A man and a woman are paddling a red canoe on a calm blue lake. They are both wearing blue life jackets and smiling. The background shows a forested shoreline under a blue sky with light clouds.

IN GOOD HEALTH

Summer 2017

2 > Free heart screening
for student-athletes

5-6 > Don't miss out!
Sign up for our
summer events

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Foundation news

10 > Join us for the 9th annual
Men & Women Who
Cook event



McLaren

PORT HURON

Honoring Our Past,

Celebrating Our Future

President's Message

From the Desk of Jennifer Montgomery

Over the past few months, we have made great progress on the construction efforts here at McLaren Port Huron. In May, we even encountered a wonderful surprise. As we were carefully deconstructing the Margaret Jenks Unit to preserve the cornerstone and lintel stones, workers found a tin box – a time capsule – hidden inside the cornerstone from 1921.

In 1921, the medical community was not as skilled at handling contagious diseases as we are now. It was determined Port Huron needed a separate emergency hospital to care for those with contagious illnesses.

Years later, in 1949, the freestanding unit that was built to care for those with contagious diseases was used very little. Port Huron Hospital needed the beds for its growing population. The city turned the emergency hospital over to Port Huron Hospital, and it was remodeled into a 30-bed children's unit. In 1950, it was named the Margaret Jenks Children's Unit, in memory of Mrs. W. L. Jenks. Mrs. Jenks was one of the hospital's founding fundraising members from 1894.

Since then, what we have called the Jenks Unit has been used for many services. It was a children's ward, a polio ward where patients received iron lung treatments, and more recently, it housed administrative offices, human resources, the volunteer office and HealthAccess.

Demolition of the building began May 16. A few days later, the time capsule was discovered. We held an event – open to employees, volunteers and our medical staff – to learn firsthand what was in the time capsule.

Many documents, including a book about the City of Port Huron, a newspaper article from 1921 about the construction of the emergency hospital and hospital bond papers, were included.

That brings us to today. As we look ahead, we are excited for what the future holds. A new state-of-the-art patient tower that will house all private rooms, an expanded emergency center, the latest medical equipment and a modern facility that will easily respond to updates in technology.

The construction of the new South Tower is on track, and we expect the opening of the first floor, which will house the new emergency center and observation rooms, to be early fall of 2018.

Over the next few months, what was just steel beams outlining the new tower's existence will be enclosed, and work inside the tower will begin.

The access to health care that Margaret Jenks advocated for over 100 years ago still continues today. This is the largest expansion in the hospital's history, and it will enable McLaren Port Huron to provide the Blue Water community with expanded quality health care now and long into the future.



Jennifer Montgomery
MSA, RN, FACHE

*President and Chief Executive Officer
McLaren Port Huron*



Save Your Teen's Life

Free Heart Screening from
McLaren Port Huron and the
McLaren Port Huron Foundation
Marysville Community Health Team

You have most likely heard the stories: a young, healthy student-athlete suddenly collapses at practice or during a game. No one – family, coaches, teammates – has heard him or her make any recent comments about not feeling well. The athlete is rushed to hospital, but tragically doesn't make it.

Every year, nearly 100 young athletes die from sudden cardiac arrest (SCA) in the United States. An SCA is NOT a heart attack but is instead related to electrical problems. During SCA, the heart generates abnormal electrical signals and interrupts blood flow to the brain. If not treated within 7-10 minutes, the heart stops.

Most of the time, SCA is related to pre-existing heart conditions that have gone undetected. Unfortunately, most sports physicals do not focus on identifying these specific cardiac conditions. A cardiac screening is an important step that could minimize the risk of death.

McLaren Port Huron is hosting a FREE Teen Heart Screening at Marysville High School on Saturday, August 12 from 9 a.m. – 1 p.m. The screening is for Marysville High School juniors and seniors in the 2017-2018 school year. Medical professionals will provide screenings that can help identify heart conditions associated with SCA in students who participate in vigorous physical activities, including sports. This screening follows the American Heart Association recommendations for teen athletes.

During the screening, students will need to fill out a health questionnaire about their personal history and family history. Since the conditions that can lead to SCA are inherited, it is important to provide a detailed family history. A parent or legal representative is required to attend the screening with the student. A detailed history of symptoms, including fainting spells, unusual heartbeats, discomfort in the chest and trouble breathing, is also important.

**Don't miss out on this free screening.
It could save your student's life.**

 **FREE Teen Heart Screening**
Marysville High School
555 E. Huron Blvd., Marysville
Saturday, August 12
9 a.m. – 1 p.m.
Registration required

Registration is required for this free screening. Call HealthAccess at **(800) 228-1484** or visit www.mclaren.org/phteenheart to register.

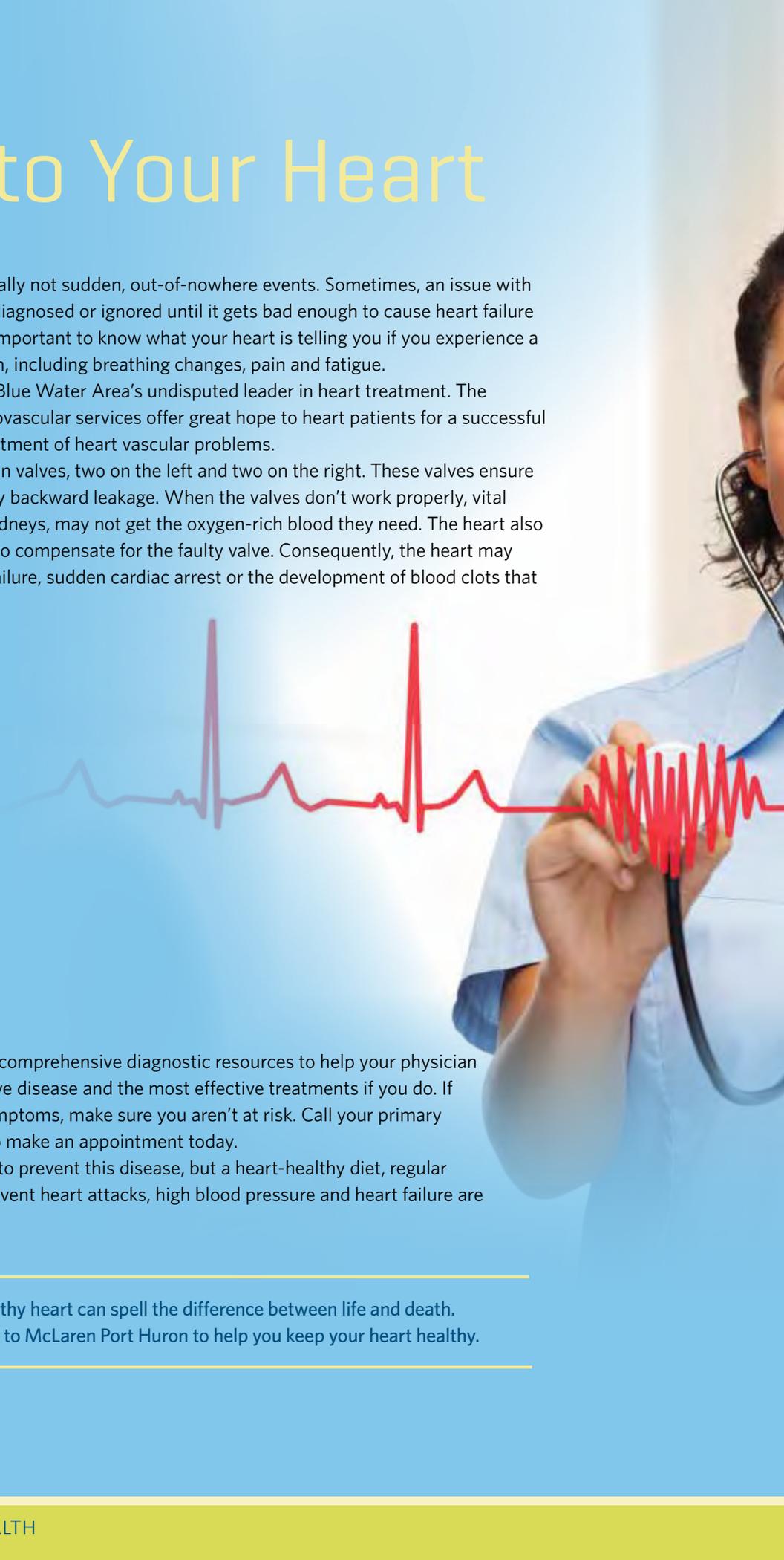


Listen to Your Heart

Hear problems are usually not sudden, out-of-nowhere events. Sometimes, an issue with a heart valve goes undiagnosed or ignored until it gets bad enough to cause heart failure or a heart attack. It's important to know what your heart is telling you if you experience a change in your normal condition, including breathing changes, pain and fatigue.

McLaren Port Huron is the Blue Water Area's undisputed leader in heart treatment. The hospital's comprehensive cardiovascular services offer great hope to heart patients for a successful outcome - especially in the treatment of heart vascular problems.

The heart contains four main valves, two on the left and two on the right. These valves ensure blood flows forward without any backward leakage. When the valves don't work properly, vital organs, such as the brain and kidneys, may not get the oxygen-rich blood they need. The heart also suffers, as it must work harder to compensate for the faulty valve. Consequently, the heart may weaken, increasing the risk of failure, sudden cardiac arrest or the development of blood clots that can lead to stroke.



McLaren Port Huron offers comprehensive diagnostic resources to help your physician determine if you have heart valve disease and the most effective treatments if you do. If you experience any of these symptoms, make sure you aren't at risk. Call your primary care physician or cardiologist to make an appointment today.

There are no surefire steps to prevent this disease, but a heart-healthy diet, regular exercise and medicines that prevent heart attacks, high blood pressure and heart failure are important steps.

Sometimes, a healthy heart can spell the difference between life and death.
Know your risks and turn to McLaren Port Huron to help you keep your heart healthy.



ACCORDING TO THE AMERICAN HEART ASSOCIATION, THE LEADING VASCULAR CONDITIONS INCLUDE:

- **Aortic stenosis** – Narrowing of the aortic valve opening. Symptoms include shortness of breath during exertion, heart-related chest pain and fainting spells.
- **Aortic regurgitation** – Leakage of the aortic valve. Symptoms include palpitations, cardiac arrhythmias, shortness of breath during exertion, breathlessness while lying down, severe shortness of breath during the middle of the night, sweating, severe pain in chest and arms and symptoms of heart failure.
- **Mitral stenosis** – Narrowing of the mitral valve. Symptoms include shortness of breath on exertion, severe shortness of breath during the middle of the night, cardiac arrhythmias and coughing up blood. In some patients, blood clots form in the left atrium. These clots can travel through blood vessels and damage the brain, spleen or kidneys.
- **Mitral regurgitation** – Leakage of the mitral valve. Symptoms include fatigue, shortness of breath during exertion and breathlessness while lying down.
- **Pulmonic valve problems** – Leakage or narrowing of the pulmonary valve. Symptoms include fatigue, fainting spells and symptoms of heart failure.
- **Tricuspid regurgitation** – Leakage of the tricuspid valve. This does not usually cause symptoms unless it is severe and associated with pulmonary hypertension. Leg swelling and more generalized fluid retention can occur.

Sometimes, heart valve disease doesn't display signs that are immediately identifiable. It may take years for symptoms to surface, but be on the lookout for:

- Shortness of breath and/or difficulty catching your breath. This may be most apparent when you are active or when you lie down in bed.
- Weakness or lightheadedness, especially if you are too weak to do your normal activities, feel dizzy or even pass out.
- Chest discomfort. You might feel pressure on your chest when you attempt activity or are exposed to cold air.
- Palpitations including rapid heart rhythm, irregular heartbeat, skipped beats or a flip-flop feeling in your chest.

2017 SUMMER

Locations

McLaren Port Huron (MPH)

1221 Pine Grove Ave.,
Port Huron

McLaren Port Huron (MPH) Jefferson Building

1320 Washington Ave.,
Port Huron

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 — Registration required.

Bariatric Informational Seminars

Learn about the various procedures offered at the Bariatric Center of Michigan. Find upcoming seminar dates and information on surgery options and the surgeons at www.mclaren.org/phbariatric.

MPH Duffy Classrooms

Cost: Free

Building a Healthy Future with Diabetes Workshops

Learn to manage diabetes in this one-day, four-hour workshop. Registration and a physician order are required. Call (810) 989-3362 for dates and times.

MPH Diabetes Education Classroom

Cost: Varies

“No Butts About It” Smoking Cessation for Adults

Is it time to quit smoking? Join us to learn strategies and tips to help you quit for good!

July 11, August 15, September 12;
2 - 3 p.m.

MPH Jefferson Building

Cost: Free

Savvy Seniors Series

Know Your Senses

➤ Hearing Loss: Causes & Prevention

July 26; 1 - 2:30 p.m.

MPH Jefferson Building

Cost: Free

➤ Effects of Aging on Smell

September 13; 10 - 11:30 a.m.

MPH Jefferson Building

Cost: Free

➤ Lunch & Learn: Vision Impairments & Diseases

September 19; 11:30 a.m. - 1 p.m.

MPH Duffy Classroom

Cost: Free

The Basics: Memory Loss, Alzheimer’s Disease and Dementia

Join the Alzheimer’s Association for an in-depth overview of these diseases, disease processes, stages, and more. Lunch is provided.

Tuesday, July 18; 11:30 a.m. - 1 p.m.

Marwood Nursing & Rehab
1300 Beard St., Port Huron

Cost: Free

Look Good, Feel Better

This program teaches techniques to help individuals undergoing cancer treatment combat the appearance-related side effects. Call the American Cancer Society at (800) 227-2345 to register.

July 27, August 24, September 28;
1 - 3 p.m.

MPH Jefferson Building

Cost: Free

Teen Heart Screening

Marysville High School juniors and seniors for the 2017-2018 school year who participate in vigorous activities including sports will be checked for heart conditions. Registration required.

August 12; 9 a.m. - 1 p.m.

Marysville High School
555 E. Huron Blvd., Marysville

Cost: Free

Men & Women Who Cook

This fundraiser for Marwood Nursing & Rehab features men and women from our community cooking boardwalk-themed dishes, a silent auction, live entertainment and much more! Call (810) 966-5426 for more information.

August 16; 5:30 - 8 p.m.

Seaway Terminal
2336 Military St., Port Huron

Cost: \$60 per person

Skin Care and Aging

Learn about the function of the skin and how it changes as you age. Common skin problems and foot care will also be discussed.

September 8; 10 - 11 a.m.

MPH Duffy Classrooms

Cost: Free

Keep Your Motor Running Men’s Health Event

Men are invited to this night focused on their health. Participate in various health screenings, enjoy refreshments, and learn more about your health.

September 26; 5:30 - 7:30 p.m.

Moran Chevrolet
4511 24th Ave., Fort Gratiot

Cost: Free

Orientation to Parkinson's Disease

Newly diagnosed individuals and their family members learn what Parkinson's disease is and what resources are available.

September 27; 2 - 3:30 p.m.

MPH Jefferson Building

Cost: Free

March of Dimes Signature Chefs Auction

We are proud to sponsor this fundraising event that supports the March of Dimes. Sample signature dishes prepared by local chefs and bid on unique auction items.

September 28; 5:30 p.m.

Blue Water Area Convention Center

500 Thomas Edison Pkwy.,

Port Huron

Cost: \$75

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.

Saturday Express

July 8, August 5; 8:30 a.m. - 4 p.m.

Comfort and Relaxation During the Birthing Process

August 7; 6:30 - 8:30 p.m.

Breastfeeding

July 29, September 16; 10 a.m. - noon

Childbirth Education Online

Call HealthAccess for more information.

Screenings Offered by 55 Plus

Blood Pressure Screenings

July 12, August 2, September 6;

8:30 - 10 a.m.

MPH Jefferson Building

Cost: Free

Foot Screenings*

August 11; 9 a.m. - noon

MPH Jefferson Building

Cost: Free

*Appointment required.

Hearing Screenings*

July 12, September 13; 12:30 - 3 p.m.

MPH Jefferson Building

Cost: Free



Support Groups

Alzheimer's Support Group

July 25, August 22, September 26;

1 - 2:30 p.m.

MPH Jefferson Building

Bariatric Surgery Support Group

July 18, August 15, September 19;

6:30 - 8 p.m.

MPH Duffy Classrooms

Cancer Support Group for Women

July 11, August 8, September 12;

6 - 7:30 p.m.

MPH Jefferson Building

Care Partner Support Group

July 11, August 8, September 12;

6 - 7:30 p.m.

MPH Jefferson Building

Depression and Bipolar Support Alliance

July 13 & 27, August 10 & 24,

September 14 & 28; 6:30 - 8 p.m.

MPH North Classroom

Diabetes Support Group

July 11, August 8, September 19;

2 - 3 p.m.

MPH Diabetes Education Classroom

Heart to Heart Support Group

July 19, August 16, September 20;

5:30 - 7 p.m.

MPH Duffy Classrooms

Multiple Sclerosis Support Group

July 8, August 12, September 9;

10 a.m. - noon

MPH North Classroom

Parkinson's Support Group

September 6; 2 - 3:30 p.m.

MPH Jefferson Building

Stroke Survivors' Support Group

July 5 & 19, August 2 & 16,

September 6 & 20; 10 - 11 a.m.

MPH Gathering Place





Little Black Dress Event Makes Donation to Betty Kearns Cancer Fund for Children and Their Families

The Betty Kearns Little Black Dress event was held March 3 at the Blue Water Convention Center. The fundraiser was a huge success, attracting more than 700 attendees who enjoyed dinner, entertainment and raffles and raised a record amount of money for a great cause.

Recently, the Little Black Dress Committee, along with Kearns family members, presented a check to McLaren Port Huron for \$25,500 to be placed in the Betty Kearns Cancer Fund. This fund, established in July 2016, helps ease some of the financial struggles of patients receiving treatment for any kind of cancer at the Barbara Ann Karmanos Cancer Institute at McLaren Port Huron.

This generous gift will have a positive impact on patients and families by reducing stress and allowing them to focus on what's most important - healing.



Seated: Dean Billings, President, McLaren Port Huron Auxiliary; Carolyn Kearns-Bonacci. **Standing:** Debbie Bonacci-Reynolds, Little Black Dress Committee Chair; Jennifer Montgomery, President & CEO, McLaren Port Huron; Lynn Griffor, Executive Director, McLaren Port Huron Foundation; Linda Kearns; Ceci Kearns.

Cocktails for a Cause Helps Cancer Patients



The 2017 Cocktails for a Cause winner Praveen Dalmia, Corporate Director of Radiation Oncology Services at McLaren Health Care, pictured with Melissa Kerr, McLaren Port Huron.

Cocktails for a Cause was held on May 11 at Black River Country Club. Nine bartenders created signature cocktails, with proceeds benefiting the Survivorship Fund at McLaren Port Huron. This fund supports patients and their families as they learn to live with, through and beyond a cancer diagnosis. Funding has been used for care packages for every newly diagnosed patient, transportation assistance, caregiver support groups, music therapy, medical supplies and much more.

It takes more than the best medicine to survive cancer, and the Survivorship Fund helps give our patients the best possible experience while at the Barbara Ann Karmanos Cancer Institute at McLaren Port Huron.



Kyle and Mara McCalmon, Cocktails for a Cause Event Chairs

Spotlight: Indigent Mammogram Fund

In 2011, Grace Wood was a fourth grade teacher at Keewadhin Elementary School. She learned that one of her coworkers had been diagnosed with breast cancer. She had undergone chemotherapy and did very well. However, two years later, the cancer returned more aggressively. Grace's coworker fought hard and always tried to maintain a positive attitude.

Grace shared with her husband, Tom, about her coworker's diagnosis and the support the school staff was offering, such as wearing pink and coloring their hair. Tom and Grace then started talking about women in the community who were struggling with breast cancer. Tom was motivated to make a change in his community, so he contacted friends connected with Port Huron Hospital Foundation (now McLaren Port Huron Foundation) to see how they could help. Tom and Grace established the Indigent Mammogram Fund to help women who otherwise couldn't afford mammograms.



Each October, in honor of National Breast Cancer Awareness Month, Northgate Ford Lincoln donates a percentage of car sales to the fund. Since its inception in 2011, the fund has privately helped more than 100 women.

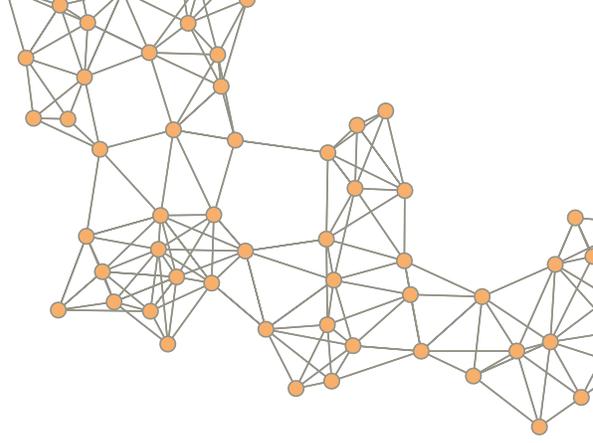
Of those women, seven had medical conditions identified as needing additional services. If not for the Indigent Mammogram Fund, those conditions would have likely gone undetected. Every woman should have an opportunity to receive a yearly mammogram. Remember, the best defense is early detection!



L-R: Tom Wood, Mike Wood, Joe Wood with daughter Lucy, Grace Wood, and Tom Wood.



From L-R: Lindsay Parslow,
Mark VanderHeuvel, Crystal Jahn



A Growing Team

MCLAREN PORT HURON FOUNDATION WELCOMES NEW BOARD MEMBERS

The Foundation is pleased to welcome a group of passionate community members to the leadership team.

Crystal Jahn is the Manager of Corporate Taxes and Financial Reporting at Biewer Lumber in St. Clair, Michigan. She earned her Bachelor of Accountancy from Walsh College and holds a CPA license from the State of Michigan. Crystal has been an active volunteer with the Blue Water Young Professionals and United Way.

Lindsay Parslow is a Program Officer at the Community Foundation of St. Clair County. She has a Bachelor of Arts from Tiffin University and a Master of Business Administration from

Lawrence Technological University. Lindsay is active with the Marysville Rotary, Blue Water College Access Network and the CSCB.

Mark VanderHeuvel is Director of Gas Operations at DTE Energy. He is a graduate of the University of Michigan and holds a Bachelor of Science in Chemical Engineering. Mark is past President of the United Way Board and an active volunteer with the March of Dimes.

The Board provides dynamic and creative vision and leadership to the Foundation and is a vital component to the success of the Rising to New Heights capital campaign.

The Funding Spotlight:



Tablets for Pediatric Surgical Patients

Thanks to the generous annual donations from the McLaren Port Huron Foundation Cornerstone Club, funding was available to purchase tablets for pediatric patients undergoing surgery. This request was brought to us by our nurse anesthetists when they learned that entertainment devices helped decrease the use of medication, length of stay and anxiety in pediatric patients. Learn how you can become a Cornerstone Club member today at www.mclaren.org/phcornerstone.

Men & Women Who Cook

August 16, 5:30 - 8 p.m.

Seaway Terminal

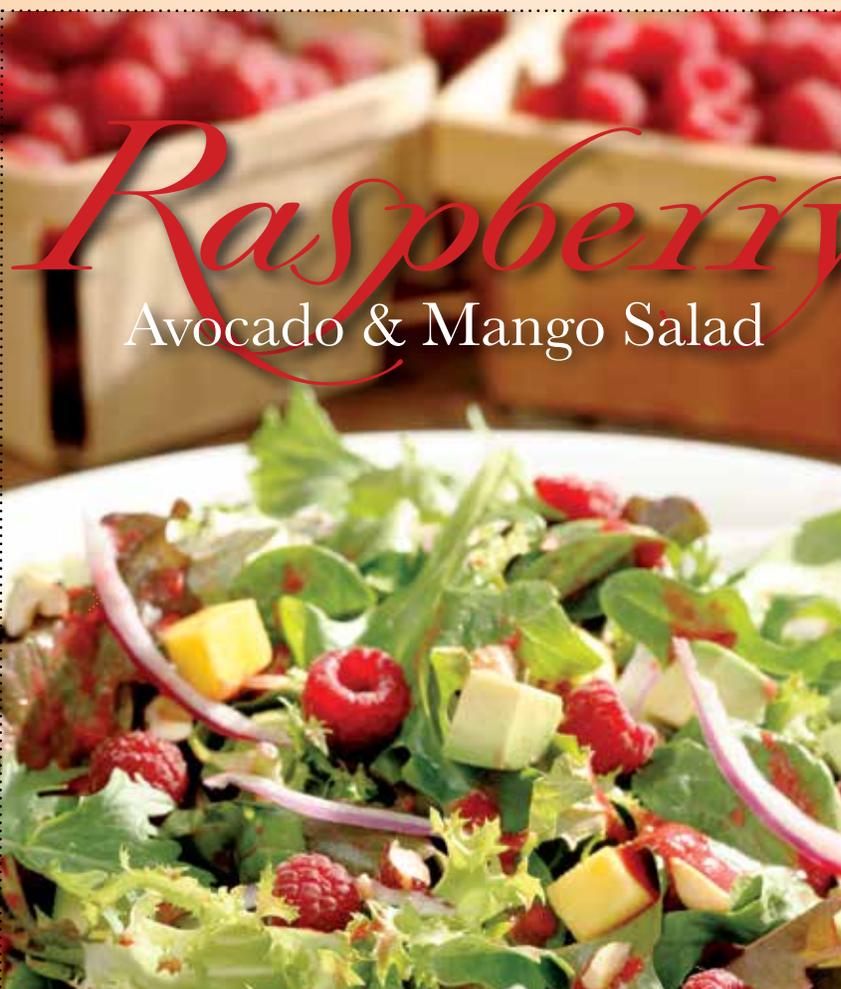
2336 Military St., Port Huron

Cost: \$60

Marwood Nursing & Rehab will hold its Ninth Annual Men and Women Who Cook fundraiser Wednesday, August 16, 5:30 - 8 p.m. at Port Huron's Seaway Terminal. Men and women from our community will prepare a boardwalk-themed meal, accompanied by Chip's famous tenderloins. While at the event, guests will enjoy a silent auction, his and hers beach cruiser bike raffle, and music provided by Ultimate Sounds DJs. Proceeds will be used for improvements to Marwood's memory care unit, known as Bridgeport.



Tickets are \$60 each. For more information or to purchase tickets, contact Hilary Kuretich, Community Relations, at (810) 966-5426 or hkuretich@marwoodmanor.org.



- 1½ c fresh raspberries, divided
- ¼ c extra-virgin olive oil
- ¼ c red-wine vinegar
- 1 small clove garlic, coarsely chopped
- ¼ t kosher salt
- ⅓ t freshly ground pepper
- 8 c mixed salad greens
- 1 ripe mango, diced (see Tip)
- 1 small ripe avocado, diced
- ½ c thinly sliced red onion
- ¼ c toasted chopped hazelnuts or sliced almonds (see Tip), optional

- 1 Puree ½ c raspberries, oil, vinegar, garlic, salt and pepper in a blender until combined.
- 2 Combine greens, mango, avocado and onion in a large bowl. Pour the dressing on top and gently toss to coat. Divide the salad among 5 salad plates. Top each with the remaining raspberries and sprinkle with nuts, if using.

Tips:

To dice a mango:

1. Slice both ends off the mango, revealing the long, slender seed inside. Set the fruit upright on a work surface and remove the skin with a sharp knife.
2. With the seed perpendicular to you, slice the fruit from both sides of the seed, yielding two large pieces.
3. Turn the seed parallel to you and slice the two smaller pieces of fruit from each side.
4. Cut the fruit into the desired shape.

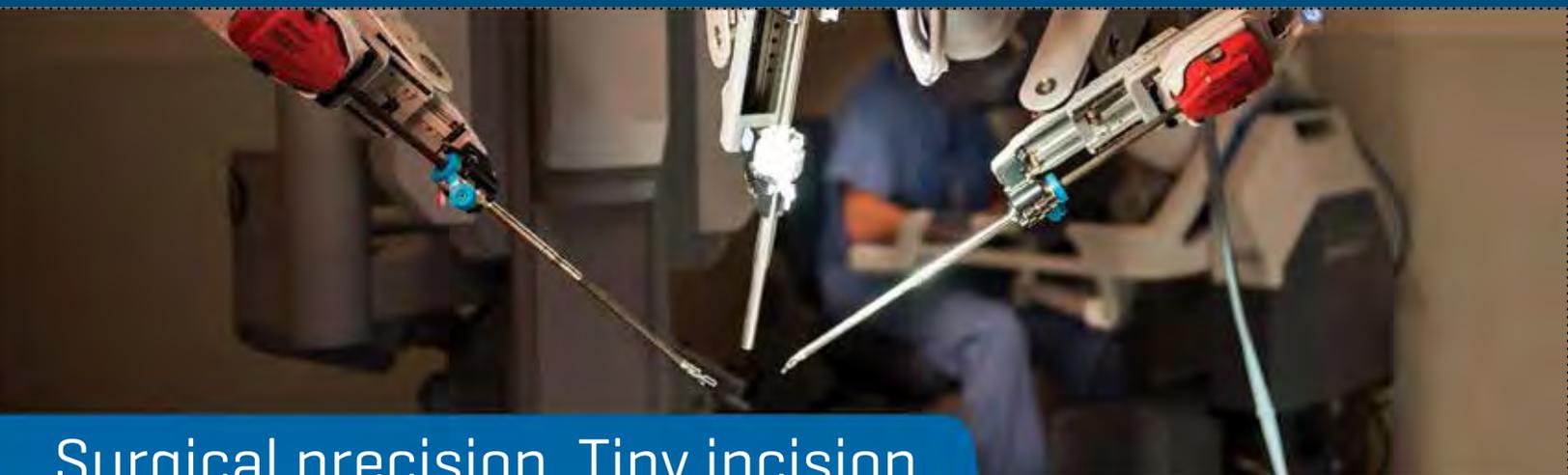
To toast chopped or sliced nuts, heat a small dry skillet over medium-low heat. Add nuts and cook, stirring, until lightly browned and fragrant, 2 to 3 minutes.

Makes 5 servings, about 2 c each. Per serving: 215 calories; 16 g fat (2 g sat, 12 g mono); 0 mg cholesterol; 18 g carbohydrate; 3 g protein; 7 g fiber; 122 mg sodium; 564 mg potassium. Nutrition bonus: Vitamin C (70% daily value), Vitamin A (60% dv), Folate (36% dv), Potassium (16% dv).

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

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- YouTube: PHHTodaysHealth channel



Surgical precision. Tiny incision.

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McLaren Port Huron uses **da Vinci®** robotic technology for many surgical procedures, such as hernia repair, gallbladder removal, prostatectomy, and hysterectomy. It gives surgeons a highly-defined, three-dimensional view so they can more clearly see in small or enclosed areas of the body.

With the **da Vinci®** system, surgeons can perform complete procedures through tiny incisions. They use controls to guide flexible instruments that can perform delicate movements. This means minimal trauma to the area, less pain, and faster recovery for you.

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