undersides are lightly browned, about 3 minutes more. Sprinkle with basil and serve immediately.

Makes 4 servings. Per serving: 455 calories; 18 g fat (7 g saturated fat, 10 g mono unsaturated fat); 27 mg cholesterol; 49 g carbohydrates; 17 g protein; 4 g fiber; 749 mg sodium; 257 mg potassium.



1221 Pine Grove Avenue  
Port Huron, MI 48060

PORT HURON

PRSR STD  
U.S. POSTAGE  
PAID  
IMAGEWORKS  
53719

## "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, email [contactus@porthuronhospital.org](mailto:contactus@porthuronhospital.org). We value and respect your privacy. If you wish to be removed from the mailing list, please visit [www.mclaren.org/phoptout](http://www.mclaren.org/phoptout) and complete the form.

- Facebook: McLarenPortHuron
- Twitter: @McLarenPH
- YouTube: PHHTodaysHealth channel



**First thing's first when it comes to your heart:** The care you receive has to be exceptional. And when you make McLaren Port Huron your first choice for cardiovascular care, you'll receive comprehensive heart services from medical experts, right here.

For quality outcomes, we rank among the best in heart care. That's why we're recognized nationally as a **2013 Top Performer on Key Quality Measures® for heart attack and heart failure** by The Joint Commission.

[mclaren.org/phheart](http://mclaren.org/phheart)



PORT HURON