

# IN GOOD HEALTH

Winter 2017



PORT HURON

3 > Betty Kearns Fund allows cancer patients to focus on healing

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

8 > Overcome obesity without surgery

9 > New physicians join the McLaren Port Huron family



Learn more about planned giving opportunities through McLaren Port Huron Foundation.





# President's Message

*The best hospitals are those that do all they can to serve their communities. McLaren Port Huron takes that commitment very seriously.*

From the Desk of Jennifer Montgomery

**M** McLaren's \$162 million project — a patient tower, the new Karmanos Cancer Institute and the renovation of existing facilities — is proof. As the Blue Water Area's largest construction effort, it is an unprecedented investment in new and expanded services and health care capabilities. The project provides access to world-class cancer care with patients able to receive all of their diagnosis and treatment services, including the most effective radiation therapy available, right here.

In addition to growth and expansion efforts, McLaren Port Huron was the first in the Blue Water Area to offer three-dimensional (3D) mammography, a revolutionary type of breast imaging that offers distinct advantages in breast cancer detection for certain women. McLaren Port Huron is also the only local hospital to earn state designation as a Level III Trauma Center by the Michigan Department of Health and Human Services.

However, the hospital's commitment to the community doesn't end there. In the midst of our expansion efforts, McLaren Port Huron is doing what it always does: using community outreach to raise Blue Water Area health awareness and to prevent illness.

In 2015, the hospital's community health education effort served 275,951 Blue Water Area residents with a community benefit of \$478,506. Support groups served 431 participants and health screenings reached 243 people.

Finally, there was the hospital's investment in care for those with limited incomes. The costs break down this way:

- Unpaid patient care financial assistance at costs were \$194,195
- Bad debt costs were \$2,448,737
- The Medicare allowable payment shortfall was \$2,602,246
- The cost of other means tested government programs was \$5,077,761

The total unpaid costs of patient care amounted to \$10,322,938. The total benefits to the community came to \$11,009,800.

McLaren Port Huron is making these investments to care for our community well into the future. The hospital's expansion project is raising the quality of medical care, and its community services are working to ensure every resident of the Blue Water Area will benefit. That's what the best hospitals do.

It has been a banner year for McLaren Port Huron. Thank you for putting your faith and trust in us as your preferred health care partner.

Jennifer Montgomery  
MSA, RN, FACHE

*President and Chief Executive Officer  
McLaren Port Huron*







## Survivorship Fund

It takes more than the best medicine to survive cancer. The Survivorship Fund provides an opportunity to support patients and their caregivers as they struggle to understand their "new normal." This helps give them the best possible experience while at the Barbara Ann Karmanos Cancer Institute at McLaren Port Huron.

The Survivorship Fund has provided the following for our patients:

- Gas cards
- Grocery cards
- Heated massage infusion therapy chairs
- Harp music therapy

A gift for each patient contains:

- Canvas zip tote
- Kleenex®
- Lap blanket
- Hand sanitizer
- Hard candy
- Word search puzzle book
- Gum
- Adult coloring book
- Lotion



Volunteers from Kohl's Associates In Action packed tote bags for patients at the Karmanos Cancer Institute at McLaren Port Huron.

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*"I can honestly say I am thrilled to know that the Barbara Ann Karmanos Cancer Institute will be Blue Water Area's new normal."  
- Michelle Shell, ovarian cancer survivor*

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## Beacon Fall Outing

Thirty Beacon members enjoyed dinner together at St. Clair Golf Club and then headed to Marine City to take in the play "The Actress" at the Snug Theater.

# Little Black Dress Event

Benefits Cancer Patients at McLaren Port Huron

**B**etty and Ted Kearns loved the Port Huron area. As lifelong residents, they raised their nine children while establishing a business, Kearns Insurance and Real Estate, in the community they held so close to their hearts.

On September 13, 2006, the Kearns family lost their beloved mother, grandmother, aunt, and friend. Betty was 84 when she lost her battle with breast cancer. The following year, a friend approached the Kearns family with the idea of hosting an event to raise funds for a local charity in Betty's honor. The family, remembering the days of Ted and Betty dressing up to dance the night away, with Betty in one of her little black dresses, used this inspiration to establish the "Betty Kearns Little Black Dress" event. Money raised funded local breast cancer programs, helping women in the community Betty loved so dearly.

Since Betty's passing, additional members of the Kearns family have also been diagnosed with cancer. Having had more family go through cancer treatment, it is even more reassuring to the Kearns family that the cause benefits cancer patients firsthand. Over the last 10 years, more than \$200,000 in donations has been raised, and the Betty Kerns Cancer Fund has been established at McLaren Port Huron. This fund assists patients who are experiencing financial difficulties and are seeking treatment for any type of cancer at the Barbara Ann Karmanos Institute at McLaren Port Huron.

"Our family is very excited about the new fund because it is helping both women and men who are dealing with a cancer diagnosis. We think it will make a big difference to individuals and their families by relieving some of their financial burdens, allowing them to focus more on treatment and recovery," say Debbie Reynolds, Betty Kearns' granddaughter, and Carolyn Bonacci, Betty Kearns' daughter.

The Kearns family works closely with the oncology social worker and oncology nurse navigator at McLaren Port Huron to identify and assist individuals in need. The Betty Kearns Cancer Fund at McLaren Port Huron is making an impact on families that have nowhere else to turn for financial assistance, easing their financial burden and allowing patients to focus on healing.

*Carolyn (Kearns) Bonacci, Betty Kearns' daughter, and Debbie (Bonacci) Reynolds, Betty Kearns' granddaughter*



## 2017 Betty Kearns Little Black Dress Event



**Friday, March 3  
6-10 p.m.**

**Blue Water Convention Center**  
500 Thomas Edison Parkway,  
Port Huron

**Cost:** \$40 per person/  
\$500 table of 10

Tickets on sale beginning  
January 2 at McLaren Port Huron

Call (810) 989-3796 for  
more information.





# Guardian Angel Program

The Guardian Angel program is a thoughtful way for patients and their families to make a gift of thanks to those who played a special role in the care they received while at McLaren Port Huron. Staff members are presented with an angel pin, certificate, and a message of appreciation.

Guardian Angel donations support our mission-driven health and education programs and services. Guardian Angel brochures can be found in various locations of the hospital, online at [www.mclaren.org/phangel](http://www.mclaren.org/phangel) or by calling the McLaren Port Huron Foundation at (810) 989-3776.



## 2016 Guardian Angel Recipients

Coleen Albert  
Jean Boland  
Ronald Byzewski  
Neil Campbell  
Jamie Childers  
Taylor Cook  
Kelsey Crampton  
Katherine Dewitt  
Laura Dickinson  
Stacy Dimmer  
Kelly DiNardo  
Erin Emerick  
Melissa Farquhar  
Susan Folan  
Elizabeth Geldhof  
Parker Gilmore

Georgia Griner  
Kristie Harms (x2)  
Kimberly Hollandsworth  
Alyssa Huffman  
Dr. Christopher Hunt  
Larry Johnson  
Kelli Ketzler  
Deborah Koehler  
Charity Krause  
Matthew Kulman  
Amy Magnus  
Jodi McKiernan  
McLaren Port Huron  
Mental Health Services  
Lindsey Messing  
Jennifer Mynhier

Shannon Oehmke  
Jillian Panczyk  
Dr. Kimberley Clark-Paul  
Robert Pawelek  
Scott Quade  
Amanda Ruck  
Annette Sanchez  
Kendall Sanders  
Barbara Sawher (x3)  
Rebecca Sayers  
Donna Schoenberg  
Alyssa Seidl  
Ashley Smith  
Paige Smith  
Amy Spencer  
Rebecca Stark

Taylor Stocker  
Debra Stockwell  
Karen Thompson  
Ranay Troy  
Amy Tunich  
Shannon VanNest  
Jessica Wager  
Edmund Campbell-Webb  
Robin Wiecek  
Michael Wilton  
Deborah Yorke  
Brian Young



# 2017 WINTER

## 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](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 — 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](http://www.mclaren.org/phbariatric).

[MPH Duffy Classrooms](#)

Cost: Free

### Building a Healthy Future with Diabetes Workshops

Learn to control diabetes by managing nutritional needs, exercise, and medications. Registration and a physician order 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!

January 12, February 9,  
March 2; 2 - 3 p.m.

[MPH Jefferson Building](#)

Cost: Free

### Lunch with the Doctor: Staying Healthy All Winter

Join Dr. Jennifer Briscoe to learn tips and strategies for staying healthy all winter.

January 16; 11:30 a.m. - 1 p.m.

[MPH Duffy Classrooms](#)

Cost: Free

### Savvy Seniors Series

**Keeping Seniors Safe: In the community, in the home, and online**

[MPH Jefferson Building](#)

#### ➤ Staying Safe in the Community

Join Michigan State Police Trooper Gerald Bockhausen for a discussion on how to travel in the community safely and with confidence.

January 17; 1 - 2:30 p.m.

Cost: Free

#### ➤ Personal Safety in the Home

Learn tips and tricks for preventing accident or injury in the home. Bring your cane or walker for a free height assessment as well.

February 21; 2 - 3:30 p.m.

Cost: Free

#### ➤ Staying Safe While Using Technology

Join the Michigan State Police Community Service Unit to learn about cybercrimes and how to prevent them.

March 14; 10 - 11:30 a.m.

Cost: Free

### Medicaid Planning for Your Future

Join John Adair and Janal Mossett to learn about Medicaid planning strategies aimed at preserving you or your loved ones' assets.

January 24; 10 - 11 a.m.

[MPH Jefferson Building](#)

Cost: Free

### Being Mortal

Watch the PBS Frontline documentary Being Mortal and participate in a guided discussion on how to identify and communicate wishes about end-of-life goals and preferences.

January 25; 1 - 3 p.m.

[MPH Jefferson Building](#)

Cost: Free

### Women & Heart: Wine, Cheese, and Chocolate

Gather with friends to savor wine, cheese, and chocolate and learn about the risk of heart disease for women.

February 9; 6 - 8 p.m.

(Doors open at 5:45 p.m.)

[Black River Country Club](#)

3300 Country Club Drive, Port Huron

Cost: \$17; \$15 members of Women's Wellness Place

### CPR for Seniors, Family & Friends

Learn basic adult, child and infant CPR and basic airway techniques. This class does not certify the participant in CPR.

February 8; 9 a.m. - noon

[MPH Jefferson Building](#)

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

### Betty Kearns Little Black Dress Event

A fundraiser for the Betty Kearns Cancer Fund at McLaren Port Huron. Enjoy dinner and participate in raffles and silent auctions.

Tickets available January 2.

Call (810) 989-3796 for more information.

March 3; 6 - 10 p.m.

[Blue Water Convention Center](#)

500 Thomas Edison Parkway, Port Huron

Cost: \$40 per person; \$500 table for 10



### Shoulder Seminar

Learn about the causes of shoulder pain and treatment options available with Dr. Todd Murphy.

March 7; 5:30 - 6:30 p.m.

MPH Duffy Classrooms

Cost: Free

### Dementia and Family Impact

Explore the impact on families when a loved one is diagnosed with memory loss or dementia.

March 8; 10 - 11 a.m.

MPH Jefferson Building

Cost: Free

### Income Planning for Retirement

Join Jim Carolan and Brian Duda to learn basic planning strategies to secure a comfortable retirement.

March 22; 10 - 11 a.m.

MPH Jefferson Building

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.

### Saturday Express

January 7, February 4, March 4;

8:30 a.m. - 4 p.m.

### Comfort and Relaxation

January 9; 6:30 - 8:30 p.m.

MPH North Classroom

### Breastfeeding

January 14, March 25;

10 a.m. - noon

### Online Childbirth Education

Call HealthAccess for more information.

## Screenings Offered by 55 Plus

### Blood Pressure Screenings

January 4, February 1,

March 1; 8:30 - 10 a.m.

MPH Jefferson Building

Cost: Free

### Foot Screenings\*

February 10; 9 a.m. - noon

MPH Jefferson Building

Cost: Free

### Hearing Screenings\*

January 11, March 8; 12:30 - 3 p.m.

MPH Jefferson Building

Cost: Free

\*Appointment required.

## Support Groups

### Alzheimer's Support Group

January 24, February 28, March 28;

1 - 2:30 p.m.

MPH Jefferson Building

### Bariatric Surgery Support Group

January 17, February 21, March 21;

6:30 - 8 p.m.

MPH Duffy Classrooms

### Cancer Support Group for Women

January 10, February 7, March 14;

6 - 7:30 p.m.

MPH Jefferson Building

### **NEW!** Care Partner Support Group

A support group for anyone caring for a loved one diagnosed with cancer. Learn how cancer can affect a care partner and how to take care of yourself while caring for your loved one. Meets the second Tuesday of the month.

January 10, February 7, March 14;

6 - 7:30 p.m.

MPH Jefferson Building

### Depression and Bipolar Support Alliance

January 12 & 26, February 11 & 25,

March 10 & 24; 6:30 - 8 p.m.

MPH North Classroom

### Diabetes Support Group

January 17, February 21, March 21;

2 - 3 p.m.

MPH Diabetes Education Classroom

### Heart to Heart Support Group

January 18, February 15, March 15;

5:30 - 7 p.m.

MPH Duffy Classrooms

### Look Good...Feel Better

Call the American Cancer Society at (800) 227-2345 to register.

January 26, February 23, March 23;

1 - 3 p.m.

MPH Jefferson Building

### Multiple Sclerosis Support Group

January 14, February 11, March 11;

10 a.m. - noon

MPH North Classroom

### Parkinson's Support Group

January 4, February 1, March 1;

2 - 3:30 p.m.

MPH Jefferson Building

### Stroke Survivors' Support Group

January 4 & 18, February 3 & 17,

March 2 & 16; 10 - 11 a.m.

MPH Gathering Place



## PORT HURON FOUNDATION

# *Plan Today, Make a Difference Tomorrow*

Over 50 years ago, **Dr. Robert C. Fraser** updated his will to include a gift of \$5,000 to Port Huron Hospital, establishing the **Fraser Student Loan Fund** for medical interns and student nurses who required financial assistance to continue their education.

Today, the fund has grown to over **\$75,000** and provides interest-free student loans to help students achieve their career goals in the hospital health field. Dr. Fraser's simple bequest has **helped 63** future nurses, scientists, x-ray technicians, physical therapists and social workers...many of whom have built their careers at **McLaren Port Huron** and continue to serve our community.

**Contact us to learn more about planned giving opportunities at (810) 989-3776.**



**Alexis**

- Junior in college and working on acceptance into the SC4 nursing program
- Hopes to eventually work at McLaren Port Huron

*"The Fraser Loan has given me the opportunity to focus on my studies, and not worry about my finances."*



**Christopher**

- Business Manager at McLaren Port Huron
- Pursuing Master of Healthcare Administration

*"I am a single dad with a child attending the College for Creative Studies in Detroit. This loan will help me to afford all the extra expenses. I truly appreciate that this loan is available to us and will definitely put it to good use!"*



**Sarena**

- Freshman at SC4, paying for her own college education while working at the River Crab
- Dreams of transferring to University Chiropractic School in Georgia

*"This loan is really helping with the financial burden I have felt while taking basic transfer classes. I can turn \$5,000 into almost two years of courses at SC4."*





# Overcome Obesity – Without Surgery

**O**besity is one of the leading causes of preventable deaths in the United States. However, for patients struggling with obesity, the options for treatment have been limited to diet, exercise, and surgery. Now, the McLaren Port Huron Bariatric Center of Michigan is excited to offer a non-surgical weight loss option in addition to our three bariatric surgical procedures.

The most widely used measurement for obesity is Body Mass Index (BMI), which is calculated based on a ratio of weight to height. A BMI of 30 or higher is considered obese for an adult; however, most surgical weight loss options are only available to patients with a BMI of 40 or higher.

The ORBERA™ IntraGastric Balloon offers a non-surgical solution for patients with a BMI between 30 and 40 who have tried diet and exercise with little success. This FDA-approved, two-part program is designed to provide effective, motivating results – helping patients lose an average of 3.1 times the weight they would lose with diet and exercise alone.

## What is ORBERA?

At the start of the 12-month ORBERA program, a soft balloon is non-surgically placed in your stomach to reinforce proper portion control. The balloon is then filled with saline until it's about the size of a grapefruit, which helps you feel fuller when eating smaller meals. The procedure takes 20-30 minutes, and you can go home the very same day.

The second component of the program is the coaching you'll receive from our team of experts, which may include a dietitian and registered nurse. After six months, the balloon is removed, but you continue to receive coaching for the next six months.

## Why ORBERA?

The McLaren Port Huron Bariatric Center of Michigan has chosen to offer the ORBERA program because of its record of success as an effective, safe, non-surgical weight loss solution. ORBERA balloons have helped thousands of patients lose weight and keep it off, even after the balloon is removed. We are proud to offer a variety of weight loss options to promote health in our community.

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To learn more about ORBERA at the McLaren Port Huron Bariatric Center of Michigan and to see if you are a candidate, call (810) 989-3328 or visit [www.mclaren.org/phbariatric](http://www.mclaren.org/phbariatric).

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# McLaren Port Huron Welcomes New Physicians

The following physicians have recently joined McLaren Medical Group:



**Vasken Artinian, MD**  
*Critical Care, Pulmonology,  
Sleep Disorders, Internal Medicine*  
McLaren Port Huron Pulmonology,  
Critical Care, and Sleep  
1231 Pine Grove Ave., Suite 2B  
Port Huron, MI 48060  
(810) 987-5500  
(810) 987-6321 fax  
Now accepting new patients



**Vernon Dencklau, DO**  
*Cardiac Rehabilitation*  
1107 Stone St., Suite 1  
Port Huron, MI 48060  
(810) 989-6113  
(810) 989-6117  
By physician referral



**Michael Basha, DO**  
*Critical Care, Pulmonology,  
Internal Medicine*  
McLaren Port Huron Pulmonology,  
Critical Care, and Sleep  
1231 Pine Grove Ave., Suite 2B  
Port Huron, MI 48060  
(810) 987-5500  
(810) 987-6321 fax  
Now accepting new patients



**Ali Haidar, MD**  
*Critical Care, Pulmonology,  
Internal Medicine*  
McLaren Port Huron Pulmonology,  
Critical Care, and Sleep  
1231 Pine Grove Ave., Suite 2B  
Port Huron, MI 48060  
(810) 987-5500  
(810) 987-6321 fax  
Now accepting new patients



**Robert Bauer, DO**  
*Psychiatry*  
McLaren Port Huron Psychiatry  
1231 Pine Grove Ave., Suite 1B  
Port Huron, MI 48060  
(810) 984-8650  
(810) 455-0230 fax



**Philip Matich, MD**  
*Family Medicine*  
McLaren Port Huron -  
Capac Family Medicine  
4316 Capac Rd.  
Capac, MI 48014  
(810) 395-4375  
(810) 395-4238 fax



**Jennifer Briscoe, MD**  
*Family Medicine*  
McLaren Port Huron Family Medicine  
1216 Richardson St.  
Port Huron, MI 48060  
(810) 987-6218  
(810) 987-6328 fax  
Now accepting new patients



**Randy Plonka, MD**  
*Internal Medicine*  
5979 Lakeshore Rd.  
Fort Gratiot, MI 48059  
(810) 385-6370  
(810) 385-6357 fax

These physicians recently joined McLaren Medical Group to offer their patients access to the most advanced health care services and medical technology in the area through McLaren Health Care. McLaren Medical Group is an employed physician network covering more than 250,000 lives throughout the state.



# Snack for Success!

Whether you're trying to shed a few pounds or want to maintain your current weight, you probably put a lot of time into meal preparation. But eating healthy doesn't have to be boring! There are plenty of tasty, healthy options that will keep you feeling great.

## Try some of these protein- and nutrient-rich snacks:

- Mini chili bowl with pinto beans, tomatoes, salsa, a sprinkle of cheese, and a little sour cream
- Sliced cucumbers sprinkled with cinnamon
- Deli ham wrapped around low-fat string cheese, a dill pickle, and/or mustard
- Fat-free Greek yogurt with sugar-free vanilla syrup and frozen blueberries
- Hummus and carrots
- Sliced apple with cashew butter
- Tuna mixed with Miracle Whip, served on cucumber slices or crackers
- Low-fat cottage cheese with fresh sliced peaches



After bariatric surgery, it's important that you follow the recommended dietary and exercise guidelines to ensure your hard work doesn't go to waste. Eating right is a long-term lifestyle change that will help you maintain your weight loss and improve your health. These snacks are recommended for bariatric patients as well.

## Beef & Bean

# Chile Verde



- 1 lb 93%-lean ground beef
- 1 large red bell pepper, chopped
- 1 large onion, chopped
- 6 cloves garlic, chopped
- 1 T chili powder
- 2 t ground cumin
- ¼ t cayenne pepper, or to taste
- 1 16-oz jar green salsa, green enchilada sauce or taco sauce
- ¼ c water
- 1 15-oz can pinto or kidney beans, rinsed

- 1 Cook beef, bell pepper and onion in a large saucepan over medium heat, crumbling the meat with a wooden spoon, until the meat is browned, 8 to 10 minutes.
- 2 Add garlic, chili powder, cumin and cayenne; cook until fragrant, about 15 seconds.
- 3 Stir in salsa (or sauce) and water; bring to a simmer.
- 4 Reduce heat to medium-low, cover and cook, stirring occasionally, until the vegetables are tender, 10 to 15 minutes.
- 5 Stir in beans and cook until heated through, about 1 minute.

**To Make Ahead:** Cover and refrigerate for up to 3 days. Reheat just before serving.

Makes 4 servings, about 1½ c each. Per serving: 307 calories; 8 g fat (3 g sat, 3 g mono); 64 mg cholesterol; 29 g carbohydrate; 27 g protein; 6 g fiber; 516 mg sodium; 641 mg potassium. Nutrition bonus: Vitamin C (100% daily value), Vitamin A & Zinc (40% dv), Folate (20% dv), Potassium (18% dv).



PORT HURON

1221 Pine Grove Avenue  
Port Huron, MI 48060

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## "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



# 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.**



PORT HURON