

# IN GOOD HEALTH

SUMMER 2019



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# MESSAGE FROM THE PRESIDENT

Over the past four years, McLaren Port Huron's campus has significantly transformed. The purpose of the \$161 million investment was twofold: to offer enhanced patient amenities (such as 100% private patient rooms) and expand access to care.

Aside from bricks and mortar, we have invested significantly in new technology, including the purchase of a second da Vinci robot for various types of surgeries, brachytherapy for cancer treatment, and new imaging equipment specifically for ER patients.

I am pleased to announce more enhancements in the way of cardiac and vascular care. Thanks to several generous donors (more details about these monumental gifts continue on the next page), we are designing a new center for comprehensive cardiac and vascular treatment – all under one roof.

The James C. Acheson Heart and Vascular Center, named after Dr. Acheson for his generous gift, will offer cardiac and vascular testing, such as EKGs, electrophysiology studies, transesophageal echocardiograms, and stress / nuclear medicine. In addition, the center will house two new cardiovascular labs for diagnostic and interventional cardiac and vascular procedures, including angioplasty, angiography, stents, and Impella.

We also remain the only provider for open heart surgeries in the Blue Water Area. Construction for the new cardiac and vascular center has begun, and the opening is planned for fall 2020.

Additionally, I am excited to share that McLaren Port Huron welcomed three vascular surgeons on staff, providing coverage 24/7. Dr. Foley has joined Drs. Cuppari and Giliberto in Port Huron to treat vascular conditions, such as:

- Abdominal aortic aneurysm
- Thoracic aortic aneurysm
- Carotid stenosis
- Peripheral artery disease
- Renal artery disease
- Pulmonary embolism
- Venous disease

As the Blue Water Area's leader in care, McLaren Port Huron is committed to providing new methods to fight heart and vascular disease. Thanks to our donors and patients for entrusting their care to McLaren Port Huron, we continue to expand access to high quality care with our patients in mind.

Jennifer Montgomery, MSA, RN, FACHE  
President and CEO





Jennifer Montgomery, Dr. James Acheson, and Jack Belyea present plans for the new James C. Acheson Heart & Vascular Center.

## GENEROSITY HEALS: THE JAMES C. ACHESON HEART & VASCULAR CENTER

Philanthropy continues to impact the hospital, its patients and our community. Thanks to a generous donation from Dr. James Acheson, the heart and vascular center is no different. The Acheson family has a long-history of supporting McLaren Port Huron, and thanks to this most recent donation, the heart & vascular center will not only be home to advanced technology and exemplary patient care, but the space will be comfortable and inviting for our patients, their families and our staff.

Dedicated areas within the James C. Acheson Heart and Vascular Center are also being named after two other special donors. Donna Niester made a donation in memory of her dad, Jerry, to name a new cardiovascular lab. The cardiac rehab and the second floor waiting area will be named on behalf of Jay and Kae Hartford, in appreciation for life-saving care that Jay received at McLaren Port Huron.

"I continue to be amazed by the generosity of this community, and the impact our donors have on the facility and programs at McLaren Port Huron," stated Lynn Griffor, executive director, McLaren Port Huron Foundation. "They have helped shape the vision of this hospital, and for that we are very grateful."



# BARB SAWHER: MAKING A DIFFERENCE IN THE LIVES OF HER PATIENTS

The Guardian Angel program is a thoughtful way for patients and their families to say thank you to the many doctors, nurses, staff members and volunteers at McLaren Port Huron who go above and beyond to provide patients with extraordinary care, every day.

Barb Sawher, a registered nurse on the pediatric unit, is one of those amazing guardian angels. Barb has received a total of 14 guardian angel nominations since its inception, and every one of them is just as special to her as the first. She has kept every certificate she's received and still gets emotional when she re-reads them.

Barb is extremely humble about being nominated and says, "It's not about me; it's all about my staff and the great job we all do. I wouldn't be able to do it without any of them!" She also goes on to say how blessed and fortunate she is to work at McLaren Port Huron. "I am so lucky to have found a profession I love, and I get paid to do it, which is a bonus."

Barb believes that the Guardian Angel program is a real asset to McLaren Port Huron. She also feels it is important for employees to know that they made a difference in someone's life.

"We don't strive for recognition. It's our job, but it is nice to know you impacted someone's day even in the smallest way." She said it's also important to know that upper management is supportive of the program and they recognize the importance of connecting the patient or family with the caregiver, coming full circle.

Barb started with Port Huron Hospital, now McLaren Port Huron, in 1982. She stepped away for a time but came back and has been here for the last nine years. She has been a pediatric nurse her entire career. Barb attended SC4 and graduated in 1982. From there, she went on to the University of Michigan - Flint to obtain her bachelor's degree. In December 2018, she received her Master of Science in Nursing and became a pediatric nurse practitioner. Barb is married and has four children, one grandchild, and another grandchild on the way. In addition to working at McLaren Port Huron, Barb works as a nurse practitioner part-time for Dr. Annette Barnes.

If one of our staff members made a difference in you or your loved one's stay, consider nominating them as a Guardian Angel. Visit [mclaren.org/phangel](http://mclaren.org/phangel) or call the Foundation office at 810-989-3776 for more information.





# CASIE PAUL: A PASSION FOR HELPING CHILDREN LEADS TO GOLD AWARD

Casie Paul, a sophomore at Marysville High School, had no idea the friendships she would develop and the difference she would make in the world when she embarked on the journey to achieve her Girl Scout Gold Award, the highest achievement within the Girl Scouts organization.

After inquiring with McLaren Port Huron Foundation about an idea she had to help ease the anxiety of children preparing for surgery, Casie was put in contact with Kathleen McKenna, Director of Surgical Services at McLaren Port Huron. As a child, Casie had been through numerous surgeries for health issues and had experienced first-hand the anxiety the hospital setting can create for a young person. Casie was invited to meet with the team putting together the Levi's Link program. This program was initiated by Rob and Megan Wilson, who were struggling with the anxiety hospital settings created for their son, Levi, who is autistic. Casie's part in this story and on this team became much bigger than she ever imagined.



The Levi's Link program promotes individualized patient care for both adults and children with special needs. Casie developed education and information about the hospital visit for the patient and their family beforehand, including a social story that illustrates the hospital visit, from arriving at the hospital through discharge. The social story, available in both book and video form, helps patients know what to expect at the hospital, making them less anxious about the experience. Other accommodations for patients include reduced exposure to bright lights and noise, hands-on activities including iPads and interactive tactile toys, as well as the patient's family being in the room before and after surgery.

For her achievements with the Levi's Link program, Casie received a framed poster of recognition signed by Michigan's Governor, Senator and State Representative along with letters from the Hershey company, NASA, and George Bush. She received her Gold Award, Precious Medals Award (for previously earning both her Bronze and Silver Awards) and, to her surprise, was honored with the Young Woman of Distinction Award. This award is chosen by the Girl Scouts and comes with a year of recognition state-wide. It is a special honor bestowed upon a Girl Scout Gold Award recipient whose final project demonstrates leadership and addresses global issues with measurable and sustainable impact. Casie has been chosen to move on to the national level of the Woman of Distinction award.

*"Today I received my Gold Award. I could have never imagined that the passion I had for helping children in a hospital setting could lead to all of this. We have seen how Levi's Link has impacted our community, but I had no idea how much Levi's Link would impact me. I want to thank you all for helping me along this AMAZING journey. I am honored to work with you all and you have truly impacted my life. I am so glad to see the success of Levi's Link and I am excited to continue working alongside of you all. Thank you all for trusting a high schooler to do hard work in attempts to make Levi's Link better. I know children and adults throughout St. Clair County have largely benefited from Levi's Link, and I cannot wait to see how this program will continue to progress." – Casie*

Kathleen McKenna and Casie Paul at the inaugural Levi's Link Run in June 2018. >



# SUMMER 2019

Registration is required for all programs, unless stated otherwise. Register online at [www.mclaren.org/phevents](http://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](http://www.mclaren.org/phbariatric).  
MPH Duffy Classroom • Cost: Free

**Community Health Focus Group**  
McLaren Port Huron is seeking individuals with an interest in community health to share feelings, perceptions and knowledge of health care in St. Clair County. The information obtained will be included in the hospital's Community Health Needs Assessment. Refreshments will be provided, and participants will receive a gift card. Only one member per household, please.  
July 24; 2 – 3:30 p.m.  
MPH Jefferson Building • Cost: Free

**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.  
July 25 • August 22 • September 26; 1 p.m.  
MPH Jefferson Building • Cost: Free

**Cooking Matters for Adults**  
This nutrition program teaches participants how to eat healthy, cook, and grocery shop on a limited budget. Each class is taught by an MSU Extension nutrition professional and an experienced chef. This is a six-session program. Participants are encouraged to attend all six sessions. New participants cannot join after the first class.  
August 12, 19, 26 • September 9, 16, 23; 1 – 3 p.m.  
MPH Jefferson Building • Cost: Free

**Marwood's Men & Women Who Cook**  
Enjoy a Taste of the South at this annual fundraising event for Marwood Nursing & Rehab. Dress casual and enjoy an exciting night filled with down-home comfort food, raffles, a silent auction and music by Ultimate Sounds DJs. Registration required by August 7. Visit [www.mclaren.org/marwoodevent](http://www.mclaren.org/marwoodevent) to register.  
August 14; 5:30 – 8 p.m.  
Cost: \$60 per person  
Seaway Terminal  
2336 Military St., Port Huron

**Fresh Start to Quit Smoking**  
Are you ready to make a fresh start and quit smoking? This four-week program will provide you the tools you need to help you quit. Participants will set their quit day during the third class. This is a four-session program. Participants must attend all four sessions and new participants cannot join after the first class.  
August 16, 23 • September 6, 13  
2:30 – 3:30 p.m.  
MPH Jefferson Building • Cost: Free

**PATH for Chronic Pain  
Personal Action Toward Health**  
This six-week workshop is designed for current cancer patients and survivors living with chronic pain. Participants will learn skills such as goal-setting, dealing with pain and fatigue, and communicating with health care professionals to help manage health and stay active. Participants are highly encouraged to attend all six sessions. Lunch will be provided. Program presented by MSU Extension.  
Wednesdays 11 a.m. – 2 p.m.  
September 18, 25 • October 2, 9, 16 and 23  
Michigan Conference Room  
McLaren Port Huron Medical Office Building  
1231 Pine Grove Ave., Port Huron  
Cost: Free

# 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  
Wisner Third Floor ▪ Cost: Varies

## Diabetes Care: Put Your Heart and Soul into It!

Join Lillian Mess, DNP, to learn about diabetes and heart health. Relax your mind and body with a Tai Chi demonstration and learn its health benefits. Enjoy food samples that will keep your heart and soul healthy and happy. Our diabetes education team will be available to answer questions. Sponsored by Lions of Michigan and the Lions Club International Foundation. Call HealthAccess at 1-800-228-1484 to register.

July 16; 1:30 – 3 p.m.

MPH Drew Classroom ▪ Cost: Free



# 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

July 13 ▪ August 3 ▪ September 7; 8:30 a.m. – 4 p.m.

## Comfort and Relaxation During the Birthing Process

August 26; 6 – 8 p.m.

## Breastfeeding 101

July 20 ▪ September 21; 10 a.m. – noon

## Childbirth Education Online

Call HealthAccess for more information.

# SUPPORT GROUPS

## Alzheimer's Support Group

July 23 ▪ August 27 ▪ September 24

2 – 3:30 p.m.

MPH Jefferson Building

## Bariatric Surgery Support Group

July 16

5:30 – 6:30 p.m.

MPH Wisner 3rd Floor Classroom

## Cancer Support Group for Women

September 10

6 – 7:30 p.m.

MPH Jefferson Building

## Heart to Heart Support Group

July 17 ▪ August 21 ▪ September 18

5:30 – 7 p.m.

MPH Jefferson Building

## Multiple Sclerosis Support Group

July 13 ▪ August 10 ▪ September 14

10 a.m. – noon

MPH North Classroom

## Parkinson's Support Group

August 7 ▪ September 4

2 – 3:30 p.m.

MPH Jefferson Building

## Stroke Survivors Support Group

July 3 ▪ August 7 ▪ September 4

10 – 11 a.m.

MPH

# 55 PLUS SCREENINGS

All screenings are FREE and take place at the MPH Jefferson Building

## Spring into Health Screening Day\*

Start your fall off right with a free screening day. Screenings will include blood pressure, BMI, foot screenings, fall risk screening and more.

September 13; 9 a.m. – noon ▪ Cost: Free

## Hearing Screenings\*

September 11; 12:30 – 3 p.m. ▪ Cost: Free

\*Appointment required

# WOUND CARE: AWARENESS AND PREVENTION IS KEY TO HEALTH, HEALING

When kids run around, fall down, and scrape their knees, they can be fixed up with a quick cleaning with soap and water, coverage with a bandage, and a kiss from mom or dad before they are sent back out the door and on their way. This is not the case for people who are subject to open, chronic wounds that emerge as a result of serious health issues, such as diabetes, vascular disease and/or peripheral artery disease, the late effects of radiation therapy, and other medical concerns.

It is estimated that chronic wounds affect 6.7 million people in the U.S., and the incidence is rising. Chronic wounds, which are characterized as wounds that do not heal within 30 days, are more prevalent in an aging population. If left untreated, chronic wounds can lead to diminished quality of life and the possibility of amputation of the affected limb.

The Wound Healing Center at McLaren Port Huron, a member of the Healogics network, is helping raise awareness of chronic wounds, with the foot and lower leg as two of the most common locations for sores, ulcers and chronic wounds.

“We see patients living with non-healing wounds for a prolonged amount of time due to the lack of awareness of advanced wound care options,” said William Ennis, MD, FACS, chief medical director for Healogics. “We work to educate community physicians about which of their patients can benefit from advanced wound care, and then provide coordinated care to heal patients’ wounds.”

According to the Center for Disease Control and Prevention, foot ulcerations precede 80 percent of non-traumatic lower extremity amputations, so taking good care of foot wounds is of critical importance, especially since the mortality rate five-years post amputation is 50 percent.

## ONE OF THE BIGGEST KEYS TO TACKLING FOOT WOUND CARE IS PREVENTION.

“Daily foot inspections are key to prevention, particularly for individuals with diabetic neuropathy,” said William Holmes, RN, BGS, clinical program director of the Wound Healing Center at McLaren Port Huron. “Proper footwear, a healthy diet and maintaining healthy glucose levels can help keep your feet wound-free. If you or a loved one is living with a non-healing wound, it is important to visit the Wound Healing Center at McLaren Port Huron, where we can help you get on the path to good health and healing.”





While anyone can have a wound or sore, people more likely to encounter them as a health risk and concern are those who have diabetes, neuropathy/loss of feeling in the feet, a foot deformity, an absent or diminished pulse, or have had a previous ulcer or amputation.

While most minor wounds heal easily, some can develop into open sores that can become seriously infected. Minor wounds may be treated at home by washing the area with clean water and applying a bandage. However, emergency care should be sought for any animal or human bite or a cut greater than one-half inch long and when fat, muscle, or bone may be visible.

#### SIGNS AND SYMPTOMS THAT OFTEN ACCOMPANY WOUNDS INCLUDE:

- Bleeding or oozing of blood
- Redness
- Swelling
- Pain and tenderness
- Heat
- Possible fever with infection
- Not being able to use or move affected area
- Oozing pus/foul smell (infected wounds only)

#### PEOPLE MAY BE AT HIGHER RISK FOR WOUNDS IF THEY HAVE THESE CHARACTERISTICS:

- Age (older people are at higher risk)
- Poor general health
- Steroid use
- Radiation and chemotherapy
- Diabetes
- Smoking

A health care provider will determine the extent and severity of the wound, whether it is likely to get infected, and anything that might complicate treatment. A physician may also order laboratory tests, such as a blood test and urinalysis, as well as a culture to check for bacteria in the wound. People with wounds that have not improved with traditional methods of treatment may benefit from a visit to the Wound Healing Center at McLaren Port Huron.

One of more than 700 Healogics-managed centers, the Wound Healing Center at McLaren Port Huron has served the community since 2003, with more than 95 percent of wounds healing. The center offers advanced therapies to patients suffering from chronic wounds. The most experienced wound care physicians in the community as well staff at McLaren Port Huron have been specially trained to treat wounds with the most advanced therapies available.

If you are experiencing a chronic wound, please consider an evaluation at our center to help you with healing of your wound. To schedule an appointment, call 810-989-3330 or visit [www.mclaren.org/phwound](http://www.mclaren.org/phwound) for more information.

# BEAUTY & HEALING

Gain confidence during your cancer journey.

More than 30 years ago, McLaren Port Huron created a women's health program that focused on the infinite worth of a woman in relationship to herself, her family, and to society. We continue this legacy by providing information and access to services that are designed to enhance a woman's physical, mental, and social well-being through all stages of life. This philosophy is especially important when a woman is facing a cancer diagnosis.

Researchers have conducted multiple studies that document the side effects of cancer treatment on a woman's body image, quality of life, and self-esteem. For the last 20 years, McLaren Port Huron has helped countless women cope during their cancer journey by providing workshops that address these issues. In January 2019, we designed a new program specifically for women who are currently undergoing cancer treatment. Led by our Community Outreach and Education team as well as volunteer cosmetologists and estheticians, Beauty & Healing provides pampering, support, and hope.

At the monthly Beauty & Healing workshops, participants are provided make-up kits and are guided step-by-step through make-up application. Additionally, information is provided on skin care and how to use scarves and hats as head coverings. Because cancer treatment may cause hair loss, participants are encouraged to browse our wig bank and select a free wig and hat. As the program is drawing to a close, the women are instructed to hold a mirror at arm's length and smile at her reflection.

Navigating through cancer treatment is often overwhelming. Providing a program that can provide a temporary escape from worry and stress while also helping a woman with cancer feel more confident and in control, is priceless. And we are honored to be part of the journey.

Beauty & Healing is made possible through generous community donations made to the McLaren Port Huron Foundation and the Donna M. Niester Breast Cancer Fund.

For more information about the program, or to register for an upcoming Beauty & Healing workshop (registration is required), visit [mclaren.org/phevents](http://mclaren.org/phevents) or call HealthAccess at 1-800-228-1484.



*"Cancer tees me off!"*

## SATURDAY, JULY 13, 2019

Registration at 7:00 a.m. • Shotgun Start at 8:30 a.m.

Join us for a day of golf, fun, prizes, great food, while raising money to help beat cancer! Represent your cancer ribbon and have your team wear that color.

**GOLF, DINNER AND DONATION: \$100 PER PERSON**  
**DINNER ONLY: \$20 PER PERSON**

All proceeds to benefit Barbara Ann Karmanos Cancer Institute at McLaren Port Huron

### INCLUDED WITH REGISTRATION:

18 Holes Golf & Cart • Dinner Buffet • Four Person Scramble  
Team Winners • Longest Drive • Closest to the Pin

For more information call: 810.359.8901  
or email: [danafabbri1990@gmail.com](mailto:danafabbri1990@gmail.com)



## WELL WOMAN CARE WITH DR. PETER TSENG

Well Woman Care is ideal for women who would like their annual physical, mammogram, and lab tests scheduled in one place on the same day. The service includes a general physical, pap smear, pelvic exam, breast exam, and family counseling. Patients will be assessed and educated on their health risks, addressing ways to modify lifestyle habits that place them at risk.

To schedule your appointment with Dr. Peter Tseng, call Women's Wellness Place at 810-985-2663.

1221 Pine Grove Ave.  
Port Huron, MI 48060

810-987-5000  
[mclaren.org/ph](http://mclaren.org/ph)

## “IN GOOD HEALTH”

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



**YOUR CARING,  
ATTENTIVE,  
UNMATCHED  
ADVANTAGE.**

The Karmanos Cancer Institute gives you your best chance to beat cancer. We offer the newest and most exclusive cancer-fighting drugs. And our elite team of cancer specialists gives you the support you need every step of the way. This world-class level of cancer care is available closer to home at McLaren Port Huron.



**YOUR BEST CHANCE.**

1-800-KARMANOS [KARMANOS.ORG](http://KARMANOS.ORG)

