

# IN GOOD HEALTH

FALL 2019



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# MESSAGE FROM THE PRESIDENT

McLaren Port Huron distinguished in Michigan and nationally as a leader in high quality care.



DOING WHAT'S BEST.<sup>®</sup>  
AND GETTING RECOGNIZED FOR IT.



I am pleased to announce that McLaren Port Huron has been ranked as a high-performing hospital in the treatment of chronic obstructive pulmonary disease (COPD) and heart failure by U.S. News & World Report in its 2019-20 Best Hospitals ranking.

Now in its 30th year, inclusion in the ranking demonstrates a health care provider's proficiency in patient experience and outcomes. Hospital rankings are based on objective, care-related data and statistics, while also factoring in the facility's patient experience score and population-specific health challenges. More than 4,500 health care providers nationwide

were evaluated in 25 specialties, procedures and conditions. McLaren Port Huron was the only hospital in St. Clair County to be classified among the Best Hospitals ranking.

Additionally, McLaren Port Huron recently received MPRO's 2019 Governor's Award of Excellence. This award recognizes participants for their dedication and success in improving health care quality and patient safety in Michigan. To be eligible for the award, participants must have achieved, maintained and continually improved in specific and rigorous milestones related to the award they received.



Improving care processes has always been a primary objective at McLaren Port Huron, because the direct benefit is improved patient care, reducing lengths of stay in the hospital and improved recovery for patients. Our staff and physicians continue to DO WHAT'S BEST, and we are being recognized for it.

Jennifer Montgomery, MSA, RN, FACHE  
President and CEO

# WOMEN'S WELLNESS PLACE: PROVIDING THE BEST SERVICES WITH OUR PATIENTS IN MIND

McLaren Port Huron has long been an advocate for women's health. Women want a variety of services, clinical excellence and a caring staff in one convenient location. With the opening of Women's Wellness Place over 30 years ago, women throughout the Blue Water Area could access convenient, personalized services close to home, designed with their unique needs in mind.

In 2003, Women's Wellness Place introduced Well Woman Care with an on-site gynecologist. Well Woman Care is for women looking for convenient access to a women's health specialist for routine, preventative care in a pleasant, caring setting. A typical visit to Well Woman Care includes a general physical, pelvic exam, pap smear, if needed, and a breast exam. A major benefit of offering the well woman services at Women's Wellness Place is that other services such as a mammogram, lab tests and bone density testing may all be scheduled for the same day.

Dr. Peter Tseng, a well-respected and trusted physician in the Blue Water Area, provides well woman care in Women's Wellness Place. Board certified in gynecology, he earned his undergraduate degree from the University of Michigan and his Doctor of Medicine degree from Wayne State University School of Medicine. He served his residency at William Beaumont Hospital in Royal Oak.

According to Luann Black, manager of Women's Wellness Place at McLaren Port Huron, "It's extremely important for women to have annual exams, but it isn't always convenient for them to go to several different locations for the tests they need. Well Woman Care, with services provided by board certified gynecologist Dr. Peter Tseng, is one of the reasons that Women's Wellness Place is recognized as a comprehensive women's health center."

Women's Wellness Place continues to expand to meet women's health needs in our community, most recently with the addition of breast care and surgical services with Dr. Kimberley Clark-Paul.

Every woman is unique. Women's Wellness Place's skilled and caring medical providers understand this and provide a range of services specific to a woman's health needs. Whether it's for routine, preventative care, or for procedures such as breast biopsy and imaging, Women's Wellness Place provides the best services with our patients in mind.

## Women's Wellness Place offers a variety of comprehensive services, including:

- Breast Imaging Center of Excellence in mammography, ultrasound and MRI services
- Well Woman Care with Dr. Peter Tseng
- Breast Care and Surgery with Dr. Kimberley Clark-Paul
- Bone densitometry osteoporosis screening
- Breast cancer referral and support
- Massage therapy with licensed massage therapist Kim Older
- Women's Market Place, offering products to pamper your mind, body, and spirit

To learn more about services offered in Women's Wellness Place, visit [www.mclaren.org/phwwp](http://www.mclaren.org/phwwp).

## OCTOBER 20-26 IS NATIONAL MASSAGE THERAPY AWARENESS WEEK

Take advantage of this week and schedule a massage in Women's Wellness Place. Our licensed massage therapist offers 30-minute and 1-hour massages for both men and women.

To make your appointment, call **810-985-2663** or visit [www.mclaren.org/phmassage](http://www.mclaren.org/phmassage).

# JOIN OUR TEAM AND MAKE A DIFFERENCE!

As summer months give way to fall, we will take the time to honor the millions of hospice nurses, physicians, aides, therapists, social workers, chaplains, and volunteers who make a remarkable difference in the lives of patients and their families. November is recognized nationally as **Hospice Month**, and at McLaren, we appreciate the vital role these individuals play in our health care facilities and homes across the community. In honor of this month we would like to ask you: ***Have you ever considered becoming a hospice volunteer?***

The philosophy of hospice care is aimed at providing comfort for both the patient and their family members. Hospice focuses on pain and symptom management and on patients' quality of life, enabling those to live as comfortable as possible during the time they have left.

Hospice volunteers play an essential role when providing compassionate care at the end of life. Volunteers help ease social isolation by providing companionship for our patients. They can participate in a variety of activities such as playing a board game, reading a book, participating in a favorite hobby, or even just providing a supportive presence. Our patients often look forward to the volunteer visits, as this may be their only non-medical visit of the day. Whenever a need arises, volunteers are there to help. Our program offers flexible options during the morning, day, or night, seven days a week.

When a patient is admitted to hospice, family and friends often become the primary caregivers. This can lead to caregiver burnout. Hospice volunteers play an essential role in supporting family members and caregivers to avoid any type of burnout. Volunteers can provide visits so that the caregiver can have a much needed break, attend appointments or just simply have alone time. Families rely on our volunteers to help them carry on with their day-to-day tasks when they need to leave their loved one. Having a trained volunteer at home provides a peace of mind to the caregiver. Some volunteers even assist with running errands or assist with chores around the home.



McLaren Hospice provides care wherever the patient calls home; whether the patient resides with their loved ones or in a facility setting, volunteers are there to provide support. Although most of our volunteers are paired with patients or families, we also have volunteers who assist with administrative tasks, help with community events and are part of various sewing groups.

Volunteering for McLaren Hospice is a unique and rewarding experience in which you will become a team member. You will find ways to utilize your talents, skills, and will work toward a common goal with like-minded individuals in your community. McLaren Hospice provides complete training courses for caring individuals interested in volunteering. No health care background is required.

For more information becoming a Hospice Volunteer in the Port Huron area, please call 1-800-451-0481 or email [Karynn.Carrell@mcclaren.org](mailto:Karynn.Carrell@mcclaren.org).

For more information about McLaren Hospice, please call our toll-free number: 1-866-323-5974.

 **McLaren**  
HOSPICE

DOING WHAT'S BEST.®

# FALL 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

**Mammograms - FREE**  
Throughout October, Women's Wellness Place offers free mammograms for uninsured women who are having their first mammogram or who need a screening mammogram. A physician order is required. To schedule your appointment or for more information, call 810-985-2663.  
October 1-31  
MPH Women's Wellness Place  
Cost: Free

**Breast Cancer Awareness**  
In celebration of Breast Cancer Awareness Month, join Dr. Kimberley Clark-Paul as she provides information about breast cancer prevention and advances in treatment.  
October 1  
5:30 - 7 p.m.  
MPH Duffy Classroom  
Cost: Free

**Women's Health Program:  
Everyone is a Caregiver**

Join us to learn how to support and care for someone facing a health crisis and the support services funded by generous donors in our community. Free health screenings, cash and carry vendors and a light dinner will also be available. Doors open at 5:30 p.m. and the speaker begins at 6:30 p.m. for both programs.

**Lexington: October 3**  
Lexington United Methodist Church  
5597 Main St.

**Marysville: October 15**  
Marysville Community Center  
867 E. Huron Blvd.  
Cost: Free

**Walk 2 Remember, Walk 2 Prevent**

A 5K walk for suicide prevention. Proceeds benefit suicide prevention and support efforts in St. Clair county.  
October 13  
Registration 11 a.m. • walk at noon  
East China Township Park  
511 River Rd., East China  
Cost: Free

**Medicare Counseling: Open Enrollment**

Schedule a one-hour, one-on-one appointment to speak with a certified Medicare counselor to review your choices for health and drug coverage.  
October 15 & 30 • November 7  
10 a.m. - 3 p.m.  
MPH Jefferson Building  
Cost: Free

# FALL 2019 CONTINUED

## **Creating a Will That Works for You**

Join us for a morning of useful information on the basic steps to create a will that works for you.

Sponsored by McLaren Port Huron Foundation.

October 24

10 - 11 a.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.

October 24 ▪ November 21

1 p.m.

MPH Jefferson Building

Cost: Free

## **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 to help you quit. Participants will set their quit day during the third class.

October 28 ▪ November 4, 11 & 18

2:30 - 3:30 p.m.

MPH Jefferson Building

Cost: Free

## **Dementia-Related Behavior**

Join the Alzheimer's Association Greater Michigan Chapter to learn about dementia-related behaviors associated with Alzheimer's disease, such as sleep disturbances, agitation, delusions, and hallucinations, and how to address them.

November 5

2 - 3:30 p.m.

MPH Drew Classroom

Cost: Free

## **Hops for Hospice**

This evening of craft beers, wine and heavy hors d'oeuvres supports patients and families of McLaren Hospice. Must be 21 years or older to attend. Register at <https://hopsforhospice.eventbrite.com>.

November 8

6 - 9 p.m.

War Water Brewery

201 N. Riverside, St. Clair

Cost: \$30 in advance; \$35 at the door

## **Savvy Seniors: Beat the Holiday Blues**

The holiday season is a fun time of year filled with celebrations and social gatherings. But for many people, it is a time filled with sadness, loneliness, anxiety and depression. St. Clair County Community Mental Health will provide information on depression warning signs and how to combat it. Lunch will be provided.

November 26

11:30 a.m.

Marwood Nursing & Rehab

1300 Beard St., Port Huron

Cost: Free

## **Festival of Trees**

Start your holiday season at the Festival of Trees! Enjoy visiting with Santa and Mrs. Claus, children's activities, raffles, entertainment, and much more. Funds support services at McLaren Port Huron.

December 7 & 8

10 a.m. - 5 p.m.

Blue Water Area Convention Center

800 Harker St., Port Huron

Cost: \$5; children under 2 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: Sound Health – Music for the Mind and Body

Join board certified music therapist Holly Semrow to learn how music can be used to improve physical and emotional issues relating to diabetes and other health conditions. Diabetes educators will be available to answer questions, and lunch will be provided. Sponsored by Lions of Michigan and the Lions Club International Foundation.

November 12  
1:30 - 3 p.m.  
MPH  
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

October 5 ▪ November 2 ▪ December 7;  
8:30 a.m. - 4 p.m.

## Comfort and Relaxation During the Birthing Process

October 28 ▪ December 9  
6 - 8 p.m.

## Breastfeeding 101

November 16  
10 a.m. - noon

## Childbirth Education Online

Call HealthAccess for more information.

# SUPPORT GROUPS

## Alzheimer's Support Group

October 22  
2 - 3:30 p.m.  
MPH Jefferson Building

## Bariatric Surgery Support Group

October 15 ▪ December 17  
5:30 - 6:30 p.m.  
MPH Wisner 3rd Floor Classroom

## Heart to Heart Support Group

October 16 ▪ November 20 ▪ December 18  
5:30 - 7 p.m.  
MPH Jefferson Building

## Multiple Sclerosis Support Group

October 12 ▪ November 9 ▪ December 14  
10 a.m. - noon  
MPH North Classroom

## Parkinson's Support Group

October 2 ▪ November 6  
2 - 3:30 p.m.  
MPH Jefferson Building

## Stroke Survivors Support Group

October 2 ▪ November 6 ▪ December 4  
10 - 11 a.m.  
MPH North Classroom

31ST ANNUAL



PORT HURON FOUNDATION



— SAVE THE DATES —



12/6

**Gala Preview Party**

*Reservations Required*



12/7 & 12/8

**General Admission**

*Tickets Available at Door*



12/8

**Breakfast with Santa**

*Reservations Required*

SATURDAY & SUNDAY • 10 A.M. - 4 P.M. • BLUE WATER CONVENTION CENTER

**TICKETS ON SALE NOW!**

**[mclaren.org/phfestival](http://mclaren.org/phfestival) • 810-989-3776**

# GENEROUS GIFTS ENHANCE CANCER CARE AT McLAREN PORT HURON



**SAVE THE DATE – July 11, 2020**

## Tee It Up To Beat Cancer Golf Outing

The 6th Annual Tee It Up To Beat Cancer Golf Outing at Lakeview Hills Golf Club was, again, a huge success! The weather was perfect as 28 teams took to the north course and raised over \$34,000.

“Our main goal is to show support to those who are going through cancer, have gone through cancer, or the families of the one who has passed away from cancer,” said Dana Fabbri, Committee Chair. “The golfers showed up and represented them by wearing their cancer color as a team. The sponsorship signs on the course were very touching.”

Funds raised at this year’s outing will purchase equipment necessary to deliver the best treatment to patients at the Barbara Ann Karmanos Cancer Institute at McLaren Port Huron.

Thank you to Dana and Dennis Fabbri for their commitment to making a difference in the health of our community for years to come.



*Dana Fabbri, Sara Tait - McLaren Port Huron Foundation*



## Taking a Shot at Breast Cancer

Lymphedema is a problem that may occur after cancer surgery when lymph nodes are removed. Lymphedema can occur months or years after treatment. It’s a chronic (ongoing) condition that has no cure. However, steps can be taken to help keep it from starting and to reduce or relieve symptoms.

For patients with lymphedema, the gold standard treatment approach includes skin care, compression with bandaging or garments, manual lymph drainage massage, and exercise. Bandaging involves creating a soft cast on the involved body part by wrapping it with multiple layers and in a very specific sequence. Unfortunately, the bandaging and compression materials can get costly and are not covered by most insurance plans.

Because of the generosity of Steve and Emily Goudy and their non-profit, Taking a Shot at Breast Cancer, patients who have breast cancer and are being treated at McLaren Port Huron for lymphedema do not have to be concerned with the cost of these supplies. The Goudys recently donated \$10,000 to supply our patients with these necessary materials so they can focus on healing.

We appreciate the Goudys and their concern for making a difference in the health and lives of our patients.

*< Steve Goudy, Julie Stevenson, McLaren Port Huron physical therapist & certified lymphedema therapist, and Emily Goudy.*



## 2019 SCHOLARSHIP RECIPIENTS

### Continuous learning strengthens professional skills and builds career potential.

Investment in professional development also attracts and retains the best and brightest employees. It's a win-win for McLaren Port Huron and its workforce.

McLaren Port Huron offers several scholarships to employees and Blue Water Area students of all ages who are committed to the lifelong learning and career development process. These funds are available because of generous community donors who have an expressed interest in supporting the enrichment of health care professionals.



### FOUNDATION NURSING SCHOLARSHIP

Assists current McLaren Port Huron employees enrolled or accepted into an accredited RN program.



### EMPLOYEE SCHOLARSHIP

Assists current McLaren Port Huron employees pursuing an associate, bachelor's, master's, or doctorate program of any kind at an accredited college or university and are within 30 credits of graduation.



### REHABILITATION SERVICES SCHOLARSHIP

Assists any Blue Water Area students enrolled or accepted into an accredited physical therapist, physical therapist assistant, occupational therapist, occupational therapist assistant, or speech language pathologist professional program.

Learn more or donate at [mclaren.org/phscholarship](http://mclaren.org/phscholarship) or call **810-989-3776**.

# EVERYONE IS A CAREGIVER

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## *Learn how to support those who need you*

All women have the innate qualities to nurture others. We spend a great deal of our time and energy motivating, supporting, comforting, and loving those around us. But when someone we love is facing a major health crisis, such as a cancer diagnosis, we may be unsure of how to help, or even what to say.

Join us for an important discussion on the many facets when supporting and caring for someone facing a life changing event. Stacey Krause, Oncology Social Worker/ Clinical Therapist and Certified Grief Counselor, will discuss the challenges often faced during a health crisis and tips on how to be supportive. Sara Tait, McLaren Port Huron Foundation Major Gifts Specialist, will discuss the supportive services that are funded by generous donors in our community. You can also take advantage of free health screenings, cash and carry vendors, and enjoy a delicious, light dinner.

**This program is presented by the McLaren Port Huron Foundation Lexington and Marysville Community Health Teams. The program is FREE, and registration is required for each event. For more information, or to register, please call HealthAccess at 1-800-228-1484.**

## LEXINGTON

**Thursday, October 3**

Doors open at 5:30 p.m.  
Presentation at 6:30 p.m.

LEXINGTON UNITED METHODIST  
5597 MAIN ST., LEXINGTON

## MARYSVILLE

**Tuesday, October 15**

Doors open at 5:30 p.m.  
Presentation at 6:30 p.m.

MARYSVILLE COMMUNITY CENTER  
867 E. HURON BLVD., MARYSVILLE



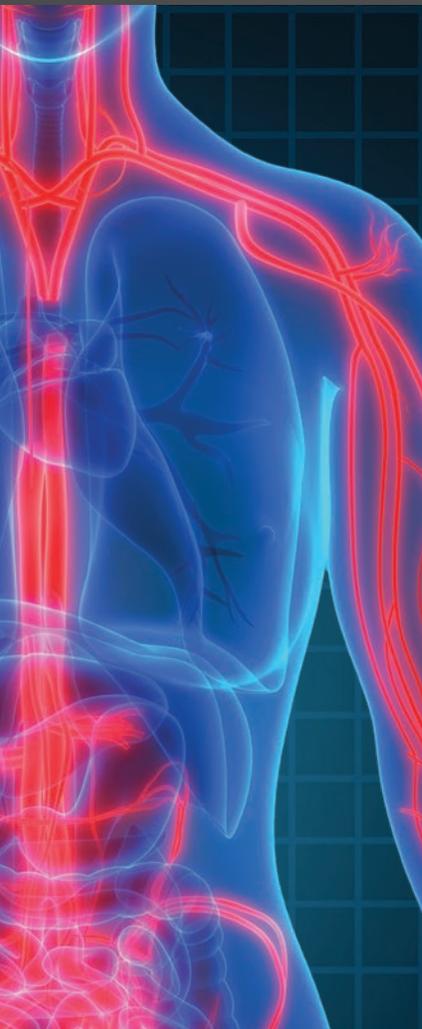
1221 Pine Grove Ave.  
Port Huron, MI 48060

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

## “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, visit [mclaren.org/phsubscribe](http://mclaren.org/phsubscribe) to sign up.

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.



# EXPERT VASCULAR CARE, AVAILABLE 24/7

Vascular disease can occur when veins or arteries in the body become blocked or hardened. Because this can cause many serious conditions, it's important to have expert vascular care available close to home – 24 hours a day, 7 days a week.

McLaren Port Huron offers state-of-the-art diagnosis and comprehensive treatment of arterial and venous disorders, including blockages, aneurysms, and blood clots. Our team of vascular specialists provides innovative and minimally invasive endovascular procedures, open surgical and nonsurgical treatments that produce the best outcomes in the nation.

Our vascular experts treat the following vascular conditions at McLaren Port Huron:

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

*Drs. Joseph Cuppari and James Giliberto  
welcome new vascular surgeon  
Katherine Foley, D.O.*

