

GREATER LANSING GOOD LIFE



INSIDE:

NEW PROGRESS IN THE FIGHT AGAINST COVID

McLAREN NURSE GIVES ULTIMATE GIFT

**IS A LUNG CANCER SCREENING
RIGHT FOR YOU?**

SUMMER 2020

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 **McLaren**

GREATER LANSING

DEAR FRIENDS,



It goes without saying that the past year has been a challenge unlike any we've ever faced.

Health care workers around the world continue to courageously fight COVID-19 and the recent approvals of new vaccines means reinforcements are on the way.

While there's no way to know exactly what the future holds, we do know this: McLaren will always be here to provide the care you need, when you need it.

Through it all, we haven't done it alone. From the signs with messages of encouragement put up outside our hospital to the donations of food and handwritten thank you cards, our community's support for our staff has been incredible. The best way to continue to help our frontline health care workers is to do everything you can to keep yourself and your family safe. That means wearing a mask, washing your hands frequently, and following social distancing guidelines.

These are some of the same precautions we're taking when you come to us for care. We're continuing to go above and beyond with safety precautions, including immediately separating patients with COVID-19 symptoms, screening patients for symptoms when they come to our facilities, and frequently disinfecting high-touch areas, all while using the right protective equipment.

Thank for you trusting us with your care and for your support through these unprecedented times. I wish you and your family all the best in the new year ahead.

Kirk Ray
President and CEO, McLaren Greater Lansing

THE FIGHT AGAINST COVID-19 TAKES A LEAP FORWARD

McLaren Greater Lansing recently began the process of immunizing its health care workers against COVID-19 at the hospital.

"Our health care heroes have been courageously battling each wave of this virus for nearly a year," said Dr. Linda Peterson, McLaren Greater Lansing Chief Medical Officer. "Now it is time we take the final fight to COVID-19."

U.S. Food and Drug Administration (FDA) recently authorized Pfizer's COVID-19 vaccine for emergency use, which began being distributed to hospitals in mid-December.

"I'm honored to be receiving the vaccine," said Dawn Chapel, RN in the ICU at McLaren Greater Lansing, the first staff member at the hospital to receive the vaccine. "I'm extremely hopeful for the future and very excited. This feels like a light coming from the darkness."

McLaren Health Care's vaccination efforts have resulted in one of the largest rollouts for health care workers across the state.



“ I'm extremely hopeful for the future and very excited. This feels like a light coming from the darkness. ”



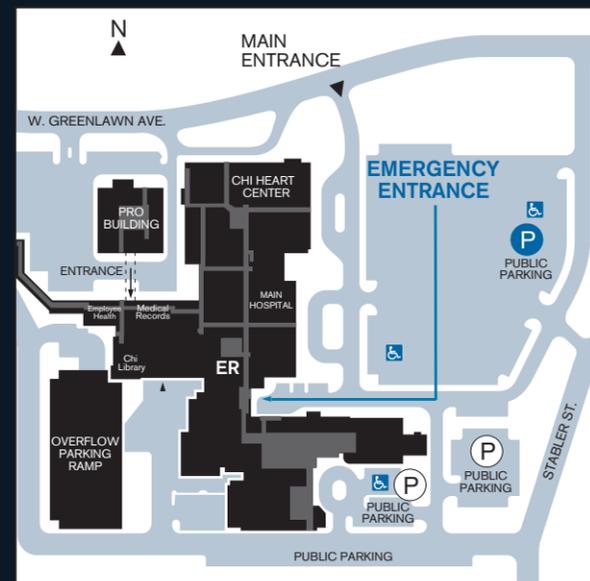


LANSING'S ONLY ONLINE EMERGENCY ROOM CHECK-IN

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Check in online, choose a time that works for you, then wait from home for non-life-threatening health needs.

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DOING WHAT'S BEST.®

FLU VS. COVID-19: WHAT YOU NEED TO KNOW



Flu season is here, and with added concerns over COVID-19, it's critical to know how the symptoms of each virus differ and when you should consider being tested.

Symptoms such as shortness of breath, cough, fever, chills, fatigue, sore throat, headaches, runny or stuffy nose, and muscle and body aches, can each be signs of the flu or COVID-19.

"Influenza and COVID-19 are both respiratory illnesses caused by viruses, so it can be difficult to differentiate if we only consider the symptoms someone is experiencing," said Dr. Linda Peterson, McLaren Greater Lansing Chief Medical Officer.

It is especially important for those with underlying medical conditions including COPD, asthma, or hypertension, and people with compromised immune systems to get tested if they have symptoms that could indicate COVID-19.

“ The biggest difference in symptoms is the loss of taste and smell for those with COVID-19. ”

"The importance of trying to differentiate between influenza and COVID-19 comes down to the treatment options," said Dr. Peterson. "We have different FDA-approved antiviral drugs for both COVID-19 and influenza, so it's imperative we know which path to take."

While testing is required to confirm a COVID-19 diagnosis, there are some warning signs that can help differentiate from flu symptoms.

"The biggest difference in symptoms is the loss of taste and smell for those with COVID-19," Peterson said. "It's a major red flag when people experience those symptoms."

Testing for COVID-19 can also help you know what steps you need to take to keep others safe from being exposed.

"Flu symptoms usually develop one to four days after exposure, while those with COVID-19 can develop symptoms two to 14 days after exposure," said Dr. Peterson. "This means there is a longer window to be a carrier of COVID-19 without knowing you are infected."

For more information on COVID-19, visit mclaren.org/safecare.

LUNG CANCER SCREENINGS NOW AVAILABLE AT McLAREN



When lung cancer spreads, it may cause bone pain and jaundice or swelling of the lymph nodes.

To help detect lung cancer at an early stage, McLaren Greater Lansing offers lung cancer screenings. The lung cancer screening CT is covered by most insurances with no out-of-pocket costs; however, it's recommended that you check with your insurance company to see if lung cancer screening is covered.

If a suspicious lung nodule is found, further testing may be advised and may incur a deductible and out-of-pocket costs. Follow-up testing will be recommended depending upon the size and characteristics of the nodule. Not all lung nodules are cancerous, but it is important that lung nodules are monitored to observe for progression.

Screening for lung cancer is a multi-step process. It begins with an office visit to assess needs and risks. Eligible candidates will then undergo low-dose CT scans. These scans are more sensitive than X-rays and can detect abnormalities in the lungs. Scans are then read by a radiologist.

"If a person meets the criteria for a lung cancer screening, they will be scheduled for a shared decision-making appointment with a primary care provider. The physician will go over risks versus benefits of the screening and discuss next steps if something comes back abnormal," said Loomis. "The screening itself is roughly two minutes and doesn't require any preparation."

Men and women ages 55-80 who are current smokers or who quit no more than 15 years ago, with at least a 30-pack-per-year smoking history, should be screened for lung cancer.

To learn more about lung cancer screening, visit karmanos.org/lansingcancer.

Lung cancer is the leading cause of cancer death and the second most common cancer among both men and women in the United States, according to the American Cancer Society. Each year, more than 228,000 new cases of lung cancer are diagnosed in the United States and more than 135,000 people die from this disease.

Most people with lung cancer don't have symptoms until the cancer is advanced, so it's critical to be screened if you are between the ages of 55 and 80 and have a history of heavy smoking.

At very early stages, lung cancer may not exhibit symptoms. When symptoms do occur, they may include a cough that does not go away, coughing up blood, chest pain, loss of appetite, weight loss, fatigue, shortness of breath, wheezing, or respiratory infections, such as bronchitis, that reoccur or don't go away.

WHEN DIETING DOESN'T WORK, WEIGHT LOSS SURGERY CAN HELP

Over the last 30 years, obesity has become the most prevalent disease in the world, and more people suffer from the health effects of obesity than from any other disease.

Morbid obesity, which is typically defined as having a BMI of 35 or higher, is a result of neurochemical changes that occur after a person gains a substantial amount of weight. As a result of these chemical changes, diets are often unsuccessful for patients with morbid obesity and surgical intervention has been shown to be the most effective treatment option.

"Often by the time patients get to my office they have spent years researching medical weight loss options," said Dr. Michael Kia, DO, FACOS, FACS, bariatric surgeon at McLaren Greater Lansing. "Something changes or develops in their life that drives them to take the next step to getting better. Maybe it's a recent diabetes or hypertension diagnosis, or they can no longer do something they enjoy."

The first step to getting long-lasting help is meeting with your primary care provider to discuss healthy lifestyles and explore weight loss options. If it's determined that seeing a bariatric specialist is your next step, your primary care physician can refer you to the McLaren Greater Lansing bariatric program.

To qualify for coverage through most insurance plans, the person considering surgery would have a body mass index (BMI) of 35 or higher and have participated in dietary programs for six months.

"On average we spend 6 to 8 months with each patient on education, weight counseling, nutrition, behavioral modification, and physician counseling before considering surgery," said Dr. Kia. "The surgery is just one part of the many changes that will happen to our patients when they make this positive change in their life."

The two most common weight loss surgeries are Roux-en-Y Gastric bypass and the Sleeve gastrectomy. Both surgeries work by correcting the abnormal communication signals that have developed during the disease of obesity. However, each has its own distinct advantages in the treatment of morbid obesity and the different health conditions that can develop.

In meeting with the bariatric team, you can discuss the different options to determine which is best for you.

"We are giving the patient a start-over," said Dr. Kia. "An opportunity for the brain and the body to reset before the disease began. It's not a guarantee, but it is a new beginning."

To learn more about bariatric surgery, visit mclaren.org/lansingbariatrics.



McLAREN NURSE GIVES THE ULTIMATE GIFT



After completing treatment, Sanchez was accepted into a clinical trial at Cleveland Clinic, where she receives an injection and MRI every 10 weeks to help combat the glioblastoma if it were to reoccur, which is known to happen with this type of cancer. Sanchez is now celebrating three years without a recurrence of cancer. However, this experimental treatment comes at a cost.

“We learned before agreeing to participate in the clinical trial that we wouldn’t be able to get pregnant, despite being able to, physically,” said Sanchez. “Since it is unknown how the medication could affect a growing fetus, it would be unethical to become pregnant and continue to participate in the trial. Since the treatment has been very successful, it wasn’t a choice for us to discontinue my cancer care treatments.”

The couple then began to research gestational surrogacy.

“We weren’t sure of the status of my eggs post-chemotherapy so we went to a doctor and found out my eggs were healthy,” said Sanchez.

The couple then turned to Facebook. It was clear that they were going to have a long road ahead finding someone to help them grow their family. They posted on the social media site about looking for a surrogate, and an old high school friend of Sanchez’s, who is a nurse at McLaren Greater Lansing, answered the post offering to help.

“I just felt this undeniable calling from God; that’s the best way I can describe it,” said Christy Acevedo, nurse at McLaren Greater Lansing. “We went to high school together, and I saw her post on Facebook. I reached out to learn more about her story. My husband and I talked about how blessed we were to have our two girls and the opportunity to give that to someone else. We realized the sacrifice it would be, but also that it was a short time in our lives to forever change theirs.”

In May of 2007, Katy Sanchez (Potocki) and Christy Acevedo (Brown) would have been standing just feet apart from each other in the Perry High School gymnasium getting ready to receive their high school diplomas. More than a decade would pass before they would be that close again, and for a reason neither could have ever imagined.

Sanchez married the love of her life in May of 2017. Ten weeks later she was diagnosed with a glioblastoma multiforme IV after her optometrist found elevated intracranial pressure during an eye exam. She had a CT scan completed, and the tumor was removed four days later.

Within weeks of tying the knot, the couple jumped right to the “in sickness and in health” part of marriage, and their lives became filled with doctor’s appointments and traveling to meet with specialists in the field.

“We started the standard of care for glioblastoma, which is a combination of brain radiation and chemotherapy. I did six weeks of brain radiation and the chemotherapy together, and six months of the chemotherapy once every 25 days at double the dose,” said Sanchez.

The dream team was formed. Sanchez and Acevedo, along with their husbands and families, began the process of creating a life.

After jumping over many hurdles, transfer day to place the embryo was scheduled for January 15, 2020. “I covered the day in prayer, and kept reminding myself I had done everything I could to make this successful, although I was still very anxious and excited,” said Acevedo.

Sanchez and Acevedo found out that the embryo had implanted successfully right around the same time that the coronavirus had made its way to Michigan and locked down the state.

“I work as a floor nurse in a float pool at McLaren, and that already comes with potential concerns,” said Acevedo. “The concern for my health, let alone the baby’s health, increased exponentially once we started caring for COVID-19 patients.”

“Once the pregnancy reached 10 weeks, we received care from Dr. Theresa May-Hartle at McLaren DeWitt Women’s Health, who was amazing,” said Sanchez. “She really took an interest in our story, and was so amazing at appointments including with me. It’s hard not to feel like the third wheel in the room, but Dr. May-Hartle always referred to me as ‘mom,’ and made sure that I was a part of the whole process and plan. No one ever came in a room wondering who I was.”

Pregnancy during a pandemic comes with many unknowns the couples encountered when it came time to deliver, including questions like who would be able to be there and what the delivery would look like. Fortunately, delivery day went smoothly, and both couples were able to be there for the birth.

“The whole experience was amazing,” said Sanchez. “My husband and I were able to have our own room, so we could bond with the baby immediately. It was so nice being at the hospital for those two nights; we were ready to go home but we appreciated having the nurses help while we were there. It was also nice that Christina had privacy with her husband during labor.”

Baby Sanchez was born on October 1, 2020. She weighed 8 lbs. and 5 oz. and was 20.5 inches long. One of her two middle names is Christina in honor of Acevedo.

“I was very forthcoming with sharing this amazing story while I was pregnant. And with that came many questions from people. Most would ask how I would feel after birth and giving the baby over to her mom and dad. I never felt like I was giving her away; she was always Katy and Josh’s,” said Acevedo. “It’s a relief to have my part be completed, and both the baby and I are safe and healthy. It’s still so amazing to me what we were able to accomplish in a year. A baby was born, yet, so were a mother, father, grandparents, aunts, uncles, cousins, and so on. The journey has been very humbling.”

These two families have become almost like one big family over the past year, and Baby Sanchez now has two older “sister friends,” to grow up with. “She is a mellow baby. We joke that Christy’s calm and quiet demeanor transferred over to our baby girl during the pregnancy. We are so happy to have her here at home. We are beyond fortunate to have Christy come back into our life, and to have incredible care for her and our baby at McLaren.”

To read the full story, visit mclaren.org/lansingblog.



McLAREN STAFF DONATES BIKES TO LOCAL CHILDREN IN NEED

Remember your first bike? The feeling of freedom, speed, and knowing you have something that was unmistakably yours is one that doesn't soon fade. Nearly 30 children in the Lansing area will get to experience that excitement over the holidays, thanks to the generosity of some McLaren Greater Lansing employees.

"For years, the Environmental Services department adopted a family, and one of the things we always did was make sure all the kids in the family would get a bike," said Tony Yeo, McLaren Greater Lansing Manager of Environmental Services. "The staff came together and decided to expand that idea and give bikes to more kids."

The donations are part of the McLaren Greater Lansing Foundation's Simple Gift Holiday Tree program, which has been a staple of holiday giving at McLaren for the past 10 years. The yearly effort gives hospital employees an opportunity to help those in need during the holiday season. Each department or group of departments that participates in the program is issued a three-foot-tall tree that is decorated in a theme of their choosing.

"Last year, we donated around 15 bikes, and this year our staff wanted to do even more," said Yeo.

This year, the Environmental Services team lead an effort, along with donations from other departments, to purchase 27 bikes and a large number of helmets to donate to Toys for Tots.

"All kids should have a bike, especially at this time," said Steve Doss, McLaren Greater Lansing environmental technician. "It's very right this year, so I went all out trying to get more."

"It means so much to our staff because they know they're making a huge difference in a child's life," said Yeo. "A bike isn't going to break, a child won't outgrow it quickly, and they can get exercise, so it's a gift that keeps on giving."



Yeo credits the tireless work of his staff throughout the year to collect money for the bikes, and he says they are always willing to give. Some employees spent hours returning pop cans collected over the past year, while others worked to get discounts on new bikes and handled the logistics of pickup and drop-off for the donations.

"When things get tough, our team steps up and make things happen," said Yeo. "They have huge hearts."

UPCOMING FREE HEALTH AND WELLNESS EVENTS



OBESITY AND BARIATRIC SURGERY - DR. MICHAEL KIA, D.O.
ONLINE PRESENTATION - THURSDAY, JANUARY 28, 4-5 P.M.

Over the last 30 years, obesity has become the most prevalent disease in the world, and more people suffer from the health effects of obesity than from any other disease. Join Dr. Kia as he discusses lifestyle changes and surgical interventions that can help people lose weight and keep it off.



NASAL OBSTRUCTION - DR. AHMED SUFYAN, M.D.
ONLINE PRESENTATION - TUESDAY, FEBRUARY 16, 6-7 P.M.

Do you have trouble breathing through your nose? If so, join Dr. Sufyan, otolaryngologist, at Mid-Michigan ENT as he discusses treatment options, including nonsurgical and surgical treatments.



ENLARGED PROSTATE AND DIFFICULTY VOIDING - DR. RAFID YOUSIF, M.D.
ONLINE PRESENTATION - TUESDAY, MARCH 16, 6-7 P.M.

Voiding dysfunction can present in many ways, including slow or weak urine stream, urinary frequency, difficulty emptying the bladder, and more. Join Dr. Yousif as he covers symptoms and treatment options for difficulty voiding. Surgical options will also be discussed.



KNEE PAIN - DR. CHARLES TAUNT, D.O.
ONLINE PRESENTATION - TUESDAY, APRIL 20, 6-7 P.M.

Dr. Taunt, orthopedic surgeon, will discuss the arthritic knee, how it can be treated without surgery, and when surgery is appropriate. Surgical techniques will also be discussed.



SKIN CANCER SPOT SCREENING - DR. ROBYN MESSING, D.O.
SCREENINGS BY APPOINTMENT - THURSDAY, MAY 20, 6-7 P.M.
WOUND CLINIC AT MCLAREN ORTHOPEDIC HOSPITAL
2727 S. PENNSYLVANIA AVENUE, LANSING, MI 48910

Do you have a family history of skin cancer? Do you have a birthmark, mole, or blemish that has changed in size, texture, shape, or color, or a sore that won't heal? If so, register for this free skin cancer spot screening. Space is limited, and registration is required. Screening is limited to one area of the body only.

Visit mclaren.org/lansingevents to register and learn more.

NEW HOSPITAL BOOSTS PANDEMIC PREPAREDNESS

The new normal. By now you've probably heard the phrase used to describe how COVID-19 has changed how we live.

In many ways, it means making even smarter decisions to limit the spread of infectious disease in ways we didn't before. That's why McLaren Greater Lansing's new health care campus is being designed with "the new normal" in mind.

McLaren's new state-of-the-art hospital will already include 30 ICU rooms, but in response to the pandemic, McLaren is now incorporating additional oxygen and medical air outlets in stepdown units. This allows for another 16 rooms that can accommodate a patient with a respiratory illness.

The changes that are being made in response to COVID-19 will also be seen in registration areas with sneeze guards integrated into the design and aesthetic of the spaces.

The waiting areas in McLaren's new facilities include individual seating, which allows us the freedom to move chairs when social distancing is needed. The furniture will also be even easier to clean with materials that can hold up to even the most robust cleaning agents.

When complete, McLaren's new campus will house a 240-bed state-of-the-art hospital, cancer center, ambulatory and other facilities to support health care delivery, educational opportunities, and medical research. The campus will be home to over 1,000 physicians, researchers, educators, and other members of the academic and medical team. The health care campus is set to open in early 2022.

To learn more about McLaren's new health care campus, visit mclaren.org/redesignhealthcare.

INNOVATIVE EMS GARAGE INCLUDES NEW SAFETY FEATURES

When you need emergency medical care, moments matter. That's why McLaren Greater Lansing is redesigning the ambulance garage at its new hospital to serve patients and EMS staff quickly and safely in any conditions.

When it opens in early 2022, McLaren's new comprehensive health care campus will offer innovative solutions that allow for safety and comfort in all aspects of care. The campus has been designed with staff and community input, and the EMS garage is no exception.

McLaren's commitment to innovation starts with the four massive high-speed garage doors, which allow for the spacious bays to open quickly for ambulances at a moment's notice, while keeping the area inside temperature controlled during Michigan's frigid winters and sometimes scorching summers.

"Providing a dry, conditioned space where patients can be transferred from the ambulance to our care will make first responders and patients safer," said Dr. Christine Perry, emergency medical director at McLaren Greater Lansing.

The garage includes secured access to ensure that only authorized hospital and emergency personnel are able to enter the facility, adding another level of safety.

Inside the bays, EMS crews will find storage space for their equipment and will have access to parking nearby after the patient has been transferred to the hospital. From there, first responders will have access to a dedicated EMS lounge area, where they can complete paperwork, relax, and recharge while keeping our community safe.



DUO TEAMS UP TO SUPPORT NEW HOSPITAL



Sara Dolan and April Clobes have gotten to know each other well while working together at Michigan State University Federal Credit Union for the past 15 years. So, when each of them was considering making a leadership gift in support of a new \$600 million hospital complex being built by McLaren Health Care Corporation on land adjacent to MSU, it seemed natural to combine their financial resources to maximize the impact of their giving.

“We believe it is our personal and professional responsibility to support philanthropy in our community to lift others up and that’s why we are contributing,” said Dolan, chief financial officer for MSUFCU and a member of the McLaren Greater Lansing Foundation board of trustees. “Teaming up gave us the ability to do more that we could individually.”

Clobes, president and CEO of MSUFCU and a member of the hospital board, said it was important for her to show her appreciation for an organization she is committed to and feels passionately about.

The combined generosity of the MSU graduates will result in a \$50,000 gift with a conference room in the new hospital being named in memory of Dolan’s sisters, Sandra and Lisa.

Sandra Cole, who was Sara’s identical twin, was 23 years of age when she passed away in 2001 due to heart issues, and younger sister Lisa Cole was 30 when she succumbed to breast cancer in 2010. Sara, a mother of four, was very receptive when Clobes proposed the idea of naming the conference room after them.



Sara Dolan and April Clobes teamed up to support McLaren Greater Lansing’s new hospital project.

“Neither one of us really care about having our names attached to something,” she said, “so when April brought up naming the room after Sandra and Lisa, I agreed to it pretty quickly.”

Clobes views their gift as a way of giving back. She recalled times during her life when she “needed people in the community to lift” her up and they supported her. She also feels a debt of gratitude to the Breslin Cancer Center at McLaren Greater Lansing, where her husband, Glen Brough, was previously treated for testicular cancer.

“We spent a lot of time there for about two years,” she said. “We are very appreciative of the care he received.”

Dolan enjoys using her talents to give back, and that is one of the reasons she is in her third three-year term on the Foundation board.

“It’s the core of who I am,” she said of her philanthropic endeavors. “And it’s one of the core values of who we are as a credit union. We want to give back and make this community the best it can be.”

For more information about the McLaren Greater Lansing Foundation and its Campaign for Care, please call (517) 975-7100, email mgf@mcclaren.org, or visit www.mclaren.org/lansingfoundation.

SUPPORTERS COME THROUGH DURING DAY OF GIVING

The McLaren Greater Lansing Foundation was forced to cancel its Annual Gala fundraising event due to the coronavirus pandemic, but a virtual day of giving held in its place on November 19 netted \$90,270 in gifts and pledges.

Many of the contributions and commitments supported areas of greatest need pertaining to the Foundation’s \$10 million Campaign for Care for the new acute care hospital, cancer center, and medical services building being built on land adjacent to Michigan State University. The Women’s and Children’s Department, Sacred Space, Music Therapy, COVID-19 Relief Fund, and Nursing Scholarships are some of the other areas to which donors directed their gifts.

“We are incredibly grateful for the number of businesses, organizations, and individuals who took part in our day of giving,” said Lynn Griffor, executive director of the Foundation. “The Annual Gala is our largest fundraising event of the year and it was very heartening to see so many people continue to support us after it was canceled.”



MSU STUDENTS’ INGENUITY WILL BENEFIT REHAB PATIENTS

Thanks to a grant from the McLaren Greater Lansing Foundation and the creativity of mechanical engineering students at Michigan State University, the Rehabilitation Therapy Department will have a unique piece of equipment when McLaren’s new hospital opens to the public in the second quarter of 2022. A truck cab mounted on an adjustable lift will aid rehab patients as they learn how to get in and out of a car similar in height to their personal vehicle.

Deb Slezak, a former supervisor of inpatient rehab services at McLaren Greater Lansing, began working with students from MSU’s Mechanical Engineering Department on the car transfer project in the spring of 2019 and proudly watched in early November as a crane lifted the truck cab up to the seventh floor of the new hospital. The cab had to be brought into the building before the structure’s outside walls were completed.

“It’s nice to see the students’ hard work and determination pay off,” Slezak said. “This piece of equipment will help rehab patients transfer their learning from the hospital to their own environment.”

General Motors donated a Chevy Silverado to McLaren Greater Lansing for the project and Advantage Welding from Mason removed the truck cab from the chassis. The project also received financial support through a grant from the Peter and Daniel Renzulli Endowment.





CARE DURING COVID-19

How McLaren is keeping employees and patients safe



Separating patients with symptoms



Symptom screenings at entrances



Increased cleaning of frequently touched surfaces



Personal protective equipment used by frontline staff



Temporary visitor restrictions to protect patients and staff