Making the Blue Water community a better place to live, work, and grow

Children’s Festival returns

Spring into these healthy classes

Guardian Angels recognized
MESSAGE FROM THE PRESIDENT

Ask health care professionals what they are most passionate about, and they would probably say it is improving the health of the patients they serve. At McLaren Port Huron, this passion is evident every day in our frontline staff and shared by our executive leadership, Board of Trustees, and leadership team.

Over the past four years, we have been expanding our footprint to do just that – to improve the health and wellness of our community by providing greater access to care. While the $161 million capital investment modernized our facility, it also allowed us to accommodate more patients by expanding the square footage in our Emergency Room, Observation Unit, ICU, and Operating Rooms. We have purchased new technology for heart and cancer services.

Aside from our expansion efforts in recent years, we have always focused on – and remain committed to – health prevention, outreach and education. Hospital and community planning teams regularly assess community health indicators, such as leading causes of death, disease rates, health risk behaviors, and access to health care. We then prioritize major health disparities impacting the community, and we implement action plans.

As a result, we offer many resources, including community sponsorships, free and low-cost health screenings, support groups, and educational seminars. Over the past year, we have also started looking very closely at educating our youth about healthy lifestyles as well as potential career opportunities in the health care industry.

We have funded health labs at Marysville Schools. Through partnerships with Port Huron Schools, we have trained educators how to save lives through a program called Stop the Bleed, which is a national effort to become trained, equipped, and empowered to help in a bleeding emergency before professional help arrives. We also partnered with the school district to train students in the 7th grade on administering CPR. Registered nurses teach CPR to approximately 730 middle school students annually. We have also worked with various school districts to educate students about the dangers of vaping.

Most recently, we collaborated with Port Huron High School and Port Huron Northern to help design a curriculum specifically related to working in the health care industry. Students who enroll in the Biomedical Science program engage in compelling, hands-on activities to diagnose diseases. McLaren Port Huron’s goal is to empower our local youth to lead healthy lifestyles and offer career exploration that will build our talent pipeline for the future.

To us, investing in the community means we are nurturing and saving lives every day. Improving the health and wellness of children and adults – and making the Blue Water community a better place to live, work and grow – is ALWAYS at the core of everything we do.

Jennifer Montgomery, MSA, RN, FACHE
President and CEO
Voluntary Community Benefit Services & Programs

<table>
<thead>
<tr>
<th>Service</th>
<th>Citizens Served</th>
<th>Community Benefit</th>
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<tr>
<td>Community Health Education</td>
<td>280,675</td>
<td>$335,221</td>
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<tr>
<td>Self Help</td>
<td>54</td>
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<td>Support Group</td>
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<td>Transportation Services</td>
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**Total Community Health Improvement Services**
Citizens Served: 282,388
Community Benefit: $433,615

Other Voluntary Community Benefits

<table>
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<tr>
<th>Benefit</th>
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<tr>
<td>Financial and In-Kind Contributions</td>
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<td>Community Building Activities</td>
<td>301</td>
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<td>Community Benefit Operations</td>
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**Total Other Voluntary Community Benefits**
Citizens Served: 301
Community Benefit: $302,039

Community Benefits Resulting from Unpaid Costs of Patient Care

<table>
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<tr>
<th>Benefit</th>
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<td>Financial Assistance at Costs</td>
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<td>Bad Debt at Costs</td>
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<td>Medicare Shortfall/Surplus</td>
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<td>Medicaid Community Benefit</td>
<td>$1,158,147</td>
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**Total Unpaid Costs of Patient Care:** $4,118,108

**Total Community Benefits:** $4,853,762

Students from Port Huron Schools’ biomed program learn about our trauma program with Trauma Program Manager Caren Kosal.

Registered Dietitian and Certified Diabetes Educator Laura Dahnke works with students enrolled in Port Huron Northern High School’s biomed program.

Students from Port Huron Schools’ biomed program visit the OR and learn about the da Vinci surgical system with da Vinci Specialist Steve Schlitt.
CHILDREN’S FUN & FITNESS FESTIVAL RETURNS

When kids are asked, “What do you want to be when you grow up?”, the response can vary from professional athlete to ballerina. But, as children are being exposed to more STEM (science, technology, engineering, and math) education, the responses are reflecting career choices in these fields too. A hospital environment can provide a glimpse into so many career options, and the Children’s Fun and Fitness Festival is a great way to experience them firsthand.

The McLaren Port Huron Children’s Fun and Fitness Festival made its debut in 1989, with the mission to familiarize children with the hospital environment in a way that is fun and active, while getting them excited about their health. The event had been held annually until 2016, when it was placed on hold due to construction and the addition of the new South Tower. Now that the tower construction is complete, there will be more stations for kids to visit.

This event is geared toward children ages 5 to 11 and will include several interactive stations throughout the John F. Wismer Health Center, as well as the North and South Tower lobbies, including an obstacle course, pet therapy, and a mock operating room tour. Other stations include health screenings, educational materials, and other fun activities for children. Each child present can enter to win one of two bicycles donated by the Noon Optimist Club of Port Huron.

Registration at the Wismer Main Entrance begins at 9 a.m. and ends at 12:30 p.m. Free valet parking is available. Children must be accompanied by an adult.

Children’s Fun & Fitness Festival
Saturday, April 6 • 9 a.m. – 1 p.m.
There’s no denying that excess weight undermines good health. The National Institutes of Health ranks obesity and excessive weight together as the second-leading cause of preventable death in the United States and estimates 300,000 deaths a year result from these conditions. Being significantly overweight increases the odds of developing heart disease, stroke and Type 2 diabetes. Certain types of cancer are also related to obesity, according to the U.S. Centers for Disease Control and Prevention.

For those who need to lose weight and are seeking methods that work, more people are turning to medical science — and bariatric surgery is a viable option. McLaren Port Huron’s Bariatric Center of Michigan is the Blue Water Area’s leader in bariatric services and is the only program in the area accredited by the national Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program.

Determining if you are a candidate for weight loss surgery begins with this self-assessment:

- Are you 100 pounds or more above your ideal body weight and want to lose weight?
- Do you have a body mass index (BMI) of 40 or more? BMI is the ratio of weight to height. You can find a BMI calculator at www.mclaren.org/phbariatric.
- Do you have a BMI of 35 or greater with one or more obesity-related health condition(s)?
- Have other forms of weight control failed?
- Are you well informed about the potential procedure and risks?

If you answered yes to any of these questions and you are 18 years of age or older, you may be a candidate for weight loss surgery. Together, you and your bariatric surgeon will take steps to determine if surgery is the right treatment for you, which type of procedure is right for you, and if you are prepared to make life-long lifestyle changes.

If you choose the hospital’s bariatric services, you can expect a full continuum of care. This includes a complete medical evaluation, surgical consultation, psychological and nutritional counseling, complete pre- and post-operative care, a specially equipped unit for inpatient care and access to bariatric support groups.

Weight-loss surgery isn’t a quick fix. It’s a significant lifestyle change — and McLaren Port Huron’s team of bariatric specialists have been trained to assist people who choose bariatric procedures by helping them adopt more active, healthy habits. This comprehensive care increases your chances for long-term weight-loss success and improved quality of life following surgery.

McLaren Port Huron’s bariatric specialists can help you become a new, healthier you. If you believe bariatric surgery would improve your health and well-being, plan to attend a free informational seminar. For more information, contact McLaren Port Huron’s Bariatric Center of Michigan at 810-989-3328 or visit www.mclaren.org/phbariatric.
SPRING 2019

Registration is required for all programs, unless stated otherwise.
Register online at www.mclaren.org/phevents or call
HealthAccess at 800-228-1484 with credit card information.
Refunds cannot be given unless there is a 48-hour notice or
McLaren Port Huron cancels the program.

McLaren Port Huron (MPH)
Duffy Classroom / Drew Classroom
1221 Pine Grove Ave., Port Huron

McLaren Port Huron (MPH) Jefferson Building
1320 Washington Ave., Port Huron

Bariatric Informational Seminars
Upcoming seminar dates and information about surgeons and surgery options is listed
at www.mclaren.org/phbariatric.
MPH Duffy Classroom • Cost: Free

Children’s Fun & Fitness Festival
See details on page 3.
April 6; 9 a.m. – 1 p.m. • Cost: Free
McLaren Port Huron

Fresh Start to Quit Smoking
This four-week program will provide you the tools
to help you quit smoking for good. Participants
will select their quit day during the third class.
Participants must attend all four sessions.
April 8, 15, 22 & 29; 2:30 – 3:30 p.m. • Cost: Free
MPH Jefferson Building

Lunch with the Doctor: Skin Care
While skin protection is important at every age, seniors
can be particularly vulnerable during the summer.
Join Michael D. Render, PA-C, to learn about skin
protection and how to identify suspicious spots.
April 18; 11:30 a.m. • Cost: Free
MPH Duffy Classroom

Legal Aspects of Long-Term Care
Learn about long-term care plans. Discuss the advanced
planning checklist and topics such as Medicaid, estate
planning, and financial planning for long-term care.
Sponsored by McLaren Port Huron Foundation.
April 23; 10 – 11:30 a.m. • Cost: Free
MPH Jefferson Building

Beauty & Healing
This program teaches women during any stage of
cancer treatment about skin care, makeup application,
and using scarves and hats as head coverings.
Select a wig, free of charge, from our wig bank.
April 25 • May 23 • June 27; 1 p.m. • Cost: Free
MPH Jefferson Building

Savvy Seniors Series:
Healthy Eating for a Healthy Inside
Learn about the nutrients in food, how to read
food labels, and how they benefit you. Participants
will also enjoy samples of healthy food.
May 1; 10 a.m. • Cost: Free
Marwood Nursing & Rehab
1300 Beard St., Port Huron

Stress Less with Mindfulness
Learn mindfulness self-care skills and alternative
ways to relate to everyday life experiences
to help you feel better and enjoy life more.
Lunch is provided. Limited space available.
To register, call 810-989-3322, ext. 1006.
May 7, 14, 21 • June 4 & 11; 11 a.m. – 2 p.m.
Cost: Free
MPH Medical Office Building
Superior Conference Room
1231 Pine Grove Ave., Port Huron

AARP Smart Driver Course
This two-day course will help you refresh your
driving skills to stay safe behind the wheel.
Participants must attend both days. Bring payment
to the first class. Checks preferred, written to
AARP. Must show AARP card for discount.
May 15 & 16; 10 a.m. – 2 p.m.
Cost: $15 AARP members • $20 nonmembers
MPH Jefferson Building

Medicare 101
Join the Michigan Medicare and Medicaid
Assistance Program to learn about Medicare
eligibility and coverage, enrollment, fraud
prevention and insurance updates.
June 5; 10 – 11:30 a.m. • Cost: Free
MPH Jefferson Building

Give Cancer the Boot Survivor Picnic
Wanted: cancer survivors, their families and care
team. Saddle up and celebrate survivorship! Enjoy
barbeque vittles and fellowship. Sponsored by
McLaren Port Huron and the Barbara Ann Karmanos
Cancer Institute. Registration required by June 12.
June 19; 5:30 – 7:30 p.m. • Cost: Free
Marysville Community Center
867 E. Huron Blvd., Marysville
**DIABETES EDUCATION**

**Diabetes Education**
MPH offers diabetes education in a small group or individual setting Monday – Friday at various times. A physician order and registration are required. For more information or to register, call 810-989-3362.

**MPH Diabetes Education Classroom**
Wismer Third Floor • Cost: Varies

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**CHILDBIRTH EDUCATION**

Several courses are offered throughout the quarter. For more information or to register for the following classes, call HealthAccess at 800-228-1484.

**Saturday Express**
April 13 • May 4 • June 1; 8:30 a.m. - 4 p.m.

**Comfort and Relaxation During the Birthing Process**
May 13; 6 – 8 p.m.

**Breastfeeding 101**
May 18; 10 a.m. – noon

**Childbirth Education Online**
Call HealthAccess for more information.

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**SUPPORT GROUPS**

**Alzheimer’s Support Group**
April 23 • May 28 • June 25; 2 – 3:30 p.m.
MPH JEFFERSON BUILDING

**Bariatric Surgery Support Group**
April 16; 5:30 – 6:30 p.m.
MPH WISMER 3RD FLOOR CLASSROOM

**Cancer Support Group for Women**
April 9 • May 14 • June 11; 6 – 7:30 p.m.
MPH JEFFERSON BUILDING

**NEW! Grief Support Group**
A support group for adults ages 18 and over who have lost someone to cancer. Facilitated by a certified grief counselor, this group is a safe place to express feelings, or to just listen. Sessions are informal and confidential. No registration is required.
June 12 & 26; 5 – 7 p.m.
MPH JEFFERSON BUILDING

**Heart to Heart Support Group**
April 17 • May 15 • June 19; 5:30 – 7 p.m.
MPH JEFFERSON BUILDING

**Multiple Sclerosis Support Group**
April 13 • May 11 • June 8; 10 a.m. - noon
MPH NORTH CLASSROOM

**Parkinson’s Support Group**
April 3 • May 1 • June 5; 2 – 3:30 p.m.
MPH JEFFERSON BUILDING

**Stroke Survivors Support Group**
April 3 • May 1 • June 5; 10 – 11 a.m.
MPH
GUARDIAN ANGEL PROGRAM

Gifts received through this program recognize deserving caregivers, and also provide a healthier tomorrow for our community. As a non-profit hospital, McLaren Port Huron provides millions of dollars in charity care each year, as well as community benefit activities like free health screenings, educational programs, and partnerships with our local schools.

Guardian Angel brochures can be found in different locations of the hospital, accessed online at www.mclaren.org/porthuron, or by calling the McLaren Port Huron Foundation at 810-989-3776.

FROM A PATIENT:

“I was admitted to the hospital on two different occasions. I cannot say enough about the great care extended to me during both of my stays. They catered to my every need and seemed disappointed when I did not have any requests. The way they cared for me, I felt like royalty! I don’t know how McLaren manages to get so many dedicated professionals. Everyone was wonderful!”
### 2018 Guardian Angel Recipients

<table>
<thead>
<tr>
<th>5 East Staff</th>
<th>Courtney Dusablon</th>
<th>Terri King</th>
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<tr>
<td>Wendy Anglebrandt</td>
<td>Patricia Dziubinski</td>
<td>Deborah Koehler</td>
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<td>Sarah Artman</td>
<td>Anthony Emerick</td>
<td>Brianna Koveck</td>
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<td>Nichole Bannister</td>
<td>Jennifer Emmert</td>
<td>Kristen Krahmke</td>
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<td>Christopher Barnes</td>
<td>Nicole Ennest</td>
<td>Dr. Ajay Krishen</td>
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<td>Nicole Biessel</td>
<td>Melissa Farquhar</td>
<td>Kayla Lee</td>
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<td>Ashlyn Blue</td>
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<td>Cortney Lyons</td>
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<td>Jean Boland</td>
<td>Hannah Francavilla</td>
<td>Amy Magnus</td>
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<td>Amy Bolt (4)</td>
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<td>Mary Maloney</td>
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<td>Heather Gieleghem (4)</td>
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<td>Autumn Boucher</td>
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<td>Alexandria Bramer (3)</td>
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<td>Laurie McIntyre</td>
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<td>Sherry McKenzie</td>
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<td>Georgia Griner</td>
<td>Jourdan Mills</td>
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<td>Timothy Nemecek</td>
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<td>Brooke Zwack (6)</td>
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### MARWOOD Employees

<table>
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<tr>
<th>Alyssa Pickard</th>
<th>Camille Haslinger</th>
<th>Karen Sherman</th>
<th>Demi Varti</th>
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<tr>
<td>Jennifer Hauck</td>
<td>Jenny Jackson</td>
<td>Danielle Mitchell</td>
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DONORS TOUR THE HISTORIC HARRINGTON INN

On Wednesday, February 20, 50 Beacon and Partners in Health members had a “behind the scenes” tour for a vision of the future of one of Port Huron’s most iconic historic buildings, the Harrington Inn. The group then gathered at the Vintage Tavern for some fellowship and visiting.

PAINT THE TOWN RED

In celebration of American Heart Month, 68 individuals gathered at the Marysville Community Center for a fun, educational night at our Paint the Town Red event February 7. Guests enjoyed hors d’oeuvres with wine pairings, a photo booth, door prizes, and a keynote presentation by cardiologist Dr. Bashar Samman about the signs and symptoms of heart attack and the importance of seeking early intervention.

WELCOME CHRISTINE ALLOR, NP

Christine Allor, NP, has joined Dr. Robert Dembosky at McLaren Port Huron – Marysville Internal Medicine. She is accepting new patients. If you would like to make an appointment, please call the office today.

SAVE THE DATE!

Paint the Town Red committee (left to right): Anne Culling, Ellen Hoover, Lori Pidick, Kelly DiNardo, Heather Hayes, and Pattie Munoz

SAV THE DATE!

McLaren Port Huron
Marysville Internal Medicine
1750 Busha Highway
Marysville, MI 48040
810-364-4130

Celebrate the 40th Anniversary

Tuesday, July 9, 2019

More info at mclaren.org/phgolf

Celebrating the 40th Anniversary and the Year It All Began...
On Friday, March 1, more than 800 people attended this year’s Little Black Dress event, raising $35,000 for the Betty Kearns Cancer Fund at McLaren Port Huron. This fund assists both men and women fighting any kind of cancer, easing financial burdens during treatment and allowing patients to focus on healing. Since the Betty Kearns Cancer Fund’s inception at McLaren Port Huron, it has helped 57 local cancer patients, providing over $40,000 in assistance.

While the event is held annually, donations to the fund are accepted throughout the year. If you would like to support local cancer patients, contact the McLaren Port Huron Foundation at 810-989-3776.

LITTLE BLACK DRESS HAS RECORD YEAR

- The Little Black Dress Event began in 2007; the year after the Kearns family lost their beloved mother, grandmother, aunt and friend, Betty Kearns, to breast cancer.
- Inspiration for the event was based on the days of Betty and her husband, Ted Kearns, dressing up to dance the night away with Betty in her little black dress.
- The first Little Black Dress event was held at the Thomas Edison Inn with 150 women attending.
- The event now sells out every year with nearly 900 women attending.
- The event has raised over $200,000 to fund local cancer programs.
- Since 2009, the Kearns family has donated over $125,000 to McLaren Port Huron cancer programs.
- In 2016, the Betty Kearns Cancer Fund was established at McLaren Port Huron. This fund specifically assists all cancer patients who are experiencing financial difficulties treating at the Barbara Ann Karmanos Cancer Institute at McLaren Port Huron.
- Since the Betty Kearns Cancer Fund inception at McLaren Port Huron, it has helped 57 families – providing over $40,000 in financial assistance.
“IN GOOD HEALTH”

is published quarterly by the Marketing Department at McLaren Port Huron. It is designed to provide readers with the latest, most accurate information regarding health and hospital news and events. If you would like to receive this publication, email contactus@porthuronhospital.org.

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

ER CHECK-IN FROM HOME

At McLaren Port Huron, we understand that when you need emergency care, the waiting room is the last place you want to be. That's why we offer an online registration for non-life-threatening emergencies so you can check in to our ER right from home and minimize the wait when you arrive.

Just visit mclaren.org/phER to select an ER treatment time that fits your schedule.

The next time you need expert ER care for non-life-threatening emergencies, register online so the waiting room can be your living room. It's one more way McLaren Port Huron is doing what's best.