



The experienced MRI staff provides superior MR imaging services in a comfortable environment.

Connection

A Bimonthly Publication of McLaren Regional Medical Center Volume 10, Issue 1 December/January 2011

Welcome McLaren MRI - Flint

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MRI Diagnostic Center of Michigan, located at 750 Ballenger Rd. in Flint, has been renamed McLaren Regional Medical Center MRI-Flint to reflect the facility now being wholly owned by McLaren Regional Medical Center. McLaren has been a joint owner of MRI Diagnostic Centers for more than 20 years as part of a consortium established between the three Flint-area hospitals. Effective January 1, 2011, the consortium was dissolved. Each member of the consortium assumed ownership and operations of one of the three MRI facilities that had been associated with MRI Diagnostic Centers of Michigan.

“With the name change comes the continuity of care that McLaren Health Care affords,” said Brent Wheeler, Vice President of Ancillary and Support Services at MRMC. “The center will be fully integrated into

MRMC’s I.T. and PACS systems. McLaren patients will also benefit from direct access to state-of-the-art MR imaging, and great service by the highly-trained staff.”

The McLaren Regional Medical Center MRI-Flint on Ballenger features the most advanced MRI system in the area, the Discovery MR750 by GE. The system, equipped with a 3.0 Tesla magnet, allows for a faster, easier, more comfortable MR experience.

Benefits include:

- Increased magnet strength over standard MRI systems resulting in the ability to scan faster or to scan with higher detail.

Continued on page 2



McLaren Welcomes McLaren MRI - Flint Continued from page 1

- Less stress. Reduce patient anxiety by preparing the exam outside the scan room on the detachable Express Patient Table.
- No-miss imaging tools – such as motion-correction techniques and new non-contrast applications – deliver reliable, reproducible results virtually every time.
- More pleasant exam. Keep patients refreshed and comfortable by adjusting the airflow and lighting in the bore with multiple control settings.

A second MRI unit at the facility features the comfort of an open bore design, the Signa Open Speed .7 T, also by GE.

The experienced and friendly staff at MRI on Ballenger Road will remain in place to continue to serve patients including on-site, fellowship-trained radiologists. The facility's operations will be under the direction of Charlie Thrall, Director of Imaging Services for MRMC.

McLaren is committed to providing the highest level of quality in Imaging Services and service satisfaction. Under the medical direction of Linda Lawrence, MD, a fellowship-trained radiologist, McLaren Imaging Center has received accreditation by the American College of Radiology (ACR) for all services offered. The Center is the first facility in mid-Michigan to become a designated Breast Imaging Center of Excellence by the ACR. By awarding facilities the status of a Breast Imaging Center of Excellence, the ACR recognizes breast imaging centers that have earned accreditation in all of the College's voluntary, breast-imaging accreditation programs and modules, in addition to the mandatory Mammography Accreditation Program.

Physician offices utilizing MRI services will soon be receiving updated materials reflecting the change. For more information or to schedule an appointment, call McLaren Regional Medical Center MRI – Flint at **(810) 235-9311**.



Laurie Prochazka

Marketing Director Honored by YWCA

Laurie Prochazka recently received the Vivien Ingram Outstanding Service Award from the YWCA of Greater Flint. This Award is given annually to a staff member or volunteer that goes above and beyond in their work to support the mission of the YWCA, which is eliminating racism and empowering women. Laurie, who is Corporate Director of Marketing at McLaren, is the 13th recipient of the award.

Ingram was a long-time volunteer and supporter of the YWCA. The award was established first to honor her and her work, but then to honor all of the other women who have given countless hours and untold support to the YWCA.

Laurie has served on the YWCA Board of Directors since 2000, including two years as President, and has been involved in the coordination of Circle of Women annual charity luncheon, is Advocacy Chairperson and serves as a local delegate to the Great Lakes Regional conventions.

Welcome to the Medical Staff



Muhammad Almansour, M.D.

Muhammad Almansour, M.D., a family medicine specialist, cares for patients at his office located at 4071 Richfield Rd., Flint. Dr. Almansour completed his Family Medicine Residency at Genesys Regional Medical Center in Grand Blanc.

He received his medical degree from Damascus University in Damascus, Syria.



Marcia Johnson, Psy.D.

Marcia Johnson, Psy.D., a neuropsychologist, is caring for patients at the McLaren Neurologic Rehabilitation Institute located at G-4466 W. Bristol Rd., Flint.

Dr. Johnson completed a Fellowship in Clinical

Health Psychology through the Consortium for Advanced Psychology Training which is part of the Michigan State University/Flint Area Medical Education (MSU/FAME) program. She completed her Residency at Vanderbilt University in Nashville, Tennessee. Dr. Johnson received her Doctorate of Psychology from Georgia School of Professional Psychology Argosy University in Atlanta, Georgia.



Angel Rigueras, D.O.

Angel Rigueras, D.O., a physical medicine and rehabilitation specialist, is seeing patients at Back Pain and Sports Rehabilitation Specialists, 3400 Fleckenstein Drive, Suite 1, in Flint.

Dr. Rigueras completed his residency through

Michigan State University College of Osteopathic Medicine in Lansing. He received his medical degree from Nova Southeastern University of Osteopathic Medicine in Ft. Lauderdale, Florida.

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McLaren Leadership Academy Earns State Award

McLaren Health Care's Leadership Development Program recently earned a top award at the Michigan Health Council's Annual Symposium on Workforce Challenges. McLaren Health Care received the 2010 Building Michigan's Healthcare Workforce Award for Education and Training for the McLaren Leadership Academy.

The McLaren Leadership Academy is now over eight years old. More than 1,200 individuals have participated in the curriculum, and over 500 leadership employees have completed the Core I curriculum. Dan Borton, FACHE, serves as Corporate Director of Leadership Development for McLaren Health Care.

"The impact that the McLaren Leadership Academy has had on the individuals attending the programs and on the organization itself has been extremely positive," stated Borton. "Attendees are taking away from these programs the knowledge and skills that help make them better leaders which generate improvements at the department and organizational levels. Not many healthcare organizations offer such programs and support for leadership development and it is extremely rewarding to be recognized by the Michigan Health Council for our efforts."

The organization's commitment to the program remains strong as evidenced by its inclusion in corporate and subsidiary strategic plans. The Leadership Academy began with three staff members and five "faculty" members who combined to present 10 Core I courses and select elective courses. The program has grown to include five staff members, 70 faculty experts, and more than 18 courses in the Core I and Core II curriculum.

Anne Rosewarne, President of the Michigan Health Council, summed up the importance of workforce development programs in her welcoming remarks.

"We are celebrating outstanding programs from our Michigan employers and educational institutions," she said. "There are exciting and innovative efforts occurring around the state to recruit, educate and retain an exceptional health care workforce. We honor those select organizations who have been truly exemplary in their efforts."

the **ROARING** 20s club 401

January 29, 2011
Holiday Inn Gateway
Flint, Michigan

The Child Evaluation Clinic provides medical and psychosocial evaluations for children who are suspected victims of sexual abuse.

More than **2,500 children** have been served since the Clinic's inception in 1993, and the need continues to grow. The Clinic serves a five-county region working closely with area court systems, law enforcement agencies and the Child Advocacy Centers in Genesee and Lapeer Counties.

For more information regarding tickets and sponsorship opportunities, contact our office at **(810) 342-4087** or visit **mclarenregional.org**

All proceeds from the Club 401 benefit gala are used to fund services at the Child Evaluation Clinic.



Jonathan Mays, patient care technician on 9 South.

Caring Hands: A Program for Patients to Recognize Outstanding Care

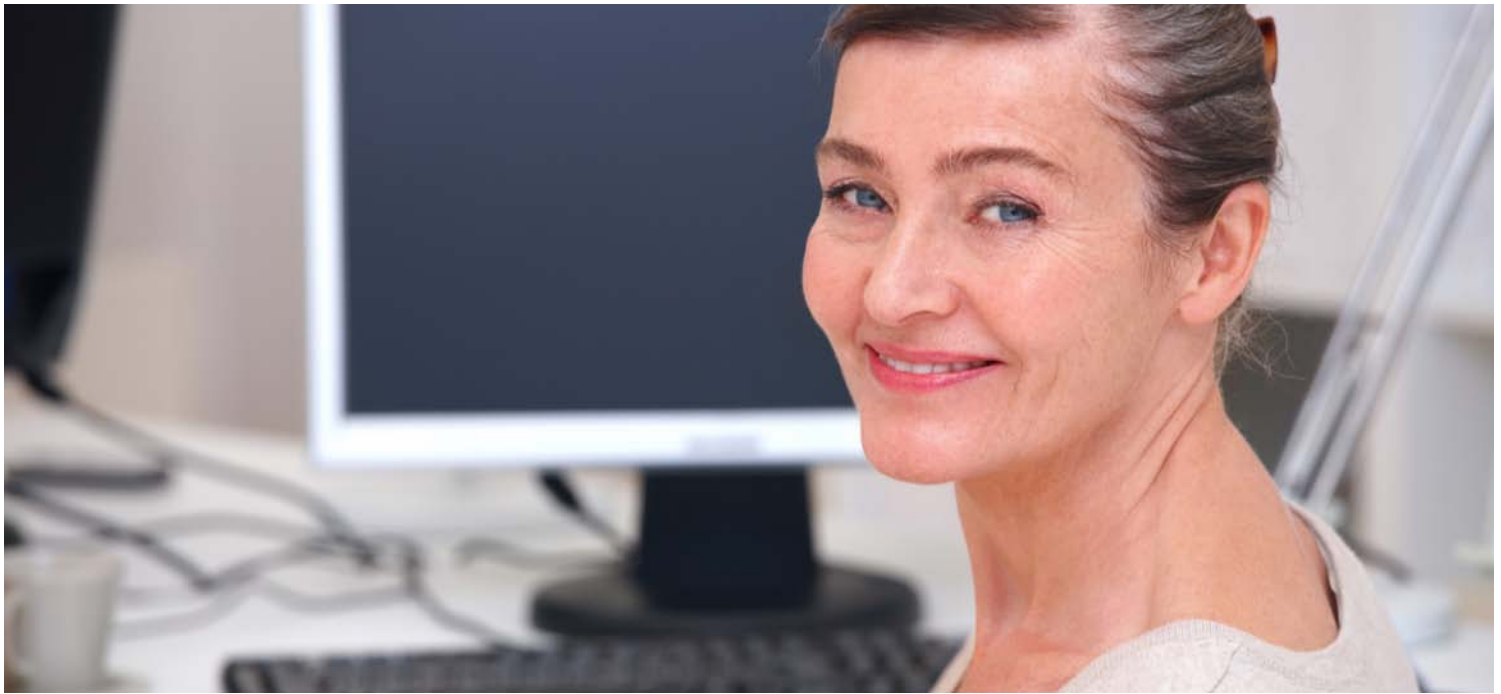
The Caring Hands program provides an opportunity for patients to support McLaren Regional Medical Center and acknowledge outstanding caregivers who made a difference in their visit or stay at the hospital.

Often grateful patients want to express what a difference compassionate care made in their experience at McLaren. They may send a note of thanks or a plate of cookies. There are some that would like to do more, but do not know how. As a McLaren physician, nurse, or other staff member, you can inform your patients of our Caring Hands program and provide them with an informational brochure.

Caring Hands recipients will receive the following:

- A card from the Foundation informing the caregiver that a donation was made in his/her honor through the Caring Hands program
- Acknowledgement in the McLaren Foundation's publications, the McLaren Regional Medical Center weekly Update
- A Caring Hands recipient lapel pin
- Invitation to Caring Hands annual recognition event

The best patient care comes from the heart, not for recognition. However, everyone likes to be acknowledged for a job well done. Questions regarding the program can be directed to a member of the McLaren Foundation at **(810) 342-4087**.



Computer Station Check-up by Mary Ellen Rinks PT, McLaren Physical Therapy

Do you feel discomfort as you use your computer? Do you have tension in your neck, shoulders, back, arms, or legs? Do you find yourself moving in your chair frequently to change positions as you sit? You may be due for a computer station check up.

Using a computer for extended periods of time can cause strain and stress to our muscles and joints. Keeping neutral postures can be a preventative measure. Use the following list as a brief check-up for your computer workstation.

- Sit all the way back in your chair. Sit up straight with feet in front of you. If the back of your knees touch the edge of the seat, adjust the seat depth so there is no pressure behind your knees. A “waterfall” edge to the chair rather than an abrupt edge is advised to decrease pressure on your legs. Your hips and knees should be at the same height or hips slightly higher than your knees. Adjust the seat height to correct posture.
- Check your wrists. Are they bent in any direction? Bent too far back, to the right or to the left, or forward can cause strain. Keep the wrists neutral (less than 45 degrees bent back/extension; less than 30 degrees right or left; and less than 30 degrees bent forward). If they are not comfortable, try raising your chair so your wrists don't bend as far back or try a keyboard tray.
- Do your shoulders hurt? Check the height of your shoulders. Are they the same height? Do your shoulders feel like they are close to your ears/ elevated?

- Are your forearms supported by the desk or by arm rests? Sometimes arm rests are not level or they are too high and shoulders are elevated. If there are no arm rests being used, check the height of the desk. The desk may be too high. Raise your chair so your forearms are at a 90 degree angle at the elbow. Check your keyboard tray. If it is too low, your elbows are not at a 90 degree angle.
- Are you leaning forward to reach the computer monitor? Check your posture to see if you are sticking out your chin (forward head). The monitor should be between 18 to 30 inches away from your forehead. The height should allow for a neutral neck (not a forward head). More mature eyes may need single lens glasses for computer use rather than the bifocals or trifocals which augment the forward head posture.
- Are you resting your arms on a hard surface? The contact pressure can stress the soft structures of your arm. Use a gel pad to decrease the stress.
- Now that you have adjusted your chair, check your feet. Are they dangling? If yes, use a foot rest or some object that serves as a foot rest.

Get up and MOVE. If you are typing and reading, a 15-minute break is suggested every two hours. If you are continually typing, a 10 minute break every hour is suggested. Be at work or at home, a computer station check up is worth the prevention benefits.

Reference:
Back School of
Atlanta, 2009
US Dept of
Labor, OSHA

Holiday Feast December 9, 2010



2



4



1



3

The sounds and scents of the season filled the air Dec. 9 as employees and guests were treated to a Holiday Feast in McLaren's Sunset Cafe and Auditorium. DJs played favorite holiday songs while employees visited with coworkers and ate, and ate! The Nutritional Services Department prepared beef tenderloin, spiral ham, shrimp scampi, baby baked potatoes, California blend vegetables, Caesar salad, rolls and cheesecake. Members of Executive Leadership and management served guests and cleared tables.

On behalf of all who enjoyed the feast, a sincere thank you is extended to everyone who contributed to the success of the much appreciated holiday tradition.

1 Surgical Services Department (l to r): Santa Staples, RN; Erika Martin, RN; Jennifer Muma, RN; Ruby Gill, NA

2 10 Tower Staff (Front row l to r): Denise Irby, RN; Tracy Jones, RN; April McGee, Unit Clerk; Alica Sawka, RN; (Back row l to r): Carrie Haneckow, RN; Julie Kotalik, Unit Clerk, and Lonnie Krieger, RN.

3 Case Management (Front row l to r): Cathy Pugh, RN; Sergio Ponze, MD; Lois Jefferson, RN; (Back row l to r): Gail Sadler, RN; Alisha Williams, RN, and Pat Steele, RN.

4 Shelby Brandon, Administrative Assistant in Therapy Services and Cindy Weller, Coordinator of Specialty Services for McLaren Orthopedics



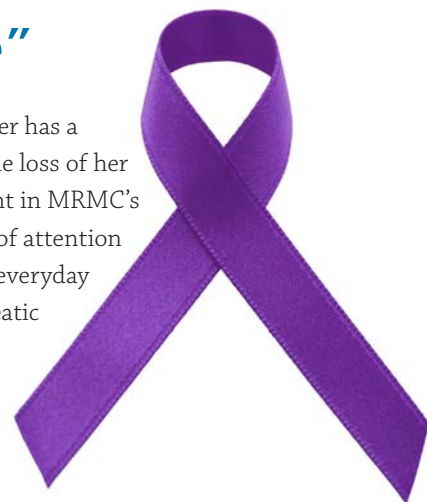
Liz Manley, President of the Auxiliary (on right), presents the check to MRMC representatives Kristen Skivington, PhD, Chairperson of the Board of Directors, and Don Kooy, President and CEO.

Auxiliary Donation Enriches Services Offered at MRMC

The McLaren Auxiliary presented a financial gift to MRMC at their annual Holiday luncheon on Dec. 1. Each year, the Auxiliary donates the money earned through fundraisers and gift shop sales to the Medical Center. This year, the Auxiliary provided financial support for two programs and pledged a donation to a third. The first recipient in 2010 was GLCI-McLaren. A \$25,000 donation supported the newly launched Healing Through Art, art therapy program. Healing Through Art is designed to help cancer patients, along with their families and caregivers, cope with cancer diagnosis, treatment and other associated issues. In addition, the Auxiliary donated \$45,000 to fund the purchase of cooling machines. The machines would be used for patients who would benefit from their core temperature being lowered to slow the body's functions, such as those who have recently suffered a stroke or heart attack. The special cooling units will be a valuable tool to lower the body's temperature, protect the brain and preserve life in patients having recently suffered a heart attack. A remainder of \$29,000 from 2010 proceeds will go toward the purchase of a METIman Pre Hospital Patient Simulator for the EMS training program at McLaren. At a cost of \$47,000, METIman is an advanced mannequin-based simulator used to teach the fundamentals of prehospital practice. The Auxiliary has pledged to fully fund the purchase by March 2011.

"The Color Purple"

Like all of the other cancers, pancreatic cancer has a color associated with it, purple. Following the loss of her mother in 2010, Julie Coon, Payroll Assistant in MRMC's Accounting Dept., decided to raise the level of attention given to pancreatic cancer. She wore purple everyday for the month of November, which is Pancreatic Cancer Awareness Month. Julie would like to see awareness grow for pancreatic cancer and eventually reach the level of recognition for breast cancer awareness.



According to the American Cancer Society, there are no established guidelines for preventing pancreatic cancer. Patients diagnosed with pancreatic cancer typically have a poor prognosis, partly because the cancer usually causes no symptoms early on, leading to locally advanced or metastatic disease at the time of diagnosis. Median survival from diagnosis is around 3 to 6 months; 5-year survival is less than 5%. With 37,170 cases diagnosed in the United States in 2007, and 33,700 deaths, pancreatic cancer has one of the highest fatality rates of all cancers, and is the fourth-highest cancer killer in the United States among both men and women.

Julie is currently working on fundraisers to help aid in the fight for a cure. Making people aware of the the disease and that it needs funding is one step in this process. Julie's friends and co-workers in the Accounting Department joined her in this mission during November. Some wore purple clothing all month, some purple ribbons, or beads.

"It touches my heart and makes me proud to be a part of such a supportive team," says Julie.



Members of the Accounting Department show their passion for purple in support of pancreatic cancer awareness.



Students LEGO Robotics League Competition Focused on McLaren Pulmonary Rehab Patients

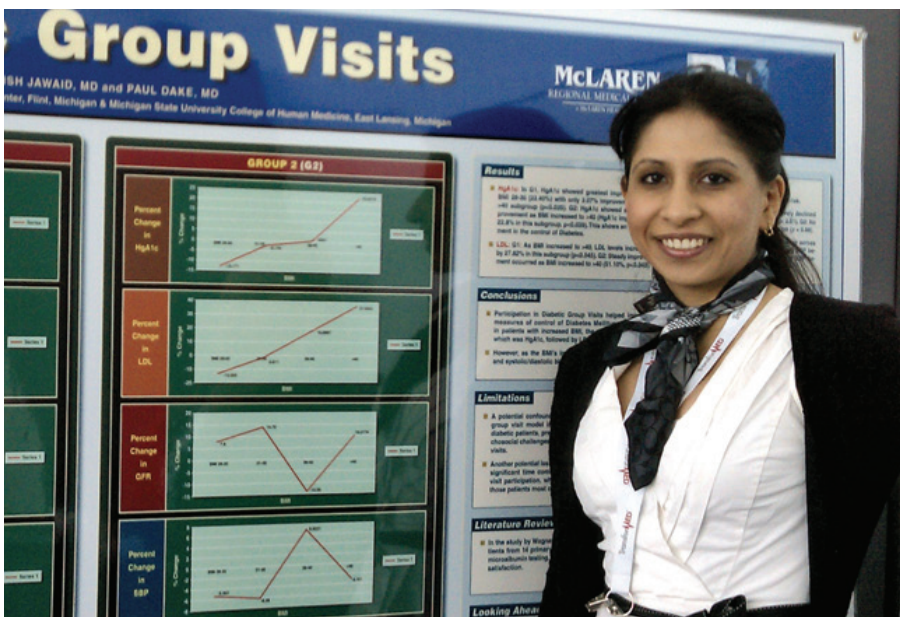
The six members of the LEGO Force 8 team from Holy Family School shared their ideas with McLaren Pulmonary Rehab patients regarding innovative solutions for patients who rely on oxygen due to Chronic Pulmonary Obstructive Disease.

What do an international program called First LEGO League Competition and McLaren's Pulmonary Rehab Program have in common? The answer is six students from Holy Family Catholic School. These 6th, 7th and 8th graders competed at the Junior High School level of this worldwide program, which has two requirements. The first is to build a robot to perform certain tasks and go through predetermined obstacles on a table. The second is to do research on the topic of Bioengineering. This is where the link comes in between the students and patients.

The Holy Family Team visited patients at McLaren's Pulmonary Rehab Program on October 11 and interviewed them to see what kinds of problems they encounter while trying to follow the recommended treatment for their particular lung diseases. After their visit the students began looking for innovative solutions to the problems the patients shared. The competition requires they put together a presentation with their recommendations. The students returned to McLaren's Pulmonary Rehab Program to share their presentation with patients and staff. This trial run helped them prepare for competition at LEGO Fever I last November, at Carman-Ainsworth Middle School, where they placed tenth out of 56 teams and received a first place recognition in the category of "Innovation Solution".

The students have three ideas regarding future COPD patient care. One is to insert a cannula (long slender tube) into the trachea that would be hooked up to an "air pager", a compressor the size of a pager that would feed air directly to the trachea. Another, is to create "air robots." These would be micro chips which are inserted into the alveoli of the lungs that would work to provide oxygen and carbon dioxide exchanges. The third idea is to implant a tube into the neck and trachea that would send air into the lungs and carbon dioxide back out, aided by a mini oxygen concentrator implant.

The students won first place for "Research Project Presentation." They were assisted with their projects by Ricardo Alfaro, Mathematics Professor at the University of Michigan-Flint, their teacher Karen Garland, Dr. Barbara Pawlaczyk, William Konieczny and other parents. Time will tell if their innovative thinking will benefit COPD patients in the years to come.



Family Medicine Resident Gains Recognition at the MSMS Scientific Meeting

Mehvish Jawaid, M.D., a member of the McLaren Family Medicine Residency Program, recently received recognition for her research poster at the 145th Annual Scientific Meeting of the Michigan State Medical Society in Troy. This is the first time a member of the McLaren Family Medicine Residency program has participated in this Society's meeting. Dr. Jawaid's poster entitled, "Effectiveness of Diabetic Group Visits" took first place in the Clinical Medicine and Vignettes Category. Paul Dake, M.D., served as a secondary author.



2011 New Year's Transfusion Resolutions

- 1.) I will respect blood as a liquid transplant.
- 2.) I will follow my hospital's transfusion criteria.
- 3.) I will NOT give 2 units when 1 will do.
- 4.) I will make EVERY DROP COUNT.

Source: *Strategic Blood Management*™

Welcome to the Medical Staff Continued from page 3



Samer Saqqa, D.O., an orthopedic surgeon specializing in spine procedures, is seeing patients at Family Orthopedic Associates, 307 S. Court St., Lapeer. Dr. Saqqa completed a Fellowship in spine at Texas Back Institute

Samer Saqqa, D.O. in Plano, Texas. He completed his residency at Genesys Regional Medical Center in Grand Blanc. Dr. Saqqa received his medical degree from Michigan State University College of Osteopathic Medicine in Lansing.

Mark Your Calendar: Blood Drive



The American Red Cross invite all MRMC employees and visitors who qualify, to donate blood at the upcoming blood drive on Thursday, March 3 in Ballenger Auditorium from 10:00 a.m. to 3:40 p.m. Appointments can be scheduled online at www.givelife.org. Use code McLAREN to register. Walk-in donations are also welcome.



Neuroscience Leadership Team members pictured left to right: Anessa Kertesz, Charles Guidot, M.D.; Jawad Shah, M.D.; David Fernandez, M.D.; Devinder Bhrany, M.D.; Sunita Tummala, M.D.; Faisal Ahmad, M.D.; Gerard Farrar, M.D.; Cheryl Ellegood, MBA. Team members not pictured include: Jeffrey Mitchell, M.D.; Hesham Gayar, M.D.; Syed Karim, M.D.; Hugo Lopez-Negrete, M.D.; Devakinanda Pasupuletti, M.D.; Sue O'Brien, RN, and Debbie Main, RN.

Advancing Neuro Care through Shared Approach

MRMC Forms Neuroscience Leadership Team

A team of physician specialists and administrative leaders have recently formed the Neuroscience Leadership Team to establish a multidisciplinary program to enhance care for neuro patients at McLaren. Creating a solid care plan requires a coordinated effort among all medical disciplines affecting the neuroscience program.

The team's objective is to create a bridge across these multiple disciplines to elevate the care that is provided and also to introduce new treatments to provide cutting-edge care for the community.



Ronette Boogren, MSW Inpatient Rehab Unit

3rd Quarter 2010 Beyond the Stars Award Recipient Named

Congratulations to Ronette Boogren, MSW Inpatient Rehab Unit, who was selected as MRMC's third quarter recipient of the Beyond the Stars recognition award. The Beyond the Stars Program was established to recognize outstanding performance on behalf of McLaren Regional Medical Center. Recipients of the award go beyond simply satisfying a customer. Recipients of the Beyond the Stars award make a personal commitment to providing exceptional customer service. Ronette has been with McLaren Health Care for over 15 years. She has demonstrated her commitment to the Rehab Unit for the past twelve years working as a medical social worker, taking care of the needs of patients while they are in the Rehab Program, as well as tending to their concerns once they have been discharged. Ronette's nominator had many positive things to say about her. Specifically, her nominator said, "I have worked with many social workers in my career, but no one could compare to Ronette. In my opinion, she is the epitome of what every McLaren employee should be. No matter how stressful a situation is, Ronette always keeps a cool head and is one of those people who always know the right thing to say. Our patients are all dealing with life-altering events and changes that require empathetic, compassionate counsel. The minute they meet Ronette, their fears are alleviated and she exudes confidence which in turn gives them courage to face what lies ahead. Ronette should be recognized for her contribution to the Rehab Unit as well as being a wonderful ambassador for McLaren Health Care."



Employees Send Children into the New Year with Warmth!

Once again McLaren's many good "soles" came through! MRMC employees gladly "footed the bill" to benefit Flint Community School students during the annual holiday Shoes that Fit Campaign. For the tenth year, MRMC participated in the area program to provide new shoes to students chosen by their teachers to be in great need of new footwear. Employees enthusiastically fulfilled all 285 requests for shoes this year. A dozen extra pairs of shoes were also donated. Each year the Medical Center also donates money for each child to receive six new pairs of socks with their shoes.

A special thank you to subsidiary coordinators Sherry Stewart and Barbara Worrell at MRMC; Lori Stauffacher, Corporate Services Building; Kathy Condon, McLaren

Health Plan; and Harry Mitchell, Security, along with members of his place of worship, Faith Missionary Church, for their continued support of this project. Instead of buying shoes, some employees chose to make a monetary donation to the program. A total of \$336 was collected. Some of those funds went toward purchasing this year's shoes and the rest will go directly to Youth Projects, the Flint Community School Program that oversees "Shoes that Fit." The shoes were dropped off at Zimmerman Center on Dec. 10 where dozens of volunteers checked them in and sorted them by school. That same day they were taken to each school to be given to the students.



Dozens of volunteers met at the Zimmerman Center gymnasium where all of the "Shoes That Fit" are checked in, matched up with a bag of socks, and sorted by school for delivery.

Community Connection



McLaren's donation funded the purchase of the items for teenage children. The Hamady Hawk girls' basketball players picked out 182 items for teen boys and girls ages 12-15.

MRMC Honors Medical Staff with Donation in Their Honor

This holiday season, McLaren Regional Medical Center paid tribute to the medical staff for the exemplary care they give to their patients year-round, by making a donation in their honor to families in our community who needed special assistance this year. McLaren assisted with the "Blessed to be a Blessing Toy Drive" held at First Presbyterian Church on Dec. 15 and Joy Tabernacle Church on Dec. 18. The events were open to those who needed assistance this holiday season. Families who attended were provided a holiday dinner, followed by activities for the children. While the children were kept busy, the parents were allowed to shop for toys that were wrapped and sent home with them that evening.



Ever Living Tree Continues to Provide Hope into 2011

At least 27 people, who are facing financial challenges as they seek treatment for their cancer, will receive help this year, thanks to many who gave to the 2010 Ever Living Tree Campaign. This year's drive generated \$13,889, a 21% increase over last year's proceeds. The Ever Living Tree Fund is used to purchase basic need items, for patients being treated at GLCI-McLaren such as groceries, medication, or the heating bill. All funds raised through Ever Living Tree are used directly for patients. This year, MRMC employees supported the effort by making donations with bulbs on the tree in the MRMC lobby and snowflakes in the cafeteria. The Ever Living Tree annual campaign is run by the McLaren Foundation. Special thanks are extended to Kate Robertson-Cain and Karla Grunow for coordinating the MRMC Nurse Manager and Cancer Center Staff.

Connection

A bimonthly publication for employees and friends of McLaren Regional Medical Center.

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Mission Statement:
McLaren Health Care, through its
subsidiaries, will be Michigan's best
value in healthcare as defined by quality
outcomes and cost.

McLAREN
REGIONAL MEDICAL CENTER
A McLAREN HEALTH SERVICE

Better doctors. Better care.sm
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