



# DR. JAKUBEC HAS ARRIVED

For those of you that did not know Dr. Jakubec has arrived! Her first day was Monday, February 25. She was at the hospital for IT training and began seeing patients in the Elkton office on Tuesday, February 26. Her office is located at 6 N. Main Street in Elkton and her hours are 8:00 am to 4:00 pm Monday – Thursday and 8:00 am to 12:00 pm on Friday. If you would like to meet Dr. Jakubec, there will be a Meet and Greet on **Friday, March 8** from 2:00 pm to 3:30 pm in the Café. All staff are invited to attend.



The monthly newsletter for employees and friends of McLaren Thumb Region

March 2019 · Vol. 3, Issue 3

# VOICE

## WELCOME MORRISON HEALTHCARE TO MTR

If you've been to the Take a Break Café, formerly known as the Huron Café in recent weeks, I'm sure you've noticed some changes in the café. Visual changes in food presentation have occurred. Most notably is the food layout and nutritional information that is now displayed next to the food offerings. These noted changes are not the only changes taking place, but are the ones most prevalent as one enters the café. Recently, Morrison Healthcare, a food and nutrition services company, assumed the operation of the café and now serves McLaren Thumb Region. Morrison Healthcare is a leading national food and nutrition services company that serves more than 650 hospitals and healthcare systems. Morrison Healthcare together with Crothall Healthcare form Compass One Healthcare and provide food, nutrition and support services in more than 1,850 locations with a combined 90 years of healthcare-only experience. There are more than 1,200 registered dietitians, 300 executive chefs and 17,000 professional food

service team members. Morrison staff know the true power of food and believe it can touch lives, promote healing and can transform the entire healthcare experience which is what drives employees every day. Morrison Healthcare staff strive to make it easy for customers to make better choices and create personalized experiences that drive overall well-being. Morrison Healthcare currently services 9 of the McLaren sites throughout Michigan. As Morrison Healthcare staff move forward and create a new menu for the MTR café, it will be designed with hospital patients and staff members in mind. This means that more patients and staff with dietary restrictions will be able to order from the menu because the menu items are lower in sodium and fat as a result of being prepared from scratch using fresh, wholesome ingredients. Both Robert Passmore, Corporate Executive Chef and Edward Takacs, Executive Chef, along with other

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

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15th Annual

Save the Date  
McLAREN THUMB REGION'S  
FOUNDATION  
Live & Silent Auction  
FUNDRAISING EVENT

On Friday, April 12, 2019

at the Franklin Inn in Bad Axe

Doors open at 6:30 pm

Entertainment by:

DJ Darin McNabb

Cash Bar

Games

Appetizers

Tickets \$10 each

Tons of Fun!

Contact Person:

Rachel Voss

at 989-269-1507

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Morrison staff members, have been onsite incorporating changes and new recipes for menu offerings that will be pleasing to all. In an effort to educate individuals, a super food will be highlighted each month. Food will be displayed in the Café, along with

useful information on the benefits of each food item and recipes, to encourage and help individuals incorporate the super food into their personal diet and food repertoire. One thing that has not changed is the familiar faces serving our patients and staff. The Café staff are still here and dedicated to providing quality service

and food offerings. If you haven't already done so, stop by the Café and experience all the great things that are happening. Take the opportunity to try new things, educate yourselves and as always, enjoy the excellent food provided by our dedicated staff at the Take a Break Café.

## OCCUPATIONAL HEALTH & CONVENIENT CARE CLINIC HOURS

Have you heard, the Occupational Health and Convenient Care Clinic

has extended its hours to better serve patients? It has!  
The clinic hours are now open **Monday – Friday 8:00 am to 8:00 pm and Saturday – Sunday 9:00 am to 6:00 pm.** Please pass along this great news.



# EDUCATION OPPORTUNITIES

Each day is an opportunity to learn. As professionals, we sharpen our skills and learn new things often. There are many opportunities on campus or in our community to continue our learning. Below are upcoming learning opportunities. If you have any questions, contact Yvonne at ext. 4346.

### HeartCode BLS Classes

Classes will be held **March 6, April 12 and May 10** from 8:00 am to 12:00 pm in the Distance Learning Center (DLC). Class consists of a skills review, video and skills testing. Be sure to complete a Requisition to Attend Seminar form and have it signed by your Department Director and return completed form to the Education Department.

### ACLS Classes

Classes will be held **April 4 & 5, July 25 & 26 and October 10 & 11** from 8:00 am to 5:00 pm on Thursday and from 8:00 am to 12:00 pm on Friday. In order to recertify, your ACLS card cannot expire prior to the class date. If your ACLS Card has or will expire,

please register for the Full Provider Course. Recertification will take place on Thursday not Friday. To register, be sure to complete a Requisition to Attend Seminar form and have it signed by your Department Director. Return the completed form and a check for \$50.00 payable to McLaren Thumb Region to the Education Department. Checks will be returned upon completion of the course. All classes are held in the DLC

### PALS

Classes will be held **June 7 and November 22** from 8:00 am to 5:00 pm in the DLC. To register, be sure to complete a Requisition to Attend Seminar form and have it signed by your Department Director. Return the completed form and a check for \$50.00 payable to McLaren Thumb Region to the Education Department. Checks will be returned upon completion of the course.

### Family and Friends CPR Classes

Classes will be held **March 21** from 5:30 pm to 7:30 pm in the DLC. This

low-cost CPR class is designed for staff or community members who would like to learn CPR, use of an Automated External Defibrillator (AED) and how to relieve choking, but do not need certification. Classes are located in the DLC and cost is \$5.00 per person. To register contact Yvonne in the Community Outreach and Education Department at extension 4346.

### Smoking Cessation Classes

Classes will be held **Wednesday, March 13 and Wednesday, March 20** from 2:00 pm to 4:00 pm in the DLC. This class series is designed to help participants stop smoking by providing essential information, skills for coping with cravings and group support. The cost of the class series is \$25 and payable at the first class. To register for the classes contact Yvonne at ext. 4346.



# EVENING MAMMOGRAMS

## ***WORKING TO HELP YOU!***

We know life doesn't just happen during business hours. To accommodate our patients that need late/after work appointments, McLaren Thumb Region is now offering evening appointments. We at McLaren know your life is busy, but that shouldn't keep you from getting the healthcare you need. McLaren Thumb Region, Doing What's Best for You!

### **HOURS AVAILABLE**

**6:00, 6:30 & 7:00 pm**

To schedule, please call:  
**(989) 269-1565 option 1**

### **3D MAMMOGRAPHY**

The newest breast imaging technology for breast cancer screening and detection that improves the visualization of breast tissue by supplementing conventional two-dimensional mammogram images with detailed image slices of breast tissue at different depths.

# COMPLIANCE CORNER

## Caregiver / Medical Staff / Staff / Employee Responsibilities

- Protect all coworkers, visitors, guests and patients
- Follow policies and procedures
- Report all known or suspected concerns
- Provide accurate, legible, honest and complete documentation
- Protect the organization from fraud, abuse, waste and theft
- Protect the privacy and security of patient PHI
- Promote Compliance of McLaren, our patients and the communities we serve



DOING WHAT'S BEST.®

## THANK YOU McLAREN

The Huron County Barn Burners would like to send out a huge thank you to McLaren for its generous sponsorship. The Barn Burners are a group of 5 travel hockey teams that travel throughout Michigan and surrounding states. Because of McLaren's sponsorship, socks were purchased to match the players' new jerseys on all five teams. The teams will be sporting their new jerseys and socks as they travel to Cleveland for their next tournament. Thank you, McLaren, for supporting your local youth!



## NEW YEAR, NEW YOU

### MTR Health and Wellness Challenge Update

To date, participants in the Health and Wellness Challenge have lost a total of 204 pounds as a group.

They continue to work on weekly goals and attend presentations given by guest speakers as time allows in their schedule. Every pound lost and individual challenge met is a win for the individual participant and the group as a whole. A healthier life style begins with small wins. For this group of participants, they're all winners for participating in this program and beginning the journey

of a healthy life style.

A huge thank you to the coordinators, Rachel Voss, Director of Marketing and Krystin Wolschleger, Director of Rehabilitation for coordinating such an awesome program.

# FREE BALANCE SCREENING

- Appointments made to accommodate your schedule
- No Physician order required
- Completed in 20 minutes

For an appointment, please call:  
**(989) 269-1540**

- Free Balance Screening, information on fall prevention, and recommendations for balance improvements.
- Designed for anyone wanting to check their balance or for people with loss of balance, weakness or decreased coordination.
- A licensed Physical or Occupational Therapist will conduct the Balance Screening and individual consultation. The participant will receive the results of the screening and a copy will be sent to their physician, if requested.



THUMB REGION

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1100 S. Van Dyke  
Bad Axe, MI 48413



## TRAUMA/EP NEWS

### Annual Trauma Symposium Scheduled for March

The Region 3 Trauma Symposium is scheduled for Thursday, March 7, 2019 and will be held at the Horizons Conference Center in Saginaw.

The goal of the Symposium is to bring all trauma care providers together from multiple disciplines to better understand how each discipline impacts positive outcomes for the most severely injured. This year, the Symposium will focus on recent events and real-life cases

in trauma care and mass casualty response including eye witnesses from the Las Vegas Mass Shooting.

If you are interested in attending the Symposium and would like to register you may do so online at [www.Saginaw/TuscolaMCA.org](http://www.Saginaw/TuscolaMCA.org).

If you have any questions about registration please call 989-746-7760 for assistance.

## HUMAN RESOURCES NEWS

### Flexible Benefits Reimbursement Reminder

If you were enrolled in the 2018 flex plan year, the reimbursement deadline is March 31, 2019. If you still have a balance in your flex

account, you can still submit claims for expenses incurred during the 2018 plan year. Please feel free to contact Kim Affer at extension 4341 if you have any questions.

## COMMUNITY INVOLVEMENT

### UPCOMING EVENTS

There are many opportunities within our community in which to participate in an event. This can be accomplished by either volunteering your time and services or by attending. The following are local events in which MTR will be sponsoring or participating. Please consider spreading the word and taking part in these upcoming events:

#### Healthy Living Expo

Saturday, March 9 from 10:00 am to 3:00 pm at Laker High School. Attend the expo to learn more about being physically, emotionally and financially healthy by getting information and seeing professional demonstrations. Come on out and have some fun with the whole family, as this event will feature inflatables & face painting in the Kid Zone, vendors in the Shopping Market, displays and information from your local businesses, demonstrations and presentations by local hospitals, businesses & vendors. There will also be a lunch available.

#### MTR Annual Auction

Please join us on Friday, April 12 for the 15th Annual MTR Auction at the Franklin Inn in Bad Axe. The evening is full of fun activities including 2 live auctions, 3 silent auctions, a 50/50 raffle and several fun games. Please consider participating in this evening of fun by volunteering or attending the event. This is MTR's major fundraising event and we need everyone to participate in some way. If you cannot attend the event, but are interested in being on the planning committee and helping behind the scenes, please contact Rachel Voss at extension 4342 or attend our next planning meeting on March 13 at 10:00 am in the DLC. Many hands make light work.

# CASUAL DAY FOR A CAUSE

For those of you not familiar with our Casual Day Fridays, employees have the option to wear jeans if they donate a minimum of \$1. All of the donations collected for Casual Days are then, in turn, donated to a local or national charity.

All donations collected during the month of March will go to the Huron County Relay for Life; a local event dedicated to raising funds for the American Cancer Society and creating awareness around the fight against cancer.

A total of \$146.00 was collected during the month of January and was donated to the CA/N Council. Know that your participation in Casual for

a Cause does make a difference and is appreciated by all the charities receiving our donations.

Casual day donations are collected by Administrative Assistant, Gerri Schenk who is located on the 3rd floor in room 316.

# LOGO WEAR SALE

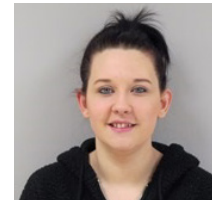
McLaren Thumb Region is partnering once again with Janet's Graphics of Bad Axe to offer another logo wear sale. The sale will take place in the west lobby on **Tuesday and Wednesday, March 5 and 6**. Janet and her staff will be on site with

clothing samples from 1:00 pm to 8:00 pm on Tuesday, March 5 and Wednesday, March 6 from 7:00 am to 2:00 pm. Orders will be taken and Janet will deliver the merchandise to the hospital when it arrives. You can use payroll deduction if you'd like. If you have any questions regarding the logo wear sale, please contact Rachel at extension 4342 or Yvonne at extension 4346.



# NEW FACES AT McLAREN THUMB REGION

With a new month comes new faces at MTR. This month we have only 1 new staff member. Please join us in welcoming Zoe Klemmer to our team. If you see Zoe stop her, say hello and welcome her aboard!



**Zoe Klemmer**  
Housekeeping

# EMPLOYEE BIRTHDAYS



**The following employees have birthdays during the month of March:** Caleigh Rasmussen (03/01), Tammy Puvalowski (03/02), Jennifer Messing (03/02), Kathy Mausolf (03/03), Denise Peruski (03/05), Kay Particka (03/07), Arlene Torres (03/08), Laurie Matthews (03/08), Robert Finan (03/09), Ashley Jacobs (03/09), Holly Anderson (03/13), Carol Koen (03/14), Lee Owen (03/16), Rebecca Sting (03/17), Michelle Hammond (03/17), Sonia Fleming (03/17), Sue Messing (03/19), Anne Vacekonis (03/21), Cody Booms (03/22), Jennifer

Alexander (03/23), Cari Fritz (03/23), Sara Henderson (03/29), Tracy Easson-Staniland (03/29), Shannon Stec (03/29), Lisa Jezewski (03/31), Candice Reithel (03/31) and Justin Ide (03/31).

Hope your special day brings each of you all that your heart desires! Here's wishing you a day full of pleasant surprises. If you happen to see any of these folks, be sure to wish them a happy birthday!

Please note, if you prefer not to have your birthday listed, please contact Kim S. at ext. 4336.

Remember if you are celebrating a birthday or a length of service work anniversary during the month of March, you will be invited to celebrate over light hors d' oeuvres and cake with our CEO, Michael Johnston. Getting together with Michael is a special time to celebrate you and/or thank you for your service to our organization. Invitations will come via employee email, and employees are asked to RSVP a week prior to the event. Attendance is voluntary.