

# Friends

## OF THE FOUNDATION

OUR MISSION:  
To receive and administer  
funds to support the mission of  
McLaren Northern Michigan and  
support programs that enhance the  
well-being of the community.

AUTUMN 2013

## Another Chance at Life

“Without this operation, you won’t live for a year.” Virgil Grant Vaden, II, of St. Ignace, knew things were very, very serious when his doctor spoke those words. A heart murmur and shortness of breath had turned Vaden into a prisoner in his own home. “It got to the point where I had a very difficult time breathing; I couldn’t even walk down the hall,” he says. “I couldn’t go outside or do anything, and it was a very unpleasant experience because I was always quite active.”

Vaden’s own doctor, in consultation with McLaren Northern Michigan heart and vascular physicians who routinely visit St. Ignace, ran tests and determined that Vaden’s heart murmur was three times worse than had been previously thought. The aortic valve was not allowing blood to pump through the body, and a heart valve replacement was imperative.

Through the generosity of donors, McLaren Northern Michigan Foundation is helping to fund leading-edge advancements for patients like Virgil. Read his full story, and learn more about heart and vascular care on pages 6 and 7.

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## NORTHERN MICHIGAN FOUNDATION



### Dear Friends of the Foundation,

This has been a year of change and growth for the Foundation, and we have much to share with you. First, McLaren Northern Michigan has earned national recognition for heart bypass surgery; read a touching patient story and more about heart and vascular services inside. VitalCare Hospice services have, once again, garnered a well-deserved testimonial for consistent positive experiences for patients and families. Rehabilitation programs are growing in all areas: inpatient, outpatient, and wellness therapy, thanks to generous donations and gifts; inside, you'll read both donor and patient stories. The Cheboygan Campus is another area of growth, and we will continue fundraising for its renovation and expansion.

Significantly, we wish to honor Reezie DeVet, our president and CEO, who will soon be retiring. Through Reezie's guidance and leadership, we celebrated many rewarding moments. Most recently, Reezie helped steer the negotiations and the due diligence required to facilitate our relationship with McLaren Health Care. She clearly understood the needs of our system and the long-term benefits of joining forces with a larger system. Thanks to her vision, we look forward to many years of stable growth and quality health care. Magnet® designation, earned in 2011, was another bright spot during Reezie's tenure. Her enthusiastic support of the nurses during their Magnet® journey and their tireless quest for excellence helped make the hospital a leader in health care safety and service. Magnet® brought everyone closer together, and we applaud Reezie for her leadership during this time.

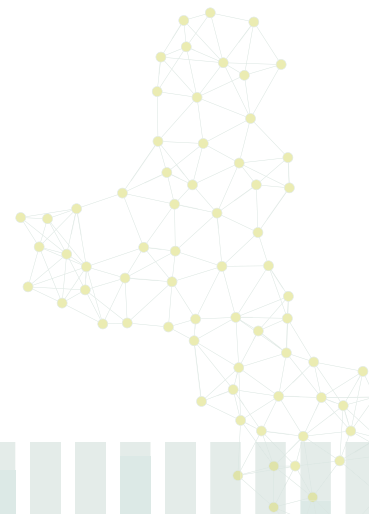
Reezie has also demonstrated leadership in philanthropy, establishing a personal donor-designated fund with her husband, Richard Munsterman. A restricted or endowment fund is often named for the donor, to honor or memorialize a loved one, or to pay tribute to a health care provider. The DeVet Munsterman Fund was created to support colleague continuing education, pediatric and adult patient assistance, and areas of greatest need.

We recognize Reezie as more than an effective president and CEO. She is as an inspiration, a colleague, a donor, and a genuine friend, and we thank her for her service and wish her well in the years ahead.

Respectfully yours,

Moon Seagren  
VICE PRESIDENT AND CHIEF DEVELOPMENT OFFICER  
MCLAREN NORTHERN MICHIGAN FOUNDATION

Ham Schirmer  
BOARD CHAIR  
MCLAREN NORTHERN MICHIGAN FOUNDATION



## Dear Fellow Donors and Friends,

As the end of my journey here at McLaren Northern Michigan approaches, it will signal the beginning of new pursuits and challenges. But my feelings about you, our wonderful donors, will never change. Your confidence in the hospital and affiliates, and your support of the needs and initiatives have made an indelible impact



on regional health care. It is hard to imagine where we would be without your selfless generosity. Every single dollar, every single gift has strengthened the ability to provide excellent health care for our patients. From a handmade quilt to a \$20 gas card, from leading edge equipment to an entire building, donors do their part. How grateful we are to have all of you.

I hope you will always remember that all gifts to the Foundation stay right here in northern Michigan, where they will benefit patients and visitors in our 22-county region. As donors ourselves, my husband and I are confident that our support stays right here at home.

In fact, our involvement with the Foundation will continue; we can't think of a better way to stay in touch with friends and acquaintances.

I am very pleased with the choice of David M. Zechman, FACHE, as our new president and CEO, and I am sure that you will be, too. David brings skills and expertise from working in similar demographic populations, where his focus on quality initiatives and patient experience will be a perfect fit for our organization.

Again, thank you so much for your support, your generosity, and your friendship. My life has been blessed by all of you and the patients we serve.

Kindest regards,

*Reezie DeVet*

Reezie DeVet, RN, EdD  
PRESIDENT AND CEO  
MCLAREN NORTHERN MICHIGAN



## Incoming President and CEO Brings Valuable Skill Set

After a nationwide search, David M. Zechman, FACHE, has accepted the position of president and chief executive officer at McLaren Northern Michigan. Zechman's 31 years of executive health care experience were earned in facilities very similar in size and demographics to the McLaren Northern Michigan system. "His experience is very compatible with his new position," says outgoing President and CEO, Reezie DeVet. "David understands the nuances of rural health care, and he has a clear understanding of the need for a complete continuum of care." Zechman comes to northern Michigan from West Plains, Missouri, where he has been CEO of Ozarks Medical Center since 2008. His previous position was in Palm Beach County, Florida, where he was president and CEO of Lakeside Medical Center, the county's only medical facility. In total, Zechman's experience includes senior management positions at Jewish Hospital and St. Mary's Health Care in Louisville, Kentucky, and at St. Luke's Health System in Kansas City, Missouri. He is a Fellow of the American College of Healthcare Executives, past president of the Missouri Hospital Association's Southwest District, member of the Finance Committee, and secretary of the Management Services Corporation Board. Zechman and Rhonda, his wife of 36 years, have two grown daughters.

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## Our Affiliates

Below is a list of the affiliates supported by McLaren Northern Michigan Foundation with page numbers for related stories throughout the newsletter.

### McLaren Northern Michigan–Petoskey Campus [Learn more on 6, 7, 11, and 14.](#)

Quality health care and award-winning hospital with leading-edge technology, a multidisciplinary team of experienced medical experts, and research in nearly every medical and surgical specialty.

### McLaren Northern Michigan–Cheboygan Campus [Learn more on pages 12 – 13.](#)

Primary and specialty care physicians, emergency services, outpatient surgery, laboratory and imaging services, rehabilitation, sleep medicine, and cardiac wellness.

### VitalCare

Northern Michigan's largest home health care provider from in-home to Hospice care.

#### Hospice Care [Learn more on pages 8 – 9.](#)

A regional Hospice network complemented by compassionate end-of-life care. Services available in the home or at VitalCare Cheboygan Hospice House and VitalCare Hiland Cottage in Petoskey. Three affiliated organizations:

- Hospice of Little Traverse Bay
- Hospice of the Straits
- Hospice of the Sunrise Shore

#### Adult Day Center

A safe and engaging daytime alternative to nursing home placement for loved ones who wish to remain at home. Clients thrive in a dignified setting of professional care, physical comfort, and mental stimulation.

### Community Free Clinic

A warm and compassionate clinic, supported by volunteer professionals who generously donate their time and expertise to care for patients in need of non-emergent care.

### Boulder Park Terrace

Nursing home and sub-acute rehabilitative care in a warm and welcoming residence.

### John and Marnie Demmer Wellness Pavilion and Dialysis Center [Learn more on page 10.](#)

Meeting the needs of all patients, from rehabilitation and dialysis, to community outreach and wellness programs.

Each donation to  
McLaren Northern Michigan Foundation  
**STAYS in NORTHERN MICHIGAN**  
and follows a path to your  
requested affiliate.

# A Special Friendship between a Patient and His Guardian Angel

Often, over time, the patient and caregiver relationship will grow, which was the case for Infusion Center Office Coordinator, Sara Clone, and patient Duane Hasse, who got to know each other in a special way. She met Duane and his wife, Judy, working in the McLaren Cancer Institute in Petoskey. The Hasses visited the Walstrom-Flint Infusion Center every two weeks over the course of two years for Duane's chemotherapy. Judy Hasse was very complimentary of the entire infusion staff, but she knew that Duane and Sara had a special bond. "Sara was always smiling, and she made a point to come around the desk and give Duane a hug as he entered in his wheelchair," says Judy. "I wanted her to get some recognition for the excellent care she gave Duane."

Judy Hasse nominated Clone for a Guardian Angel award and made a donation to the oncology department in Clone's name. The Guardian Angel designation is a way for grateful patients and family members to honor one of their caregivers who they feel were especially caring. "It was such an honor to know that a donation was made in my name," says Clone. "The Hasses were selfless people, and they were so appreciative of everything, and expressed such gratitude."

"Duane was such a great person; he just grabbed at my heartstrings," Clone says. "Our relationship emphasized the importance of compassion in a healing environment. He helped me to grow both personally and professionally."

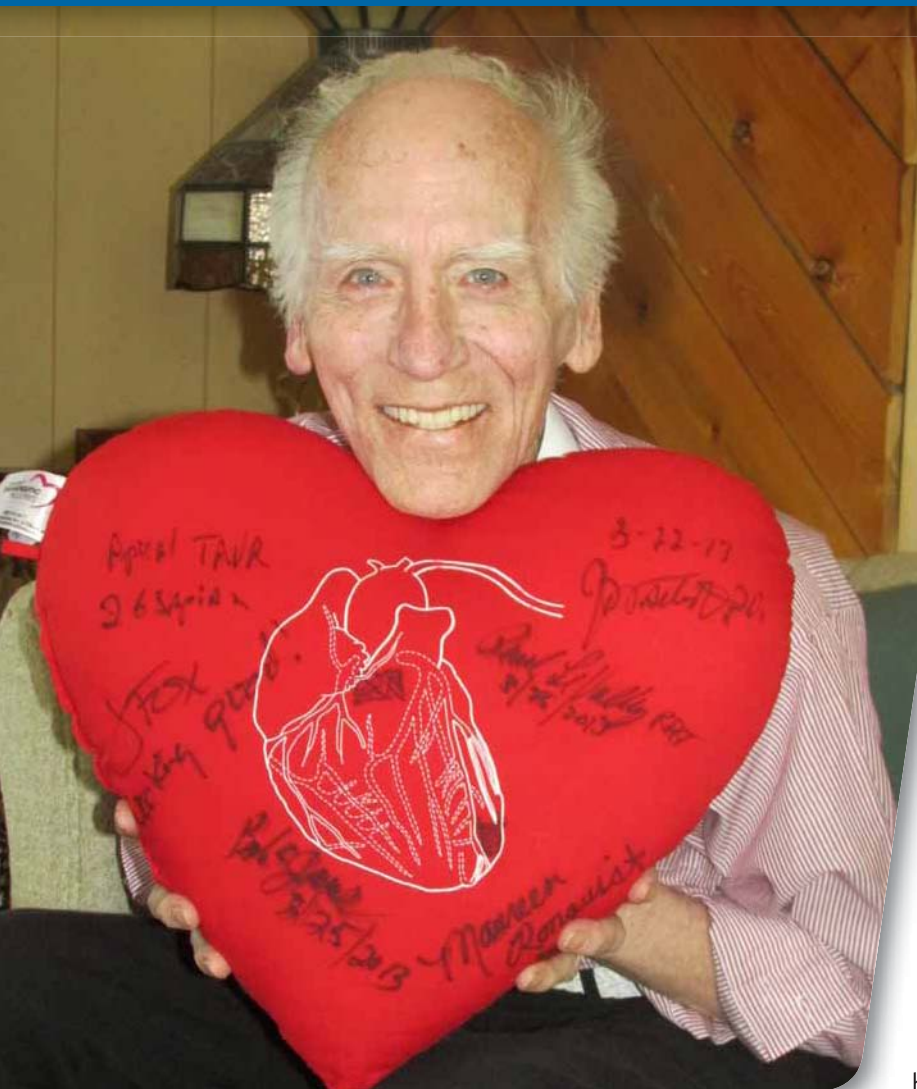
The Hasses were together for over 50 years, and Clone saw the bond that they had. "Their world revolved around each other," Clone says. "Duane's biggest fear was leaving Judy behind, and she just wanted to take care of him." Following Duane's death, Judy Hasse's Guardian Angel gift to the Foundation was a reflection of that relationship. "Patients appreciate the Foundation, and all that it does for them," Clone adds.



## Honoring Those Dedicated to Caring

- ❖ At McLaren Northern Michigan, everyone works together seamlessly to serve every person in need of care. From a kind word to a helping hand, treating a patient extends far beyond treating an illness or injury. Finding the right way to honor that person can be difficult. The GUARDIAN ANGEL program was established for those wishing to express gratitude to a special caregiver or other member of the McLaren Northern Michigan family.
- ❖ To make a donation in recognition of someone special, visit [nmh-foundation.org](http://nmh-foundation.org) for a secure online form, or call (231) 487-3500.

*Sara Clone is pictured near the "hat tree" (top right); handmade hats and scarves are generously donated for chemotherapy patients. Clone is honored with her Guardian Angel certificate (bottom right).*



Patient Virgil Vaden holds his heart pillow, a teaching tool used by The Valve Clinic. Significantly, this one is signed by his valve replacement team. Prior to his diagnosis, Vaden participated in The Valve Clinic, a comprehensive, one-day assessment conducted by McLaren Northern Michigan cardiologists, surgeons, anesthesiologists, and highly trained clinical staff to determine the best treatment plan.

The Valve Clinic of McLaren Northern Michigan, including Maureen Ronquist, RN, MSN, CC RC, and the staff, made quite an impression. "Quite frankly, Maureen is one of the nicest people I've ever met," says Vaden. As one of her unofficial duties, Maureen partnered with him for a dance in the hospital hallway, proving that he was clearly fit enough to take a turn on the dance floor with his wife.

Vaden's overall experience was very positive. "From the front door valet parking, to the doctors and nurses, everyone makes you feel like you are the only one that they are treating," he adds. "Dr. Teklinski is just grand, and I give him a lot of credit for helping me." Vaden wears a western vest in Dr. Talbott's honor. "He's a good cowboy, and I like him," says Vaden. "He's a great man, and he knows what he's doing."

For Virgil Vaden, life today is full of wonder. "I can do things," he says. "I feel great, and I have a new lease on life." As part of his recovery, Vaden gets a check-up every six months. "It's very convenient for patients who live north of the Bridge because the doctors come to us, and we don't have to go to Petoskey for every appointment." But Vaden is completely dedicated to McLaren Northern Michigan and the doctors who saved his life. "No matter where I am, I will be coming back to see my doctors, the people who made this possible," he says. "I want to stay with McLaren because I know that they are going to take care of me the way that I want to be cared for."

CONTINUED FROM FRONT COVER

## Another Chance at Life

Initially, Virgil Grant Vaden, II was resigned to his condition. "I thought, well, this is it; accept it."

But his wife, Flo, and his family had other ideas.

"They changed my mind over a period of time and convinced me to get the operation," he says.

"I decided to do whatever the doctors told me to do." His Cardiologist, Andrew Teklinski, MD,

"got the ball rolling," and Cardiothoracic Surgeon,

J.D. Talbott, DO, performed transcatheter aortic valve replacement (TAVR) in March of 2013 at McLaren

Northern Michigan. The TAVR procedure involves feeding

a catheter through an artery in the patient's leg or ribs

to replace the aortic valve, eliminating the need for open heart surgery. For Vaden, the results were dramatic.

"I experienced immediate relief," he says. "In no time, I had no need for supplemental oxygen." Three days later, he was back home in St. Ignace.

# Heart Program Earns Superior Rating

In a nationwide study of more than 700 hospitals, McLaren Northern Michigan has earned the highest quality rating for heart bypass surgery from the Society of Thoracic Surgeons (STS). This recognition, the 3 Star rating, puts McLaren Northern Michigan among the top 15% of hospitals nationwide.

The study, in coordination with Duke Clinical Research Institute, uses a comprehensive rating system to compare heart programs throughout the country. Comparisons include quality of care, complications, pre- and post-operative medication administration, and outcomes.

Cardiothoracic Surgeons, Chris Akins, MD, and J.D. Talbott, DO, see the 3 Star rating as a validation of what McLaren Northern Michigan patients experience every day. "It's not an exaggeration to say that before treatment some of our patients lack the strength to brush their teeth," Akins says. "To be in a profession that changes lives so significantly is rewarding, and to practice with professionals working in concert to achieve the best possible outcomes is simply amazing." Talbott explains, "For our older patients, it's not just seeing their grandchildren, but being able to get on the floor and play with them."

## Expanding Heart and Vascular Services

"The excellent outcomes that our patients experience are a direct result of the exceptional team," says Reezie DeVet, President and CEO of McLaren Northern Michigan. "And we are seeing a clear need to expand and invest in our heart and vascular program; a specialized surgical suite would be a major addition for our patients."

A new specialized surgical suite would provide additional flexibility and efficiency in the operating room. Surgeons would have the ability to perform both minimally invasive and traditional surgical procedures in the same suite, avoiding the need to switch operating rooms and lose critical time when more serious conditions are revealed. It is hoped that this new room will be opened January, 2015, however additional funds are needed to meet construction and equipment needs.



Heart specialists with a few members of TAVR team (from left to right): David Corteville, MD, Chris Akins, MD, Louis Cannon, MD, Nellie Talbot, CST, Marti Linn, PA-C, Jeffery Fox, PA-C, Alicia Beebe, RN, Maureen Ronquist, RN, and Mary Maruszak, RN.

## HEART AND VASCULAR CARE The Facts

- ❖ FOURTEEN BOARD CERTIFIED CARDIOLOGISTS and TWO BOARD CERTIFIED CARDIOTHORACIC SURGEONS, along with highly trained technical, clinical, and support staff, are positioned to provide for all your cardiovascular needs — from diagnostic evaluation through outpatient consultation and urgent hospital care.
- ❖ Physicians see patients in TWELVE OUTREACH LOCATIONS, as well as in the new Mobile Diagnostic Unit, so patients don't need to travel far from home.
- ❖ Heart and vascular FUNDING PRIORITY:
  - ❖ *Specialized Surgical Suite and Equipment*  
\$1,500,000
- ❖ For more information about this and other fundraising priorities, call (231) 487-3500.



## A Son Reflects on Hospice Care: The Hall Family and Their Lasting Legacy

When the time came for both Hiland and Joedy Hall to receive Hospice care, they chose VitalCare Hospice of Little Traverse Bay in Petoskey. "This was our first personal experience with Hospice care," explains their son, Jeff Hall. "My father was under the care of Hospice for over a year at home, and I have nothing but good things to say." Joedy more recently was under the care of Hospice until her death on April 27 of this year, and it is fitting to reminisce about the role of the Hall family in the region's Hospice organizations.

For years, the Halls were avid donors and supporters of Hospice and the Foundation, though Hospice was their passion. Hiland Hall was a founding member of Hospice of Little Traverse Bay, serving for over 20 years as board member and volunteer. "My father initiated the Hospice drive in northern Michigan, and he and Mother worked on fundraisers to increase awareness and publicize the need for Hospice care," Jeff says. "Hiland Hall saw the organization grow from a few volunteers to a full professional staff," explains Maurika Reed, Foundation Development Officer. "He built the annual fundraising drive and worked with fellow board members and volunteers to keep services available when funds were limited; the naming of Hiland Cottage was a perfect tribute."



PICTURED TOP  
Hiland and  
Joedy Hall

PICTURED MIDDLE  
Jeff and Cindy Hall  
with Joedy at the  
Hiland Cottage  
ground-breaking  
ceremony



PICTURED BOTTOM  
Hiland Cottage,  
a dignified  
residential choice  
for specialized  
end-of-life  
health care



In keeping with the family legacy, Jeff Hall also served on the board of Hospice of Little Traverse Bay. And, like his parents, he immersed himself in the job. For example, to better understand the role of Hospice and needs of the region, Hall went on a nurse ride-along, and found it an “eye-opening experience.” “Hospice care and Hiland Cottage allow people to die with dignity,” he expresses. Adds Reed, “We are all grateful that VitalCare Hospice of Little Traverse Bay — the program that Hi helped create — was there when he and Joedy needed it.” Upon both of their passing, memorial gifts were made in their honor by friends and family, allowing their legacy of giving back to continue supporting the facility they helped to build.



## Hospice Care — Available for All

Hospice care is available for all individuals in the VitalCare service areas regardless of the ability to pay. Hospice programs have genuine and legitimate impact on the physical, psychological, and emotional comfort of both patients and families facing end-of-life care needs. To maintain this quality of care for those who need it, Foundation support is necessary. Please consider a gift to VitalCare Hospice Care. Funding priorities for each location are included to the right.

For more information about VitalCare Hospice services, call (800) 342-7711, or visit [northernhealth.org](http://northernhealth.org).

### HOSPICE CARE IN NORTHERN MICHIGAN

- Area served by Hospice of Little Traverse Bay and Hiland Cottage
- Area served by Hospice of the Straits and Cheboygan Hospice House
- Area served by Hospice of the Sunrise Shore
- Additional areas served by McLaren Northern Michigan

## VITALCARE HOSPICE The Facts

- Hospice services are available for individuals in a 12-county area, and ability to pay is never a criterion.
- **HOSPICE OF LITTLE TRAVERSE BAY** served 313 families in 2012 with 25,368 patient days.
- **HOSPICE OF THE STRAITS** served 287 families in 2012 with 25,458 patient days.
- **HOSPICE OF THE SUNRISE SHORE** served 137 families in 2012 with 9,890 patient days.
- **VitalCare FUNDING PRIORITIES** include:
  - *Hospice of Little Traverse Bay* \$100,000
  - *Hiland Cottage* \$75,000
  - *Hospice of the Straits* \$100,000
  - *Cheboygan Hospice House* \$55,000
  - *Hospice of the Sunrise Shore* \$25,000
- For more information, call (231) 487-3500. Visit [nmh-foundation.org](http://nmh-foundation.org) to make a secure online donation.

# Aquatic Therapy Works in Different Ways

## Ben and Carolyn Benjamin Aquatic Rehabilitation Area



Mr. and Mrs. Benjamin  
at their home in Harbor Springs

### JOHN AND MARNIE DEMMEER WELLNESS PAVILION AND DIALYSIS CENTER

## Offerings

- In addition to rehabilitative programs offered at the Ben and Carolyn Benjamin Aquatic Area, courses open to the public include Hydro Power Aqua Aerobics, Athletic Conditioning, Stretch and Strength, Aqua Tone-up, and Arthritis Foundation Exercise.
- Fitness programs, nutrition and cooking classes, diabetes education, and physical and occupational therapies can help you realize the benefits of good health and wellness. All courses are offered at the Demmer Wellness Pavilion.
- Medical Fitness is a medically-supervised regimen for those interested in personal health and wellness, whether starting or maintaining a fitness program, or progressing from rehabilitation. An initial fitness assessment provides personalized guidelines to achieve desired results.
- Visit [northernhealth.org/wellness](http://northernhealth.org/wellness) for a complete schedule of fitness classes and wellness programs, or call (800) 248-6777.



Thanks to dedicated donors Ben and Carolyn Benjamin, aquatic classes covering aerobics, athletic conditioning, stretching and strengthening, cardiovascular, and arthritis-appropriate exercises are all available at the *Ben and Carolyn Benjamin Aquatic Rehabilitation Area*. As a past volunteer who worked in a pool with disabled children, Carolyn knows the impact of aquatic therapy and conditioning. In fact, the Benjamins have provided gifts for the pool every year since the John and Marnie Demmer Wellness Pavilion opening.

“Aquatic therapy is an extremely efficient workout, and the benefits are constantly showing themselves in different ways,” says Joan Tiihonen, CRTS, AFP. As a certified recreational therapist, aquatic fitness professional, and long-time swimmer herself, Tiihonen serves a variety of client needs. “Participants might have traumatic brain injury, various disabilities, a personal interest in fitness, or a need for physical therapy-related non-weight-bearing exercise. Class sizes are small

enough for everyone to receive individual attention.”

Tiihonen, has personally benefited from the Benjamin’s generosity as well. “We wouldn’t be having such success without their help,” she says. “They have opened avenues for me to continue training, and I have learned new skills and methods to help the patients. They have also supported the program with equipment needs, including their latest gift for the purchase of a high-tech portable sound system for the pool.”

“They have a passion for meaningful giving, and we value their generosity beyond measure,” says Julie Jarema, Senior Director of Development for the Foundation. The Benjamins worked closely with Jarema to ensure that the pool was the most effective vehicle for their support. “We wanted to designate our gifts to programs with which we felt a connection,” explain Ben and Carolyn. “In more ways than one, aquatic therapy has been a perfect fit. We are very pleased that the aquatic programs have been well received in our community.”

For more information about designating your donation to wellness and rehabilitative programs, call (231) 487-3500, or visit [nmh-foundation.org](http://nmh-foundation.org).

## Physical Therapist Gets A Big Surprise



Physical Therapist, Cathy Ingalls, DPT, GCS, CEEAA, was honored to receive the Guardian Angel award from one of her stroke patients, but she was completely surprised by the gift given in her

name. The donor funded the purchase of an AlterG Anti-Gravity Treadmill, considered the gold standard in rehabilitation and physical training. “As a physical therapist, I imagined one day having a ceiling-mounted harness that would assist patients on the current treadmills. I never imagined having the AlterG.”

Using NASA technology, the AlterG Anti-Gravity Treadmill’s patented Differential Air Pressure (DAP) system reduces the actual weight load of the patient’s lower body. Its applications for rehabilitation are many: hip, knee, ankle, or foot surgery; total joint replacement; gait training for neurological patients; strengthening and conditioning for older patients; weight control and reduction; and sports and aerobic conditioning. Using precise 1% increments, the patient can reduce up to 80% of weight load off of the lower body, making rehabilitation pain-free and stress-free, while still allowing for normal muscle and gait movement. “We have definitely seen immediate results using the AlterG,” says Ingalls. “Patients show early advancement in their therapy and increased confidence in their rehabilitation.”

The donor, who chose to remain anonymous, worked very hard to regain his balance — and his quality of life — after suffering a stroke. “Providing highly skilled clinicians with leading-edge equipment uniquely positions the Acute Rehabilitation Unit to get people back on their feet sooner,” he says. “This can make a real difference in long-term recovery and quality outcomes.” Currently, AlterG therapy is used for inpatient and outpatient needs.

Foundation philanthropy often works this way: a grateful patient will show support through a gift dedicated to a specific area of need. “You never know when things will come full circle,” Ingalls adds. “It’s an honor for our entire department.”



Cathy Ingalls, DPT, GCS, CEEAA, works with stroke patient Chad Odum, as he views his leg movements on the real-time display monitor.

### ANONYMOUS GIFTS AND NAMING OPPORTUNITIES

## The Facts

- ❖ All gifts to McLaren Northern Michigan Foundation carry an impact that can resonate for years to come. Gifts can be given anonymously, like in the case of the AlterG Anti-Gravity Treadmill.
- ❖ Naming opportunities can make a personal gift a permanent part of the history of health care in the region. By choosing an area of need, a personal interest, or an important cause, your name or that of a loved one, will always be remembered.
- ❖ A named restricted fund can be established with a minimum gift of \$5,000.
- ❖ An endowment is the gift that keeps on giving and can reflect a donor’s personal interest. A financial endowment begins with a minimum donation of \$50,000 that is invested so that the principal remains intact for a designated period of time or in perpetuity.
- ❖ If you are interested in these or other planned giving opportunities, please contact Moon Seagren or Julie Jarema at (231) 487-3500.



# BATTER, UP!

## One Boy's Journey to a Home Run

*In just his second Little League game of the season, Michael Smith not only found his personal best, but also enjoyed the heartfelt congratulations of players and parents throughout the league. Smith pitched in a 12 - 2 winning game, and he also hit his first home run, ever. But the resounding support for his efforts went far beyond a home run; Michael Smith has had a long, long road to travel before he found his way to the ball field. "It was an emotional moment that brought tears to my eyes, and many people in our community know Michael's history," shares Rhoda Smith, Michael's mother.*



Smith was born with a number of serious physical conditions, including septo-optic dysphasia, a developmental disorder caused by underdevelopment of the optic nerve and absence of a midline part of the brain. Born three months premature, the two-pound infant had a 40% chance of survival, and he underwent five surgeries before he was five. As the youngest born with a diaphragmatic hernia, the combination of Smith's rare conditions were featured in numerous medical journals. At age 13, Michael Smith can count his success, in large part, to intensive physical therapy starting at

age one to correct the coordination and balance issues caused by his condition. Smith's early physical therapy was conducted at Cheboygan Memorial Hospital. "Cheboygan has always had a good therapy program, and it's quite amazing that we have this in our small community," says Rhoda about the McLaren Northern Michigan-Cheboygan Campus physical therapy program.

"I have real faith in this hospital, and we have been to a lot of hospitals. Without the help of Cheboygan Memorial, and now McLaren Cheboygan Campus, Michael wouldn't be where he is today."

Now, as he grows, Michael has resumed his physical therapy to work on core strength and coordination that will advance him to the next level of conditioning. “We have been vigilant about getting therapy and help when it’s needed,” Rhoda explains. And ironically, Michael’s tour de force on the ball field came just after he had started therapy again following a four-year break. “He has a passion for baseball, and he has to work harder than the other kids,” Rhoda says, “and I think that is why he is so dedicated to rehab. I want him to have all the opportunities that other kids have,” his mother adds.

Every McLaren Northern Michigan therapy patient is encouraged to choose a goal, and Michael’s goal, not surprisingly, is to become better at baseball. “His program includes dynamic standing, balance and coordination, bilateral integration, higher level balance, and mastery of daily activities,” says Adriane Corlew, MHA, OTRL, Rehabilitation Manager Outpatient Therapy for both the Cheboygan and Petoskey programs. Michael Smith benefits from the convenience of the Cheboygan Campus because he can stay in his own community for health care and physical therapy. The McLaren Northern Michigan-Cheboygan Campus offers geriatric, pediatric, and orthopedic therapies, as well as sports medicine programs and treatment for neurological conditions.

### Cheboygan Campus — Growing and Expanding

In addition to rehabilitation and therapy programs, Cheboygan-area residents have access to many other health care services:

- Wellness Programs
- Outpatient Surgery
- Sleep Diagnostics
- Blood Draw and Laboratory Services
- Imaging Services such as MRI, Bone Density, Mammography, and CT
- Primary and Specialty Physician Appointments

But convenient access to 24/7 emergency services continues to be a significant need. Cheboygan Campus emergency services are a vital part of saving and improving lives, though the department needs extensive renovation to continue its level of service for Cheboygan-area residents and visitors. Without reopening the Emergency Department in 2012, patients would have had to travel 30 to 40 miles to the nearest available emergency facility, jeopardizing outcomes and endangering lives. The Cheboygan Campus Emergency Department projects nearly 9,500 patient visits in 2014 from permanent residents and vacationers.



### CHEBOYGAN CAMPUS EXPANSION

## The Facts

- **EMERGENCY DEPARTMENT EXPANSION AND RENOVATION PLANS:**
  - Expand overall footprint from 4,000 to 10,000 square feet
  - Increase number of exam rooms from five to ten, including some private rooms
  - Provide medical equipment for the Emergency Department
  - Enlarge waiting room to accommodate all visitors comfortably
- The specific FUNDRAISING GOAL for 2013 is \$500,000. This project will span multiple years with total expansion costs estimated at more than \$4 million.
- For specific details and questions about naming opportunities, contact Christine Meister, Development Officer, at (231) 487-3500.

# A Complete Continuum of Care: FROM 911 to REHAB to GIVING BACK

“We don’t know the names of all the staff members who helped us during this time, but we are very grateful and apologize to those caregivers who were not named,” explains George Neuss. Those listed below made a notable impact.

- Doretta Brodin, RN
- Kate Chanda, RN
- Jane Crain, RN
- Paul Dowsett, MD
- Jae Green, PA
- Andy McCoubrey, PA
- Mark McMurray, MD
- Katlyn Murray, RN
- Mark Rothman, CRNA
- Craig Reynolds, DO
- Corey Schaedig, PA
- Patty Traynham, PCT
- Ruth Ann Turner, RN

A holiday trip to Harbor Springs took a frightening turn for Robin Neuss of Waterford, Michigan, when she suffered a serious snowmobile accident on the afternoon of December 27, 2012. Neuss was riding with her husband George when she suffered what turned out to be a traumatic leg injury. Thanks to an efficient Emmet County 911 operator, first responders from the Harbor Springs fire department, county law enforcement, and Allied EMS, Robin Neuss arrived in the McLaren Northern Michigan Emergency Department in Petoskey where she was quickly admitted.



“We were very relieved when we learned that Orthopedic Surgeon, Mark McMurray, MD, (pictured left) would perform her surgery,” George Neuss says. “Every staff member we encountered prior to her surgery acknowledged that Dr. McMurray was a highly skilled orthopedic trauma surgeon.”

George Neuss also praises the help Robin received during her post-op hospitalization. “Jae Green and Andy McCoubrey, both McLaren Northern Michigan physician assistants, were very supportive and encouraging, and nurse Ruth Ann Turner, RN, provided superior care, compassion, and encouragement during this very difficult and traumatic time for Robin,” he says.

After seven days, Robin was discharged home. By March, Robin was in her third month of rehabilitation and had made considerable advances. George Neuss reflects, “We know that she will have a long recovery, but as she makes steady progress each day, we can’t thank the entire McLaren Northern Michigan team enough for their quick response. Thank you for being there; we are very grateful and appreciative.” Robin and George Neuss showed their appreciation with a gift to the Foundation. “This is the best kind of philanthropy,” says Moon Seagren, Foundation Vice President and Chief Development Officer. “A donation made in recognition of our caregivers, who work tirelessly to provide health care as they would expect for their own family.”

## 1 EMERGENT SITUATION

Neuss family calls 9-1-1 for help following the snowmobile accident.

## 2 EMERGENCY MEDICAL SERVICE

Paramedics stabilize Robin Neuss. Ambulance transports her to McLaren Northern Michigan Emergency Department.

## 3 McLAREN NORTHERN MICHIGAN-PETOSKEY CAMPUS

Emergency medicine physicians and specialists evaluate Robin’s condition and coordinate orthopedic trauma surgery, all within the Petoskey Campus.

## 4 INPATIENT ACUTE REHABILITATION

Following surgery, Robin receives rehabilitative care to regain strength and independence.

## 5 PATH TO RECOVERY

Coordination with hometown care and physical therapy makes a smooth transition for Robin’s return home.

## 6 GRATEFUL PATIENTS

George and Robin Neuss understand the importance of quality health care and make a donation to help others.

# Fraternal Order of Eagles: People Helping People

**A**mong service groups, the Fraternal Order of Eagles (FOE) is especially active in supporting patient assistance needs. The Indian River Auxiliary 4046 has given a number of grants to the McLaren Northern Michigan Patient Assistance Fund, a crucial part of Foundation fundraising. The Patient Assistance Fund is for those who cannot shoulder the extra financial burden of their health care that is not covered by their insurance. Transportation, lodging, prescriptions, additional medical supplies or equipment are just some examples of extra costs that can overwhelm a patient on a strict budget. "Patient assistance is an often unrealized segment of need," says Moon Seagren, Foundation Vice President and Chief Development Officer. "Sometimes it is as simple as a gas card, but for those in need, that gas card is crucial."

Fundraising, in the form of benefit dinners, car shows, silent auctions, and breakfasts, is a regular part of FOE activities. "We look for specific mission-related initiatives, and this seems like a good fit," explains FOE Secretary, Inez Fisher. "Thanks to generous donations, many patients benefit from the generosity of the Auxiliary," adds Seagren.

## Specific Grants Made by Auxiliary 4046 to the Patient Assistance Fund

The Eagles Auxiliary 4046 hosted several events, raising funds to assist those with specific medical conditions. Grant designations are noted here.

- \$1,000 Parkinson's Disease
- \$ 800 Kidney
- \$ 500 Cancer
- \$ 800 Heart
- \$ 800 Diabetes

The 2013 Patient Assistance fundraising goal for all affiliates is \$190,000. To learn more about Patient Assistance or to make a donation, visit [nmh-foundation.org](http://nmh-foundation.org) or call (231) 487-3500.



Inez Fisher (left) with fellow volunteer Pam Anderson at the FOE Indian River Auxiliary 4046 St. Patrick's Day Breakfast to benefit patients through the Patient Assistance Fund.

## Thank You TO AREA ORGANIZATIONS FOR GRANTS MADE TO THE FOUNDATION

- **Petoskey - Harbor Springs Area Community Foundation** — Community Free Clinic, funding was made possible from the following funds: The Community Endowment Fund, Circuit Controls Corporation, and Tom and Susie Carruthers.
- **Petoskey - Harbor Springs Area Community Foundation** — VitalCare Adult Day Center, funding was made possible from the following funds: Baiardi Family Foundation, Healthy Youth and Seniors Field of Interest Fund, Circuit Controls Corporation, and Tom and Susie Carruthers.
- **Petoskey - Harbor Springs Area Community Foundation** — VitalCare Hospice of Little Traverse Bay Children's Bereavement, funding was made possible from the following funds: The Youth Fund and the Baiardi Family Foundation.
- **Charlevoix County Community Foundation** — Patient Assistance and VitalCare Hospice of Little Traverse Bay Children's Bereavement
- **The Barker Welfare Foundation** — VitalCare Adult Day Center and the Community Free Clinic
- **Christ Child Society of Northern Michigan** — Pediatric Patient Assistance
- **Community Foundation of Northeast Michigan** — VitalCare Hospice of the Sunrise Shore Volunteer Recognition
- **Straits Area Community Foundation** — VitalCare Hospice of the Straits Volunteer Recognition



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## For the Health and Wellness of the Region

Food, auctions, and sporting activities brought people together for common causes. All donations to McLaren Northern Michigan Foundation stay in northern Michigan, helping patients throughout the 22-county region.



**Take a Swing at Cancer** Birchwood Country Club Ladies Group hosted the annual event on June 25 - 26. The luncheon, silent auction, and golf and tennis events generated \$8,274 for the Breast Health Fund and the Kathleen Jontz Breast Health Fund.

GOLF AND TENNIS PARTICIPANTS PICTURED FIRST PHOTO

**11th Annual bike4breastcancer** The 2013 June 15th event in Boyne City attracted 264 riders and raised \$12,000 for the Kathleen Jontz Breast Health Fund.

RIDERS AND ORGANIZERS PICTURED SECOND RIGHT

**Chair-ity** The Cheboygan Campus Guild held a lively auction event on August 15th at the Indian River Golf Club. After a fast-paced auction, many happy people took home a one-of-a-kind chair, raising \$9,934.

CUSTOM CHAIRS PICTURED THIRD RIGHT

**Taste of Up North** Sponsored by the Cheboygan Campus Guild on June 5 at the Douglas Lake Bar in Pellston, 188 attendees enjoyed culinary tastings from nine area restaurants and a live auction. The event raised \$9,300.

PICTURED FOURTH RIGHT

**Pink Ribbon Rally** The Bay Harbor Ladies Golf Association hosted its annual event on August 8. Golfers raised more than \$30,000 for the Kathleen Jontz Breast Health Fund.

PICTURED BOTTOM RIGHT

**Pink on the Green** The Walloon Lake Ladies Golf Association hosted the July 9th event where golfers raised more than \$2,000 for the Kathleen Jontz Breast Health Fund.

