



IN GOOD HEALTH

Winter 2018

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 **McLaren**

PORT HURON

A Year of Great Achievement

President's Message

From the Desk of Jennifer Montgomery

Looking back on 2017, I am amazed at what we've achieved. Success takes a village, and our accomplishments were the result of contributions from thousands of individuals - our Board of Trustees, medical staff, employees, volunteers and donors.

Twelve months ago, work on the new four-story patient tower had just started, and progress was barely visible. Fast forward one year later, and we have 175,000 square feet of new space, spanning four stories. It is now completely enclosed, and interior work has begun. Once completed, the patient tower will boast a new emergency center, observation unit, an expanded intensive care unit and two new medical surgical floors that will feature 72 private patient rooms.

In addition to construction, we earned national trauma verification from the American College of Surgeons in 2017. We are the only hospital in the region to have achieved this status. National verification means we have capabilities to care for serious injuries right here in Port Huron.

Beyond expanding our footprint and services, we are also purchasing new, state-of-the-art technology. We recently acquired a second da Vinci®, the Xi Surgical System. A da Vinci robotic surgical system uses advanced robotic, computer and optical technologies in the operating room. da Vinci is a leader in the field of laparoscopic (minimally invasive) surgery. More surgeons have been trained to use the da Vinci robot, which means more types of surgeries can be done robotically.

We're making all of these investments for one reason - our patients. When our local community can obtain high-quality health services close to home, it means faster care, less stress, less travel cost, and fewer interruptions to their daily lives. All of that promotes healing.

It has been a year of profound growth for McLaren Port Huron, and we thank you, our patients, for your partnership and trust. I hope you will join me in watching more expansion efforts in 2018 as we continue to *Rise to New Heights*.



Jennifer Montgomery
MSA, RN, FACHE

President and Chief Executive Officer
McLaren Port Huron



January 2017



May 2017



September 2017



The Heart Truth for Women

Heart Health is in Your Hands

You can control a number of risk factors for heart disease. Follow these tips for better heart health:

- **Diet** - Ditch the fast food! Limit sodium, saturated fat, trans fat and cholesterol. Choose healthy meals that include more fresh fruits and vegetables and foods that are high in fiber.
- **Physical activity** - The heart is a muscle that can be strengthened with regular exercise. Exercising can also help you maintain a healthy weight and lower cholesterol and blood pressure.
- **Tobacco use** - Cigarette smoking greatly increases your risk for heart disease. Quit as soon as possible if you are currently a smoker.
- **Obesity** - Extra weight makes your heart work harder. Plus, obesity often is accompanied by high blood pressure, cholesterol and more, causing even more strain on your heart. Work with your health care team to develop a plan to lose the extra pounds.
- **High blood pressure** - High blood pressure often has no symptoms, so be sure to monitor it on a regular basis and talk with your doctor about ways to lower it.
- **High cholesterol** - You should have your cholesterol levels checked at least once every five years. Cut down on cholesterol in your diet if you have high cholesterol or are at risk.
- **Diabetes** - If you have diabetes, monitor your blood sugar levels closely, and talk with your doctor about treatment options.

This may come as a surprise, but the leading cause of death in women over age 25 isn't breast cancer. It's heart disease. In fact, heart disease is responsible for nearly two times the number of deaths in American women than all types of cancer - including breast cancer.

Heart disease is a term used to describe many different conditions affecting the heart. The two most common are coronary heart disease, caused by build-up of plaque in the arteries that can lead to a heart attack, and heart failure, a weakening of the heart over time as a result of damage from high blood pressure, heart attack or other injury.

Know the Symptoms

Classic symptoms of heart attacks - tightness in chest, arm pain and shortness of breath - are what most men experience. The top five symptoms in women include:

- Fatigue
- Trouble sleeping
- Shortness of breath
- Indigestion
- Anxiety

Women are also more likely to experience other symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain, in conjunction with chest pain.

Women & Heart: Wine, Cheese and Chocolate

Thursday, February 8, 6 - 8 p.m.
(doors open at 5:45 p.m.)

Black River Country Club,
3300 Country Club Dr., Port Huron

Cost: \$15

Learn more about heart health and enjoy some delicious snacks at our Women & Heart: Wine, Cheese & Chocolate event. Register at www.mclaren.org/phevents or by calling HealthAccess at (800) 228-1484.

Delivering Magical Moments

Giving birth can be the most powerful, miraculous moment in a woman's life. And where to have your baby is an important decision for you and your growing family. At the Miriam F. Acheson Family Birth Place at McLaren Port Huron, we offer the very best care for you and your baby.

Before you welcome your little one, start by preparing for childbirth with our childbirth education classes. We offer general childbirth education, pain and labor management, and breastfeeding classes, taught by experienced registered nurses. For your convenience, we also offer online childbirth education, ideal for parents who are unable to attend an on-site class due to work schedules, time constraints, or medical conditions.

When the time comes to meet your baby, Acheson Family Birth Place features private labor, delivery, recovery and post-partum suites, all in one. We've designed these suites to offer state-of-the-art labor and delivery rooms, while at the same time providing pleasant, comfortable and convenient surroundings for you and your family. The inviting atmosphere will make you feel at home, and our suites are large enough to accommodate visiting family and friends.

As delivery approaches, your suite is easily converted within minutes. Our skilled team of physicians, nurses and childbirth specialists utilize the most innovative technology and practices during your labor and delivery. You'll receive the highest quality of care while we manage your labor in the way that's right for you. After your baby is born, he or she will receive the best care possible in our Level 1 Newborn Nursery.

We do everything we can to ensure you and your baby enjoy successful breastfeeding. After birth, a board certified lactation consultant can meet with you while in the hospital and set up additional consultations as needed. You can also call McLaren Port Huron's Breastfeeding Line at any time for assistance or to schedule a consultation. Breastfeeding classes are offered throughout the year.

After you and your baby are discharged, we follow up with a Connect Call to ensure your recovery process is going well and to answer any questions. Our care extends beyond your time at the hospital, because we truly care about you and your growing family.

To learn more and schedule a tour of the Miriam F. Acheson Family Birth Place at McLaren Port Huron, visit www.mclaren.org/phfbp or call (810) 989-3442.

Obstetricians Delivering at McLaren Port Huron

Blue Water Obstetrics and Gynecology

1313 Stone Street, Port Huron
(810) 984-3181

- Kathleen Fabian, DO
- Eric Hartman, MD
- Alan Kuester, DO
- Jeannie Rowe, DO

Northpointe Obstetrics & Gynecology

1206 Washington Avenue, Port Huron
(810) 984-3100

- Jon Lensmeyer, MD
- Karen Niver, MD
- Stacey Tremp, DO

Generosity Heals



Don and Alice Giese have a lot to be proud of. Don was a World War II veteran and worked for the Michigan Educational Association for many years. Alice was a successful business owner in Port Huron and a dedicated community volunteer. Together, over the course of their 68 year marriage, they traveled all over the world, but always called Port Huron their home.

Alice and Don were also united in support for their community hospital, making annual gifts since 1993 and volunteering at Foundation events. In 2012, they became members of the Beacon Society and were also welcomed into the Heritage Circle, by including a planned gift to McLaren Port Huron in their estate.

In 2016, Don passed away. Alice, at 90 years of age, is still traveling the world, having just returned from another adventure in Nepal and Switzerland with her daughter.

Alice still supports McLaren Port Huron and is excited for the future. She enjoys watching the progress being made to the facility knowing the positive ways it will benefit patients and their families. In her heart, she knows Don would be proud of what is happening at the hospital too.



"Don and I have been, and always will be, so proud of Port Huron Hospital and now McLaren Port Huron and its impact on our community. The organization's reputation is commendable and I am honored to be a part of it."

Plan today to make a difference tomorrow.



PORT HURON FOUNDATION



1201 Stone Street - Suite 11, Port Huron, MI 48060 | (810) 989-3776 | www.mclaren.org/phfoundation

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WINTER

Programs — Registration required.

Bariatric Informational Seminars

Upcoming seminar dates and information about surgeons and surgery options is listed at www.mclaren.org/phbariatric.

[MPH Duffy Classrooms](#)

Cost: Free

Diabetes Workshops

Learn to manage diabetes in this one-day, 2.5-hour workshop. Registration and a physician order are required. Call (810) 989-3362 for dates and times.

[MPH Diabetes Education Classroom](#)

Cost: Varies

Savvy Seniors Series

Life Resource Planning – Spend Wisely and Plan Successfully

➤ Budgeting 101

January 16; 10 a.m.

[MPH Jefferson Building](#)

Cost: Free

➤ Estate and Long-Term Planning

February 6; 10 a.m.

[MPH Jefferson Building](#)

Cost: Free

➤ Vital Records Organization

March 6; 10 a.m.

[Marwood Nursing & Rehab](#)

1300 Beard St., Port Huron

Cost: Free

➤ Creating a Will That Works for You

March 13; 10 - 11 a.m.

[MPH Jefferson Building](#)

Cost: Free

Art Therapy

Cancer survivors and those undergoing treatment are invited to work with an art therapist to find ways to express their experiences. Participants do not have to attend all sessions.

January 16, February 13,

March 20; 2 - 4 p.m.

[MPH Jefferson Building](#)

Cost: Free

“No Butts About It” Smoking Cessation for Adults

Learn tips and strategies to help you quit smoking for good!

January 9, March 13; 2 - 3 p.m.

[MPH Jefferson Building](#)

Cost: Free

Lunch & Learn: Creative Arts Day

Learn about the benefits of integrating creative arts therapies and participate in music therapy and art therapy sessions. Lunch will be served.

January 11; 11:30 a.m. - 1 p.m.

[Marwood Nursing & Rehab](#)

1300 Beard St., Port Huron

Cost: Free

Look Good, Feel Better

This program teaches techniques to help individuals undergoing cancer treatment combat appearance-related side effects. Call the American Cancer Society at (800) 227-2345 to register.

January 25, February 15, March 22;
1 - 3 p.m.

[MPH Jefferson Building](#)

Cost: Free

Locations

McLaren Port Huron (MPH)

1221 Pine Grove Ave.,
Port Huron

McLaren Port Huron (MPH)

Jefferson Building
1320 Washington Ave.,
Port Huron

Registration is required for all programs, unless stated otherwise. Register online at www.mclaren.org/phevents, or call HealthAccess at (810) 989-3199 or (800) 228-1484 with credit card information. Refunds cannot be given unless there is 48-hour notice or McLaren Port Huron cancels the program.

Childbirth Education



Several courses are offered for Childbirth Education. For more information or to register for the following classes, call HealthAccess at (800) 228-1484.

Saturday Express

January 13, February 3;

8:30 a.m. - 4 p.m.

Women & Heart: Wine, Cheese and Chocolate

Women are invited to a fun and informational evening focused on heart disease and prevention. Enjoy wine, light appetizers, vendor stations and a presentation about heart disease and prevention.

February 8; 6 - 8 p.m.
(doors open at 5:45 p.m.)

Black River Country Club
3300 Country Club Drive, Port Huron
Cost: \$15

CPR for Seniors, Family and Friends

Learn basic adult, child and infant CPR and basic airway techniques. Family and Friends CPR certificate awarded upon completion.

February 12; 10 a.m. - noon
MPH Jefferson Building
Cost: Free

Betty Kearns Little Black Dress Event

A fundraiser for the Betty Kearns Cancer Fund at McLaren Port Huron. Enjoy dinner, entertainment and raffles. Ticket sales begin January 6 in the MPH Gift Shop.

March 2; 6 - 10 p.m.
Blue Water Convention Center
500 Thomas Edison Pkwy., Port Huron
Cost: \$40

Combating Caregiver Stress

Join the Alzheimer's Association of Greater Michigan to learn tips and strategies to positively manage stress associated with caregiving.

March 12; 10 a.m.
MPH Jefferson Building
Cost: Free

Comfort and Relaxation During the Birthing Process

January 22, March 19; 6:30 - 8:30 p.m.

Breastfeeding

January 13, March 17; 10 a.m. - noon

Childbirth Education Online

Call HealthAccess for more information.

Screenings Offered by 55 Plus

Blood Pressure Screenings

January 3, February 7, March 7;
8:30 - 10 a.m.

MPH Jefferson Building

Cost: Free

Foot Screenings*

March 9; 9 a.m. - noon

MPH Jefferson Building

Cost: Free

*Appointment required.

Hearing Screenings*

January 10, March 14; 12:30 - 3 p.m.

MPH Jefferson Building

Cost: Free



Support Groups

Alzheimer's Support Group

January 23, February 27, March 27;
1 - 2:30 p.m.

MPH Jefferson Building

Bariatric Surgery Support Group

January 16, March 19; 12 - 1 p.m.

MPH Duffy Classrooms

Cancer Support Group for Women

January 9, February 13, March 13;
6 - 7:30 p.m.

MPH Jefferson Building

Depression and Bipolar Support Alliance

January 11 & 25, February 8 & 22,
March 8 & 22; 6:30 - 8 p.m.

MPH North Classroom

Diabetes Support Group

January 16, February 20,
March 20; 2 - 3 p.m.

MPH Diabetes Education Classroom

Heart to Heart Support Group

January 17, February 21, March 21;
5:30 - 7 p.m.

MPH Duffy Classrooms

Multiple Sclerosis Support Group

January 13, February 10, March 10;
10 a.m. - noon

MPH North Classroom

Parkinson's Support Group

January 3, February 7, March 7;
2 - 3:30 p.m.

MPH Jefferson Building

Stroke Survivors' Support Group

January 3 & 17, February 7 & 21,
March 7 & 21; 10 - 11 a.m.

MPH Gathering Place





From the Director

Generosity Heals

Chances are, if you have spent time within the walls of McLaren Port Huron, it has impacted your life in some way. Whether it was the birth of a new child or grandchild, a trip to the emergency center after an accident, or a life-saving surgery, it had an effect on you and your family.

In every area of the hospital, your experience was touched by generosity. Charitable gifts from our supporters are turned into new technology, upgraded equipment, patient education programs and financial assistance. Generosity brings support groups to those being treated for cancer, a beautiful chapel for retreat in times of stress, and, of course, the new patient tower scheduled to open this year. Generosity touches lives. Generosity impacts patients. Generosity heals.



Lynn Griffor, Executive Director
McLaren Port Huron Foundation

Cornerstone Club

Gold

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Dyck Security Services, Inc.
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Giarmarco, Mullins, & Horton, PC
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Health Authority

Beacon Society

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Chuck & Chris Warczinsky
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Randy & Cathy Wilkinson
Brian Wit & Jane Whaling Wit
Tom & Grace Wood
John & Beverly Wylie
Ann Yull
Ronald Zimmer

Lifetime

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Gary & Susan LeRoy
Donna M. Niester

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Mrs. Suzanne Acheson
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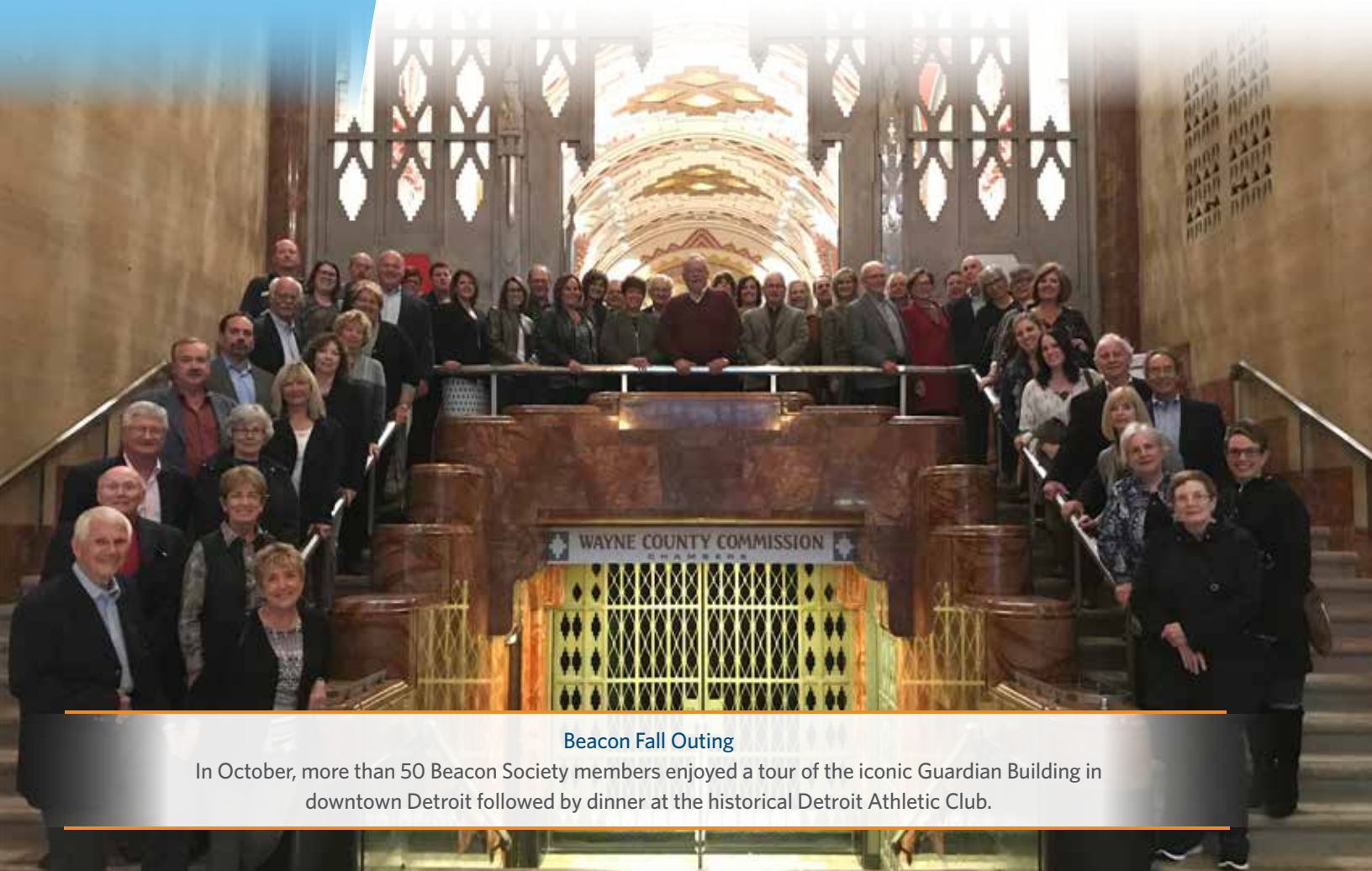
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Bethany A. Belanger



Beacon Fall Outing

In October, more than 50 Beacon Society members enjoyed a tour of the iconic Guardian Building in downtown Detroit followed by dinner at the historical Detroit Athletic Club.



BEACON SOCIETY CONTINUED

Dr. & Mrs. Glenn G. Betrus
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Steven & Emily Goudy
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Dr. & Mrs. William F. Moskal

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Dr. William D. Cleland &
Dr. John M. Murphy
David & JoAnn Murphy
Dr. Karen Niver
Shawn & Melissa O'Connor
Dr. Michael K. Paul &
Dr. Kimberley Clark-Paul
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Jim & Carol Whipple*
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Jeffrey & Debra Wine
Mrs. JoAnn Wine
Mr. & Mrs. John O. Wirtz



Heritage Circle

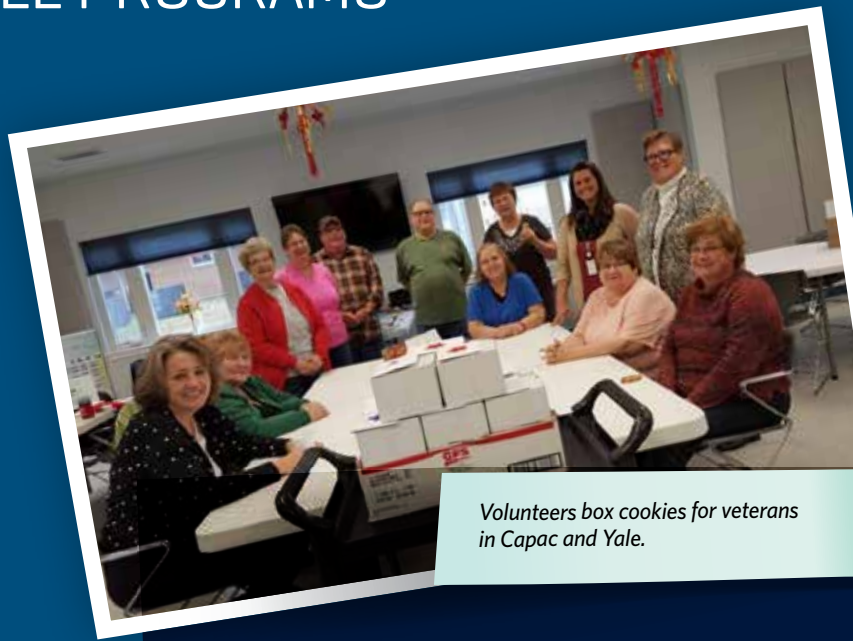
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Mortimer J. Willson*
William J. Willson*
John F. Wismer*

*Deceased

Community Benefit FALL PROGRAMS

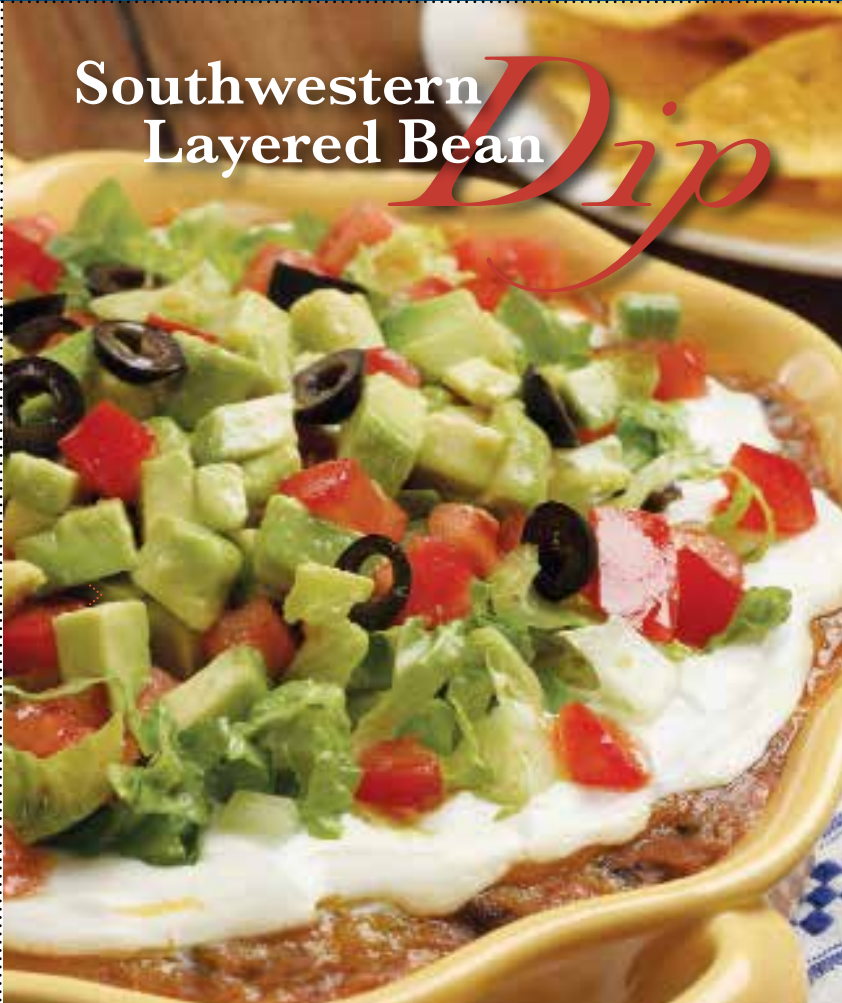
Mclaren Port Huron Community Health Teams had a very healthy autumn, with more than 200 individuals attending our fall health programs. The Keep Your Motor Running men's health event featured several health screening and vendor stations, as well as speakers Dr. Glenn Betrus and Dr. Matthew Johnson talking about prostate health. Our Lexington and Marysville women's health programs featured licensed massage therapist Kim Older presenting tips and techniques to help women relax, refresh and renew their spirit.

In November, our Capac Community Health Team, along with some amazing volunteers, boxed up 600 cookies to distribute to veterans in Yale and Capac for Veterans Day.



Volunteers box cookies for veterans in Capac and Yale.

Southwestern Layered Bean Dip



- 1 16-oz can nonfat refried beans, preferably "spicy"
- 1 15-oz can black beans, rinsed
- 4 scallions, sliced
- ½ c prepared salsa
- ½ t ground cumin
- ½ t chili powder
- ¼ c pickled jalapeño slices, chopped
- 1 c shredded Monterey Jack, or Cheddar cheese
- ½ c reduced-fat sour cream
- 1½ c chopped romaine lettuce
- 1 medium tomato, chopped
- 1 medium avocado, chopped
- ¼ c canned sliced black olives, (optional)

- 1 Combine refried beans, black beans, scallions, salsa, cumin, chili powder and jalapeños in a medium bowl. Transfer to a shallow 2-quart microwave-safe dish; sprinkle with cheese.
- 2 Microwave on High until the cheese is melted and the beans are hot, 3 to 5 minutes.
- 3 Spread sour cream evenly over the hot bean mixture, then scatter with lettuce, tomato, avocado and olives (if using).

Makes 12 servings, about ½ cup each. Per serving: 146 calories; 7 g fat (3 g saturated fat, 3 g mono unsaturated fat); 12 mg cholesterol; 15 g carbohydrates; 7 g protein; 5 g fiber; 289 mg sodium; 224 mg potassium. Nutrition Bonus: Fiber (20% daily value), Vitamin A & Vitamin C (15% dv).



1221 Pine Grove Avenue
Port Huron, MI 48060

PORT HURON

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"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 www.mclaren.org/phoptout and complete the form.

- Facebook: McLarenPortHuron
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The Area's Only Verified Trauma Center



PORT HURON

ANOTHER FIRST FROM McLAREN PORT HURON

Most of the time, surgeries are planned and scheduled. You know when it will happen. You have time to prepare.

But when a surgery is needed immediately, the trauma team at McLaren Port Huron is prepared and stands ready. Around the clock. Day or night.

McLaren is the area's only verified trauma center

McLaren Port Huron has earned Level III Trauma Center

verification from the American College of Surgeons. This means we are able to care for the most serious trauma emergencies. Our staff and surgeons have gone through special training, and we have developed protocols and quality controls so we can provide the right care, right away.

Learn more at www.mclaren.org/phtrauma